NEBLINE, August 2014

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NATIVE POLLINATORS play a critical role in the production of fruits, vegetables and forage crops. With a decline in pollinators like honey bees, protecting and encouraging native pollinators is becoming even more critical. University of Nebraska–Lincoln Extension in Lancaster County is creating a native pollinator/wildlife habitat to educate how to protect and encourage pollinators.

The Cherry Creek Pollinator Habitat is located behind the Extension office at 444 Cherrycreek Road, Lincoln.

In the fall of 2012, we attended Becoming an Outdoor Woman (BOW) weekend in Halsey, Nebraska sponsored by Nebraska Game and Parks Commission. One of the sessions focused on the challenges of protecting and increasing our native pollinator population. We left the session with a handmade native bee nest block, information and lots of motivation to spread the message about the importance of encouraging native pollinators in our own community.

We wanted to create a insect hotel/native pollinator site, and we got so much more! The site for the Cherry Creek habitat has a small stream and drainage area for water. A quick survey of mature trees on the north side of the habitat includes some important wildlife trees — hackberry, catalpa and willow. The site also has some challenges. We learned a lot just by evaluating our options prior to even starting the habitat project. The noticeable grade and problems with erosion from a substantial amount of water draining off the roof of the building has been our biggest challenge. Before we could even begin the project, we had to address the erosion issue. A rock stream bed was added to help direct and manage the flow of water. Once we were able to reduce the erosion, we could finally start planting native plants and building our insect hotel and native bee nest box.

We evaluated the plants we wanted to add to the habitat. These included native plants and fruit-bearing native shrubs like serviceberry and elderberry. We added herbs and other plants used as food plants for the larvae of butterflies and moths. Bloom time was also important — we wanted a variety of plants that bloomed at different times of the year from early spring to the first freeze.

Last fall, we built the insect hotel. We wanted to use as many reused/recycled and natural materials as possible. The main structure is made from pallets we found that would have been taken to the landfill. The insect hotel was built layer by layer. It did not take long for us to realize it takes a lot of natural materials to fill an insect hotel of this size. We collected pine cones, logs, twigs, corn stalks, milkweed pods, cattails and carefully filled each hole.

A underutilized space... is turned into a pollinator habitat with two insect structures and plants.
Super, Simple Summer Salads!

**MIGHTY QUICK APPLE CABBAGE COLE SLAW**  
Serves: 4  
1/2 head cabbage  
4 cups shredded cabbage  
1 apple, chopped  
1/4 cup light or low-fat mayonnaise  
1 tablespoon lemon juice or cider vinegar  
1 tablespoon sugar  
Mix together mayonnaise, lemon juice or vinegar and sugar. If desired, mix in a little milk, a teaspoon at a time, to thin dressing. Mix mayonnaise mixture with cabbage and apple. Refrigerate at least 30 minutes to allow flavors to blend.  
Alice’s Notes:  
Additional quick add-ins include one or more of the following: orange slices, shredded carrots, chopped bell peppers, raisins, dried cranberries, chopped celery.  

**PASTA SALAD**  
Serving Size: 1 cup  
4 cups cooked pasta  
1 cucumber, chopped  
1 tomato, chopped  
1/2 red pepper, chopped  
1/2 red onion, chopped  
1 cup reduced fat Italian salad dressing  
Wash and chop all of the vegetables. Combine all ingredients and mix well. Cover and refrigerate. Toss before serving.  
Tips:  
• Use any shape of pasta you would like. Try adding frozen or leftover vegetables.  
• Start with about 2 cups uncooked pasta to get 4 cups cooked.  
Source: Iowa State University Extension Eat Smart Spend Smart

**CORN SALAD**  
Makes 6 servings  
2 cups whole kernel corn (fresh or frozen — cooked and drained)  
3/4 cup tomato (chopped)  
1/2 cup green pepper (chopped)  
1/2 cup celery (chopped)  
1/4 cup onion (chopped)  
1/4 cup Ranch dressing, fat-free  
In bowl, combine vegetables. Stir in dressing. Cover and refrigerate until ready to serve.  
Source: University of Kentucky, Cooperative Extension Service, Food and Nutrition Calendar 2005 Kentucky Families on the Move

**CREAMY CAULIFLOWER SALAD**  
Serving Size: 3/4 cup  
2 cups cauliflower broken into florets (about 1/2 head)  
1/2 cup diced onion  
2 cups chopped lettuce (romaine works well)  
1 chopped red or green apple (Broeburn, Granny Smith)  
1/4 cup light ranch dressing  
Prepare the cauliflower by rinsing well in cold water just before using it. Snap off the outer leaves and discard. Use a sharp knife and cutting board to slice off stem and hollow out and remove core. Cut or break cauliflower into small pieces called florets. Toss cauliflower, onion, lettuce and apples in a medium bowl. Stir in dressing. Cover. Refrigerate until ready to serve.  
Substitutions/Additions:  
• Change this recipe by adding other foods such as sunflower seeds or raisins.  
• Use red onion to add more color.  
Tips:  
• Can be made several hours in advance.  
• Great for a picnic. Keep in the cooler until time to eat.  
Source: American Institute for Cancer Research

**TOMATO-CUCUMBER SALAD WITH PARSLEY AND MINT**  
Makes 4 servings, each 1/2 cup  
4 medium ripe tomatoes, seeded and chopped  
1/2 medium cucumber, peeled, seeded and chopped  
1/3 cup diced red onion  
2 tablespoons fresh parsley, chopped  
2 tablespoons fresh mint, chopped  
2 tablespoons red wine vinegar  
2 teaspoons olive oil  
1 teaspoon Dijon mustard  
Salt and freshly ground black pepper to taste  
In large bowl, combine tomatoes, cucumber, red onion, parsley and mint. In small bowl, whisk together vinegar, oil and mustard. Add to tomato mixture and toss to coat. Season to taste with salt and black pepper. Serve chilled or at room temperature.  
Source: American Institute for Cancer Research

**TOMATO-CUCUMBER SALAD**

Imagine enjoying a salad you can prepare ahead of the cool of a summer day and have waiting as the day gets hotter. Look no farther! Here are several super, simple salad recipes ... you probably already have most of the ingredients.  
Serve with a simple protein main dish, such as a quick meat from the grill, and perhaps a favorite purchased roll. Kick back and enjoy a tasty, healthy meal!

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**The NeblNe**  
The NeblNe is published monthly (except December), Mailed to more than 11,000 households in Lancaster County and can be read online at http://lancaster.unl.edu/neblne.  

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**From the front page flag and page headers by Mike Hennen, UNL Extension in Lancaster County**

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Source: American Institute for Cancer Research
It’s Time to Visit Nebraska’s County Fairs

Governor Dave Heineman

Summer is a great time to visit fairs and festivals held across our state. Nebraska’s county fairs offer a wonderful opportunity to do the best of our state and highlight the agricultural heritage, achievements and talents of Nebraskans producers, youth and hobbyists. Nebraska is home to nearly 90 county fairs that offer a variety of experiences and traditions for families that feature livestock show competitions, demolition derbies and championship rodeo competitions. No matter what your age, there is something for everyone at the county fair, which includes the diverse culture that makes Nebraska unique. I have visited many county fairs and the things that stand out the most about the county fairs I have attended is the participation from our 4-H and FFA youth. Each year, 4-H provides our young people the opportunity to gain important life skills that help them become productive, capable, responsible and compassionate individuals. In Nebraska, one in three eligible youth in all 93 counties participate in 4-H programs — that is over 140,000 young people. By participating in 4-H, our young people gain skills in science, explore career choices, learn about healthy behaviors and understand the importance of agriculture in our state.

Our FFA youth are no different. With over 600 FFA members participating in 157 FFA chapters across the state, including 8 new chapters for the 2014-2015 school year. Through their involvement in FFA, these young people are truly following the FFA motto of learning to do, to doing to learn, to earn and to live and serving to live in the country.

I continue to be impressed with the youth of our state. For those participating in county fairs, preparing for the competition, dedication and drive learned through fair projects is superb. Young people work on and share projects in a wide range of interests, from rocketry, technology, wildlife, photography, woodwork and more. Thousands of others invest significant time and energy in learning to care for livestock.

County fairs offer our young people the opportunity to showcase their achievements of the past year, while also offering fairgoers an opportunity to experience family friendly entertainment, tractor pulls, pie-packing contests, concerts and musical performances.

If you or your family plan to visit a fair, or whether you are a regular participant, I encourage you and your family to visit one of Nebraska’s county fairs and festivals.

This list is available online from the Nebraska Association of Fair Managers at www.nebraskafairies.org.

The more than one million people who attend Nebraska’s fairs and festivals each year can attest to the quality of life Nebraska offers. Each year, our county fairs and festivals are an opportunity to experience the traditions and culture that make Nebraska a great place to live, work and raise a family.

Preparing For and Entering Kindergarten

• Contact the school you want your child to attend:
  • Ask how and when to enroll. You will need your child’s original birth certificate.
  • Request information about school expectations, rules, and classroom daily routines.
• Talk about start and release times, which may vary between schools.
  • If you will need before or after school care or transportation, be sure to ask what options are available from your school or in your community.
• Talk with your childcare provider about adjusting your current routine (such as naptime) to help prepare your child for the new daily schedule.
• Read books about kindergarten and encourage your child to talk about his/her feelings.
• Participate in school open houses and information meetings. Help your child feel more comfortable and confident by knowing what will happen, where things are, whom she knows, and what to look forward to.
• Meet with your child’s teacher, especially if you feel your child may need individual attention or support.
  • Start a new bed time and morning routine a few days before the school start.
  • A routine will help your child get the 10–12 hours of sleep needed.
• Talk with your child about what you will do each on that first day. Consider sending a small visual reminder, such as a family photo to provide comfort.
• Arrive at school early to give your child time to settle in. Remind your child about plans for the end of the school day. Give a reassuring, cheerful and short good-bye.

How Can I Support My Child’s Education?

Now that you have a new school routine, keep it up! With all the changes happening, your child will welcome a regular bedtime and morning routine. Having a successful entry into kindergarten helps children have a positive attitude about school and learning. As your child’s partner in education, it is important for you to get involved and stay involved.

• Talk to your child about school. Focus on the positives. When you show that school is important to you, your child will learn that, too.
• Help your child be at school, on time, every day. Your child can be a special time in your bedtime routine to see how much your child is learning.
• Ask about your child’s day and about school, and your child brings home.
• Talk to your child’s teacher often and early, especially if you have concerns. The relationships and communication between the visitor and your child is key to ensuring your child’s success.


Stepping On Workshop to Reduce Falls, Sept. 8–Oct. 20

What is Stepping On? Stepping On is a program that has been researched and proven to reduce falls in older people. It consists of a 10-week workshop that meets for two hours a week for seven weeks. Step On workshops are led by a health professional and a peer leader — someone who, just like you, is concerned about falls. In addition, local guest experts provide information on exercise, vision, safety and medications.

Partners and University of Nebraska-Lincoln Extension will present the workshop on Mondays, Sept. 8–Oct. 20, 1–3 p.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln, NE 68509; email bartos1@unl.edu; or phone 402-441-7575 to register. $3 per class suggested contribution. You’ll learn exercises and strategies to help prevent you from falling.

Economic Impact of Falls

The Center for Disease Control and Prevention reports falls among older adults cost $30 billion in direct medical costs, when adjusted for inflation. With the population aging, both the number of falls and the costs to treat fall injuries are likely to increase.

Among community-dwelling older adults, fall-related inpatient hospitalizations cost the US healthcare system $30 billion in direct medical costs, when adjusted for inflation. With the population aging, both the number of falls and the costs to treat fall injuries are likely to increase.

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**Harvest and Storage of Apples & Pears**

**Apples**

Harvesting apples at the proper stage of development is critical, especially for ensuring high-quality produce that tastes great and stores well. Pick prematurely, and apples are likely to be sour, that tastes great and stores well. If picked too early or mechanical injury. Any damaged insect or disease damage, cracks, splits in the fruit to break down without ripening.

**Harvest**

To harvest apples correctly, you must be familiar with the term “ground color.” Ground color is the color of an apple’s skin, disregarding any areas that have become red. Don’t allow pears to become fully yellow on the tree before harvesting. Additional indications that pears are ready to harvest are when the fruit is set firmly in the tree and no longer moves. Pears will ripen and soften. High temperatures (75°F and higher) after picking will cause the fruit to break down without ripening. After ripening, pears should be canned or preserved.

**Storage**

To keep pears longer in storage, do not allow them to ripen after picking. Sort the immature pears for defects, discarding any with bruises, mechanical damage or insect damage, then place them into cold storage at 32°F (0°C) or lower. Perforated plastic bags or partially sealed plastic containers can be used to store small groups of pears. This can maintain high humidity but allowing gas exchange of ethylene, which hastens ripening. Store pears away from apples, onions, potatoes or any other ethylene-producing fruits or vegetables.

**Summer Livestock Fly Control**

**Horn Fly**

- Horn fly is the most important blood-feeding pest of pastured cattle and can have significant economic impact on cattle operations. Horn flies are ready to harvest. In yellow fruited cultivars, observe the portion of the apple that faces immediately before proper picking maturity, so seed may become brown several weeks after proper picking maturity, so seed become brown several weeks later. In red-fruited cultivars, observe the portion of the apple that faces the eye, disregarding any areas that have become red. In yellow fruited cultivars, observe the portion of the apple that faces immediately before proper picking maturity, so seed become brown several weeks after proper picking maturity, so seed become brown several weeks later. In red-fruited cultivars, observe the portion of the apple that faces the eye, disregarding any areas that have become red.

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**Sprays**

- Sprays can be applied using a low pressure sprayer or can be applied with a mist blower sprayer. Weekly applications of these products will be required to achieve reduction in fly numbers. Sanitation or clean-up of wasted feed at winter feeding sites may reduce localized fly development. Fly control methods should be in accordance with veterinarians recommendations and always read and follow label recommendations. In Nebraska, the control option available for the control of stable flies on range cattle is the use of animal sprays. Sprays can be applied using a low pressure sprayer or can be applied with a mist blower sprayer. Weekly applications of these products will be required to achieve reduction in fly numbers.
Lancaster Event Center
84th & Havelock, Lincoln • 402-441-6545

Super Fun!
July 31–Aug. 9, 2014
For detailed information about the Super Fair, go to www.superfair.org

SCHEDULE & MAP

FREE shuttle service between parking lots and main buildings!

Special Attractions

July 31–Aug. 8 — Heart of America Shows Carnival: M–F 5pm–Midnight; Sat/Sun. 1pm–Midnight • Parking Lot A • Special all-you-can-ride wristband sessions: daytime session 1–5pm and evening session 6–11pm • Wristbands $20 before July 31 at the Lancaster Event Center office; Wristbands at the carnival ticket booth during the fair — $25

July 31 — Figure 8 Races: 7pm • Multibach Motorsports Complex • $10 admission, ages 5 & under FREE, $20 pit pass

Aug. 1 — Watermelon Feed: 4:30pm • Nebraska Lottery Entertainment Tent & Beer Garden
Aug. 1–2 — National Micro-Mini Tractor Pull: Aug. 1, 4pm & Aug. 2, 10am • Attraction Zone
Aug. 2 — Electronic Textiles (E-Textiles) Showcase by Nebraska 4-H: 10am–2pm • Business Center – Nebraska Room

On July 31 & Aug. 1–9, FREE shuttle service between parking lots and main buildings!

Nebraska Lottery Entertainment Tent & Beer Garden

July 31 — Black Water Band (rock ‘n roll variety music): 8:30pm
Aug. 1 — Sandy Creek Band (country music): 8:30pm
Aug. 2 — Wheezetones Band (classic rock music): 8:30pm
Aug. 3 — “Faith & Family Day” Concerts:
SpockNixon (indie/rock music): 2:30pm
Church House Blues Band (worship, gospel and rock ballads): 3:30pm
Arrows and Sound Band (soundscapes music): 5pm
Remedy Drive (Christian rock music): 7:30pm

Aug. 4 — Galaxy of Stars Spectacular (featuring past winners and finalists from the Galaxy of Stars Talent Search): 6:30pm
Aug. 5 — Spare Change Band (pop covers): 8:30pm
Aug. 6 — The Crowd Goes Wild DJ/Karaoke: 8pm
Aug. 7 — MWA Professional Wrestling (family friendly): 8pm
Aug. 8 — CowboyUp! Band (top 40 country music): 9pm
Aug. 9 — Kristina Craig Band (inspirational country music): 9pm

Remedy Drive

Figures 8 Races

FREE!

Watermelon Feed

NEW!

National Micro-Mini Tractor Pull

FREE!

McClain’s Kids Ranch Rodeo

Draft Horse Pull

Monster Trucks and Pro Stadium Trucks

For detailed information about the Super Fair, go to www.superfair.org
FRIDAY, AUGUST 1
8:00am-10:00am 4-H/FFA Livestock & Horse Exhibitions Pavilion 1, 2, 3, 4
8:00am 4-H/FFA Swim Show Pavilion 1 - West Arena
8:00am-10:00am 4-H Western Horse Show 3 – Groom and Care/Bareback Equitation/ Western Pleasure/Western Horsemanship/Ranch Horse Pleasure/ Ranch Horse Versatility Pavilion 1 - East Arena
8:45am-5:00pm 4-H/FFA Sheep Show: 10 minutes after completion of 4-H Meat Goat Show Pavilion 1 - West Arena
9:30am Fair Fun Day — For Child Care Groups: must register by July 18 Exhibit Hall Room 1
1:30–6:30pm Nebraska Lottery Entertainment Tent & Beer Garden
TBA 4-H Horse Games Show — Keghole Race/Pole Bending/ Figure 8 Stake Race/Barel Race: immediately following Ranch Horse Versatility Pavilion 1 - East Arena
5:00pm-5:30pm 4-H Uteco/Elanco Show Pavilion 1 - East Arena
5:00pm-6:45pm 4-H Table Setting Contest: on view to public approximately 90 minutes prior to start of Exhibit Hall Pavilion 1 - West Arena
6:30–7:30pm Chicken Dinner 4-H Council Fundraiser Featuring “Raising Cane’s” Exhibit Hall Room 2
5:10pm 4-H Rabbit Judging Contest/Breeder’s Choice Show Pavilion 1 - West Arena
6:00pm National Micro-Mini Tractor Pull Attraction Zone West Tent
7:00pm 4-H Rabbit Pet Class Pavilion 1 - Walkway
8:30pm Sandy Creek Band (country music) Nebraska Lottery Entertainment Tent & Beer Garden

TBA 4-H Horse Shows
4-H Horsemanship

SATURDAY, AUGUST 2
8:00am-10:00am 4-H/FFA Livestock & Horse Exhibitions Pavilion 1, 2, 3, 4
8:00am 4-H Horse Roping/Working Ranch Show — Working Ranch/Brazing/ Roping/Gaited Tying Pavilion 1 - Arena
8:00am-10:00am 4-H Miniature Horse Show — Showmanship/Halter/In-Hand Obstacle Trail/Miniature Horse Jumping/Pressure Driving Pavilion 4 - Amy Countryman Arena
8:00am-10:00am 4-H Rabbit Market/Breed/Fur Show Pavilion 1 - Walkway
9:00am-10:00am 4-H/FFA Beef Show Pavilion 1 - East Arena
9:00am-10:00am 4-H Dog Obedience/Showmanship/Pet Class/ Costume Contest Exhibit Hall
10:00am Fair 4-H/FFA Static Exhibits Exhibit Hall
10:00am-2pm Electric Trains (E-Textiles) Showcases by Nebraska 4-H Business Center - Nebraska Room
10:00am National Micro-Mini Tractor Pull Attraction Zone West Tent
10:00am-10:30am 4-H Rabbit Showmanship Pavilion 1 - Walkway
TBA 4-H Horse Special Needs Show: immediately following 4-H Miniature Horse Show Pavilion 4 - Amy Countryman Arena
TBA 4-H Horse Trail Show: immediately following 4-H Special Needs Show Pavilion 1 - East Arena
TBA 4-H Dog Agility Show Pavilion 1 - Walkway
TBA 4-H/FFA Sheep Show: 10 minutes after completion of 4-H Meat Goat Show Pavilion 1 - West Arena
TBA 4-H/FFA Sheep Show: 10 minutes after completion of 4-H Meat Goat Show Pavilion 1 - West Arena
TBA 4-H Rabbit Breed Identification Contest/Quiz Pavilion 1 - Walkway
7:30pm-8:30pm Nebraska Lottery Entertainment Tent & Beer Garden
7:30pm-8:30pm Nebraska Lottery Entertainment Tent & Beer Garden
7:30pm-8:30pm Nebraska Lottery Entertainment Tent & Beer Garden

SUNDAY, AUGUST 3
 Faith & Family Day
8:00am-10:00am 4-H/FFA Livestock & Horse Exhibitions Pavilion 1, 2, 3, 4
8:00am-10:00am 4-H English Horse Show – Hunter/Saddleseat Horse Halter English Showmanship/English Pleasure/English Equitation Pavilion 1 - East Arena
8:00am-10:00am 4-H/FFA Dairy Cattle Show Pavilion 1 - East Arena
8:00am-10:00am 4-H/FFA Swine Show Pavilion 1 - East Arena
8:00am-10:00am 4-H/FFA Dairy Cattle Show Pavilion 1 - East Arena
8:00am-10:00am 4-H Horse Showmanship/English Pleasure Pavilion 1 - West Arena
8:00am-10:00am 4-H Open Rabbit Show Pavilion 1 - West Arena
10:00am-11:30am 4-H/FFA Static Exhibits Exhibit Hall Room 1
10:00am-11:30am 4-H/FFA Static Exhibits Exhibit Hall Room 1
12:45pm Super Fair Antique Car Show (sponsored by Graham Tirm Company of Lincoln, Big “B” Leather, Raynor Door, Wolfe Ace Hardware) Between Parking Lots A & J
12:45pm 4-H/FFA Livestock Judging Contest Pavilion 1 - East Arena
12:45pm-12:30pm Big Wheel Race (sponsored by Lincoln County Farm Bureau): check in at 12:30 Exhibit Hall Room 1
10:00am 4-H Clover Kids Show & Tell Lincoln Room
TBA 4-H Horse Hunter Hack Jumper Show: immediately following English Equestrian Section Pavilion 3 - Arena
130-6:30pm Faith & Family Day Games, Booths and Entertainment (sponsored by Bishop Brothers Equipment, Custom Medical Equipment, Lutze’s, Letters & Lines & Designs, Patch Pros)
2:30pm ScottNico (indie/rock music) Nebraska Lottery Entertainment Tent & Beer Garden
3:00pm Pedal Tractor Pull (sponsored by Lincoln County Farm Bureau): check in at 2:30pm Exhibit Hall Room 1
3:00pm-4:00pm Church House Blues (worship, gospel and rock ballads)
5:00pm Arrows and Sound Band (soundscape music) Nebraska Lottery Entertainment Tent & Beer Garden
5:00pm-6:00pm 4-H/FFA Elite Showmanship Contest Pavilion 4 - Amy Countryman Arena
7:00pm Hay Riding Contest (sponsored by Hamilton Service Company, UNICO, Gana Trucking & Excavating, Inc.) MultiBash Motorsports Complex
7:30pm Remedy Drive (Christian rock music) Nebraska Lottery Entertainment Tent & Beer Garden

The Lancaster County Agricultural Society, Inc. (LCAS) is a non-profit organization. Founded in 1878, its mission is to promote agriculture, youth and community. The LCAS board of directors, also known as the Lancaster County Fair Board, is proud to produce an annual community and family-oriented county fair. LCAS operates the Lancaster Event Center, a public, multipurpose, year-round facility designed to host a variety of local, regional and national events and activities. Tax deductible donations to help support the fair are welcome. For more information, visit us online at Lancaster Event Center, P.O. Box 29167, Lincoln, NE 68529 • 402-441-4545 • www.LancasterEventCenter.com

The University of Nebraska-Lincoln Extension 4-H Youth Development program is open to all youth ages 9–18. UNL Extension in Lancaster County, 44 Cherryvale Road, Suite A, Lincoln, NE 68521 • 402-441-7180 • http://lancaster.unl.edu
The National FFA Organization (formerly Future Farmers of America) is an agricultural education program based in classrooms. Local chapters: Norris, Raymond Central, Waverly Crete • www.ffa.org
**MONDAY, AUGUST 4**

- **4-H Static Exhibit Release and Open Class Static Exhibit Check-In** — Lincoln Room
  - 8:00am: Open Class Poultry Show — Hunter/Equitation Category: Pavilions 1, 2, 3, 4
  - 10:00am: 4-H Flea Market
  - 3:00pm: 4-H Horse Dressage Show — Western Dressage/Special Needs/
    Walk/Trot/Novice/Green Horse Classes: Pavilions 3, 4
  - 4:00pm: Open Class Sheep Show: Pavilions 3, 4
  - 5:30pm: McClain's Kids Ranch Rodeo (sponsored by KX96.9) • for youth
  - 6:00pm: McClain's Mutton Bustin' (sponsored by KX96.9) • for youth
  - 6:30pm: Galaxy of the Stars Talent Spectacular (featuring past winners and finalists from the Galaxy of Stars Talent Search)
  - **NEBRASKA LOTTERY** — Entertainment Tent & Beer Garden

**TUESDAY, AUGUST 5**

- **Open Class Judging** — Lincoln Room
  - OPEN CLASS JUDGING: **NOT OPEN TO THE PUBLIC UNTIL 2PM**
  - 8:00am: Open Class Poultry Show — Hunter/Equitation Category: Pavilions 1, 2, 3, 4
  - 10:00am: 4-H Flea Market
  - 2:00pm: Open Class Static Exhibits: Lincoln Room
  - 4:00pm: Open Class Sheep Show — Lincoln Room: Pavilions 1, 2, 3, 4
  - 8:30pm: Spare Change Band (pop covers music) — Nebraska Lottery Entertainment Tent & Beer Garden

**WEDNESDAY, AUGUST 6**

- **Open Class Livestock and Horse Exhibits** — Pavilions 1, 2, 3, 4
  - 8:00am: Open Class Poultry Show: Pavilions 1, 2, 3, 4
  - 8:00am: Open Class Dressage Horse Show: Pavilions 3, 4
  - 10:00am: Open Class Livestock and Horse Exhibits: Lincoln Room
  - 10:00am: 4-H Flea Market: Lincoln Room
  - 12:00pm: Open Class Beef Cattle Show: Pavilions 1, 2, 3, 4
  - 5:00pm: Burn & Turn Barrel Racing: Pavilions 1, 2, 3, 4
  - 8:00pm: The Crowd Goes Wild DJ/Karaoke — Nebraska Lottery Entertainment Tent & Beer Garden

**THURSDAY, AUGUST 7**

- **Open Class Livestock and Horse Exhibits** — Pavilions 1, 2, 3, 4
  - 8:00am: Open Class Livestock and Horse Exhibits: Pavilions 1, 2, 3, 4
  - 10:00am: Open Class Static Exhibits: Lincoln Room
  - 10:00am: 4-H Flea Market: Lincoln Room
  - 6:30pm: Open Class Miniature Horse Show: Pavilions 2, 3, 4
  - 7:00pm: Draft Horse Pull by Missouri Draft Horse Pullers (sponsored by Midwest Cooperative): $5 admission • Pavilions 3, 4
  - 8:00pm: MWA Professional Wrestling (family friendly) — Nebraska Lottery Entertainment Tent & Beer Garden

**FRIDAY, AUGUST 8**

- **Open Class Livestock and Horse Exhibits** — Pavilions 1, 2, 3, 4
  - 8:00am: Open Class Quarter Horse Show: Pavilions 3, 4
  - 8:00am: Open Class Miniature Horse Show: Pavilions 2, 3, 4
  - 9:00pm: Open Class Pigskin Show: Pavilions 1, 2, 3, 4
  - 9:00pm: Nebraska Lottery Entertainment Tent & Beer Garden

**SATURDAY, AUGUST 9**

- **Open Class Livestock and Horse Exhibits** — Pavilions 1, 2, 3, 4
  - 8:00am: Open Class Quarter Horse Show: Pavilions 3, 4
  - 8:00am: Open Class Dairy Goat Show: Pavilions 1, 2, 3, 4
  - 8:00am: Open Class Llama Show: Pavilions 1, 2, 3, 4
  - 8:00am: Open Class Arabian Horse Show: Pavilions 1, 2, 3, 4
  - 8:00am: Open Class Clean Horse Show: Pavilions 1, 2, 3, 4
  - 10:00am: Open Class Static Exhibits: Lincoln Room
  - 10:00pm: Flea Market
  - 12:00pm: Open Class Dog Agility Show — Lincoln Room
  - 12:00pm: Open Class Dog Obedience Show — Lincoln Room
  - 7:00pm: Domestic Doggy (sponsored by Mahboob Enterprises, Advance Auto Parts, Lichtenberg Family, ARS Service & Repair): $10 admission, ages 5 & under FREE, $25 pit pass — Lincoln Room
  - 9:00pm: Kristine Craig Band (inspirational country music) — Lincoln Room

**SUNDAY, AUGUST 10**

- **Open Class Livestock and Horse Exhibits** — Pavilions 1, 2, 3, 4
  - 9:00am: Open Class Arabian Horse Show: Pavilions 1, 2, 3, 4
  - 9:00pm: Nebraska Lottery Entertainment Tent & Beer Garden

**NEW! NEW! NEW!**

- **Wolves of the World**
  - 9:00am: Wolves of the World: Lincoln Room
  - 9:00pm: Nebraska Lottery Entertainment Tent & Beer Garden
Pollinator Habitat
continued from page 1
layer of the hotel. Rolled corrugated cardboard, egg cartons, bricks, stones, clay pots and scrap lumber also provide sheltering sites for insects. Many beneficial insects like lady bugs and lacewings overwinter as adults so this structure provides important protection from our harsh winter environment.

In May, the native bee nest box was placed in the habitat. It had been on display in our office lobby throughout the winter and generated a lot of interest from the public. The bee nest box is filled with hollow stems of bamboo, blocks of wood and logs with drilled holes of various sizes for solitary bees to nest.

Some of the ways the habitat is being used to educate the community include:

• A blog "The Buzz at Cherry Creek" at http://buzzatcherry.creek.xs4all.nl. Pollinator-related resources, news and event information are on the UNL Extension Lancaster County website at http://lancaster.unl.edu/pest/resources/354Pollinators.pdf.

• Bumble Boosters, a pollinator conservation, education and research organization based out of UNL. Website: http://bumbleboosters.unl.edu

RELATED RESOURCES
• "The Buzz at Cherry Creek" blog at http://buzzatcherry.creek.xs4all.nl. Pollinator-related resources, news and event information are on the UNL Extension Lancaster County website at http://lancaster.unl.edu/pest/resources/354Pollinators.pdf.

• Bumble Boosters, a pollinator conservation, education and research organization based out of UNL. Website: http://bumbleboosters.unl.edu

European Wool Carder Bee
Barb Ogg
UNL Extension Educator

Many thanks to a Lincoln resident who found debris in her window frame and was curious enough to bring it to the Extension office. Every so often we get samples we haven’t seen before. The debris had bunches of, what looked like, "cotton" along with fuzzy insect pupae. Most of the pupae were half shells, but one was still intact. Photos were taken and sent to Jim Kalisch, Insect Diagnostician in UNL’s Entomology Department. The debris was nesting material of the European wool carder bee, Anthidium manicatum. Some people have noticed the presence of these bees in the Lincoln area, but this was the first wool carder bee nest found here. This is not a native bee, but was accidentally introduced into the United States from Europe before 1963, when it was first discovered in New York.

This black and yellow bee belongs to the family Megachilidae (leaf cutter bees), but it does not cut leaves or petals as is typical for most megachilids. Instead, it scrapes hairs from the leaves of hairy plants, primarily those in the mint family. The hair is bundled beneath the bodies and used as a nest lining. Wool carder bees nest in existing cavities. In residential landscapes, such sites may include cracks in walls or building foundations and knotholes or drill holes in wood, similar to where leaf cutter bees nest.

The life cycle is similar to that of other solitary bees. Nest cells are lined with plant hairs. Lamb’s ear is probably the most common plant used for cell construction. The females add pollen balls to the cells to provide food for developing bees after they hatch. The pollen balls are made up of pollen and nectar. The female lays an egg in the nest cell, which hatches. The larval bee consumes the pollen ball and then pupates. There is one generation per year and bees emerge in the springtime.

The males and females drink nectar from flowers. Males patrol and aggressively defend their chosen patches of flowers, chasing away other wool carder bees and other pollinators, including honey bees. Males have sharp spurs on the back of their abdomen. Females are not aggressive and will not attack. Males aggressively defend territories, but cannot sting.

While not a native pollinator, this is a beneficial bee as it pollinates plants while collecting pollen.

Eurpoean wool carder bee (magnified)

This nesting material of the European wool carder bee was found in a window frame in Lincoln.
Nominate your favorite 4-H volunteer by submitting the form available online at http://lancaster.unl.edu/4h or at the Extension office. Nominations of co-volunteers welcome.

Virginia Prey
Lancaster County 4-H is proud to announce Virginia Prey as winner of July’s “Heart of 4-H Award” in recognition of outstanding volunteer service. A 4-H volunteer for over ten years, Virginia helps the Lancaster County 4-H Horse program in a variety of ways:

• she helped develop the 4-H Horse Special Needs Trail Show at the Lancaster County Super Fair in 2007 and continues to be superintendent of the show
• member of the Horse Volunteers in Program Service (VIPS) Committee
• formed and was leader of the Viken Riders 4-H club
• has provided horses to horseless youth

“I like being a 4-H volunteer because it allows me to give back to the community,” says Virginia. My favorite experience as a 4-H volunteer is watching kids grow and develop.”

Lancaster County 4-H thanks Virginia for donating her time and talents. Volunteers like her are indeed the heart of 4-H!

Lianne Garza
Lancaster County 4-H is proud to announce Lianne Garza as winner of August’s “Heart of 4-H Award” in recognition of outstanding volunteer service.

A volunteer for about six years, Lianne is a parent volunteer with the “Fantastic 4” 4-H Club and has taught workshops at 4-H Clover College. Fantastic 4 is a Nebraska Club of Excellence and has been a Lancaster County Super Fair Outstanding 4-H Club winner for five years.

“I love helping the kids,” says Lianne. “I love seeing how excited they get when learning new things. My favorite experience as a 4-H volunteer is the community service projects our club does. It is very rewarding to watch our club give back and grow from those experiences.”

Lancaster County 4-H thanks Lianne for donating her time and talents. Volunteers like her are indeed the heart of 4-H!

The 4-H Life Challenge contests focus on Family and Consumer Science project areas. Youth answer written questions and give oral presentations applying what they have learned in their 4-H projects to a real-life situation.

The county junior and senior Life Challenge contest was held May 31. Madeline Gabel was awarded the Senior Champion rosette and Abigail Babcock was awarded the Senior Reserve Champion rosette. Christopher Moore was awarded the Junior Champion rosette and Finn Kramer was awarded the Junior Reserve rosette.

The state Life Challenge contest for seniors was held at UNL East Campus on June 30 and July 1. Jaime and Julia Stephenson won “Best Overall” in the Child Development Challenge. Other participants were Ceira Austin, Abigail and Ellie Babcock, Mary and Grace Dowd, Madeline and Valerie Gabel, Lydia Kramer, Emma Lanik, Lily and Emma Noel, Kylee Plager, Sophia Swanson and Sheridan Swotek.

Congratulations to the Lancaster County participants who competed in the Livestock Judging contest during the state 4-H Premiere Animal Science Events (PASE) held at UNL East Campus on July 1.

The Livestock Judging contest consists of ranking classes of four animals from the most to least desirable. Classes include market and breeding beef, sheep, meat goats and swine. Youth also give oral reasons to the official judges to defend their reasons for ranking the animals. A big thank you to coach Roger Bell, who spent countless hours working with the Lancaster County teams.

Senior team consisting of Michaela Clowser, Trevor Spath, Renee Sackett and Taylor Lienemann earned 4th overall team, 4th overall in swine, 2nd overall in reasons, 6th overall in sheep and goats and 5th overall in beef cattle. Srdni Lienemann also participated as an individual.

Individual senior results include:

• High individual overall: Michaela Clowser placed 6th
• Swine overall: Trevor Spath placed 4th
• Sheep and goats overall: Trevor Spath, placed 6th
• Beef Overall: Michaela Clowser, placed 5th
• Reasons: Michaela Clowser placed 10th

Intermediate contestants included:

Katherine Cooper, Rachel Lange, Colter Tietjen earned 6th high team, 8th in beef, 2nd in sheep/goats, 5th in swine and 6th in reasons. Individually, Rachel Lange was 1st overall, 3rd in sheep/goats and 9th in reasons.

The 4-Hers Test Animal Science Skills at PASE

Many Lancaster County 4-H’ers competed in district competitions held in Beatrice, Leigh and Clay Center. All purple and blue ribbon winners qualify for the state competition which will be held in Grand Island the week of July 14. Congratulations to all who participated! Below are the Lancaster County purple ribbon and trophy winners. Complete results are online at http://animalscience.unl.edu/anscdistrictstate4-hshowresults.

Horse Bits
District Horse Results

SR HUNTER UNDER SADDLE, 15 & UP
Haylie Pointer (Grand Champion, Beatrice), Anna Heusinger (Grand Champion, Leigh), Grace Kim (Reserve Champion, Beatrice), Bailey Peters

SR WESTERN HORSEMANSHIP, 15 & UP
Grace Kim (Grand Champion, Beatrice), Bailee Peters, Sydney Scow, Anna Heusinger, Bailey Peterson

Jr Hunter Under Saddle, 10-14
Aubrey Hayes (Grand Champion, Beatrice), Megan Danley (Grand Champion, Clay Center), Olivia Wennestedt (Reserve Champion, Beatrice), Madison Nash

Jr REINING, 10-14
Hailey Hula (Grand Champion, Beatrice), Aubrey Hayes (Grand Champion, Beatrice), Holly Pointer (Reserve Champion, Beatrice), Elii Dearmoun

Sr Western Pleasure Horses, 15 & Up
Sydney Scow (Grand Champion, Beatrice), Audrey Heusinger (Grand Champion, Leigh), Bailey Peterson

Jr REINING, 10-14
Jadin Vogler (Reserve Champion, Beatrice)

POLE BENDING, 15 & Up
Grace Kim (Reserve Champion, Beatrice), Nicole Finkner, Anna Heusinger

POLE BENDING, 10-14
Hailey Hula

SR BARREL RACING, 15 & Up
Nicole Finkner (Grand Champion, Beatrice), Grace Kim, Audrey Heusinger, Lena Ostransky

SR BARREL RACING, 10-14
Hailey Hula (Grand Champion, Beatrice), Meggan Hanson (Grand Champion, Beatrice), Hailey Hula (Reserve Champion, Beatrice), Madison Sobota (Reserve Champion, Beatrice)

SR WESTERN HORSEMANSHIP, 15 & Up
Grace Kim (Grand Champion, Beatrice), Bailee Peters, Sydney Scow, Anna Heusinger, Bailey Peterson

SR WESTERN POLE BENDING, 15 & Up
Grace Kim (Reserve Champion, Beatrice), Nicole Finkner, Anna Heusinger

SR WESTERN POLE BENDING, 10-14
Hailey Hula

SR BARREL RACING, 15 & Up
Nicole Finkner (Grand Champion, Beatrice), Grace Kim, Audrey Heusinger, Lena Ostransky

SR BARREL RACING, 10-14
Hailey Hula (Grand Champion, Beatrice), Meggan Hanson (Grand Champion, Beatrice), Hailey Hula (Reserve Champion, Beatrice), Madison Sobota (Reserve Champion, Beatrice)

SR WESTERN HORSEMANSHIP, 15 & Up
Grace Kim (Grand Champion, Beatrice), Bailee Peters, Sydney Scow, Anna Heusinger, Bailey Peterson

SR WESTERN POLE BENDING, 15 & Up
Grace Kim (Reserve Champion, Beatrice), Nicole Finkner, Anna Heusinger

SR WESTERN POLE BENDING, 10-14
Hailey Hula

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Hailey Hula (Grand Champion, Beatrice), Meggan Hanson (Grand Champion, Beatrice), Hailey Hula (Reserve Champion, Beatrice), Madison Sobota (Reserve Champion, Beatrice)

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Nicole Finkner (Grand Champion, Beatrice), Grace Kim, Audrey Heusinger, Lena Ostransky

SR BARREL RACING, 10-14
Hailey Hula (Grand Champion, Beatrice), Meggan Hanson (Grand Champion, Beatrice), Hailey Hula (Reserve Champion, Beatrice), Madison Sobota (Reserve Champion, Beatrice)
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 Cherrycrest Road. The public Style Revue will be Thursday, July 31 at 7 p.m. at the Lancaster Event Center, Exhibit Hall.

Static Exhibit Check-In, July 29, 4–8 p.m.
4-H & FFA static exhibits do not preregister, but MUST be physically checked in during Static Exhibit Check-in on Tuesday, 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 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 signage: Clover Kids; General Areas; 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.

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 how to fill out the judging cards and where to answer questions for those who have never judged before. Youth may judge as individuals or teams. Teams will consist of four youth and one adult.

Livestock Judging Contest, Aug. 3
The 4-H/FFA Livestock Judging Contest will be held Sunday, Aug. 3, 12 noon–2 p.m. in Pavilion 1. Preregister by Thursday, July 31, 6 p.m. in the Livestock Office at the fair. Come join the fun judging livestock and bring your parents! There will be a short orientation before the contest, outlining how to fill out the judging cards and where to answer questions for those who have never judged before.

Volunteers Needed
Adults and youth ages 12 and up are needed to help during the Lancaster County Super Fair.
• Static exhibit set-up on Thursday, July 24 at 6:30 p.m. (pizza will be served to volunteers) and Saturday, July 26 at 8 a.m. in the Lincoln Room.
• During judging of static exhibits on Wednesday, 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.

State Fair 4-H & FFA Animal Entries Due, Aug. 10
4-H & FFA animal exhibits 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, companion animal and dog 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. Entries will be due Sunday, Aug. 10.

Volunteer at Food Booth
4-H Council asks clubs and independent members to help by staffing a shift at the 4-H Corner Stop. At any given time, 6 youth (age 8 & up) and 4 adults are needed. Youth gain practical experience handling food safely and counting change. They also gain life skills, such as responsibility, critical thinking and social skills. Sign up online at http://lanc.unl.edu/foodbooth/apply.

Ak-Sar-Ben 4-H Show Entries Due Aug. 3
1. The Ak-Sar-Ben 4-H Stock 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, market lamb, market swine, rabbit and dairy steer. Stock Show exhibitors must be at least 10 years of age by Jan. 1. The Ak-Sar-Ben 4-H Horse Show will be held Sept. 20–21 at the Lancaster County Event Center in Lincoln. Horse exhibitors must be 12 years of age by Jan. 1.

Get ready for fun at the 2014 Nebraska State Fair, Friday, Aug. 2 through Sunday, Sept. 1 at Fonner Park in Grand Island! For a schedule of 4-H activities at the state fair and more, go to http://4h.unl.edu/nebraskastatefair.

Static Exhibits
At the county fair, 4-H static exhibits will be selected for the Nebraska State Fair by the judges in the respective areas. A state fair sticker will be placed on all exhibits selected for state fair. 4-H members with qualifying static exhibits will receive information in the mail after county fair entering at the State Fair.

Join the Fun as a Volunteer!
The Nebraska 4-H program is looking for volunteers to help with exhibit entry day, judging and serving as 4-H exhibit building hosts. Volunteers will be needed for assisting with all 4-H contests and events throughout the fair and serving as the Lil’ Green Mascot. State Fair 4-H volunteers will receive a fair pass for the day(s) they volunteer. A complete list of 4-H volunteer opportunities and sign up information is online at http://4h.unl.edu/becomevolunteer. If you have questions, call 402-472-1762.
**53 Hands-On Workshops in 4 Days at 4-H Clover College**

Held each June, 4-H Clover College is a four-day series of hands-on workshops for youth presented by University of Nebraska–Lincoln Extension in Lancaster County. Emphasis is on science, ag literacy, healthy lifestyles, career development, and citizenship/leadership. This year’s Clover College, held June 17–20, featured 53 workshops and 887 total class registrations! A special thank you to the nearly 70 instructors and assistants! More photos are online at www.flickr.com/photos/unlextlanco/collections.

### July
- **22** 4-H Style Revue Judging ................................................................. 8 a.m.
- **24** 4-H Food Booth Training, Lancaster Event Center - Lincoln Room ........6–7 p.m.
- **29** 4-H & FFA Static Exhibit Check-In for Lancaster County Super Fair, Lancaster Event Center - Lincoln Room .............................................. 4–8 p.m.
- **30** 4-H Static Exhibit Interview Judging, Lancaster Event Center - Lincoln Room

### August
- **3** Lancaster County Deadline for Ak-Sar-Ben 4-H Show Entries
- **12** Guardian/Conservator Training ........................................ 5:30–8:30 p.m.
- **14** Co-Parenting for Successful Kids Class ...................... 9 a.m.–12:30 p.m.
- **15** Extension Board Meeting ........................................ 8 a.m.

### 4-H Clover College in Pictures

- In the “Wired 4 Wind” workshop, youth built wind turbines that generate electricity and experimented with turbine designs. This was a new workshop at Clover College.
- The “Clover Kids Day Camp” for youth ages 6–7 was all four days and included making bird houses. Several teens volunteers helped.

- Several workshops focused on healthy eating and preparing food, including a “Food Fun” workshop.

- New this year was a “Superstar Sheep” workshop in which youth learned about sheep. The Clover Kids also had the opportunity to pet the sheep.

- In “Amazing Engineering 1,” youth designed their own foil boats and tested how much weight the boats could hold before sinking.

- One of the experiments in “Wild Science Experiments” included mixing dry ice with water in a cup.

- One of the community service projects youth did in “Happily Helping Others” was make personal first aid kits for People’s City Mission to distribute.

- Youth learned about propagating and growing plants in “Plant Babies.” They each took home several potted plants.