NEBLINE, July 2014

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4-H Table Setting Contest is a Fun Way to Learn Nutrition, Setting a Table, Presenting and More!

Vicki Jedlicka
UNL Extension Assistant

4-H youth — do you want to have fun planning for a party? 4-H parents — would you like your children to learn how to plan a nutritious meal, set a table and present to a judge? Consider the Lancaster County 4-H Table Setting Contest, which is open to all 4-H’ers ages 8-18 — need not be enrolled in a specific project.

The contest will be held during the Lancaster County Fair on Friday, Aug. 1, 5 p.m. at the Lancaster Event Center, 84th & Havelock (Exhibit Hall — use east entrance). Pre-register by Monday, July 21 by contacting the Extension office at 402-441-7180. There is no entry form.

Participants are assigned a set-up and judging time. Scheduled times are mailed to participants about a week prior to the fair. Judging area is closed to the public and family. The public may view all the tables after judging is completed (approximately 7:45–8:15 p.m.).

Jennifer Smith, superintendent of the contest, says, “Every year, I am absolutely amazed by the creativity that is on display. This contest is like a triathlon for 4-H’ers. As they present to the judge, their speaking skills combine with knowledge of nutrition and food handling.”

Overview

Members choose a category: Birthday, Casual, Formal or Picnic. Members must bring a card table for the display (except for the picnic category, in which an appropriate blanket or other covering is placed on the floor).

Participants select a theme and display one place setting, including table covering, dishes, glassware, silverware, centerpiece and menu. They do not bring or prepare food. Participant’s attire should fit their theme.

Youth have five minutes to present their table setting to the judge. Participants should explain the ideas behind the theme, menu items and table setting techniques. 4-H’ers need to describe the food, including general ingredients and basic preparation.

The top exhibit in each category and age division will be on display in the Lincoln Room during the remainder of the Super Fair.

What 4-H’ers Say They Like

Several 4-H’ers at last year’s Table Setting Contest were asked what they like about the contest. Following are some of their replies.

“I like the Table Setting competition because you can test your creativity while learning a lot about food preparation and table setting etiquette. Also, I’ve made some friends because of this competition. It’s so much fun. You learn a lot of ideas. Over the years, I’ve done every category,” said Eric Vander Woude.

“I really like doing Table Setting because it is something I can use the rest of my life. Learning about MyPlate helps you learn about nutrition. Learning how to set the table is useful. I highly recommend the contest to anyone,” said Julia Stephenson.

“My favorite part is finding all the things to go on the table because I like to pick out things and to design things. I made my costume and my tablecloth. This is probably my fourth year doing this,” said Courtni Heckert. Her mother added, “This is Courtni’s favorite thing to do at the fair, hands down.”

“I like getting interviewed by the judges because you get to get their opinion,” said Patti Thompson.

“I think it is a good experience talking to the judges and presenting your table so that when you grow up it’s easier to give presentations for your job or college,” said Madelaine Folk.

“It’s so much fun. You learn a lot of ideas. It’s a lot of work. It all pays off when you get to show off your work,” said Grace Spaulding.

“I think it’s good how we can all use our creativity on our tables and how we can use these skills we learn in our future,” said Honoria Clarke.

How To Set a Table

The purpose of a place setting (also called a table covering) is to make the act of eating easier. A proper place setting provides the necessary utensils in convenient positions for use. A place setting consists of a combination of flatware, dishes, glasses and linens which are appropriate for the foods served.

Below are two illustrations of place settings: one formal and one informal.

FOR MORE INFORMATION

A how-to handout, “4-H Table Setting Contest Procedures and Guidelines,” is available online at http://lancaster.unl.edu/4h/ and at the Extension office. All participants are strongly encouraged to read the handout.

Connect with Us
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http://lancaster.unl.edu

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Know how. Know now.
**Summertime Food Q & A**

Alice Henneman, MS, RD
UNL Extension Educator

Here are some miscellaneous questions we get at Extension around this time of year. We hope the answers help you, too.

**Q: Which fruits will ripen if they are picked?**
A: Apricots, bananas, cantaloupe, kiwi, nectarines, peaches, pears, plantains and plums continue to ripen after they’re picked. Avocados, which are technically a fruit, will also continue to ripen.

Fruits you should pick or buy ripe and ready-to-eat include: apples, cherries, grapefruit, grapes, oranges, pineapple, strawberries, tangerines and watermelon.

To speed up the ripening of fruits such as peaches, pears and plums, put them in a ripening bowl or in a loosely closed brown paper bag at room temperature. Paper bags don’t work for ripening.

**Q: How can I keep cut fruit from turning brown?**
A: Cut fruits, such as apples, pears, bananas and peaches, from turning brown by coating them with an acidic juice such as lemon, orange or pineapple juice. Or use a commercial anti-darkening preparation with fruits, such as Fruit-Fresh®, and follow the manufacturer’s directions.

Another method to prevent browning is to mix them with acidic fruits like oranges, tangerines, grapefruit and other citrus fruit. Prepare the acidic fruit(s) first. Then, cut the other fruits, mixing them with the acidic fruit(s) as you prepare them.

Cut fruits as close to serving time as possible. Cover and refrigerate cut fruit until ready to serve. Refrigerate peeled/cut fruits and vegetables so they are at room temperature no longer than 2 hours, TOTAL time.

**Q: Is it safe to can my own salsa recipe?**
A: Here’s what the National Center for Home Food Preservation advises:

Salsas typically are mixtures of acid and low-acid ingredients; they are an example of an acidified food and appropriate for boiling water canning if the final pH of all components is less than 4.6. If the mixture has less acidity, it would need to be treated as a low-acid canned food and require sufficient research to eliminate a botulism risk as a canned food. If it is acid enough for boiling water canning, the actual proportions of ingredients and preparation method will help determine what the canning process time should be. So there is no way to tell someone how to can a homemade salsa without having detailed knowledge of the recipe, procedures used in preparation, and acidity and consistency of the final product.

The proportions of your tomatoes, peppers, herbs and other vegetables will greatly influence what the safe canning process should be. At this time, we can only recommend testing recipes as safe for boiling water canning, and we ourselves, do not offer a pressure-canning process for a low-acid salsa. Your recipe could be frozen for long-term storage, but you will need to determine if you like the texture and flavor after freezing and thawing; there likely will be changes in both texture and seasoning. I would try a small batch the first time for freezing. Many times herbs and spices are better tasting when added fresh after freezing and thawing, at serving time.

**Q: Can I freeze onions?**
A: It’s really easy to freeze onions. Here’s how — this method works for fully mature onions.

1. Wash, peel and chop raw, fully mature onions into about 1/2-inch pieces. There is no need to Blanch onions.

2. Bag and freeze in freezer bags for best quality and odor protection. Package flat — in freezer bags to hasten freezing and make it easier to break off sections as needed. Express out the air and place bags on cookie sheets or metal pans until onions are frozen. Then, stack bags to take up less room.

3. Use in cooked products, such as soups and stews, ground meat mixtures, casseroles, etc. For most dishes, frozen onions may be used with little or no thawing. (Will keep 3–6 months.)

To avoid using raw eggs when preparing homemade ice cream, start with a cooked egg base, such as in this recipe courtesy of the American Egg Board.

**CUSTARD BASE:**

6 eggs
3/4 cup sugar
2 to 3 tablespoons honey
1/4 teaspoons salt
2 cups milk

**ICE CREAM:**

2 cups whipping cream
1 tablespoons vanilla
Crushed ice Rock salt

Step 1 — CUSTARD BASE: Beat eggs, sugar, honey and salt until blended; stir in milk. Cook over low heat, stirring constantly, until mixture is just thick enough to coat a metal spoon with a thin film and temperature reaches 160°F, about 15 minutes. Do not allow to boil. Remove from heat immediately.

Step 2 — Cool quickly. Set pan in larger pan of ice water; stir occasionally and gently for a few minutes to hasten cooling. Press piece of plastic wrap onto surface of custard. Refrigerate until thoroughly chilled, at least 1 hour.

Step 3 — ICE CREAM: Pour chilled custard, whipping cream and vanilla into 1-gallon ice cream freezer can. Freeze according to manu-

**VANILLA FROZEN CUSTARD ICE CREAM**
Prep Time: 90 minutes
Cook Time: 15 minutes
Servings: 1-1/2 to 2 quarts

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New Nebraska 4-H Curriculum Teaches Youth About Safety When Home Alone

University of Nebraska–Lincoln Extension’s new 4-H Curriculum Teaches On Your Own and OK (4H6600) serves as an excellent tool to teach youth ages 8–12 about safety when home alone. The goal of this curriculum is to educate parents and youth on the importance of family communication in providing a safe home environment.

The first lesson, “Are You Ready?” is intended for youth and their parents or caregivers talking about when the child is ready to be home alone.

“Who’s There?” the second lesson, helps youth identify proper action/steps in communicatings and how to avoid getting into dangerous situations while communicating.

Lesson three, “Where To?” focuses on mapping out specific routes, talking to neighbors while communicating.

The fifth lesson, “Snack Attack,” focuses on kitchen safety and provides youth with recipes for simple snacks.

Parents are legally responsible for their children’s welfare until they reach adulthood. Under some circumstances, a parent can be charged with neglect for leaving children unattended or left with under-aged children, including siblings. Check your state law! Unfortunately, there is no magical age when youth develop the maturity and good sense needed to stay alone. However, there are some signs that can help you decide if your child is ready or not.

• Your child has indicated willingness to stay home alone.
• Youth seems to be responsible.
• Youth has shown signs he or she can be responsible.
• Youth is aware of the needs of others.
• Youth is able to get ready for school on time.
• Youth can solve problems on his or her own.
• Youth completes homework and household chores with minimal supervision.
• Remember to always read the care labels, follow laundry instructions and test removal products in an inconspicuous area before laundering.

Q: With all the family outings, ballgames, picnics etc. this summer, how do I remove the stains that go along with these activities?
A: Pack a stain remover stick when going out to treat stains until you get home.

Is My Child Ready?

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Stain Removal for Washable Fabrics

• Use fireworks outdoors in a safe area.
• Never give fireworks to young children.
• Keep a safe distance from fireworks.
• Have a fire extinguisher available.
• Be sure there is no dry flammable material near fireworks.
• Keep children and pets at a safe distance.

Chocolate:

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Chocolate:
Vegetable harvest for commercial growers is in full swing by July. As crops are harvested rather than leave fields empty and all weeds to take over, consider improving your soil by planting a cover crop. Many cover crops are best established in late summer or early fall. Cover crops offer many benefits, including:

- suppressing weeds
- fixing nitrogen
- preventing soil erosion
- reducing soil surface crusting
- breaking hard pan layers
- improving soil aggregation
- increasing organic matter
- suppressing diseases and insects.

Cornell university provides a great online tool to help vegetable growers choose the right cover crop for their needs. ‘Covers for Vegetable Growers’ can be found at https://cropwatch.cals.cornell.edu//decision-tool.php. Growers specify the cover crop’s desired purpose, season, growing conditions, and Cornell’s tool suggests the best choices. At right are two quick reference charts explaining planting and drilling for seed rates. The following table lists all the legumes and non-legumes that have been covered and rates for common cover crops that explain the uses, planting times and other information. For successful continuation, farms need to be aware of their financial situation. Planning is the proactive approach that lets you make decisions rather than just dealing with what has already happened.

The 2014 Nebraska Custom Rate survey results are now available at a University of Nebraska–Lincoln Extension farm management specialist says. These surveys, conducted every two years, consist of two parts, said Roger Wilson, farm management specialist in the Institute of Agriculture and Natural Resources. Part I contains 110 spring and summer operations dealing with spraying and waste handling. Part II contains 46 harvesting and 14 miscellaneous operations. The survey is sent to people who have been identified as doing custom farm work, Wilson said. The USDA has divided the state into eight crop-reporting districts. Results from the surveys are tabulated for each of these districts as well as the whole state.

The rates are published online in UNL Extension Circulars 2014 Nebraska Custom Rates – Part I” (EC823) at http://go.unl.edu/evk, and “2014 Nebraska Farm Custom Rates – Part II” (EC826) at http://go.unl.edu/03m.

The rates can also be accessed via the CropWatch website at http://cropwatch.unl.edu/economics/customrates or the Department of Agricultural Economics website at http://agroecon.unl.edu/resource.html. Printed copies are available for $3.75 at http://market-place.unl.edu.

Four results are provided for each operation: the number reporting, the average rate of those reporting, the range of copies and the most common rate charged, Wilson said. A minimum of three replies are required for each operation or the results are not reported.

Rates were compared between 2012 and 2014 for three operations where there were a large number of responses.

The first was disk harrowing, tandem or offset, finishing harrowing per acre. The average rate statewide increased from $9.26 per acre in 2012, to $12.24 in 2014. The most common rate remained $10 per acre for both years.

No-till drilling of soybeans was another category where there was another large number of responses, Wilson said. The average price went from $14.83 per acre in 2012 to $17.04 in 2014. The most common charge remained $15 per acre for both years.

Combining soybeans was the third operation where rates between 2012 and 2014 were compared. The average rate increased from $29.54 per acre in 2012 to $31.41 per acre in 2014. The most common rate remained $30 per acre in 2012 and 2014.

These three operations were chosen because there were 70 or more responses to them, Wilson said.

“At interesting that in each case, the average went from being less than the most common rate to be greater,” he said. “This indicates there is a reluctance to raise rates by a large number of operators even though average rates are increasing.”

Source: UNL Institute of Agriculture and Natural Resources News Service.
Great Plants of the Year 2014

The goal of the Great Plants program is to bring superior ornamental landscape plants into gardens to meet the challenging growing conditions of the Great Plains.

Tree of the Year
Liriodendron tulipifera, tuliptree

Leaves and flowers are large and tulip shaped. Yellow-green flowers with orange base, bloom May into June. Foliage turns bright yellow in fall. Coned-shaped fruit persists into winter. Prefers moist fertile soil in full sun. Grow 62–90 feet tall.

Conifer of the Year
Abies koreana, Korean fir


Shrub of the Year
Callicarpa dichomata, purple beautyberry

Abundant blooms and drought tolerant. Grows 2–3 feet tall.

Many plants are easily propagated by layering. Berberis, euonymus, English ivy and climbing roses are a few plants that will root if the stems are fastened down and covered with soil.

Use Pest Traps

If you think you have a pest problem or want to monitor pests, use a pest trap like a mouse glue board or “roach motel.” Place the sticky traps in locations like under the kitchen/bathroom sink, in a laundry room, by the refrigerator and in a utility room. Check the traps routinely.

Caulk cracks around windows.

If you find an opening too large to be filled, cover with 1/4-inch hardware cloth to keep out most animal pests.

Some communities may require for each operation or the tandem or offset, finishing harrowing and learn what will work best to manage the pest.

Let’s take a look at some common IPM techniques. You may already be using these:

Start by Keeping Pests Outside by Excluding Them

- Block entry to your home by caulking around windows, making sure weather-stripping and door sweeps fit securely, and plug or patch holes. Keep window and door screens in good repair. Cans on chimneys and screens on vents can keep out larger animals like raccoons, squirrels and birds.
- Prevent entry of pests. Some common pests can enter homes through entry points like a mouse glue board or “roach motel.” Place the sticky traps in locations like under the kitchen/bathroom sink, in a laundry room, by the refrigerator and in a utility room. Check the traps routinely.

Are You Already Using Integrated Pest Management (IPM) Around the Home?

Let’s take a look at some common IPM techniques. You may already be using these:

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Thank You Donna Bundy

The Lancaster County 4-H Volunteers in Programming Support (VIPS) Committee would like to thank Donna Bundy for her many years of service as superintendent of the 4-H Dog Show at the Lancaster County Super Fair. A 4-H volunteer for over 20 years, Donna was superintendent for most of those years and leader of the Canine Companions club. She has been instrumental in finding equipment to borrow for the dog show, as well as setting up the equipment safely. Donna will continue volunteering for the 4-H Dog Program, but is helping train a new superintendent. Donna’s dedication to the dog program has been remarkable. Her guidance over the years has helped to shape the dog show into what it is today. Thank you Donna.

Healthy Food Event, July 10

All youth ages 8 and up are invited to participate in a “Fun with Healthy Food” workshop on Thursday, July 10, 8:30 a.m.—4:30 p.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road. Making healthy food choices can be fun and tasty! Youth will make their breakfast, lunch, supper and more! $10 fee. Register by July 7 with payment. Registration form is available at the Extension office and online at http://go.unl.edu/nhf6.

Donated Sewing Machine To Go To a 4-H’er

This is the sixth year Kath Conroy, a 4-H clothing superintendant, and her husband, Mike, are graciously donating a brand new sewing machine to one Lancaster County 4-H youth. All interested 4-H youth should submit a paper describing the clothing projects they have done in the past and plan to do in the future. Also explain why they should be the youth to receive the sewing machine. All papers will be sent to Tracy, Lancaster County Extension, 444 Cherrycreek Road, Ste. A, Lincoln, NE 68528.

4-H Sewing Help Sessions

Kath Conroy, Clothing Superintendant, and Carolyn Eschliman, 4-H volunteer, are offering to help 4-H’ers with their sewing projects. These exceptional seamstresses have many years of experience helping 4-H’ers with their sewing projects. Their help sessions will be held at Bernetta Sewing Studio in the Piedmont Shopping Center on Wednesday, June 25, 1–5 p.m.; Friday, June 27, 1–3 p.m.; Friday, July 18, 1–3 p.m.; and Saturday, July 19, 1–3 p.m. There is no cost and registration is not required.

Decorate Your Duds Using Software Class, June 28

Participants of a class on Saturday, June 28, 10 a.m.—4 p.m. will create a Decorate your Duds project using design software. Class will be taught by Kath Conroy and will be held at the Bernetta Sewing Studio in the Piedmont Shopping Center. There is no fee. All computer equipment is provided. Cost is $10 and registration is limited. Must pay at time of registration. Call 402-441-7180 for more information.

State Fair 4-H Foods Event

New this year — a State Fair 4-H Foods Event will be held during the Nebraska State Fair. Only two people of any team may enter, and both must be at least 10 years old by Jan. 1, 2014. Youth will create a menu, prepare one food item, set up a table, choose a theme, and food safety knowledge during an interview with a judge. Each county may submit up to four teams of two 4-H members. If you are interested, Lancaster County 4-H selection will be on a first come, first served basis. Contact Tracy at 402-441-7180 for more information no later than Aug. 5.

Jumping Clinic, July 12

Due to popular request, Hunter’s Pride 4-H Club will hold another 4-H Jumping Clinic instructed by Carine Stava on Saturday, July 12 at the Lancaster Extension Education Center – Pavilion 3. Students will get ½ hours of quality instruction per group of 4 or 5 riders, and all experience levels are welcome and encouraged! Groups will be separated by experience level. Students will be coached on the basics and fundamentals of safety and will be taught how to ride courses based upon experience level. Parents will be encouraged to help their rider with their lesson. All papers must be submitted to the Extension office by July 3 with payment. More information and registration form is at http://go.unl.edu/jumpers. Call 402-890-6291 with questions.

4-H Riding Skills Level Testings, June 24 and July 1

Level testing for the riding skills horsemanship levels will be held on Tuesday, June 24 at the Lancaster County Event Center in the Amy Countryman Arena. Anyone wishing to test must sign up at least one week in advance of the test by contacting Marty at mucruckshank2@unl.edu or 402-441-7180. All of the written horsemanship level requirements must be completed and submitted to Marty Cruckshank before the riding can be scheduled, July 1 will be the last date to test in order to ride in the Lancaster County Super Fair.

Super Fair 4-H Horse Entry Forms Due July 1

All Lancaster County Super Fair Horse Entry Forms are due in the extension office by Monday, July 1. NO LATE ENTRIES will be accepted. Reminder — you must have a horse ready to ride before July 1. Horsemanship requirements and all forms turned into the extension office before July 1 will be accepted at the fair.

You must have passed Level II to participate in on-the-horse roping classes. Based upon Equitation requirements at Level III. Extremity Variety is open to all riders with a level IV and seniors with a level III. Disciple Rail requires a level III or IV — junior and senior participants only.

State Fair 4-H Horse Show

The Fonner Park State 4-H Horse Exposition will be held July 13–17 at Fonner Park in Grand Island. Information is at http://go.unl.edu/statefair/horse.show.

Health Papers

A 14-day health certificate and a Coggins Test will be required for a horse to be shown at the Fonner Park State 4-H Horse Show. Hillcrest Animal Clinic will offer two Health Certificate/ Coggins Testing clinics at a reduced rate for 4-H’ers. Cost for the health certificate will be $10 per trailer and the coggins test is $20 per horse. Locations and times are:

- Salt Creek Wranglers, Thursday, June 20, 6 p.m.
- Hillcrest Clinic, Wednesday, June 26, 5:30–6:30 p.m.

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 non-steroidal anti-inflammatory, antibiotic, analog, local anesthetic, or drug of any kind or prescription within 24 hours before the first scheduled papers of each entry day.

Horses on prescribed treatment of phenylbutazone and/or other non-steroidal anti-inflammatory drugs must file a statement in the 4-H Horse show office before the horse is shown. This statement must describe the treatment reason and be signed by an accredited DVM.

State Fair 4-H & FFA Animal Entries Due Aug. 10

4-H & FFA animal exhibitors ages 10–18 are eligible to participate at the Nebraska State Fair regardless of county fair placing. Again this year, 4-H/FFA youth and their families will be responsible for making their own livestock, crops and/or horticulture entries online for the Nebraska State Fair. This means Lancaster County Extension staff will not be collecting State Fair entries or entry fees during county fair. Entries will be due Aug. 10.

Instructions and link to register are at www.statefair.org/fair/competitions/4HFFAAHentries.aspx. For more information, contact Cole Meador at 402-441-7180. This only applies to livestock — static entries will still be taken care of by Extension staff.

4-H Horse exhibitors must be at least 10 years of age by Jan. 1. The Ak-Sar-Ben 4-H Horse Show will be held Sept. 25–28 at the CenturyLink Center in Omaha. Categories of this 4-H only competition are dairy, feeder calf & breeding beef, market beef, market broilers, meat goats, 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. 20–21 at the Lancaster Extension Center in Lincoln. Horse exhibitors must be 12 years of age by Jan. 1.

All Ak-Sar-Ben 4-H Horse Show and Horse entries are due to extension staff no later than Sunday, Aug. 3 at the Extension office or the Super Fair. Forms will be available online, at the Extension office, or for pick up in the livestock and horse offices at the fair. Registration fees must be included with the entries.

For more information, entry forms and tentative schedule, go to www.rivercityrodeo.com.

Jumping Clinic, July 12

Due to popular request, Hunter’s Pride 4-H Club will hold another 4-H Jumping Clinic instructed by Carine Stava on Saturday, July 12 at the Lancaster Extension Education Center – Pavilion 3. Students will get ½ hours of quality instruction per group of 4 or 5 riders, and all experience levels are welcome and encouraged! Groups will be separated by experience level. Students will be coached on the basics and fundamentals of safety and will be taught how to ride courses based upon experience level. Parents will be encouraged to help their rider with their lesson. All papers must be submitted to the Extension office by July 3 with payment. More information and registration form is at http://go.unl.edu/4h/horse/HuntersPrideJumpingClinicJuly14.pdf. Call 402-890-6291 with questions.

Horse Course Challenge, July 27

For a sixth year, the 4-H Horse Course Hilpogy Challenge will be a part of the Lancaster County Super Fair. The Challenge will be held Friday, July 27, 9:30 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. Top ten placings and Reserve and Champion trophies will be awarded at the 4-H Horse Awards Night on Thursday, Oct. 2.

At the Lancaster County 4-H Fair, we are welcome and encouraged to attend! No pre-registration required. All test questions will come from the 2013–2014 email Horse Course. The testing will include identifying stations and giving a correct answer. You will be given an email containing a link to the email Horse Course, but would like to participate in the challenge, email mucruckshank2@unl.edu to have the lessons sent to you. Prizes will be served at the end of the contest at a charge of $1 a slice. Come learn and have fun!
4-H & FFA Fair Books have complete information about entering 4-H/FFA exhibits and contests. Fair Books are available at the extension office and at http://lancaster.unl.edu/4h/Fair.

4-H & FFA PARKING — 4-H/FFA families can get a free 4-H/FFA parking pass from the extension office (available July 1–30). The parking pass allows one vehicle to enter the fairgrounds each day July 31–Aug. 5 and park in designated areas. It does not cover admission for each individual in the vehicle (see exhibitor admission passes). Every 4-H/FFA car needs 1 car pass. General parking without the parking pass will be $3. 4-H/FFA families are asked to enter Gate 3.

4-H & FFA INDIVIDUAL EXHIBITOR ADMISSION PASS — Individual exhibitor admission passes will be available from the extension office (available July 1–30). An individual exhibitor pass allows the exhibitor to enter the fairgrounds each day July 31–Aug. 5 only. Every 4-H/FFA family member needs 1 exhibitor pass. Gate admission without the show 4-H/FFA exhibitor admission pass will be $2. These passes are for 4-H/FFA members and their immediate family only. Please do not abuse this privilege.

GENERAL PUBLIC GATE ADMISSION — Free general public gate admission tickets will be available July 1–Aug. 9 at Casey’s, Rüss’s Market and Super Saver. Gate admission without the FREE ticket will be $2.

GENERAL PUBLIC PARKING — General public parking will be $3 per vehicle per day.

Volunteers Needed
Adults and youth ages 12 and up are needed to help during the Lancaster County Super Fair.

- 4-H Corner - Stewardship booth from Wednesday, July 30 through Sunday, Aug. 3 (sign up online at http://go.unl.edu/foodboothstewardship).
- Static exhibit set-up on Thursday, July 24 at 6:30 p.m. (pizza will be served for volunteers) and Saturday, July 26 at 8 a.m. in the Lincoln Room.
- During judging of static exhibits on Wed., July 30.
- Teen tour guides are needed for Fair Fun Day (for child care groups on Friday, Aug. 1 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.

Presentations, July 19
This year’s Presentations Contest will be Saturday, July 19, 9 a.m. at the Lancaster Extension Education Center. Open to all 4-H’ers ages 8–18 (4-H age). 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 14.

Style Revue Judging, July 22
- Public, July 31
Style Revue judging will be Tuesday, July 22, 8 a.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road. The public Style Revue will be Thursday, July 31 at 7 p.m at the Lancaster Event Center, Exhibit 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 14.

Static Exhibit Check-In, July 29, 4–8 p.m.
4-H & FFA static exhibits do not preregister, but MUST be physically checked in before static Exhibit Check-In on July 29, between 4–8 p.m at the Lancaster Event Center, Lincoln Room. An adult — such as a club leader or parent(s) — should assist all 4-H members in entering exhibits. All entry tags, additional information, recipe cards, data tags, etc. MUST be attached at this time. In the Lincoln Room, exhibits are grouped into the following areas designated by signs: Clovers & Kids; Photography; Home Environment; Clothing; Food & Nutrition; Horticulture; and Science, Engineering & Technology. A registration table is set up for each of the above areas — please take project(s) to the appropriate area(s). All static exhibits will be released on Monday, Aug. 4 from 7–11 a.m. Please pick up project(s) at each of the area(s) you have exhibits.

Fair Promotional Special Exhibit
New this year is a special county exhibit: Fair promotional exhibit. Exhibits will be held on the Lancaster County Super Fair. Include information describing exhibit, inspiration for it, etc. Must be checked in with static exhibits, see above.

Interview Judging, July 30
Interview judging is Wednesday, July 30 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 for how to improve skills. 4-H’ers may interview judge ONEWAY 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 7 and 25. If slots are still available, may sign up during Static Exhibit Check-in on Tuesday, July 29, 4–8 p.m.

Chicken Dinner Fundraiser, Aug. 1
Lancaster County 4-H Council is having a Chicken Dinner on Friday, Aug. 1, 5:30–7:30 p.m at the Exhibit Hall - Room 2 (during the 4-H Table Setting Contest). Dinner features raising Cane’s chicken fingers and is a fundraiser for 4-H Council. Advance sale tickets can be purchased for $6 at the extension office before the Super Fair or at the 4-H Corner Stop during the fair. Tickets at the door are $7.

Clover Kids Show & Tell, Aug. 3
All Clover Kids, youth age 5-7 by January 1, 2014, are invited to show & tell their best exhibits at the Lancaster County Fair, Sunday, Aug. 3, starting at 1 p.m. Clover Kids Show & Tell is held in the Lincoln Room at the Lancaster Event Center. Youth are asked to bring a story to go along with the booth at this time. See page 10 of the Fair Book for more information. To register, call 402-441-7180 between July 7 and July 25, or sign up at the static exhibit area Tuesday, July 29, 4–8 p.m.

Lamb show judging, July 25, 8–10 a.m.
Lamb judging is Tuesday, July 25, 8–10 a.m. at the West Building. Judges will be announced at the Youth Livestock Premium Auction.

Lamb Show Judging Contest,
July 25, 8–10 a.m.
Lambs will be judged Tuesday, July 25 from 8–10 a.m. for the Youth Livestock Premium Auction. The winners of the auction is dependent on 4-H’ers to acquire donations and buyers for the auction to support scholarships for the youth of this county! For more information, call Scott Heinrich, Auction Committee Chair at 402-540-5097.

Livestock Premium Auction Donations
Please remember to talk with your community businesses to get donations for the fourth annual Lancaster County Youth Livestock Premium Auction. The success of the auction is dependent on 4-H’ers to acquire donations and buyers for the auction to support scholarships for the youth of this county! For more information, call Scott Heinrich, Auction Committee Chair at 402-540-0597.

LIVESTOCK INFORMATION
Animals Entries Due, July 1
All 4-H and FFA Super Fair animal entries are due by extension by July 1. No late entries will be accepted! One Livestock Entry Form MUST be completed for each exhibitor entering livestock. Bedding fees ($7/heads) for beef, dairy and bucket calves are not collected 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.

Livestock Reminders
- Market beef and breeding heifers check-in separately. Market beef are 10–11 a.m., breeding beef are 11 a.m.–12 noon on Thursday, July 31.
- 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.
- No swine will be allowed in the wash racks for our first time out painting brand, the paint needs time to dry. All hogs must be washed and dry at time of reaching the check-in area.
- Champion senior showman from Sheep, Beef, Swine and Dairy Cattle are eligible for the Elite Showmanship Contest, now in its second year.

4-H/FFA Livestock Booster Club
YOUTH LIVESTOCK PREMIUM ADOPTIONS
Please remember to talk with your community businesses to get donations for the fourth annual Lancaster County Youth Livestock Premium Auction. The success of the auction is dependent on 4-H’ers to acquire donations and buyers for the auction to support scholarships for the youth of this county! For more information, call Scott Heinrich, Auction Committee Chair at 402-540-0597.

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 and FFA students, but preference is given to those who have exhibited production livestock in 4-H or FFA. The application is at the Extension office, 444 Cherrycreek Road, Lancaster and online at http://lancaster.unl.edu/4h/Fair.

Livestock Premium Information
**Fresh Herbal Food Program at Pioneers Park Nature Center**

The Pioneers Park Nature Center will hold a program for adults, “Fresh Herbal Food,” on Saturday, Aug. 2, 11 a.m.–1 p.m. at the Prairie Building. Fee is $10 per person. Register by July 30 by calling 402-441-7895. Middle Eastern cuisine has fantastic vegetarian dishes that are healthy and very flavorful. Learn how easy it is to prepare delicious recipes using fresh herbs and a few key ingredients. Recipes to sample will include falafel, hummus, tzatziki and more.

**4-H District Speech/PSA Results**

The 2014 4-H Southeast District Speech and Public Service Announcement (PSA) contest was held in May at UNL East Campus. The top five in each division received medals. Medal winners in the senior divisions advance to the State Contest which will be held during the Nebraska State Fair. The following Lancaster County 4-H’ers earned purple ribbons.

- **Public Service Announcement Contest:**
  - Senior — Sheridan Swotek (medal)
  - Junior — John Boesen (medal), Riley Peterson (medal)
  - Intermediate — Nathan P. Peterson (medal)

- **Intermediate division — Nate Becker (medal)**
- **Junior division — John Boesen (medal), Riley Peterson (medal)**
- **Senior — Sheridan Swotek (medal)**

**4-H’ers Focus on Safety in Bicycle Contest**

Several youth participated in the 2014 4-H Bicycle Safety Contest on June 7 at the Lancaster Extension Education Center. Part of the Lancaster County Super Fair, the contest consists of a bike inspection and bicycle riding skills events. Top winners were Taylor Yakej (senior champion), Valerie Grass (senior reserve champion), Ryan Yakej (junior champion) and Dylan Lindgren (junior reserve champion). More photos are online at www.flickr.com/photos/unelex/sets.

**4-H Interns Assist During Summer**

Each year, student interns join the 4-H staff at the University of Nebraska-Lincoln Extension in Lancaster County and provide much needed assistance during the summer for contests, Lancaster County Super Fair and other activities.

- **Rachel Pickrel** assists Tracy Anderson with Clover College, county fairs, static exhibits and contests. Rachel is a student at Nebraska Wesleyan University where she is majoring in musical theater and minoring in business, marketing and music. This is her third summer as a 4-H intern. Rachel was a 4-H member in Lancaster County for 10 years.

- **Erica Peterson** assists Cole Meador in the livestock areas. Erica just finished her second year at UNL where she is majoring in ag education leadership with a minor in animal science with an emphasis on beef. This is her second summer as a 4-H intern. She was a 4-H member in Lancaster County for 10 years.

**Lancaster County Years of Service**

Recently, a Lancaster County employee at University of Nebraska-Lincoln Extension in Lancaster County was recognized for years of service to Lancaster County: Pam Branson, Clerk Typist II, recognized for 40 years of service.