Community Gardens are Growing

UNL Extension is Involved With Several in Lincoln

A community garden is a piece of land where a group of people benefit from the practice of gardening. Community gardens have been an important piece in the increasing popularity of gardening, expanding opportunities for gardening across the entire nation. Much more than just a place to grow vegetables, gardens are parks, gathering places, grocery stores, gyms, ecosystems, classrooms and places of relaxation. No matter the location or the people involved, community gardens have a myriad of benefits both individual and community wide.

Economics will always be a tangible benefit of gardening, with the average garden yielding a savings of over $500 a year in fresh produce. Gardeners also eat more nutritious diets than non-gardeners and get more exercise, working an average of five hours per week in the garden.

For some people, especially in urban areas, community gardens often provide their only access to land. Gardens have become very important in urban renewal and improvement such as converting vacant lots into gardens. As people become more involved in their community through a garden, crime decreases and neighborhoods become safer. Gardeners also communicate, cooperate and work together to manage the garden, forming relationships and a sense of community.

Community gardens can be an effective focal point for teaching children many valuable skills such as science, agriculture, nutrition, math and horticulture are all disciplines children can learn through gardening. Children also learn many social skills such as responsibility, stewardship, cooperation and citizenship.

Community Gardens are volunteers who receive training from Extension in exchange for volunteering with the community. People interested in gardening are provided with all the physical needs to garden and expertise and guidance from staff and Master Gardeners.

Resident staff is currently involved with three school gardening projects within the Lincoln area. A school garden and outdoor classroom were established seven years ago at Lincoln Christian. Through the efforts of students, volunteers and educators, a vegetable garden and native prairie support curricula in both the elementary and high schools. A 2½-acre native prairie planting allows a unique opportunity for students to get hands-on exposure to science and Nebraska history.

The garden at People’s City Mission is led by Extension staff and Master Gardeners.

Community Gardens are Growing

When thinking of community gardens, one might think of volunteers tending flower gardens and vegetables. Community gardens are involved in the lives of many people, and the effects of community gardens ripple out to other areas.

Community gardens are beneficial to those who use their space. Gardeners learn valuable skills, such as planting, and technical skills like soil testing and pest control. The act of gardening is itself a valuable therapy. Research has shown gardening leads to stress relief and a sense of well being, and the light work and outdoor activity associated with gardening has helped people with physical disabilities.

Community Gardens are Growing

The University of Nebraska–Lincoln Extension in Lancaster County has taken an active role in supporting community gardening through education, coordination and direct involvement.

Community Gardens are Growing

Community Gardens is a program of gardening from the community. CROPS operates a Community Supported Agriculture (CSA) where members pay a subscription and receive fresh, local produce throughout the growing season. CROPS purchases produce from beginning farmers and established growers, thus creating a stable market.

For more information about Community Gardens or to get involved, go to www.community-crops.org or call 402-474-9802.

Local Schools

Throughout Lancaster County, schools have started gardens of all types. As a butterfly garden or native area, a vegetable plot or planted courtyard, school gardens expose children to the natural world and support classroom learning and student development. Extension Learning Centers maintain the courtyard and make additions and improvements.

The garden at People’s City Mission is led by Extension staff and Master Gardeners.
Fall is an excellent time to control several species of perennial weeds in pastures and waste areas. Perennial plants such as Canada thistle, Musk thistle, and thistles are biennials, (sometimes a winter annual), that spread by seed. They overwinter in the rosette form, then shoot up (bolt), form blossoms and go to seed in June, July and August. After producing seed, the plant dies. Fall is a good time to control Musk thistle and Thistle because the newly-germinated plants are small and more easily killed. As with the perennials, plants are not killed outright, but go into winter in a weakened condition and are much more susceptible to winter kill.

Fall treatments can be made any time after mid-September, but before hard freezes occur.

Tom Dorn
UNL Extension Educator

Pine wilt disease is caused by Torrubiella piniperda, a microscopic (1 mm long), worm-like organism, which is moved from infested to non-infested pine trees by the pine sawyer beetle (Monochamus spp.).

Symptoms
Pine wilt typically kills Scots pine within a few weeks to a few months after the pine Sawyer introduces the nematode to the pine. The needles initially turn grayish green, then tan, then brown. Resin flow from the wood ceases as the tree declines and the wood may appear dry when it is cut. Needles remain on the dead tree for a year or more. Scattered branches of the crown may be affected initially, but the symptoms soon spread to the remaining branches. The entire tree may turn brown all at once.

In the Midwest, over 90 percent of the trees killed by pine wilt have been Scots pine. Other pine species are occasionally killed by pine wilt and display a similar pattern of symptoms. The disease appears occasionally in Austrian (Pinus nigra) and mugo (P. mugo) pines. Ponderosa pine (P. ponderosa) and white pine (P. strobus) are the least susceptible to pine wilt.

Management
Sanitation is the most important management practice to prevent or slow the spread of pine wilt. To limit the spread of pine wilt to nearby healthy trees, diseased trees should be removed and destroyed before the next generation of beetles emerge from the wood May 1. From May 1 to Oct. 1, dead and dying pines should be cut down promptly, bagged, and burned, or chipped. Do not hold the wood for firewood. Pine sawyers are inactive in the winter, so if you find dead trees after Oct. 1, they do not need immediate removal, but they should be removed and destroyed by May 1. A protective treatment for pine wilt is available. Abamectin, an insecticide/nematicide product can be trunk-injected into uninfected trees. Treatment provides healthy trees about 95 percent protection from the disease for approximately three years. Contact a local arborist for treatment prices.

Tom Dorn
UNL Extension Educator

The easiest way to figure the equipment use fee is to charge a set fee based on the kilowatt hours of electricity used (for example, 5 cents per kWh). If the tenant doesn’t need to run the fans very much, they won’t owe as much for equipment usage, but the bin owner doesn’t suffer much either.

Finally, I would also suggest the bin owner draw up a written leasing contract with a clause stating the tenant is solely responsible to monitor and manage their grain in storage.

Rental agreements for on-farm grain storage usually are based on the capacity of the bin, instead of a monthly storage fee per bushel.

On-farm grain storage operates under different rules than commercial elevators. A commercial elevator must have a warehousing permit so it can commingle grain from many owners in a bin or silo, whereas a private bin owner cannot commingle grain from multiple owners in the same bin.

For this reason, rental agreements for on-farm grain storage usually are based on the capacity of the bin, instead of a monthly storage fee per bushel. It is assumed the tenant will tie up the bin from harvest to late summer (often August). If the tenant moves the grain earlier, than no rebate is usually given since there is little chance a second tenant will want to use the bin after the initial tenant is finished using it that year.

One way to set a rental rate could be to charge the customary in-and-out charge the tenant would have to pay if they took their grain to the commercial elevator — plus one or more month’s storage charge they would have paid at the elevator. This can result in lower cost for the renter than commercial storage, depending on the length of time the grain is actually kept in storage. However, the grain owner, not the bin owner is usually responsible to manage their own grain drying and subsequent grain condition while in storage.

If the tenant is running the aeration system to dry their grain or averaging their grain to control grain temperature, some system should be clearly communicated to the tenant pays for the electricity used to run the aeration fans and augers. This is relatively easy if the bin (or bin site) is on its own separate meter from the remainder of the farmstead, but it is not so easy if there is not a separate meter on the bin(s).

If two or more renters use separate bins metered by a single meter, some arrangement should be clearly understood by all parties as to how the electricity bill will be shared. This may require getting the electric supplier or electrician to measure the amperage when different equipment is running.

Since the fans, augers, grain spreaders, etc., depreciate with use, an additional charge may be negotiated to cover wear and tear on equipment. This is especially important if the tenant intends to dry multiple batches of grain as opposed to drying only one batch per season.

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Critter Watch – September

Soni Cochran
UNL Extension Associate

Ruby-throated hummingbird

Migration peeks in Nebraska from September 2–18, but you may see the birds as early as August and as late as October. Get those nectar feeders out now.

Multi-colored Asian Ladybird Bees (they are a ladybug) cause problems when they try to overwinter in our homes. If you’ve sealed and caulked and the ladybugs are still in your home, remove them by vacuuming. To keep your vacuum from smelling like crushed bugs (and yes, they stink when crushed), insert a knee-high nylon stocking into the hose wand to capture the beetles before they are sucked into the vacuum cleaner body. Insert the knee-high stocking into the connection joint in the wand so it forms a bag inside the hose and a portion of the stocking folds over the outside of the wand to secure it in place when the wand is put back together. After sucking up the beetles, remove the stocking and dispose of the beetles. No more bugs and no smelly vacuum.

Sticky mouse glue boards are great tools to monitor for pests in your home. By placing these in corners, under kitchen sinks and in bathroom cabinets, you may be able to stop a pest problem before it becomes an infestation. And, if you get that one “singing” cricket hiding in your house, put a very small amount of cornmeal in the middle of a glue board. Place the board near where the cricket is hiding. The cricket will be attracted to the cornmeal and get caught in the glue board.

Keep garbage cans covered so you don’t attract flies and yellow jacket wasps. If you have nuisance raccoons in your neighborhood, make sure you use a tight-fitting lid or strap it down. It is amazing how raccoons can find their way into an unsecured trash can.

The presence of wolf spiders in the house is particularly common in the late summer and fall of the year. Because there usually are only a few spiders at most, it isn’t necessary to use an insecticide. These large, beneficial spiders should be gently caught and released back outside.

You knew a child may see the birds as early as August and as late as October. Get those nectar feeders out now.

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Insect Figgers: Overused and Sometimes Dangerous

Barb Ogg
UNL Extension Educator

Over-the-counter insect figgers (i.e., “bug bombs”) are usually purchased by consumers because they seem to be an inexpensive and convenient way of controlling pests. Unfortunately, they are not always effective against those pests people are trying to kill. To understand why they are not very effective, it is helpful to understand what a figger actually is.

An insect figger is a total-release aerosol. Active ingredients are pyrethroid and/or pyrethrin insecticides. There is often a powerful, it blew out the back power and the ladybugs were unaffected and remained in the unharmed wall of the apartment, causing a fire which left 12 people injured and partially collapsing the building.

A number of entomologists have begun to question why these products are available for purchase, since they aren’t usually effective and are a potential fire hazard. According to the label directions, pesticide residues from foggers can cause an explosion. Bug Stop Indoor Fogger and Hotshot Bedbug products like DDT) and items containing PCB’s (ballasts from fluorescent fixtures and capacitors from old appliances). You can dispose of these hazardous materials at the following waste collections:

Saturday, Sept. 21 • 9 a.m. – 1 p.m.
Lincoln Industries, 600 W. E St.

Saturday, Oct. 19 • 9 a.m. – 1 p.m.
Woods Park (31st & J Streets)

For more information or if you have questions how to recycle or dispose of items not accepted, call the Lincoln/Lancaster County Health Department at 402-441-8021.

Household Hazardous Waste Collections

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

- Thermostats contain mercury, solvents, oil-based paint, paint thinner, deionized water, gasoline, transmission fluid, pesticides, oven baked products like DDT) and items containing PCB’s (ballasts from fluorescent fixtures and capacitors from old appliances). You can dispose of these hazardous materials at the following waste collections:

- DO NOT BRING latex paint, fertilizers, medications/pharmaceuticals, electronics, TVs, propane cylinders, tires, used oil, batteries, antifreeze or ammunition.

- For more information or if you have questions how to recycle or dispose of items not accepted, call the Lincoln/Lancaster County Health Department at 402-441-8021.

- Do not take latex paint to Household Hazardous Waste Collections. Instead, take usable latex paint to EcoStores Nebraska at 530 W. P. St. Call 402-477-3406 for details.

- Soni Cochran
UNL Extension Associate

Cooler temperatures are on their way and you may be finding a few uninvited guests making their way into your home. Millipedes, boxelder bugs, lady bugs and wolf spiders are common “accidental invaders” that stumble into homes trying to escape the chill of fall. Most of these visitors are not going to create any problems other than an annoyance. They can’t live for very long because our home environments are too dry and there won’t be enough food to keep them alive.

These short-lived pests should be controlled without pesticides — a flyswatter, broom or vacuum will work nicely. Gently sweep up the beneficial wolf spider with a jar and release it outside away from the building. Snakes who find their way into homes should also be captured and released outside.

Keep in mind accidental invaders are not the only creatures looking for a safe haven. Mice and rats quickly take advantage of unchecked openings around the home. Unlike accidental invaders, these pests can take up permanent residence in your home. Their control can be more difficult and expensive if you allow them to get established.

Take advantage of this beautiful fall weather by doing a little pest-proofing now. You may just save yourself time, money and frustration in the future:

- Make sure all cracks and crevices around the outside of your home are sealed so mice, rats, snakes and insects can’t squeeze through (rats can get through openings 1/2” in diameter — mice can get through gaps no bigger than a dime). To fill gaps and openings, use something strong like cement, mortar or caulk. Steel wool can be used as a temporary fix. Stuffing cracks with cloth won’t help and the rodents may use it for nest materials.

- Doors, windows and screens should be in good repair and air tight. Caulking will help keep pests out and help you lower your energy costs this winter.

- Does your floor drain need a screen? If so, ask a professional to help you select the right screen size.

- Check around your dryer vent and other openings to make sure they aren’t being used by pests to get into the home. Caulk and seal where appropriate, but do not block any vents.

- Remove leaves and grass clippings from the foundation. Cleaning out window wells and giving the yard a good general clean up will help get rid of hiding places for pests near the home.

For more information on pests found in and around the home, visit http://lancaster.unl.edu/pest
10 Tips to Improve Your Meals with Vegetables and Fruits

Alice Henneman, MS, RD
UNL Extension Educator

September is “Fruits & Veggies – More Matters” Month. Here are some great tips from the USDA Nutrition Education Series.

1. Discover the many benefits of adding vegetables and fruits to your meals.
2. They are low in fat and calories, while providing fiber and other key nutrients. Most Americans should eat more than 3 cups — and for some, up to 6 cups — of vegetables and fruits each day.
3. Vegetables and fruits don’t just add nutrition to meals. They can also add color, flavor and texture. Explore these creative ways to bring healthy foods to your table.

Fire up the Grill

Use the grill to cook vegetables and fruits. Try grilling mushrooms, carrots, peas, pinto beans or potatoes on a kabob skewer. Brush with oil to keep them from drying out. Grilled fruits like peaches, pineapple, or mangos add great flavor to a coolout.

Expand the Flavor of Your Casseroles Mix vegetables such as sautéed mushrooms, carrots, peas, pinto beans or tomatoes into your favorite dish for extra flavor.

Planning Something Italian?

Add extra vegetables to your pasta dish. Slip some peppers, spinach, red beans, onions or cherry tomatoes into your tradi-
tional tomato sauce. Vegetables provide texture and low-calorie bulk that satisfies.

Get Creative With Your Salad

Toss in some mixed vegetables from the USDA Nutrition Education Series.

Salad Bars Aren’t Just for Salads

Try eating sliced fruit from the salad bar at your dessert when dining out. This will help you avoid any baked desserts that are high in calories.

Get in on the Stir-Frying Fun

Try something new! Stir-fry your vegetables — such as broccoli, carrots, sugar snap peas, mush-
rooms or green beans — for a quick-and-easy addition to any meal.

Add Them to Your Sandwiches

Whether it is a sandwich or a wrap, vegetables make great additions to both. Try sliced tomatoes, romaine lettuce or avocado on your everyday sand-
wich or wrap for extra flavor.

Be Creative with Your Baked Goods

Add apples, bananas, blue-
berries or peas to your favorite muffin recipe for a treat. (Tip from Alice: You can add about 1-1/2 cups of berries or finely chopped and drained peaches, apples, etc. to a basic muffin recipe for 12 muffins. After the dry ingredients are mixed together, add the berries and mix them in before adding the liquid ingredients. This helps keep the fruit from sinking.)

Make a Tasty Fruit Smoothie

For dessert, blend strawberry-
es, blueberries or raspberries with frozen bananas and 100% fruit juice for a delicious frozen fruit smoothie. (Tip from Alice: another easy way to make a smoothie is to use small frozen fruit, such as blueberries or raspberries and leave the banana unfrozen.)

Liven up an Omelet

Boost the color and flavor of your morning omelet with vegetables. Simply chop, sauté and add them to the egg as it cooks. Try combining different vegetables, such as mushrooms, spinach, onions, or bell peppers.

Fruity Smart Tarts

(Makes 12 servings)

12 wonton wrappers
1 tablespoon white sugar
1/2 teaspoon cinnamon
Cooking spray
3/4 cup low-fat vanilla yogurt or frozen yogurt
1 cup of fruit, fresh or canned, cut into small pieces

Preheat oven to 400°F. Put a wonton wrapper into each muffin cup in a muffin tin. Spray each wonton wrapper with non-stick spray. Combine sugar and cinnamon in a small bowl. Mix well. Sprinkle the mixture onto the wrappers. Bake for 5 minutes or until the wrappers are crispy and golden. Watch closely to prevent burning. Let cool. Scoop approximately 1 teaspoon of yogurt into each cup and top with fruit.

Cook’s notes:

• Wonton wrappers are made from flour, egg, water and salt. They are traditionally stuffed and prepared by baking, steaming, boiling or frying.

• The wrappers can usually be found in the produce section of the grocery and need to be kept under refrigeration.

• Wonton wrappers can be frozen for longer storage.

Fruits and vegetables don’t waste time being healthy. They work great for meals when the exact time of eating is tender during the cooking process.

• They are an energy efficient method of cooking.

• A wonderful aroma fills your house

Alice Henneman, registered dietitian and UNL Extension Educator

Picture this: You bring a steak home from the grocery store, chop off 46 percent of it and toss it in the trash. Sounds pretty ridiculous but according to the Natural Resources Defense Council, 40 percent of the food in the United States is wasted every year. This abundance of food waste totals a staggering $165 billion dollars per year from consumers, restaurants and grocery stores. Americans on average throw away about 20 pounds of food per month costing between $28-$43 for a total of about $40 billion dollars from U.S. households alone.

Here are some tips to reduce food waste.

Plan Your Purchases

• Plan your meals for the week and make a grocery list for only the items you need.

• Stick to your list to avoid impulse buys and overbuying especially of perishable foods.

• It’s tempting to buy in bulk because it’s less expensive per ounce but the cost of discarding excess food is greater than the savings.

Store It Smart

• Store cold and perishable foods in the refrigerator as soon as you get home from the grocery store.

• Move older products towards the front of your refrigerator or cupboard or the top of your freezer and place newer items towards the back so older items get used first.

• Wash, peel and cut up produce and wrap, vegetables make great additions to both. Try sliced tomatoes, romaine lettuce or avocado on your everyday sand-
wich or wrap for extra flavor.

Dana Root-Willeford
UNL Extension Associate


Slow Cooker SOUPS

Free Class

Thursday, Nov. 7, 7-8:30 p.m.
Bryan Medical Center East Plaza Conference Center, 1600 S. 48th St.
Pre-registration is required by calling 402-481-8886

窖味，它能大大提升食物的营养价值。

尼亚红酒，这有助于提高食物的营养价值。

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President’s View – Marian’s Message

Marian Storm
FCE Council Chair

Can you believe how fast this summer has gone? Fall will soon be with us. It has been a busy summer. Having fresh garden vegetables sure makes planning meals a lot easier. I am waiting for the apples so we can have some pies, cookies or readers applesauce.

The FCE State Convention will be Sept. 12–14 in Columbus, Neb.

Our Council meeting will be Monday, Sept. 23 at 1 p.m. We need to elect officers for next year. Please talk to your members and state what you will do to make our council more active and enjoyable.

Helpful Homemakers are in charge of the program.

“Count your life with smiles and not the tears that fall.”

FCE News & Events

Re-organizational Packets

Presidents of FCE clubs can pick up their packets to reorganize for 2014 the last week of August. There are October deadlines within the packet. If you have questions, call Lorene or Pam at 402-441-7180.

Council Meeting, Sept. 23

The FCE Council meeting is scheduled for Monday, Sept. 23, 1 p.m. at the Lancaster Extension Education Center. The program will be presented by Aging Partners Services followed by the business meeting including the election of officers.

Community Lesson, Sept. 25

A FCE & community program lesson training about “Home Modifications for Aging in Place” will be held Wednesday, Sept. 25 at the Lancaster Extension Education Center. Extension Educator Lorene Bartos will present the lesson which will explore both small and larger home modifications people can do easily and cost effectively to allow them to continue to live in their own homes longer. Useful home devices will also be explored. These modifications and devices can help people age in place mentally, physically and financially.

Non-FCE members are asked to call Pam at 402-441-7180 to register, so packets can be prepared.

See page 10 of this issue for the list of community program materials available online.

Achievement Day, Oct. 21

The FCE Achievement Day will be a salad luncheon Monday, Oct. 21, 12:30 p.m. at the Lancaster Extension Education Center. A program will follow the luncheon. Please bring a salad with the recipe to share. All FCE members are encouraged to attend. Call Pam, at 402-441-7180, to register.

How To Read With a Child

It is very important children have a good start with reading from an early age and have opportunities to practice reading. To do well in school, children need to be good readers. Schools shouldn’t and can’t take on this responsibility all by themselves. Family members have an important role to play. Reading with children helps them to do better in school and promotes success throughout life.

Most of us know how to read to a child and that’s important, but it is important to go one step further and learn how to read with a child. Children who are learning to read need the support, opportunities to practice, and they need people to read with them. You can be a child’s reading partner.

Reading with a child is called “shared reading” because both you and the child are participating in the reading experience. It doesn’t take a lot of time, it’s easy to do, and both you and the child will likely experience greater satisfaction and enjoyment.

What are some of the things you need to think about to make this shared reading time both fun and effective?

Child-centered — Set aside time where you can focus on the child alone, without distractions.

Sensitive and Respectful — If the child doesn’t like a particular book or seems uncomfortable with it, then switch to another book.

Realistic — Don’t expect too much too soon.

Enthusiastic — When you share your love of reading with a child, your enthusiasm is contagious.

Encouraging — Help the child recognize even small successes.

Commitment — Let the child know shared reading is very important to you and then do it regularly.

Shared Reading Strategies

It is important to have fun and enjoy shared reading strategies you can use with the child. This list starts with strategies for younger, inexperienced readers and works toward independent solo reading.

Picture Reading — Ask questions about the pictures or have the child tell a story just by looking at the pictures. Books with lots of pictures such as The Very Hungry Caterpillar are good for this strategy.

Sighting — Before reading a page or passage, ask the child to find punctuation marks, certain words, specific letters, or the smallest or largest word.

Discovery Reading — Guide the child through a familiar book, such as Old MacDonald, with the child filling in repeated phrases.

Echo Reading — Read a passage and have the child read it back to you.

Unison Reading — Both you and the child read the same passage aloud at the same time.

Whisper Reading — Read very quietly into your child’s ear while the child reads aloud.

Stop and Go Reading — You and the child take turns reading, and the child chooses a signal to show it’s time to switch.

Solo Reading — The child reads completely independently to you.

Here are some additional suggestions to help the child become a better reader:

• Simply talk with the child.
• Read to and with the child.
• Help the child read solo.
• Actually create books that include art work and writing that will make the child read solo.
• Have lots of books available.
• Let the child see YOU reading.
• Let the child see you reading.
• Most importantly, MAKE READING FUN.

Source: Shirley Wilkins, Pennsylvania County Extension Agent, West Virginia University Extension

Which Type of Bleach Should I Use?

• Chlorine bleaches are the more powerful ones; they deodorize and sanitize, as well as clean. They work on many whites and colorfast washables — but not on woolens, silks or other materials. Other fabrics that should not be bleached include flame retardant clothing, acetate, spandex, rubber and elastic. In addition, chlorine bleach can be used to disinfect many surfaces. For colored garments, you can use a “bleach ability test” on a non-visible, colored part of the garment. Mix two teaspoons of bleach with 1/4 cup of water, and put a drop of the solution on the hidden part of the fabric. Wait one minute, blot with a towel and check for any color change.

• Oxygen bleaches are more gentle, working on all washable colored fabrics. They work best in maintaining whiteness without altering it. They do not deodorize, sanitize or disinfect. Some oxygen bleaches contain enzymes that work especially well on protein stains.

Workshop to Help Older Adults Reduce Falls

“Stepping On” is a workshop offered by the Northeast YMCA and Aging Partners Health & Fitness. The workshop helps older adults prevent falls. The workshop is two hours, once a week, for seven weeks, Tuesdays, Sept. 10–Oct. 22 from 1-3 p.m. It will be held at the Northeast YMCA, 2601 N. 70th St. Thanks to a grant from the Community Health Endowment of Lincoln and Lancaster County the workshop is offered at no cost to participants. UNL Extension Educator Lorene Bartos will help present the workshop.

“Stepping On” will help participants identify why they fall and different ways to prevent falls, including strength and balance exercises, home safety check suggestions and a medication review. The workshop is both for people who have fallen and for people who fear falling. Participants will leave with more strength, achieve better balance and experience a feeling of confidence and independence as a result of performing various exercises.

Call Aging Partners Health & Fitness at 402-441-7575 to register for the workshop.
Composting Workshops and Demonstrations

Sarah Browning
UNL Extension Educator

Compost can be used in several ways:
• compost in soil mixtures for containers or raised beds
• a soil amendment for ground cover
• as a topdress fertilizer
• mulch
• compost tea

No matter how you use it, compost provides many benefits for plants.

Compost Mulch
When used as mulch, compost creates a protective layer over plant roots that reduces soil temperature, reduces soil moisture loss and suppresses weed growth. It can be applied as mulch to flower beds, vegetable gardens, landscape beds or lawns, but be sure to screen the finished compost first.

A simple screen can be made using 1/2-inch mesh hardware cloth and attaching it to a wooden frame, like an old window with the glass removed or an old screen door. Place the screen over a wheelbarrow or other container and sift the compost into it. The large pieces left behind can go back into your next compost pile. When mulching around trees and shrubs, screening may not be necessary, since this is really a matter of aesthetics and your personal taste.

Topdress Your Lawn with Compost
When used as a topdressing, a light layer of compost is broadcast over an existing lawn to promote improved soil structure, add organic matter and nutrients and promote increased decomposition of thatch. Apply a topdressing of compost in September or after the first spring mowing, but not during the middle of summer. When applying compost on a lawn, be sure the compost is very dry, and finely ground or sifted so there is less chance of smoothing the lawn. Avoid applying large pieces of organic material. To finely screen compost, use a fine-mesh sifter instead of the 1/2-inch mesh used for compost mulch. To spread the compost over your entire lawn, you will need approximately 3/4 cubic yard per 1,000 sq. ft. (A 30-gallon garbage can holds about 4 cubic feet of compost.)

One way to incorporate the compost is to aerate the sod, then apply a 1/4 to 1/2-inch layer of fine compost. Afterwards, either aerate again, or use a rake to distribute compost into the corings. Water the lawn well.

Soil Amendment with Compost
When starting a new garden or landscape, soil amendment is recommended before planting. It is so much easier to add compost before anything is planted, rather than after. When new homes are constructed, the existing topsoil is often stripped away, removed and not returned, so new homeowners are left with subsoil to establish a new lawn or landscape. Soil amendment with compost, worked see COMPOST on next page

Bush Cherries Are Versatile, Highly Productive

Bush cherries are a highly productive addition to your acreage landscape. Their versatility allows them to be planted in a variety of settings. They can be an integral part of your formal or edible landscape because of their beautiful flowers and fruit. You can plant them in a windbreak enhancing the structure while supplying delicious cherries to you and wildlife.

Bush Cherries require much less space than tree types.

History of Bush Cherries
Development of bush cherries began in Canada in the 1940s and resulted in a type that was marketed as the Mongolian cherry. During the 1980s crosses were made with the naturally dwarf tree form ‘North Star.’ The result of crosses between these tree shrub forms, was a shrub form of tart cherry that is very hardy and has the high quality fruit characteristics of ‘North Star’ with increased sugar content.

Recent Releases
The first of these crosses released was named ‘Caroline Jewel.’ It reaches a height of 6 feet and a width of 5-6 feet. Spacing between plants should be 6 feet. ‘Caroline Jewel’ is self-pollinating, meaning the flowers from the bush will pollinate each other although a second pollinating type of bush cherry could result in increased fruit set. Fruit yields for established plants can approach 30 pounds.

The newest developments out of Canada include five varieties released as the Romance Series in 2005. These include ‘Juliet,’ ‘Valentine,’ ‘Capri,’ ‘Romero’ and ‘Crimson Passion.’ All five varieties have large fruit with a higher sugar content than ‘Montmorency’ and other tree forms of tart cherries. These varieties are not yet readily available in the United States but can be found with some diligence.

Site Selection, Planting & Care of Bush Cherries

When planting bush cherries and other long-term crops, it is always important to begin with a soil test and correct any deficiencies prior to planting. Bush cherries require much less space than the tree types. Row spacing of 6–7 feet from center of plant to center of plant will allow easy access for harvest, and promote good air movement to help reduce disease incidence.

Bush cherries have relatively low fertility requirements and most Midwestern soils have adequate fertility levels unless a soil test indicates otherwise. If fertilization is warranted, it is important to fertilize early in the growing season during the period of rapid growth. Later season fertilization may promote growth too late in the season, and possibly result in winter injury to the plant.

Watering is extremely important early in the development of the plant. The most common plant size available is rooted cuttings that are one year old with a limited root system. It is important to make sure the plant has adequate soil moisture available for growth. Conserving soil moisture through the use of mulch can reduce the need for irrigation and help in the control of weeds which will sap soil moisture away from the cherries.

Fruit Production
Bush forms of cherries begin producing fruit sooner than the tree forms. Fruit production begins at the third year. Full production is achieved during the fifth year if the plants have production is achieved during the fifth year if the plants have been properly cared for. Mulch and nutrients and promotes increased decomposition of thatch. Apply a topdressing of compost in September or after the first spring mowing, but not during the middle of summer. When applying compost on a lawn, be sure the compost is very dry, and finely ground or sifted so there is less chance of smoothing the lawn. Avoid applying large pieces of organic material. To finely screen compost, use a fine-mesh sifter instead of the 1/2-inch mesh used for compost mulch. To spread the compost over your entire lawn, you will need approximately 3/4 cubic yard per 1,000 sq. ft. (A 30-gallon garbage can holds about 4 cubic feet of compost.)

One way to incorporate the compost is to aerate the sod, then apply a 1/4 to 1/2-inch layer of fine compost. Afterwards, either aerate again, or use a rake to distribute compost into the corings. Water the lawn well.

Soil Amendment with Compost
When starting a new garden or landscape, soil amendment is recommended before planting. It is so much easier to add compost before anything is planted, rather than after. When new homes are constructed, the existing topsoil is often stripped away, removed and not returned, so new homeowners are left with subsoil to establish a new lawn or landscape. Soil amendment with compost, worked see COMPOST on next page

Pest Problems
Bush cherries have few disease and insect pests. The primary disease issue to watch out for is cherry leaf spot. Cherry leaf spot is a fungal disease which will turn the leaves yellow. These yellow leaves will be covered with black spots that contain the fungal spores. Heavy infestations can result in total defoliation of the tree soon after harvest. It is important not to let this happen as it is extremely stressful on the tree, can reduce winter hardness, and greatly affect the following year’s crop. Fungicide application beginning early in the season will ease the effects of this pest problem.

Cherry maggots can be an issue for many years and are the larval inch-long small fly. These small larvae are found inside the fruit itself. Spraying to control this pest needs to begin early in the season to insure worm free fruit. Consult the Midwest Tree Fruit Spray Guide for recommendation on all your insect and disease problems.
**Seasonal Needle Drop on Evergreens**

Mary Jane Frogge  
UNL Extension Associate

Do you have a pine tree that has yellow needles? Natural needle drop occurs on the interior needles of pine trees turning yellow and eventually dropping off. Fall needle drop is natural. It is not a sign of a disease or insect issue. Evergreens do not keep their needles indefinitely. As trees get older, this process is more noticeable. Older, inner needles, discolor and drop off after one to five years, depending on the evergreen in question.

Sometimes the drop occurs slowly. On other occasions, many needles may turn yellow all at once in late summer or fall. Because weather triggers the condition, many evergreens are likely to show symptoms in the fall. If you are not familiar with this natural process, it could cause you a great deal of concern.

Keep in mind that each species of evergreens usually keeps its needles for a definite length of time. White pine needles usually turn brown rather than yellow when they age. They often remain attached much longer than mature pine needles. Japanese yew needles turn yellow and drop in late spring or early summer of their third year. Spruce and fir needles also yellow and drop with age. These evergreens retain needles for several years, so you may not see needle drop unless you look closely on inner branches. These needle drop patterns vary from tree to tree and from year to year.

**Natural fall needle drop shown here on four-year old pine needles.**

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**Storing Garden Vegetables**

Mary Jane Frogge  
UNL Extension Associate

After a successful garden season, you may have vegetables you would like to store until you are ready to use them. Here are suggestions to help you store your vegetables properly.

- **Carrots** — Trim carrot tops to one inch. Layer unwashed carrots in a container of moist sand. Carrots can be stored in a cool place, 35–40°F for 4–5 months.
- **Onions** — Store cured onions in a dry location at 35–40°F. Potatoes — Cure fresh dug sweet potatoes at 10 days at 80–85°F and high humidity. Store mature, cured winter squash in a dry location at 55°F for 2–6 months. Acorn squash will keep well in a dry place at 45°F for 30–40 days. Do not cure acorn squash before storing.

Storing your vegetables and fruit properly will insure you will have good quality produce to enjoy in the months ahead.

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**Compost Tea**

An old-fashioned way of providing liquid fertilizer for plants is to brew compost tea. Similar to manure tea, compost tea gives plants a good dose of nutrients. Compost tea works especially well for providing nutrients to new transplants and seedlings.

To make compost tea, fill a burlap sack or an old pillow case with finished compost and secure the open end. Place the bag in a tub, barrel, or watering can filled with water. Agitate for a few minutes and then let it steep for a few days. Nutrients will leach out of the compost and the mixture will become tea-colored.

Spray or pour compost tea on and around plants. Use the bag of compost for several batches. Afterwards, simply empty the bag’s contents onto the garden.

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**Top Wildflowers Visited by Butterflies in Nebraska**

Mary Jane Frogge  
UNL Extension Associate

What do butterflies in Nebraska want? This list may surprise you. Dr. Ted Burk with students from the Department of Biology at Creighton University, Alliance and Baurermeister Prairies did research for eight years to develop this list of 20 plants found in Nebraska that attract butterflies.

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**Select insecticidal sprays for your landscape that will provide autumn colors.**

- Red maple, sugar maple, Norway maple, red oak and scarlet oak. Shrubs with red fall foliage include sumac, viburnum, winged euonymus and barberry.

- Before the first frost dig up calcareous. Allow them to dry and store the tubers for the winter months.

- Allow plants to finish the summer growth cycle in a natural manner. Never encourage growth with heavy applications of fertilizer or excessive pruning at this time. Plants will delay their natural process that has already begun in anticipation of winter in the months ahead. Never encourage growth can be injurious on early freezes.

- Do not wait for frost warnings to move your plants indoors. Temperatures of 45°F or lower can damage many tropical house plants.

- Collect okra seed pods, gourds, sumac seed heads, rose hips and other annuals high for dried arrangements. Air dry these materials in a cold, cool location.

- Perennial phlox can be divided every third or fourth year. Divide big clumps by cutting large clumps into two or more parts. Early to early spring are the best times to plant or transplant them.

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

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

- If pea seed pods grow in your yard, you may want them for the many other uses they offer. Shredded pea pods can be added to compost or mulch, or fed to pigs. Pick up the pea pods and place on garden beds as a mulch.

- Use compost and leaves to increase the organic matter content of the soil. Plant trees now, but make sure the crowns are buried only one and a half to two inches below ground level.

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Lancaster County 4-H is proud to announce Ben Walbrecht as winner of September’s “Heart of 4-H Award” in recognition of outstanding volunteer service. A 4-H volunteer for four years, Ben helps the Happy Go Lucky 4-H club with group projects and meetings. He assists with the Youth Livestock Premium Auction at the Lancaster County Super Fair and has helped organize 4-H/FFA Beef Weigh-In days.

“I like to help encourage youth as they get the 4-H experience,” Ben says. “My favorite experience as a 4-H volunteer is watching the kids grow and change as they develop into adults, and seeing how they learn life skills.” Lancaster County 4-H thanks Ben for donating his time and talents. Volunteers like him are indeed the heart of 4-H!

Nominate your favorite 4-H volunteer by submitting the form online at http://lancaster.unl.edu/4h or at the extension office.

State Fair 4-H Tickets

Get ready for fun at the 2013 Nebraska State Fair, Friday, Aug. 23 through Monday, Sept. 2 at Fonner Park in Grand Island! For a schedule of 4-H at the state fair, results, and more, go to http://4h.unl.edu/nebraskastatefair. State Fair information is at www.statefair.org.

The Lancaster County extension office has a limited number of $4 exhibitor tickets for 4-H exhibitors and their immediate family only. These can be purchased at the office at 444 Cherry Creek Road (cash or check only, no credit cards).

Public gate admission will be $10, with 5 days Aug. 26 & 29. Children 6-12 will be $3 every day and children 5 and under will be free every day.

General parking on the fairgrounds is free this year. Preferred parking is $10.

Judging Contest Team

Spencer Peters, Ashley Anderson & Bailey Vogler (2nd place team)

Jr. Showmanship

McKenzie Beach (Finalist), Chloe Brinson, Morgan Chipps, Grace Kim, Bailey Peterson & Bailey Vogler (2nd place team); Jacob Ronnau & Bethany Wachter (4th place team)

4 & 5 Year Old Mares

Grace Kim (Ch)

4 & 5 Year Old Geldings

Grace Kim (Ch)

4-H Teen Council Invites New Members

4-H Teen Council is a leadership organization for youth in grades 7–12. Meetings are held the second Sunday of each month at 3 p.m. at the Lancaster Extension Education Center, 444 Cherry Creek Road, Lincoln. The next meeting will be Sunday, Sept. 8 at 3 p.m. 4-H Teen Council members:

- participate in several community service activities
- plan, set up and facilitate the annual 4H & 5th grade Lock-In
- are involved in other leadership activities

For more information or to join, contact Tracy at tracy.anderson@unl.edu or 402-441-7180.

Ak-Sar-Ben 4-H Horse Show, Sept. 21–22

The Ak-Sar-Ben 4-H Horse Show will be held on Sept. 21–22 at the Lancaster Event Center in Lincoln. A veterinarian health check is required within 15 days of the exhibition date. For more information, go to www.rivercityrodeo.com.

Ak-Sar-Ben 4-H Stock Show, Sept. 26–29

The Ak-Sar-Ben 4-H Stock Show will be held Sept. 26–29 at the CenturyLink Center in Omaha. More than 2,000 4-H families from a 10 state area participate in this all 4-H Expo. Categories of this 4-H only competition are dairy, feeder calf & breeding beef, market beef, market broilers, meat goats, market lamb, market swine, rabbit and dairy steer. For more information and schedule, go to www.rivercityrodeo.com.

Horse Awards Night, Oct. 1

Mark your calendars! The annual Lancaster County 4-H Horse Awards Night will be Tuesday, Oct. 1, 6:30 p.m. at the Lancaster Extension Education Center, 444 Cherry Creek Rd., Lincoln. Awards presentation includes Incentive Awards, Horsemanship Levels, Horse Course Challenge, All-Around Awards, Herdsmanship, Top County Fair judging, buckles and ribbons, and a few surprise awards! Come help celebrate the outstanding accomplishments of the 2013 Lancaster County 4-H horsemen! More details to follow.

4-H Teen Council members lead the 4th & 5th Grade Lock-In
UNL Extension Community Program Materials Online

University of Nebraska–Lincoln Extension has developed community programs which can be presented to club meetings, civic groups or other community organizations. Each program includes a teaching outline (leader guide) for the facilitator and a handout for the participants (participant manual). Several topics include a PowerPoint presentation.

Several Extension offices have presented trainings for the programs (see page 5 of this issue). All the program materials are compiled online at www.extension.unl.edu/online/communityprograms. Anyone can print and use these materials. Some people use these lessons for self-study, without presenting to community groups.

Information in each program is based on research from educational institutions around the world. The programs listed here reflect the variety of topics which Extension’s clientele cite as issues within their communities.

Choose from the following topics.

**Nutrition and Health**

**Bonding Together for Strength** — This community program teaches ways to use an elastic band to strengthen and maintain muscle as one grows older.

**Bite Me — What’s Right** — Cooking to the proper temperature helps you to serve safe food to your family and friends. This program will focus on the different types of thermometers available for use when preparing food and how to use each thermometer correctly.

**Chocolate — A Functional Food?** In this program, we will help you learn about the different types of chocolate, explore the health benefits of chocolate and demystify the functional food jungle in the grocery store!

**Fitting in the Fiber** Fiber is one of the most important nutrients in a person’s diet. This lesson will teach the participants the health benefits of fiber, good food sources of fiber and tips on how to get your daily recommended amount of fiber.

**Health and Children**

Program will focus on helping Nebraska children and their families develop basic skills in food preparation and nutrition. Participants will learn to plan and make healthy meals and snacks; adopt a family physical activity plan and develop a positive and healthy self-esteem for the entire family.

**Healthy Meal Planning on a Budget** — This community lesson will teach participants to plan healthy, delicious meals, consistent with the dietary guidelines, while on a limited budget.

**Family and Parenting**

**Bullying** — Parents, teachers and other concerned adults need to learn about how to equip children with the skills and knowledge necessary to identify and deal with bullying.

**Caring: Challenges and Rewards** — Examines how a person can best meet the needs of an elderly parent or disabled person. Relationship dynamics of the person in need and the care giver, in addition to other important issues are discussed to aid in making preliminary plans.

**Who Cares for the Caregiver** — This publication will help you consider your own role in caregiving and be prepared to discuss it if you have some experiences you would be willing to share.

**How Strong Families Deal with Stress and Crisis** — Every family faces tough times in life. Strong families work together to help each other rise above these difficulties. The focus here is on how families effectively manage stress and crisis in their lives with a special emphasis on the role members of the older generation play in helping to support younger, less-experienced family members.

**The Learning Child: Keys to Enhancing Learning** — This interactive lesson will introduce fun and exciting ways caregivers can make childhood stimulants, affirming and developmentally appropriate environment for young children (birth–3rd).

**Making It Happen: Building Positive Relationships with Children** — Participants will receive several resources and strategies sure to support and encourage young children’s healthy growth and development!

**Make Sure It’s Done the Way You Want: Advance Directives** — Advance directives allow people to give instructions for their future medical care in the event they are unable to communicate their wishes due to illness or incapacity. This program explains requirements and limitations of advance directives according to Nebraska law, includes a brief glossary of terms and identifies resources for more information.

**Promoting Cultural Understanding and Developing Cultural Competence** — This community lesson focuses on how individuals can be better responsive to cultural differences in backgrounds and how they can be global citizens in today's changing world.

**Social Networking Sites: What They are and How to Navigate Them** — The use of social networking sites has dramatically increased in recent years. This community lesson will provide basic information about some of the most common social networking sites available and help audiences learn about appropriate and safe 'netiquette’ techniques in using these sites.

**Volunteerism: A Tool for Positive Youth Development** — When youth volunteer, benefits are reaped by almost everyone involved — the targeted population, the community and, especially, the volunteers themselves.

**Home Environment**

**Easy on Energy: Tips for Conservation** — Energy conservation is a smart way to protect the environment and save resources. Learn how to determine energy efficient products in the home.

**You Pay For It!**

**Where Do You Get It and How Do You Use It?**

**Credit: How Do You Score?**

Credit scores and credit reports. What do these terms mean? What information is included in a credit report? Who can see it? Where do you get one? Is a credit score used for it? Is a higher number better than a lower one?

**Who’s Signed on the Line for Good** — Explore ways to save money in the household budget. Learn ways to make the most of what you earn and how to eliminate spending leaks. Develop strategies to make the most of your financial resources and resources available to you.

**Financial Management**

**Credit: How Do You Score?** — Credit scores and credit reports. What do these terms mean? What information is included in a credit report? Who can see it? Where do you get one? Is a credit score used for it? Is a higher number better than a lower one?

**Who’s Signed on the Line for Good** — Explore ways to save money in the household budget. Learn ways to make the most of what you earn and how to eliminate spending leaks. Develop strategies to make the most of your financial resources and resources available to you.

**Long-Term Care: What Is It, Where Do You Get It and How Do You Pay For It?**

This term ‘care’ is used to describe a variety of care options, delivery systems and service providers. This lesson will provide in-depth knowledge of care methods, cost of care and how services are financed.

**Option A or Option B: The Steps of Making Good Decisions** — In this community lesson, you will learn about the decision making process and how to effectively use the process in your life.

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**Public Notice**

The Lancaster County Board of Commissioners seek community members to serve on the Lancaster County Extension Board. Vacancies will be filled with three year appointments beginning in January 2014.

Extension Board members assist extension staff in focus areas such as animal agriculture, crops, environment, 4-H youth development, entrepreneurship, food and nutrition. The board meets monthly (usually the second Friday of the month at 8 a.m.)

Registered Lancaster County voters interested in serving should complete an application for appointment by November 1, 2013.

Additional information and an application can be obtained from: UNL Extension in Lancaster County, 444 Cherry creek Road, Suite A, Lincoln, NE 68528-1507 or by calling 402-441-7180. Applications are also available on the Internet at www.lanc.unl.edu/city/community/ boardapp.pdf.

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**Lancaster County Agricultural Society**

Honors Hall of Fame Recipient

The Lancaster County Agricultural Society honored several award winners at the Lancaster County Super Fair Foundation Daniues Dinner and Awards Banquet held at the Lancaster Event Center. In 2010, the Lancaster County Agricultural Society (now known as the Lancaster County Fair Board) established a Hall of Fame.

The Hall of Fame recognizes individuals who have dedicated time and effort to the development of the Lancaster County Agricultural Society beyond the normal volunteer and have made significant contributions to the establishment, development, advancement, or improvement of the Lancaster County Fair.

This year’s honorees include Dick Confer of Lincoln. A photo plaque of this biography will be placed on the official wall of fame at the Lancaster Event Center in the Business Center.

Dick served for 15 years on the Lancaster County Ag Society board — two years as Vice President. Dick was a member of the Lancaster County Ag Society Phase I building committee, chairperson of the watermelon feed for several years, chairman of the rodeo committee for several years, along with other various duties.

Dick has been an Extension 4-H supporter as a County Fair Superintendent, member of Horse Volunteers in Program Service (YIPS), and trophy sponsor.
Experience the Power of Red

An open house for prospective high school, transfer students, and guests

Sponsored by the College of Agricultural Sciences and Natural Resources
Saturday, Oct. 19
9 a.m.–2 p.m. • UNL’s East Campus

• Learn more about how we prepare students for careers in everything from animals to plants, soil to climate, golf to business, mechanization to leadership, food to forensic science
• Meet current students, faculty, and staff

To view the half-day event schedule or to register, go to http://casnr.unl.edu/openhouse
No charge to attend
402-472-2541 • 800-742-8800, ext. 2541

The Make It With Wool Contest

The Make It With Wool contest offers youth and adults the opportunity to promote the beauty and versatility of wool fabric and yarn. Contestants must select, construct and model their own garments. All entries must be made with 100 percent wool or wool blend (minimum 60 percent wool or specialty wool fiber) for each fashion fabric or yarn used. Personal creations in sewing, knitting, crocheting, spinning, and weaving of wool fabric and yarn is encouraged.

Categories are: Preteen, Junior, Senior, Adult and Made for Others. There will be no entry fee. Wool fabric and yarn used. Personal creations for Majors.

60 percent wool or specialty wool must be made with 100 percent personal creations for Majors.

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Super 4-H Youth Achievement at Super Fair

Many 4-H youth choose to exhibit their project(s) and participate in contests at county and state fairs. The 2013 Lancaster County Super Fair was held Aug. 1–10 at the Lancaster Event Center. This was the third year the Lancaster County Fair was 10 days. 4-H & FFA exhibits and events were held Aug. 1–4. Nearly 700 4-H/FFA exhibitors showcased more than 5,800 exhibits (including static exhibits, Clover Kids, animals and contest entries). A special thank you to all the volunteers and sponsors who help make 4-H & FFA at the fair a success! See top exhibits on page 9 of this issue. Complete 4-H/FFA ribbon results and numerous photographs are at http://lancaster.unl.edu/4h.

New this year at the Super Fair was the Elite Showmanship Contest, in which the champion senior showman from 4-H/FFA sheep, beef, swine, dairy cattle and meat goats showed animals from all the above animal species. This year’s winner, Logan Sieck, advances to the State Fair Elite Showman competition.

The Super Fair has the largest county 4-H Horse Show in Nebraska, with 38 events spanning six days. The 4-H Miniature Horse Show included a new event, obstacle driving, which had six obstacles. The Roping/Working Ranch Show also included a new event, boxing, which consists of a pattern followed by working a cow.

4-H Kick Off

Thursday, Oct. 3, 6 p.m.
Lancaster Extension Education Center
444 Cherrycreek Road, Lincoln

Find Out How Youth Ages 5–18 Can Join 4-H!

Adults Are Needed to Help Organize Clubs!

Congratulations to the Rock Creek Ranchers 4-H Club from Lancaster County for being selected as the July 2013 Nebraska 4-H Club of the Month! Each month, the Nebraska 4-H Foundation and Nebraska 4-H Ambassadors award one club in the state with a certificate and $50 cash card.

The Rock Creek Ranchers are intelligent, creative and responsible. 4-H is teaching them how to act in front of a crowd. They do community service projects such as playing bingo at the local care center with the elderly, painting trash barrels for the Lancaster Event Center and collecting stuffed animals for different homeless groups and kids that fire departments/police officers come across. Last month, the club collected personal care items for the People’s City Mission (see photo above).

The Rock Creek Ranchers participate in a lot of activities including their monthly meetings. At their last meeting, members tie dyed T-shirts. The past three years, club members have worked a shift at the 4-H Food Booth during the Super Fair. Club members are interested in many projects for the fair, but especially love caring for animals. Members show chickens, rabbits, goats, cattle, swine and do a variety of projects from photography, first aid kits, baking and so forth.

The 4-H youth development program is open to all youth ages 5–18.

4-H is a learn-by-doing program with many exciting projects to choose from. Youth learn practical skills and develop life skills!

402-441-7180 • http://lancaster.unl.edu/4h

Photos by Vicki Jedlicka, UNL Extension in Lancaster County, except as noted.