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The NEBLINE, August 2003

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The NEBLINE®



University of Nebraska Cooperative Extension in Lancaster County
"Helping Nebraskans enhance their lives through research-based education."

August 2003
Vol. XVI, No. 8

Web site: lancaster.unl.edu

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2003
LANCASTER COUNTY FAIR



View county fair photos on page 12 of this issue. More photos and 360-degree panoramics are online at lancaster.unl.edu/4h/Fair.

Lessons Learned Through Garbology

Arlene Hanna
Extension Associate

Trash! Trash! Trash! It's everywhere! In Lincoln, each person generates around 4.5 pounds of garbage per day. This includes all paper, table scraps, plastic, glass and more. Loads of these items go to the Bluff Road landfill. And — it is filling up. It is estimated the landfill will be full by 2024.

What can we do differently? Are there other options? Lancaster County second graders are finding out. They are learning to reduce, reuse and recycle through the 4-H School Enrichment Garbology program.

Garbology: a Waste-Watchers Guide is a curriculum and kit with hands-on activities developed in 1990 by several local organizations, including UNL Cooperative Extension in Lancaster County. Garbology is included in the Lincoln Public Schools (LPS) science curriculum as a core subject for second grade and also is taught in many other Lancaster County schools.

In the fall of 2001, Lois Mayo, LPS Science Curriculum Specialist, Gene Hanlon, City of Lincoln Recycling Coordinator and I decided Garbology needed to be updated. With the help of LPS teachers, we completely revised it. New activities were tested and set to the Nebraska and National Learning Standards of Excellence. Six LPS teachers and their students piloted the program during the 2001-2002 school year. After some revisions, the curriculum was finalized.

The next step was to create 50 learning kits — one for each LPS second grade classroom and a few to be rotated among other Lancaster County schools. The kits contain supplies and materials for all activities included in the curriculum.

Each kit contains a 4.5 pound bag of clean garbage. This meant 225 pounds of garbage needed to be collected, cleaned and sorted! I chose items that could be reused or recycled, but added things that only could go to the landfill, such as broken toys. Of course, I didn't include glass because of safety concerns.

Then, purchasing and gathering the supplies and materials for the kits took an amazing amount of time. For example, I purchased 650 cotton towels and extension staff member Chuck Jungbluth constructed 200 screens and 200 frames for the papermaking activity. The kits contain everything from books to sponges, from soil to cereal. At completion, each kit has about a \$250 price tag. But it's worth it! Each youngster in Lancaster County has a chance to make a difference in solving the solid waste problem.

After kits were delivered to schools in the fall of 2002, Lois and I trained 130 LPS teachers and administrators to use the Garbology teacher's guide. We explained, directed and demonstrated activities from the curriculum. Teachers also were invited to schedule an introductory presentation for students. In teaching this lesson, I introduce youngsters to garbage, the



Arlene Hanna (shown at top) and Lois Mayo held a teacher's training to teach LPS teachers to use the new Garbology teacher's guide.

landfill and more.

It's a delight to watch young minds come up with creative answers when I ask how we can reuse an item. When asked how to reuse an old shoe, one student suggested we fill it with dirt and plant flower seeds. Another suggested using it for a dog toy. Still another wanted to use it to hold his marbles.

Teachers usually spend about 15 classroom hours teaching the Garbology unit. In that time, students learn to identify garbage as natural or manufactured, to describe how garbage impacts the environment and to describe ways to reduce, reuse and recycle.

Parents report their children are checking the codes on plastic bottle at home. In fact, students are teaching their families to recycle. "Reducing, reusing, recycling has become a family project," says Georgia Ross. "We recycle aluminum, paper, plastic and cans. We've learned how to prepare plastic for recycling and so have the neighbors."

In the culminating activity in Garbology, students apply the scientific process to a reducing, reusing or recycling issue at school. By observing their classroom or other areas in their school, students may realize reducing, reusing or recycling problems exist.

At the end of the unit, LPS tests each second grader on the information learned from the program.

Lois Mayo says, "The new Garbology curriculum and kit are having a tremendous impact on the LPS second grade recycling unit. The guide is teacher-friendly and closely correlates with the LPS science curriculum. The wide variety of materials in the kit, the relevant

activities, the printed resources and the videos support the curriculum and make it truly come 'alive.' Students are learning to become responsible stewards of the environment by practicing the 3 R's: Reduce, Reuse, Recycle."

"The new Garbology curriculum and kit are having a tremendous impact on the LPS second grade recycling unit. The wide variety of materials in the kit, the relevant activities, the printed resources and the videos support the curriculum and make it truly come 'alive.'"

Lois Mayo, LPS Science Curriculum Specialist

According to Gene Hanlon, "With programs such as Garbology, the city has added three years to the life of the landfill."

I really enjoy working with the Garbology program. The process of developing the curriculum and activities with such a talented and dedicated group of professionals was a great experience. I enjoy the interaction with the students and their sincere desire to make a difference is inspiring.

Garbology is a wonderful addition to UNL Cooperative Extension's 4-H School Enrichment programs. It brings 4-H's philosophy of "learning by doing" into the classroom.



The Garbology kits include a 4.5 bag of garbage. 225 pounds of garbage had to be collected, cleaned and sorted for 50 kits.

CHANGE SERVICE REQUESTED

Lancaster County 4-H Council
Lancaster County Cooperative Extension
444 Cherry Creek Road • Suite A
Lincoln, Nebraska 68528-1507

Non-Profit Organization
U.S. Postage Paid
Permit No. 537
Lincoln, Nebraska

Pesticide Disposal Collection Aug. 18



A pesticide disposal collection will be held Monday, Aug. 18, 8 a.m.–Noon at the Farmers Cooperative Company fertilizer plant on North 148th Street, Waverly. All types of pesticides will be accepted except those in pressurized cylinders.

No appointment is needed and there is no charge for turning in less than 1,000 pounds of pesticides. There is a charge of \$1 per pound for each pound of product over 1,000 pounds. If you plan to turn in quantities of 1,000 pounds or more, contact Rich Reiman in advance at 471-2394 to make arrangements.

Pesticides should be brought in their original containers with label intact, if possible. Remember to protect yourself and your surroundings when handling waste pesticides. You may need to wear personal protective equipment or, as a minimum, unlined neoprene gloves.

The Nebraska Department of Agriculture, University of Nebraska Cooperative Extension, Nebraska Fertilizer & Ag Chemical Association, Nebraska Department of Environmental Quality, and the Environmental Trust Fund are sponsoring pesticide collections at nine sites across Nebraska.

It is anticipated there will not be any pesticide collections in 2004 due to budget constraints. This may be the last opportunity to dispose of unwanted pesticides for some time.

For more information, contact the NDA at (402) 471-2394, NU's Pesticide Education office at (402) 472-1632, or visit online at <http://pested.unl.edu/pat>.

Fertilizing Crop Land with Biosolids

An Educational Workshop about Lincoln's Biosolids Program



Tuesday, Sept. 30 • 3:30–8:30 p.m.

At this workshop you will learn:

- How wastewater is processed and made safe for application
- How regulations determine application rates and locations
- How GPS and GIS technology is used in Lincoln's Biosolids Program
- How you can reduce your out-of-pocket fertilizer costs
- Biosolids improves soil tilth, especially on poor or eroded soil
- Biosolids increases organic matter and water holding capacity
- Biosolids usually increases crop yields for several years after just one application.

Meet at 3:30 p.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road, and travel to the Theresa Street Wastewater Facility at 4 p.m. for a tour. Educational program is back at the Lancaster Extension Education Center from 6–8:30 p.m.

Please preregister for this workshop before Sept. 26 by calling 441-7180. (BPO)

Deadline Approaches to Terminate Verbal Farm Leases

Generally, the turnover rate for rental land is very small in Nebraska, averaging about 8 percent. On average, leases on agricultural land run for 15 years. This reflects the high level of communication between landowners and tenants and the high regard most landowners have for the ability of their tenant to produce top yields while being a careful steward of the land. Usually changes that occur are because of producer downsizing or expanding. Only in a few cases does a landlord terminate a lease because of poor management practices.

Under Nebraska law, oral (unwritten) leases are legally presumed to be year-to-year leases. A year-to-year lease has no fixed time period and is automatically renewed for another year until proper notice has been given to the tenant by the landowner (or vice versa) that the lease is terminated.

Written leases are in effect only for the period specified in the lease itself, which may be one year, five years, etc. For written leases, no notice is

required from the landlord to the tenant that the lease will not be renewed unless the lease specifically states that notice of termination is required. Unless it contains a renewal clause, the lease automatically terminates at the end of the lease period. The tenant generally has no right to have a written lease renewed unless the lease contains a renewal clause.

If a tenant "holds over" by not leaving after a written lease has ended, the tenant is legally considered to be a trespasser whom the landlord may remove by going to court. If the landowner does not remove the tenant, however, a year-to-year lease is automatically established by implication. If a holdover tenant begins to work and incurs expenses for the next year's crop, the courts generally have ruled the landowner has agreed by implication to the tenant's holding over.

The most common legal issue associated with verbal farm leases is how a lease may legally be terminated. For year-to-year leases and holdover leases, six

months advance notice must be given to legally terminate the lease. However, the lease date (the date from which the six months is counted) is different.

Oral year-to-year lease termination. For year-to-year leases, the Nebraska Supreme Court has ruled the lease year begins on March 1. Notice to a tenant to vacate under an oral year-to-year lease (legally referred to as a "notice to quit") must be given six months in advance of the end of the lease, or no later than August 31.

Holdover lease termination. On holdover leases, the lease date is established when the lease began in the original written lease rather than automatically being March 1. If the original written lease began Jan. 1, the notice to quit from the landlord to the holdover tenant would have to be given at least six months in advance of the end of the lease, or no later than June 30.

To make a lease termination process go smoothly, follow these tips:

see *FARM LEASES* on page 11

Nebraska Fence Viewer Statutes Cover Fence Issues

An old proverb states, "Good fences make good neighbors." While this is generally accepted as a true statement, who must pay the cost of the fence constructed between two neighbors? Nebraska law addresses the subject of fences between neighboring properties. David Aiken, University of Nebraska water and ag law specialist, has written extension publication "Nebraska Fence Viewer Statutes" (NF98-390). The following information is based on this publication.

Nebraska statutes provide

that a person may collect a portion of the cost of a division fence from the neighbor if the statutory fence viewer procedure is followed. Under the fence viewer procedure, if one or both parties desire a division fence, the cost of construction and maintenance of a lawful fence shall be borne by both landowners. The law defines a lawful fence. Six basic fence types, including minimum standards for construction materials and post spacing, are described in detail within the statute.

The law further describes how disputes are to be settled. Either party can request the county clerk to call a panel of fence viewers to settle disputes. The duty of the fence viewers is to distinctly mark and define the proportion of the fence to be made or maintained by each party. The qualifications of the individuals on the fence viewer panel are carefully spelled out in the statute.

Nebraska Fence Viewer Statutes can be picked up at the local extension office or accessed on the Web at: www.ianr.unl.edu/pubs/farmmgmt/nf390.htm. (TD)

WEST NILE VIRUS NEWS

West Nile Virus is of Concern to Horse Owners During the Summer

Summer weather brings out the mosquitos and with them comes the increased potential for horses to contract West Nile Virus. First documented in the United States in October 1999, West Nile Virus is an arbovirus transmitted by mosquitos. It typically affects birds, horses and humans, but any type of mammal is susceptible. West Nile Virus is generally spread when an infected bird, such as a crow or blue jay, is bitten by a mosquito. When that mosquito bites horses, humans or other mammals, they can come down with the virus. It's not spread by person-to-person contact.

Some of the neurologic signs present in horses that

have contracted West Nile Virus include loss of coordination, stumbling, muscle tremors and even death. There is no reason to destroy a horse infected with the virus. Many horses have recovered from it.

There is no treatment for West Nile Virus, other than standard veterinary practices used on animals infected with any other virus. However, there is a vaccine available that may help prevent the virus but must be given by a veterinarian. The initial vaccine is a two shot series given three to six weeks apart. Both injections must be given to provide protection from West Nile Virus. Maximum protection occurs four weeks after the second shot. Foals may be vaccinated at 12 weeks of

age and require a second dose three weeks later. If foals are vaccinated prior to 12 weeks of age, a three dose series is recommended.

Another way to help prevent West Nile Virus is to control mosquitos. This can be done by eliminating standing water, decreasing exposure and using repellents and insecticides. To help prevent mosquitos from affecting horses, avoid turning on lights in the stable during the evening and overnight. Place incandescent bulbs at the perimeter of the stable to pull mosquitos out of the barn. Remove all birds, including chickens close to the stable.

SOURCE: Kathy Anderson, Ph.D., extension horse specialist, NU/IANR (TD)

Growing Conifers from Seed

Collecting

PINE — Pine cones should be collected in the fall when the cones begin to crack and open. See Table I for specific dates. Place the cones on a dry surface in the sun until they open. The exception to this is jack pine. While some jack pine cones open each year, especially those in full sun, most of the cones require additional heat to open. Jack pine cones will need 2–4 hours in a 150°F oven.

Shake or tumble the cones over a screen to remove the seeds. The wings on the seeds may be removed. Rub the seeds between your hands and blow the wings away. Dewinging is not necessary but will make storage and planting easier when processing large amounts of seed. Scotch pine seeds are delicate and should be handled carefully.

If the seeds are to be stored before stratification, they should be put in clean sealed jars and kept at 35–40°F, a common refrigerator temperature.

SPRUCE — Spruce cones should be collected when they begin to open in the fall, mid August–October. Dry the cones in the sun until they are fully open and the seeds fall out easily when the cones are shaken, or place in an oven at 100–120°F for 6–24 hours. Use a thermometer to check the temperature, as higher temperatures will kill the seeds. Spruce cones often have a high percentage of empty seeds. The empty seed can be separated from the good seed by putting the seeds in ethyl alcohol. The empty seed will float and should be discarded. The seeds can be dewinged and stored by the same methods described for pine.

CEDAR AND JUNIPER — Cedar and juniper seed should be collected from September through early December. The berry-like cones are blue when ripe. Rocky Mountain juniper seeds take two years to mature, so do not pick the immature green cones.

Soak the cones in a weak lye solution (one teaspoon of lye per gallon of water) for one or two days, then rinse well with

water. If the cones are still sticky, repeat the lye soaking and rinsing. Dry the fruits, then separate the seeds from the pulp by rubbing on a screen. Next soak the seeds and pulp in water. The pulp and empty seeds will float and can be discarded. The good seeds should be stored in the same way as pine seeds.

Stratification

PINE AND SPRUCE — Stratification for pine and spruce is a fairly easy process. The seeds have mild internal dormancy. Soak the seeds in room temperature water for two days (change the water after 24 hours) place in moist sand in a clean plastic bag and store at 35–40°F. The bag should be loosely tied. The length of time needed for stratification is listed in Table II.

CEDAR AND JUNIPER — The junipers have both internal and seed-coat dormancy. Soaking eastern redcedar seed in

a weak solution (1 percent) of citric acid for four days before stratification will increase germination. Rinse the seeds well with water before stratifying. Stratify the seed by layering in moist sand or peatmoss in a clean plastic bag and keep it at 35–40°F for 30–120 days.

Rocky Mountain juniper seed should be stratified for six months before planting. Layer the seeds in damp peatmoss in a clean plastic bag. Loosely tie the bag and keep it at 35–40°F for six months. Begin stratifying the seed in January and plant in July. The seed will germinate the following spring.

Planting and Care

Seeds should be planted promptly after stratification. If the seed is allowed to dry out, dormancy may be triggered again and your efforts will be wasted.

A large seed bed is not needed for a home operation, but the area should be selected

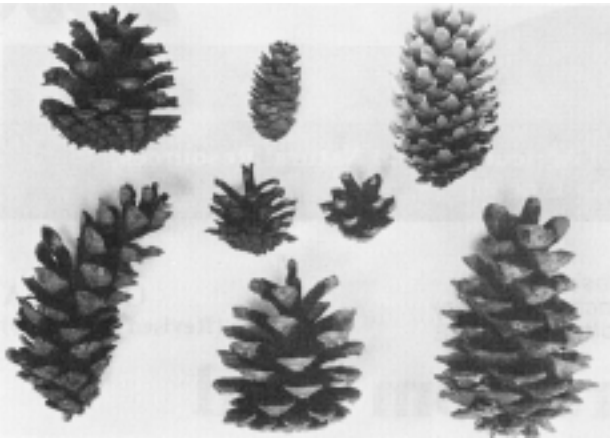
carefully. The area should be well-drained and fairly open, close to a source of water and protected from animals. An acid, sandy loam is best for most conifers. The addition of peatmoss will help make the soil more acidic. Add fertilizer to a poor soil. A 4' x 8' seedbed would need about half a pound of commercial fertilizer like ammonia nitrate 33 percent or ammonium phosphate 12-20-0. The fertilizer should be worked into the soil well before planting.

The planting times for the most common conifers grown in Nebraska are given in Table II.

When planting in the spring, wait until all danger of frost is past.

The best method of seeding is in uniform rows. Space the rows six to eight inches apart, leaving two foot walkways about every six rows.

For further information on planting, disease and insect control, read *Growing Conifers from Seed*, www.ianr.unl.edu/pubs/forestry/g380.htm (DJ)



Cones of some conifers grown in Nebraska. (Top row, L–R) ponderosa pine, Black Hills spruce and Colorado blue spruce, (middle row, L–R) Scotch pine and jack pine, (bottom row, L–R) eastern white pine, Austrian pine and limber pine.

Table I. Cone collection dates.

SPECIES	PRE-RIPE CONE COLOR	RIPE CONE COLOR	WHEN TO COLLECT CONES ¹
Ponderosa Pine	green	brown	August–September
Austrian Pine	yellowish-green	yellowish brown/light brown	September–November
Scotch Pine	green	grayish or dull brown or cinnamon brown	September–October
Jack Pine	green	tawny yellow to brown	September
White Pine	green	yellow green to light brown	August–September
Black Hills Spruce	green	light brown	Mid August–September
Colorado Blue Spruce	green tinged with red	shiny light brown	September–October
Eastern Redcedar	green	blue	September–November
Rocky Mountain Juniper	green (with bloom)	blue (with waxy white bloom)	Mid September–Mid December

¹After these dates the cones open and disperse seen naturally.

Table II. Stratification and planting instructions.

SPECIES	WHEN TO PLANT	COMMENTS
Ponderosa Pine	Spring	Stratify for 20–30 days before planting.
Austrian Pine	Spring	Stratify for 35–56 days before planting.
Scotch Pine	Spring	Stratify for 30–60 days before planting.
Jack Pine	Spring	No stratification necessary.
White Pine	Spring	Stratify for 30–60 days before planting.
Black Hills Spruce	Spring	Stratify 30–50 days before planting.
Colorado Blue Spruce	Spring	Stratify 30–50 days before planting.
Eastern Redcedar	August or Spring	No stratification needed if planted in August. Stratify 30–120 days before spring planting.
Rocky Mountain Juniper	July	Start stratification in January. Plant in July.

Water Trees According to Soil Type

The lingering drought makes it necessary to know how to properly provide supplemental water to trees.

Water should be placed where the roots are growing. Research shows more than 70 percent of tree roots are in the top 24 inches of soil. Water placed below that cannot be absorbed by the roots.

Trees require variable amounts of moisture. In addition to tree size and amount of competition around the tree, the type of soil the tree is planted in is one of the main factors affecting how much moisture is needed.

Sandy soils release stored moisture easily to plants but the amount of water the soil can hold at any one time is low. Clay soils can hold a lot of moisture, but the clay particles hold the water too tightly, making the water

unavailable for plants to absorb.

Frequent watering in low amounts is the best way to water trees in sandy soil. Ideally, soil should be moist 18 inches into the ground for as long as the tree is growing. Watering every five to seven days may be necessary to maintain adequate moisture in high temperatures and high winds.

It is almost impossible to overwater trees in sandy soil, though it can be wasteful. When too much water is applied to sandy soil it passes through the soil and isn't available to tree roots.

Proper watering is more difficult in clay soils because water can't easily enter the small pores in clay soils. However, once they are wet, clay soils hold moisture for long periods of time. (DJ)

Recognizing Tree Hazards

A hazard tree may have one or more defects which decreases its structural integrity and gives it an increased potential for failure. One of these treatments may help make your tree safer. Reducing the risk associated with hazardous trees can take many forms. An arborist familiar with hazard tree evaluation may suggest one or more of the following:

REMOVE THE TARGET

While you can't move a home or a nearby power line, you can sometimes move picnic tables, cars, landscape features, etc. to prevent them from being hit by a falling tree.

PRUNE THE TREE — Remove the defective branches of the tree. Since inappropriate pruning may also weaken a tree, it is best done by a Certified Arborist.

CABLE AND BRACE THE TREE

— Provide physical support for weak branches and stems to increase their strength and stability.

PROVIDE ROUTINE CARE

— Mature trees need routine care in the form of water, fertilizer (in some cases), mulch and pruning as dictated by the season and their structure.

REMOVE THE TREE — Some hazardous trees are best removed. If possible, plant a new tree in an appropriate place as a replacement.

Recognizing and reducing tree hazards not only increases the safety of your property and that of your neighbors, but will also improve the tree's health and may increase its longevity! (DJ)



Alice Henneman, RD, LMNT, Extension Educator

Enjoy the fresh ingredients in this homemade salsa. It's lower in sodium than many commercial salsas, especially if made with a no-salt-added tomato sauce. Let the salsa refrigerate for an hour or so before serving to allow flavors to blend. This recipe is provided courtesy of Centers for Disease Control and Prevention 5 A Day Fruits and Vegetables of the Month.

Homemade Salsa

Makes 8 servings

- 1 cup finely chopped, peeled tomato
- 1/2 cup tomato sauce
- 1/4 cup yellow or red onion
- 1/4 cup finely chopped green pepper
- 2 tablespoons vinegar
- 2 cloves garlic, minced
- 1 to 3 jalapeno peppers, seeded and chopped (use caution; wear rubber gloves and do not rub your eyes when chopping peppers)
- 1/2 cup fresh cilantro, chopped (optional)

Mix all ingredients in a glass bowl. Refrigerate until ready to serve.

COOK'S TIPS:

- Consider using lemon or lime juice in place of vinegar.
- To reduce the sodium content further, use a no-salt-added tomato sauce. These frequently are available in the canned tomato section of your grocery store or in a health food store. Serve with unsalted tortilla chips.

Freezing Peppers and Tomatoes

If you'd like to preserve peppers and tomatoes without canning them, here are some guidelines on freezing them from the National Center for Home Food Preservation, hosted by the University of Georgia Cooperative Extension Service www.uga.edu/nchfp.

Bell and Hot Peppers

Peppers are one of those foods you can quickly freeze raw without blanching them first.

Bell or Sweet Peppers

Preparation — Select crisp, tender, green or bright red pods. Wash, cut out stems, cut in half and remove seeds. If desired, cut into 1/2-inch strips or rings.

Heated — Good for use in cooking. Water blanch (see sidebar at end of article) halves 3 minutes, strips or rings 2 minutes. Cool promptly, drain and package, leaving 1/2-inch headspace. Seal and freeze.

Unheated — Good for use in uncooked foods because they have a crisper texture, or in cooked foods. Package raw, leaving no headspace. Seal and freeze.

Hot Peppers

Preparation — Wash and stem peppers. Package, leaving

no headspace. Seal and freeze.

NOTE: To make it easier to remove only the amount of frozen bell or sweet peppers needed at one time, freeze sliced or diced peppers in a single layer on a cookie sheet with sides. Transfer to a "freezer" bag when frozen, excluding as much air as possible from the bag.

Tomatoes

It is possible to quickly freeze raw tomatoes without blanching them first. Frozen tomatoes are best used in cooked foods such as soups, sauces and stews as they become mushy when they're thawed.

Preparation — Select firm, ripe tomatoes with deep red color.

Raw — Wash and dip in boiling water for 30 seconds to loosen skins. Core and peel. Freeze whole or in pieces. Pack into containers, leaving 1-inch headspace. Seal and freeze. Use only for cooking or seasoning as tomatoes will not be solid when thawed.

To extend the time frozen foods maintain good quality, package foods in material intended for freezing and keep the temperature of the freezer at 0°F or below. It is generally

recommended frozen vegetables be eaten within about 8 months for best quality.

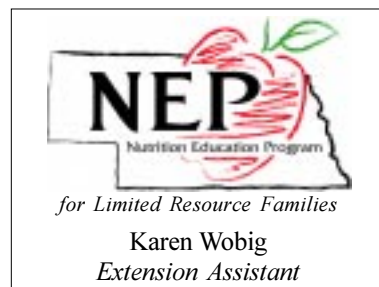
For more information on freezing and canning fresh produce this summer, check our Web site at lancaster.unl.edu/food/foodpres.htm. (AH)

Directions for blanching

For home freezing, the most satisfactory way to heat all vegetables is in boiling water. Use a blancher which has a blanching basket and cover, or fit a wire basket into a large pot with a lid.

Use one gallon water per pound of prepared vegetables. Put the vegetable in a blanching basket and lower into vigorously boiling water. Place a lid on the blancher. The water should return to boiling within 1 minute, or you are using too much vegetable for the amount of boiling water. Start counting blanching time as soon as the water returns to a boil. Keep heat high for the time given in the directions for the vegetable you are freezing.

Teaching Proper Hand Washing to School Children



During the 2002-03 school year, over 1,500 students from income eligible schools participated in the Nutrition Education Program's School Enrichment Program. Our initial visit to each of the 87 different classrooms involved a demonstration and hands-on learning about proper hand washing. Using a special lotion which reacts to an ultra-violet light, students rub the lotion on their hands, are taught the five steps of proper hand washing, look under the light to see all the lotion on their hands (which indicates where germs could be also), wash their hands and then check again under the light to see how much lotion they washed off. If any is left, that could indicate germs are left

as well. Most students and teachers have areas of lotion remaining, which leads into talking about how hard it is to get hands clean.

The students really enjoy this activity and teachers indicate what a positive change it has in the thoroughness of their hand washing. Following is a sample of some written teacher evaluations:

- "Washing hands much more often."
- "My hand washing awareness has increased and I am trying to be more thorough."
- "Longer time hand washing before lunch, especially."
- "Washing better at rest room breaks."
- "They have a fit if they do not get to wash their hands before



An Elliot School student practices proper hand washing.

lunch. . . 100 percent better washing."

When children are out of school, they often prepare their own snacks/meals. Encourage them to not only prepare nutri-

tious foods, but to always remember to wash their hands before touching or eating any food. Below is a recipe appropriate for school-age children to make, but since it requires a lot of handling of foods, be sure to remind your children to follow the five steps of proper hand washing:

1. Wet hands with warm, running water.
2. Add soap.
3. Scrub (away from running water) hands together, front and back, between fingers and under nails for about 20 seconds.
4. Rinse.
5. Dry, turning off faucet with paper towel.

Pinwheels

Slices of bread
Sandwich fillings, such as tuna, egg, or chicken salad, cheese, peanut butter
Fresh vegetables or fruits

1. Wash hands.
2. Flatten each slice of bread with a rolling pin.
3. Spread a sandwich filling on each slice of bread.
4. Cut up vegetables or fruits in small pieces and put on sandwich filling.
5. Place a cheese slice or shredded cheese on top.
6. Starting with one end, roll the bread.
7. Slice into one inch pieces.
8. Refrigerate leftovers.

Be adventurous in trying different food combinations. Sometimes the most unlikely combinations taste the best. Tortillas can be used in place of the bread.

FREE class: Healthy Cooking for 1 or 2

Alice Henneman, registered dietitian and extension educator, will help you learn how to prepare quick, delicious and nutritious meals for one or two people on Nov. 4, 7-8 p.m. in cooperation with BryanLGH Medical Center. The emphasis will be on using just a few common ingredients per recipe and as few dishes to wash as possible! Participants will receive an extensive handout which includes tips and recipes. More information on location and how to register will be provided in the next NEBLINE. (AH)

Web Resources of the Month

Learn the latest "Cook It Quick Tip of the Month" at lancaster.unl.edu/food/ciqtips.htm

Find directions for canning and freezing summer produce at lancaster.unl.edu/food/foodpres.htm

Discover 12 easy ways to add extra taste and nutrition to summer salads at lancaster.unl.edu/food/ftj-a03.htm

Check out our summer food safety tips on the Food Safety for Home Cooking section of our Web site at lancaster.unl.edu/food/foodsafety.htm#summer



Lines from Lynn

Lynn Bush
FCE Council Chair

This year has gone by so quickly. I can't believe I'm writing for the August NEBLINE already. The good part is cooler weather is closer! I am not a fan of heat and humidity. I guess it's true, "You can take the girl out of Minnesota but you can't take Minne-



sota out of the girl!" I hope everyone is managing to stay cool and thinking about the upcoming year. Presidents — don't forget the pick up reorganizational packets which should be ready at the end of August. The Sizzling Summer Sampler was a success. Around 100 people attended. Baskets were raffled off and raised just under \$300 for the Scholarship

Fund. Thank you to all who attended. Just a couple of dates to pass along to you. Sept. 22 will be the next Council Meeting. It will be hosted by Emerald and Home Service Club. Oct. 20 is Achievement Night hosted by Busy Bees and Helpful Homemakers. Enjoy the rest of your summer. Hope to see all of you at the September Council meeting.

FAMILY COMMUNITY EDUCATION (FCE) NEWS

September Council Meeting

The September FCE Council meeting will be Monday, Sept. 22, 7 p.m. at Lancaster Extension Education Center. The program will be presented by Stephanie Bowers with her "angel" dog that is trained to go to nursing homes and other facilities to visit residents. There will be election of officers and reports of the State Convention. All FCE members are invited to attend. Call Pam at 441-7180 if you plan to attend.

Achievement Meeting

Mark your calendars for the 2003 Achievement meeting, Monday, Oct. 27, 6:30 p.m. at the Lancaster Extension Education Center. An interesting program on vests will be presented by Rose Marie Tondl after dessert and beverage. Clubs and members will be recognized for years of membership. Everyone is asked to bring food or a donation for the food bank for FCE's annual collection. All FCE members are invited. Call Pam at 441-7180 if you plan to attend.

Leader Training

The FCE and community leader training lesson for October will be Tuesday, Sept. 30 (note the date change). The 3 R's (Reduce, Reuse and Recycle) will be presented by Extension Educator Lorene Bartos.

Recycling is not mandatory in Nebraska at the present time but it could happen if the landfills continue to fill at the present rate. Following the 3 R's in our daily lives will help lower the amount of trash that goes to the landfill. This lesson will give participants information on recycling, Shop S.M.A.R.T. (Save Money And Reduce Trash) and ideas of how to make treasures from trash.

If you have an article that has been made from recycling an item(s) please bring it to share. If you are not an FCE member call Pam at 441-7180 so informational packets can be prepared.

Re-Organizational Packets

Presidents of FCE Clubs: Your re-organizational packets will be ready for you to pick up the end of August. It will include the dues information for your club treasurer which has a due date of Oct. 1. There are other October deadlines within the packet. It is time to look forward and plan an exciting and educational year for FCE. If you have questions, call Lorene or Pam at 441-7180. (LB)

When Times are Tough: What Can I do to Help Myself?

Although times are difficult now for many people for many reasons, there are still some things we can do to help ourselves. Economic hardship, drought conditions, and the war situation are stressors that affect many of us. Life is not easy anyway, and when additional stressors are added to the demands of daily life, it can almost seem too much to handle. Each person has a limit with the level of stress that can be handled effectively. Then each person has a breaking point. It is essential that before we get to

the breaking point, we stop, do an assessment, and make a plan. The plan may involve some change, getting some help from others, and may involve some difficult decisions. Whatever must be done to avoid a breaking point will vary depending on your personality, your capabilities, and your support network. It is essential that you are willing to ask for help from others when you need it. Too often it is assumed that those who love and care for you should be able to read your mind. People cannot read your mind. Let

others know how they can help you. Sharing feelings, expectations and concerns puts you in a vulnerable position and so is often avoided. But without this honesty and trust, it will be difficult to develop relationships that build and support you. Knowing your personality, your limitations, and your needs will allow you to better communicate your needs to others. This is especially important to those in your close support network who can help you help yourself.

Source: Kathy Bosch, Extension Specialist, Family Life Education (LB)

How Sleep Loss Affects Your Ability to Think

The loss of sleep affects how you think and feel. A recent study found when you lose one night's sleep, you can still respond to familiar situations and do routine jobs if you concentrate hard and push yourself. But you'll find it hard to come up with a creative solution to a problem or task where there are not familiar rules to guide you.

If you were a student, for example, and you had stayed up all night to study for an exam, you might do well on multiple choice or true-false questions but find it difficult to write anything that required analytic skills. Similarly, at work you could manage on "automatic pilot" but not be able to tackle anything that required originality

or spontaneity. With the loss of two nights' sleep, even your ability to function in familiar situations will be greatly impaired. If you lose sleep for whatever reason — a crying baby, a sick family member or an occasional attack of insomnia — try to be realistic about what you expect to accomplish the next day. (LB)



by Lorene Bartos, Extension Educator

Store cleaning supplies where you use them (in the kitchen and bathroom), so you don't have to keep going from room to room to find them. By cleaning as you go (wiping the bathroom vanity after each use, etc.) dirt won't accumulate and clean ups will be faster.

Five Steps to a Hassle-less Family

1. **Evaluate your time.** The demands made on a marriage and family are countless: children, church, community. You need time for just the two of you as well. Make a list of things your family does each day and week.
2. **Prioritize your activities.** Which activities are vital to your marriage and family? Which build up and strengthen your primary relationships? Which are not really important? List your activities in order of importance.
3. **Decrease nonessential activities.** Although we like to think everything we do is important, it isn't. Some activi-

- ties can be eliminated, others done less frequently. Cross off your list those activities which are not essential.
4. **Delegate.** Parents don't have to do everything. Often an older child is capable of taking responsibility. Younger children can do small tasks. Sometimes you can pool resources in cooperation with friends and neighbors.
 5. **Take time for yourself.** Everything you do is conditioned by the energy you bring it. To be the best spouse and parent you can be seek ways to renew yourself through prayer, play, exercise and good nourishment. (LB)

Have a Good Start to the Day

- Getting yourself and your children up and out of the house in the morning can be a real challenge. And if the day starts with a hassle, parents end up going to work—and children to school—feeling upset. Here are some tips for the morning rush that can be adapted to your own situation.
- **Set the stage for a stress-free morning.** Set the table for breakfast the night before, organize lunch boxes and check whether you have petty cash available for last-minute needs.
 - **Involve children in preparations for the next day.** Lay out clothes the night before. Encourage school-age kids to listen to the weather report so they can decide what to wear the next day. Get them to think about what special things they

- will need for a class trip or science project.
- **Build in a time cushion.** Get up a little earlier so you have some time to yourself. You may be on "fast forward" but the kids will probably be in "slow motion," so a little extra time makes it possible for everyone to wake up, get dressed and enjoy breakfast without feeling so frazzled.
 - **Create schedules and routines.** Specify times for the major events such as getting out of bed, eating breakfast and leaving the house. Within that framework, be clear about the sequence of steps in each part of the morning routine.
 - **Talk over plans for the day.** Since family routines are not

see *GOOD START* on page 11

CHARACTER COUNTS! CORNER

Trustworthiness

The four ethical principles of trustworthiness are integrity, honesty, promise-keeping and loyalty. Trust is essential to meaningful personal relationships, enduring and rewarding friendship and successful associations in school, extracurricular activities and the workplace.

Trust is an essential factor in achieving sustainable success. People of character understand the importance of trust and pursue a life that makes them worthy of trust. (LB)



2003 is the Year of the Poppy

The National Garden Bureau designated 2003 as the Year of the Poppy. Poppies deserve a place in any garden: in wild-flower and meadow plantings, perennial borders, cutting gardens or mixed-shrub borders. Their flower colors range from deepest crimson, bright orange, yellow, soft pink, peach, rose, lilac and cream. Flowers may be single, double or semi-double, with amazing texture and size.

In a border garden, poppies combine beautifully with lamb's ears, cornflowers, larkspur, Shasta daisy, and veronica. For a meadow look, you cannot go

wrong with a sowing of poppies among coreopsis and bachelor's button. The colors complement each other and the various plants extend the flowering season into fall.

Flowers appear primarily in the spring or fall when cool temperatures prevail. Poppies vary in height from 2 to 3 feet tall, although



Corn Poppy

there are dwarf strains of the Iceland poppy that reach only 12 inches. The latter work well in rock gardens, in containers and at the front edge of a border. Most poppies look good in the middle or towards the rear of perennial beds.

Annuals

Corn poppy (*Papaver rhoeas*), grows 2 to 3 feet tall, blooms from late spring through summer and bears red, purple, lilac, white, salmon, peach, pink or orange flowers with a

distinctive dark blotch at the base of each petal. Shirley poppy, a selection from the species, grows to 4 feet tall; its pastel blooms lack the blotch but have a narrow white or tinted edge on each petal.

Perennials

Alpine poppy (*Papaver alpinum*), grows 5 to 10 inches tall, blooms from late spring to summer and bears white, yellow, or occasionally orange or red flowers. It is hardy in Zones 5 to 8.

Iceland poppy (*Papaver*




Alpine Poppy



Oriental Poppy

nudicaule), grows 1 to 2 feet tall, blooms from late spring through summer and produces orange, red, yellow, apricot, pink, salmon or white flowers up to seven inches across and has attractive blue-green segmented foliage. It is hardy in Zones 2 to 8.

Oriental poppy (*Papaver orientale*), grows 2 to 4 feet tall, blooms from late spring to midsummer and bears scarlet, salmon, pink, peach, white or rose blooms, usually with a black blotch at the base of the petals. The foliage dies back after flowering but begins to regrow in fall. It is hardy in Zones 4 to 9. (MJF)



Garden Guide

Things to do this month

Check on water needs of hanging baskets daily in the summer. Wind and sun dry them more quickly than other containers.

Clean up fallen rose and peony leaves. They can harbor disease and insect pests over the winter if allowed to remain on the ground.

Mound soil over the lateral or brace roots of corn stalks for extra support against strong winds.

Pick summer squash and zucchini every day or two to keep the plants producing.

Remove old vegetable plants which have stopped producing to eliminate a shelter for insects and disease organisms.

Water the garden early in the day so plants can absorb the moisture before the hot sun dries the soil. Early watering also insures the foliage dries before night. Wet foliage at night increases susceptibility to fungus diseases.

Many herbs self-sow if the flowers are not removed. Dill produce seeds that fall around the parent plant and come up as volunteers the following spring.

To reduce the number of pests on your fruit tree for the coming year, pick up and destroy all fallen fruit.

Bt (*Bacillus thuringiensis*) is used by many gardeners to protect cole crops from chewing caterpillars.

White flies are attracted to yellow, so use yellow sticky boards to reduce their populations.

Every weed that produces seed means more trouble next year. Control weeds before they go to seed.

Do not add weeds with mature seed heads to the compost pile. Many weed seeds can remain viable and germinate next year when the compost is used. (MJF)

Controlling Nimblewill

Nimblewill, *Muhlenbergia schreberi*, is a native, warm season, weedy grass that often invades home lawns. It grows best during the warmest summer months. It is objectionable in cool season turfs like Kentucky bluegrass and tall fescue because of its delayed green up in the spring and early fall dormancy. Many homeowners also dislike the fine-bladed texture of nimblewill and its habit to lie very flat on the ground, making it difficult to mow. Unfortunately, nimblewill is also a perennial grass that cannot be controlled with a pre-emergent herbicide; its root system survives Nebraska's cold winter temperatures enabling existing plants to regrow each year. It is spread primarily through the seeds that are produced each year in early fall.

Nimblewill is a thin, wiry, pale green grass. The leaf blades are short and emerge at 45 degree angles from the stems, which are slender, smooth and tend to lie flat on the ground. It spreads by short stolons, or above ground stems, that root at the nodes. Nimblewill forms



circular patches as a result of its stoloniferous growth pattern, which grow larger each year.

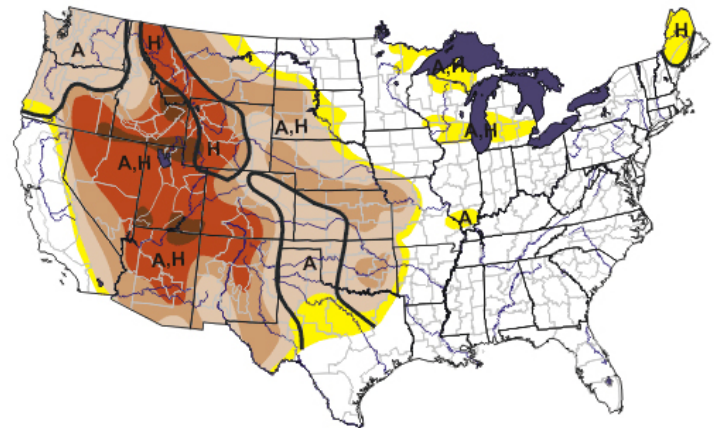
There is no easy method for controlling nimblewill, because there is no herbicide that will kill this weed and not kill the existing turfgrass too. The easiest means of control is to spray patches of nimbleweed with a total-kill herbicide like Round Up. Spray a circle 10 to 12 inches larger on each side

than the existing patch, to ensure all stolons are killed. Allow the grass two to three weeks to die back, then reseed or resod the area.

A common mistake made by homeowners is not killing a large enough area of grass initially, and inadvertently leaving some nimblewill alive. When this happens the patches will regrow and the control process must be repeated. (MJF)

Latest U.S. Drought Monitor Map

As of July 29, Lancaster County is in moderate drought conditions.



For the most recent map, visit www.drought.unl.edu/dm

Source: National Drought Mitigation Center, University of Nebraska

Storing Extra Seeds

Seeds can survive several years when given the proper environment. Although optimum storage life varies among species, most seeds will survive at least two years with some lasting for centuries. Whether they are leftovers from the seed you purchased or seeds you have gathered from your own plants, with a little care and thought, it is a simple task to save seeds for use in next years garden. Unused seeds that keep

for at least five years are broccoli, cabbage, cauliflower, cucumber, kohlrabi, lettuce, pumpkin, radish and squash.

The most important storage factor is low moisture content. Most seeds readily absorb water if stored in a damp environment. In a proper planting environment this would lead to germination and growth. In storage this leads to molding and rotting. Store seeds at a relative humidity of less than 65 percent.

Seed life can be further extended by placing seeds in a sealed container. This reduces the oxygen content and creates a controlled atmosphere. The best containers for seed storage are zip lock plastic bags or glass jars with tight-fitting lids. To avoid identification problems, leave seeds in their original packets or envelopes. Seeds may be stored in any cool, dark, dry place. (MJF)

Salt Creek Tiger Beetle — Found Only in Lancaster County's Saline Marshes

The Salt Creek tiger beetle, *Cicindela nevadica lincolniensis* (SCTB), (Figure 1) is one of the rarest insects in North America. It is only found in a few remnant saline marshes in Lancaster County.

In the 1980's, Mark Carter, UNL entomology graduate student, researched tiger beetle ranges. The earliest collections of the tiger beetle dating back to 1900 were found in the Nebraska State Museum collection. One area with an apparently large population was near old Salt Lake, now known as Capitol Beach. Carter compared the type locality with existing saline wetland areas and realized that the habitat of the SCTB had decreased so much that it was likely the beetle population was very small. It has been determined that over 90 percent (16,000 acres) of eastern Nebraska Saline wetlands, probably the original historic range of the beetle, is no longer in existence.

Steve Spomer, UNL research technologist, accompanied Mark on several collecting trips and became interested in tiger beetles. In 1991, Spomer decided to begin an intensive survey to determine the distribution and abundance of the SCTB. With help from the Nebraska Game & Parks Commission's Natural Heritage Program, he was able to identify and locate additional, potential sites. Areas include the saline flats remaining by Capitol Beach in Lincoln, two separate populations near North 27th Street, including Cracker Barrel Marsh and a fourth population southeast of Ceresco (Figure 2).

Spomer and his colleagues have continued to monitor sites on a yearly basis. The number of SCTB range from a low of 115 individuals in 1993 to a high of 637 in 1995 (Figure 3). Spomer believes the beetle's population is less than 500, which is extremely low for an insect.

The Nebraska Game and Parks Commission listed the SCTB on its threatened and endangered species list in March 2000. The U.S. Fish and Wildlife Service upgraded the beetle as a candidate for the federal endangered species list. It is expected to be federally listed soon.

Life History

Most aspects of the life history of the SCTB are unknown. Adults appear as early as the end of May or as late as mid-June and disappear by mid-to late-July (i.e. for about five or six weeks). Populations peak about two weeks after the first



Fig. 1 – Salt Creek tiger beetle

individuals appear. Adults mate throughout their life and may mate multiple times. After mating, the male rides atop the female, presumably to prevent her from immediately re-mating. This phenomenon is known as mate-guarding (Figure 4).

Eggs are laid along the salty, muddy banks

of Little Salt Creek, where the soil is sloping. As the egg hatches, the young larva digs a burrow, using its head to scoop out soil. It takes these small "mud clots" to the burrow entrance and flips them outside the hole. The small larva waits at the top of the burrow and ambushes prey that happens too near its burrow by grabbing the prey and pulling it into its burrow. As the larva grows, it molts to a larger stage, or instar, enlarging and lengthening its burrow. Tiger beetles probably have three instars. It is unknown if SCTB has a one- or two-year life cycle.

Before pupation, the larva seals its burrow entrance and digs a side chamber about two or three inches below the soil surface. After the adult emerges from the pupa, it remains in the chamber for a length of time while its cuticle hardens. Adult SCTB prefer the wetter areas of the salt marsh, like the edge of temporal ponds or seeps along the creek bank, in contrast to the three other species of salt-marsh



Fig. 4 – After mating, the male rides on top of female to keep her from mating with another male.

Fig. 2 – Locations where Salt Creek tiger beetle populations have been found.

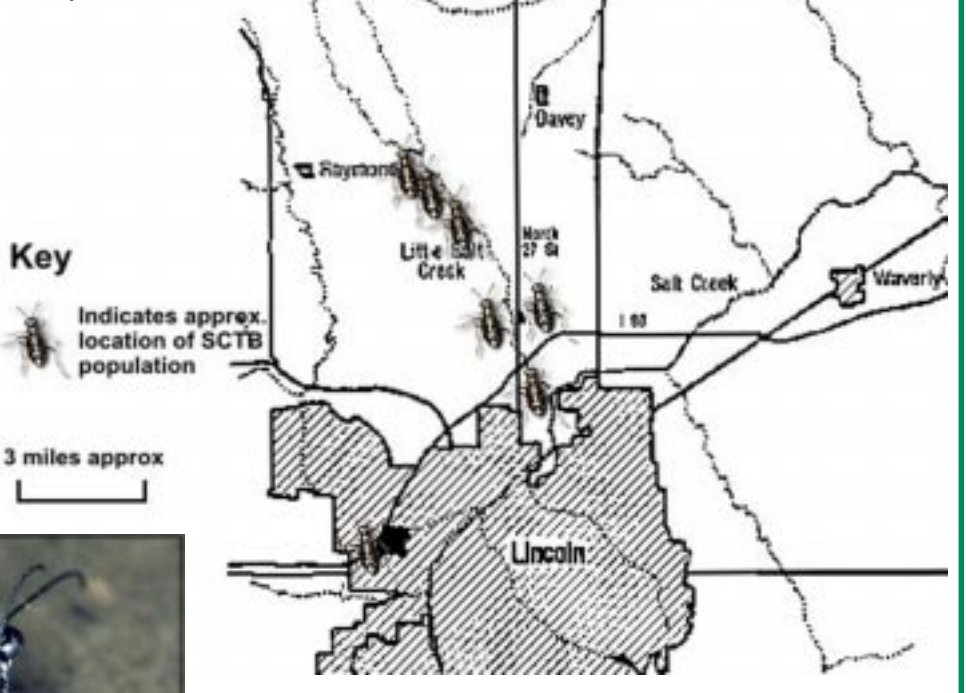
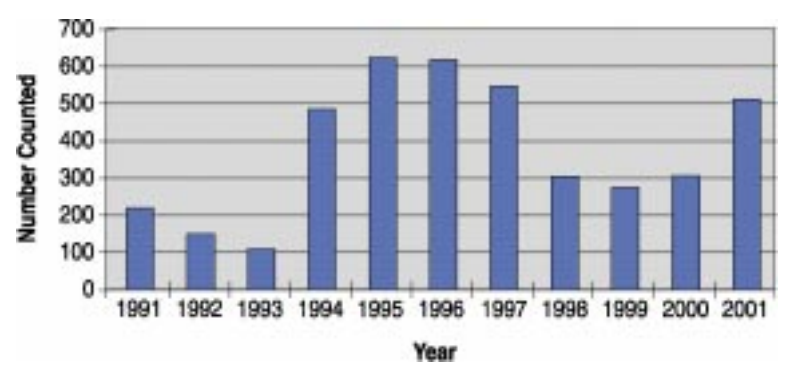


Fig. 3 – Yearly population estimates of adult Salt Creek tiger beetles.



endemic tiger beetles, which prefer the drier "flats".

Food Supply

Tiger beetles are voracious predators and eat almost any other insect of similar or smaller size. Tiger beetle larvae cannot leave their burrow and must wait for an insect to stumble across their burrow entrance. Researchers have found that

low food levels cause up to 75 percent mortality in larvae of some species of tiger beetles.

Human Intervention

Because 90 percent of the original saline wetland beetle habitat has been destroyed, the present beetle range is greatly restricted. Because of increased growth of north Lincoln, commercial and residential development pressure continues to threaten its habitat. This is one reason why the city of Lincoln, using state and federal grants, has bought 160 acres of saline wetland. It is located 1-1/2 miles north of North 27th Street and Interstate 80 and includes a section of the Little Salt Creek and is in the heart of the best remaining tiger beetle habitat in Lancaster County. The area will be managed by Nebraska Game and Parks Commission. Sources: Steve Spomer and Leon Higley, UNL Entomologists, Nebraska Game and Parks. More detailed information can be found at the following Web site: <http://entomology.unl.edu/lgh/sctb>. (BPO)

What are Tiger Beetles?

Tiger Beetles are predacious insects that live in a variety of habitats including stream edges, forests, beaches and deserts. Tiger beetles are highly active and are well-known for their quick running and agile flying abilities. Some have been clocked at 5.4 miles per hour. Many species of tigers beetles are brilliantly colored. Others are camouflaged, blending well into their habitat. About three-fourths of the tiger beetles in North America belong to the genus *Cicindela* — the same genus SCTB belong to. Species are distinguished by differences in size, coloration and markings on their wing covers.

Tiger beetles are important components of the ecosystem. They are an important part of the food chain and are also bioindicators of the environment. The presence or absence of certain species can provide information on the quality of the habitat, successional stage of the habitat and/or alterations to the habitat.

The Case of the Vandalized Fence

Barb Ogg
Extension Educator

In early July, a Lincoln homeowner called the police, reporting that his chain link fence had been vandalized. Most of the aluminum wires used to hold the top of the fence to the supporting pipes had been ground down (see picture at right) and a couple wires had even been sheared in two. The

homeowner thought this damage occurred at night because he didn't notice anything unusual during the day.

Officer Mike Davis wrote up a vandalism report and took samples of the wires and pictures, but was puzzled because the damage didn't seem to make sense. What could have been the motive for this type of vandalism? Nothing else was damaged. He started wondering whether a rodent could have

made this type of damage.

He brought the damaged wires to the extension office. The verdict was that the vandal was a destructive neighborhood squirrel! This type of damage is a little unusual, but squirrels have been observed sitting on the chain link fence grinding their teeth on aluminum wires that are soft enough they can grind it down in no time. Mice or rats were discounted because

see FENCE on page 11



COUNTY FAIR 4-H NEWS

2003

LANCASTER COUNTY FAIR

For 4-H fair results, go to lancaster.unl.edu/4h/Fair. See page 12 for photos. More photos online at the above Web site. Congratulations to all participants!

4-H Thanks Sponsors

Lancaster County 4-H would like to thank all of the businesses and individuals that sponsored 4-H events, activities, programs and trophies at this year's county fair. This support enhances the educational experience of the 4-H'ers who participate in the county fair.

Animal Care Clinic
Animal Pet Haven Hospital
Anonymous
Joel Armstrong
Rebecca L. Arnold, D.V.M., Ph.D.
Applebee's
Awards Unlimited
Chet Axthelm Memorial Cup
Grimm-Axthelm Memorial
Jim and Cindy Bauman
Bauman Livestock Feed & Supply - Martell
Beacon Hills
Belmont Veterinary Clinic
Krystal Bloomquist
Blue Stem Valley Farm
Buzzard Billy's
Cabin Realty and Ag Services

Capitol Animal Clinic, P.C.
Capitol Pork Producers
Kathy Calvert, D.V.M.
Chapelle Polled Herefords
David and Kim Cheney Family
Warren Cheney Family
Circle D Ranch
Comfort Inn
Condon Family
Cook's Family Foods
The Cookie Company
Crawford Family Shorthorns
DJTJ Angus
Ted DeHass & Sons
Designs By Yvonne
Ted and Alice Doane
Don Dierberger Family
Dorchester Farmers Cooperative
Douglas Theatre Company
Ron Dowding Family
Robert & Sandra Dresser
Eagle State Bank
Earl May Nursery & Garden Center
Experian
4H Council
4H Teen Council
4N Angus
Famous Dave's
Farm Credit Services of America
Farmers Bank of Cook
Farmers Cooperative Co. - Waverly
First State Bank - Hickman
Firth Cooperative Co.
Fitch Trucking, Inc.

Forney Animal Center
The Fort Western Outfitters
Four Winds Farm
Joe, Lois and Julia French
Julia French Show Cattle
Melvin and Linda Gagner
Gagner Construction
Gana/Nisley Show Cattle
The Garden Café
Gateway Bowl
Blayne Glissman Family
Godfather's Pizza
Goodrich Dairy
LaKaBrTyDe Farms
Laverne Grage Family
Haes Contracting, Inc
Hancock Fabrics
Linda Hanigan
Harlan's Automotive, Inc.
Heidtbrink Feeds
Irene Heidtbrink Memorial
Rod Hollman
Holthus Family
Hoppe & Harner, Attorneys at Law
Wayne, Joyce and Eric House
Larry and Senator Carol Hudkins
Husker Electric Supply
Deanna and Steve Karmazin Family
Jaycees of Waverly
David and Tina Johnson
Keech Trees
Kent Feeds
Lancaster County Agricultural Society
LAN-OTOE Farm
Lazlo's
Mr. and Mrs. Mike Lessmann
Lincoln Paint Center, Inc.
Lincoln Women's Chamber of Commerce
Misty's Restaurant & Lounge
Macaroni Grill
Cleo and Don Madden
Merle's Food & Drink
Messick Quarter Horses
Modern Methods

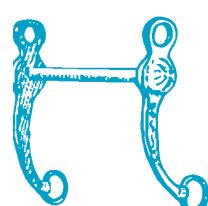
Mueller Farms
Clyde & Helen Naber
Nebraska Beef Council
Nebraska Pork Producers
Nebraska Soybean Board
Abbey & Cortney Neemann
Ian Neemann
Steven & Stephanie Nelson
Nisley Brother's Shorthorns
Norris FFA Alumni
Oak Creek Plants & Flowers
Barb and Clyde Ogg
Duane Parrish Family
Parrott Family
Patterson Supply Company/
Tom Filipi, agent - Davey
Larry Pershing
The Pet Ark
Pet Pals 4-H Club
The Pet Stop
Pitt's Veterinary Hospital
Lois Princ
Radio Shack
Rainbows End
Raymond Central FFA Alumni
Rick, Tammy, Nick and Andra Rasby
Rixstine Trophy Co., Inc.
Roberts Dairy Co.
Rock Creek Ranchers
Ervin Rolofson/Raymond Grand
Rotellas Bakery
Ruby Tuesday
Russell Princ Registered Angus.
Pat and Larry Ruth
Saline State Insurance Agency/
Dan James, agent
Salt Valley Grange #413
Schaefer's TV and Appliance Center
Sew Creative
Allen and Charlene Sieck
Sieck Show Cattle
Shepherd of the Hills Church -
Hickman
Deb Snell Memorial
Ron and Donna Snover

Sprague Country Club
Staybridge Suites
Steele Business Services
TGI Friday's
Kaye Thurston
TierOne Bank
Triple RRR Farms
Union Bank & Trust Co., Ag
Loan Dept.
UNL Department of Animal
Science
Michael Vaughn Family
Vo-Acres Dairy
Wachal Pet Health Center
Wal-Mart
Waverly FFA
Waverly Grange #369
Welp, Inc.
Westfield Shopping Center -
Gateway
Wether-Ewe Farm — Doug and
Cheryl Johnson
Wilkinson Sheep Farm
Dwayne and Joan Wittstruck
Wolfe Ace Hardware

We apologize for any inaccuracies. If you notice any corrections, please call us and we will include the information in next month's Nebline.

Thank You to Volunteers

The county fair would not be possible without the dedicated work of hundreds of volunteers. The Lancaster Agricultural Society and Lancaster County 4-H thank all of the people who donated their time and talents to help make this community event a success!



HORSE BITS

Nebraska 4-H State Horse Exposition

The Nebraska State 4-H Horse Exposition was held July 13-17 in Grand Island. Lancaster County sent 40 exhibitors and brought back three trophies, with many Lancaster County 4-H'ers placing very well in different classes.

Reserve championship trophies were won by Amanda Essink (with her horse, The Lady Can Skip) in Junior Barrel Racing, Micah Messick (with her horse, Chick Colonels Chick) in Senior Reining and Melissa Raisch (with her horse, Miss Drifter Creek) in Yearling Fillies — Lunging Halter.

Placing third in their classes were Rachel Braunsroth (with her horse Barts Patty) in Yearling Fillies — Lunging Halter, Ashley Schoneweis (with her horse Chargetoonight) in Senior Barrel Racing, Taylor Holliday (with his horse HF Chief Cougar) in Junior Pole Bending and Sierra Fredrick (with her horse Heza Secret Impulse) in Junior Showmanship.

The Lancaster County Horse Judging Team consisting of Dana Hahn, Melissa Raisch, Katie Cookerill and Ester Anderson placed third.

For a complete list of results, go to 4h.unl.edu. Congratulations to all exhibitors!



Working Ranch Horse was a new State Horse show class this year with 68 entrants. Exhibitors were given five minutes to guide a steer between a panel and the rail, around a barrel, into a holding pen for five seconds and out the gate. The Lancaster County Fair also had a Working Ranch Horse class for the second year in a row.

4-H'er Wins Pair O' Keets

There was a very special treat at the Lancaster County Fair's Household Pets Show this year. Barbara and Clyde Ogg donated a pair of Bourke's parakeets with all of the trimmings — including a bird cage — to an exhibitor in the pets show. Josh Bivins was the lucky winner!

Josh is a member of the Pet Pals 4-H Club and showed a cavy or guinea pig this year. "I intend to take very good care of these birds. I knew I was going to win because I am very lucky," said Josh. And indeed he is! There were around 30 exhibitors who wanted the parakeets.

Bourke's parakeets (*Neophema bourkii*) are native to Australia and are the only Australian parakeets that do



Josh Bivins won a pair of Bourke's parakeets at the Household Pets Show.

fully colored with pink background, and with brown-black scalloping and blue accents on their wings and under the tail. It is easy to distinguish mature males from females as males have a blue brow — the area just above the eyes.

Bourke's parakeets are good pets for beginners and experienced persons alike, because they are hardy, gentle and have a soft, pleasant chirp. They are good-natured and peaceful. Bourke's are quiet during the daytime, but are active at dawn and at dusk.

If you are caring for Bourke's parakeets, treat them as you would budgies.

Thanks Barb and Clyde! You made our day. (ALH, BO)

Fair's Over, Now What? — Parent and Leader Training

Leaders, parents and interested volunteers are invited to attend this 4-H training. Discover how to finish the current 4-H year and how to prepare for the next 4-H year. Awards, project completion/selection and club reorganization will be covered. See you Tuesday, Sept. 30, 9:30 a.m. or 7 p.m. MUST call 441-7180 to RSVP by Friday, Sept. 26. (TK)

Community Service Corner

Farley Wins "Kohl's Kids Who Care" Award

Grace Farley was chosen as a Store Winner for the Kohl's Kids Who Care® Recognition Program. She will be mentioned in a Kohl's in-store poster at the Lincoln Kohl's store during the months of August and September.

The Kohl's Kids Who Care® volunteer recognition program recognizes the efforts of young people who contribute in special ways to their local communities. Kohl's created the program in 2001 to reward youth for their outstanding volunteer efforts and to encourage others to follow their lead.

4-H Scholarships Available

The Lancaster County 4-H program offers a variety of scholarships to active senior 4-H members in Lancaster County. The following lists the scholarships available for the 2003–2004 school year. To obtain an application for any of these scholarships, please contact the Lancaster County Extension office or call Deanna Karmazin at 441-7180. (DK)

4-H Council — awards six \$500 scholarships to any active Lancaster County 4-H'er.

Amy Countryman Memorial — \$1,000 to a senior at Waverly High School currently enrolled in 4-H. Amy Countryman was active in the 4-H horse program and this scholarship is given in her memory.

Lincoln Center Kiwanis — awards two \$1,000 scholarships to a current high school senior who is active in 4-H.

Teen Council — two scholarships to a current 4-H'er who is active in Teen Council and helps with at least one major fundraiser during their senior year.

Lane Scholarship — one \$200 scholarship is awarded to a current 4-H'er who attends Raymond Central High School.

Dine Out for CWF at Don & Millie's on Second Sundays

On the second Sunday of each month, from 11 a.m. to 4 p.m., Don & Millie's hosts Dine Out for 4-H Citizen Washington Focus (CWF). When people indicate they are eating for 4-H, Don & Millie's donates 20 percent of the profits of those meals. Don & Millie's is located at 5200 S. 56th Street. You and your family can support CWF by dining out at Don & Millie's during these times and telling them you are eating for 4-H. Mark your calendars with these dates: Sep. 14, Oct. 12 and Nov. 9. Thanks to Don & Millie's and to those who "Dine Out for CWF"!

The 2003 Nebraska State Fair

Tradition with a twist

Aug. 23-Sept. 1

www.statefair.org



Partial 4-H Schedule

For complete 4-H schedule visit online at 4h.unl.edu/fair/2003/schedule.pdf

Aug. 23	9 a.m.	4-H Exhibit Hall Open (Hours: 10 a.m.–9 p.m. on week days and 9 a.m.–9 p.m. Aug. 23, 24, 30, 31 & Sept. 1)
	10 a.m.	Presentations, Youth Complex Demo Rooms
	7 p.m.	Dairy Goat Showmanship
Aug. 24	8 a.m.	Dairy Goat Show
Aug. 30	8 a.m.	Presentations continued
	10 a.m.	Shopping in Style Show, Devaney Sports Center
	2 p.m.	Fashion Show, Devaney Sports Center
	4 p.m.	Sheep Lead Show
	5 p.m.	Breeding Sheep Show
	7 p.m.	Sheep Showmanship
Aug. 31	8 a.m.	Presentations continued
	8 a.m.	Market Steer and Heifer Show
	8 a.m.	Market Lambs Show
	11 a.m.	4-H All Stars Celebrity Autograph Session
	6 p.m.	Swine Showmanship
	8 p.m.	4-H Friendship Party
Sept. 1	8 a.m.	Presentations continued thru morning
	8 a.m.	Dairy Cattle Show
	8 a.m.	Breeding Heifer Show as time permits before selection of Grand Champion Market Animal
	8 a.m.	Market Gilts, followed by Market Barrows
	2 p.m.	Continue Breeding Heifer Show, followed by Beef Showmanship

Volunteers Needed!

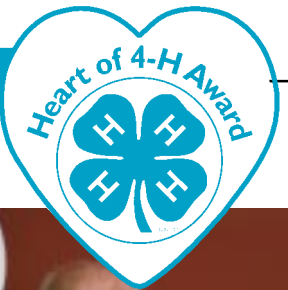
Volunteers are needed in EVERY area of 4-H-related activities and events at the fair. Help is especially needed in the Exhibit Hall. Shifts are two to three hours. One-day State Fair passes are provided. To help, contact Robyn Yule, 4-H Volunteer Coordinator at 472-2805 or e-mail ryule3@unl.edu.

The 4-H Discovery Center, which provides engaging and fun activities for youth to experience at the Fair, also needs volunteers, especially for the weekends. One-day State Fair passes are provided. To help, contact Brooke Levey at 472-1478 or Bernie Lorkovic at 472-6717.

4-H Friendship Dance

UNL Collegiate 4-H is sponsoring a 4-H Friendship Dance on Sunday, Aug. 31, 8–11 p.m. at the Colored Seat Arena at the Nebraska State Fairgrounds.

AUGUST



Merlin Dana

Lancaster County 4-H and 4-H Council are proud to announce Merlin Dana as winner of August's "Heart of 4-H Award" in recognition of outstanding volunteer service.

A 4-H volunteer for more than 20 years, Merlin has judged several rabbit shows and conducts rabbit clinics for 4-H clubs in Lancaster and Gage Counties. He also sells rabbits from his rabbitry to many 4-H'ers.

Ken Majors nominated Merlin and said, "Merlin is great with the 4-H'ers. He not only provides bunnies, but provides 4-H'ers with a lot of information on how to take care of them, grooming, breeding and actually any question they may have for him. He shows up at most of the rabbit shows to cheer on those that have bought rabbits from him and to provide information to any others that may have questions. He is a remarkable person, at 85 years of age, and still going strong."

Merlin said he likes being a 4-H volunteer because, "The future progress and success of 4-H depends on the dedicated work of 4-H youngsters of today's world."

His favorite experience volunteering at the County Fair was a number of years ago. "I was called upon to judge the Pet Rabbit Class," he said. "One of the youngsters showing her pet rabbit was a little handicapped girl. As she struggled to walk up to the judging table, everyone could see the great love that existed between the rabbit and the little girl. The rabbit lay content in her arms as she carefully placed it on the table. When I later announced she was the winner, the wide grin on her face was a sight to see!"

Merlin and his wife of 51 years, Jean, have three children: Jeanette, Greg and Rick. He is a retired minister of the Have-lock Christian Church and also volunteers for nursery schools, public schools and retirement centers. His favorite way to relax is to cradle one of his Holland Lops and feed it raisins or dandelion greens.

Congratulations to Merlin. Volunteers like him are indeed, the heart of 4-H!



Preventing Pollution Has Many Benefits

Vince Kuppig
Partners in Pollution Prevention Intern

Benjamin Franklin once said, "An ounce of prevention is worth a pound of cure."

When it comes to pollution prevention (P2), that statement couldn't be more accurate.

The idea with pollution prevention is if the pollution is prevented in the first place, there's no need to worry about how to deal with the pollution. Pollution prevention isn't dealing with the pollution after it's already happened.

Pollution prevention has many benefits. By looking ahead to the future, pollution prevention reduces both financial costs as well as environmental costs such as health problems and environmental damage.

Pollution prevention isn't just recycling. While recycling is a form of pollution prevention,

more can be done. The Environmental Protection Agency (EPA) defines pollution prevention as "source reduction." Source reduction is any practice that reduces, eliminates or prevents pollution at its source.

Each state also has its own definition of P2. Nebraska's definition of pollution prevention is "all activities that lead to the elimination or reduction of waste quantities and toxicity at the site of generation."

While those definitions might seem to mainly apply to businesses, preventing pollution isn't just for the big industries. It's something every individual can take part in. Everybody — big businesses, small businesses and even individuals — generates wastes, which means everybody can help prevent pollution.

At home, you can prevent pollution in many ways. For example, pollution prevention

can be achieved by: turning lights off; saving water; carpooling, taking public transportation or riding a bike; closing shades in the summer and opening them in the winter and recycling.

At work, many of the same P2 practices can be performed. You can also use double-sided photocopies, work toward a paperless office and substitute non-hazardous materials for hazardous materials.

In Lancaster County and throughout the state, University of Nebraska-Lincoln student interns are taking part in an internship called Partners in Pollution Prevention (P3).

Over the years, P3 interns have worked out of the Lancaster County Extension office. Usually one or two interns work each year at the extension office with the rest of interns spread throughout the state.

The interns visit Nebraska

businesses and provide them with technical assistance reports that detail ways to reduce wastes.

Waste awareness often comes only after someone has had the time and inclination to study the situation and point out greater efficiencies, said Bruce Dvorak, a UNL engineering associate professor and an intern

adviser. The internship provides this opportunity.

"Students have the enthusiasm, the fresh perspective. They're not beaten down by the rush of the day," Dvorak said.

For more information on the program, call Dvorak at 472-3431 or visit www.ianr.unl.edu/P3.

Reduce, Reuse and Recycle Training on Sept. 30

A train-the-trainer lesson on the 3 R's (Reduce, Reuse and Recycle) will be given Tuesday, Sept. 30, 1 p.m. Recycling is not mandatory in Nebraska at the present time but it could happen if the landfills continue to fill at the present rate. Following the 3R's in our daily lives will help lower the amount of trash going to the landfill. This training will give participants information on recycling, Shop S.M.A.R.T. (Save Money And Reduce Trash) and ideas on how to make treasures from trash. Call Pam at 441-7180 to register for this training. (LB)

ATV Rider's Handbook Available to All

For work or fun, riding an all terrain vehicle can be an enjoyable experience. Properly used, ATVs are highly functional machines and perform many tasks for farmers, ranchers and recreational outdoorsman. However, reckless or unsafe use of an ATV can result in dangerous situations for riders and the environment.

Many people have been seriously injured or have lost their lives as a result of ATV-related accidents. This is especially true for young people. According to reported information (since 1985) to the U.S. Consumer Product Safety Commission, approximately 35 percent of all victims were under 16 years of age and 15 percent were under 12 years of age.

To help reduce ATV accidents resulting in serious injury and lost lives, the National 4-H Council has developed an ATV Rider's Handbook using source material from the Specialty Vehicle Institute of America (SVIA). The handbook contains chapters on becoming familiar



with your ATV, protective equipment, basic riding techniques, effects of alcohol and drugs, respecting the environment, handling emergency situations and riding strategies.

A single copy of the ATV Rider's Handbook is available without charge from:

Specialty Vehicle Institute of America
2 Jenner Street, Suite 150
Irvine, CA 92718

Safety Course for Drivers 50 and Over Scheduled for Sept. 16 & 17

UNL Cooperative Extension in Lancaster County is co-sponsoring a 55 ALIVE Driver Safety Course scheduled for Tuesday, Sept. 16 and Wednesday, Sept. 17, 12:30-4:30 p.m. Cost is \$10 payable at the first class. Call 441-7180 to register.

Drivers aged 55 and over, compared with drivers aged 30-54, are involved in more accidents per mile driven. The number of accidents per mile rises sharply at about age 75.

The AARP Driver Safety Program is the nation's first and largest classroom driver refresher course specially designed for motorists age 50 and older.

The eight-hour course is taught in two, four-hour

sessions spanning two days. The course helps drivers refine existing skills and develop safe, defensive driving techniques. AARP members and non-members alike may take the course. There are no tests.

The AARP Driver Safety Program course covers the following topics:

- Vision and hearing changes
- Effects of medication
- Reaction time changes
- Left turns and other right-of-way situations
- New laws and how they affect you
- Hazardous driving situations

Research shows a direct link between the kinds of driving problems experienced by older motorists and the physical changes that can occur in all older persons. The loss of

vision, hearing and physical strength is gradual and can go virtually unnoticed until older drivers are faced with a driving emergency that they are no longer able to handle.

For example, the gradual failure of sensory acuity associated with aging reduces the quantity and accuracy of information capable of being processed. This reduces the ability of the individual to respond or react to his/her environment with speed and judgment current traffic often requires.

By being aware of these normal age-related changes and learning how they affect driving, older motorists can compensate for them and become better drivers.

ATV Safety Tips

Stressing these additional points when working with young people could help prevent ATV-related injuries:

- ATVs are designed for one operator only. **Never carry a passenger.**
- ATVs are for off-road use only. **Never operate an ATV on paved surfaces or public roads.**
- Protective clothing is the badge of responsible, safe riding. **Always wear an approved motorcycle helmet, eye protection, gloves and protective clothing.**

- Substance abuse is especially dangerous when operating an ATV. **Never consume alcohol or drugs before or during the operation of an ATV.**
- Speeding and stunts (wheelies, jumps, etc.) are strong temptations among children, especially if peer pressure is involved. This will increase the risk of losing control with potentially disastrous results. **Never operate an ATV at excessive speeds.**

Source: *ATV Rider's Handbook*

This Nebraska student came from a small town—and found community.

AMBER SAYERS is a junior computer engineering major and Honors student from Hay Springs, NE. She excels in this top-notch program, and she's also learned to excel outside the classroom. She credits upperclass students for her involvement in Feed the Need, a community service program, UNITE (NU's Inter-Tribal Exchange), and even the Juggling Club. "I had other options, but the diversity of programs and opportunities with the feel of a small town made the University of Nebraska-Lincoln a great place for me."

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EXTENSION CALENDAR

All programs and events will be held at the Lancaster Extension Education Center unless otherwise noted.

AUGUST

- 16 Composting Demonstration, *City Yard Waste Composting Demonstration Site at 50th & Colby, Lincoln* 8:30 a.m.
18 Pesticide Disposal Collection, *Farmers Cooperative, Waverly* 8 a.m.–Noon
20 Nebraska State Fair Static Exhibits Entry Day, *State Fair Park*
August 23–September 1 **NEBRASKA STATE FAIR, State Fair Park**

SEPTEMBER

- 2 4-H Council Meeting 7 p.m.
8 4-H Horse VIPS Committee Meeting, *Lancaster Event Center* 7 p.m.
11 4-H Rabbit VIPS Committee Meeting, *Lancaster Event Center* 7 p.m.
12 Extension Board Meeting 8 a.m.
14 Dine Out for 4-H Citizen Washington Focus (CWF),
Don & Millie's, 5200 S. 56th Street 11 a.m.–4 p.m.
14 4-H Teen Council Meeting 3 p.m.
16 55 ALIVE Driver Safety Course 12:30–4:30 P.M.
16 4-H Kick Off/Open House, *Lancaster Event Center* 6–7:30 p.m.
17 55 ALIVE Driver Safety Course 12:30–4:30 P.M.
20 Composting Demonstration, *City Yard Waste Composting Demonstration Site at 50th & Colby, Lincoln* 8:30 a.m.
20–29 AkSarBen Livestock Exposition *Omaha Event Center*
22 Family Community Education (FCE) Council Meeting 7 p.m.
30 4-H Leader Training 9:30 a.m. & 7 p.m.
30 Family Community Education (FCE) Leader Training
“Reduce, Reuse and Recycle” 1 p.m.
30 Fertilizing Crop Land with Biosolids Workshop 3:30–8:30 p.m.

FARM LEASES

continued from page 2

- Usually a tenant will know about the termination of a rental contract before the deadline, but notification still needs to be done formally and legally. The landlord needs to prove he or she has sent the tenant a notice of termination. This notice should be a registered letter written by an attorney. Be sure the notice arrives by Aug. 31 and have proof it was sent.
- An attorney should be involved in all stages of the termination process. It's easy to make a mistake, and something done wrong won't stand up in court, if a disagreement occurs.
- A tenant should never let a rental agreement reach termination due to poor management practices. Keep the line of communication open and visit with the landlord regularly.
- If the tenant disagrees with the termination, he or she should visit with the landlord to see what can be done or the reason for the termination.

This article was taken from extension publication Farm Lease Termination (NF91-42 revised 1997) authored by Extension Water and Agricultural Law Specialist, J. David Aiken. Aiken has reviewed this article for correctness. NF91-42 can be accessed on the Web at: www.iamr.unl.edu/pubs/farmmgmt/nf42.htm. (TD)

GOOD START

continued from page 5

- the same each day, adults need to check each other's schedules and make sure they agree on the day's plan. To cut down on the anxiety level, be sure to share schedule information with the children.
- **Establish some pleasant rituals.** Mornings are often hard for kids because the family is going off in different directions at the same time — to work, to school, to child care. Try to spend at least a few minutes as a family eating breakfast. A good-bye ritual is important for younger children — three kisses and a “see you later” or whatever you establish together.
 - **Keep things in perspective.** Try to avoid power struggles in the morning, it's usually not worth it. Be prepared for the unexpected. Your child may wake up with a fever, or your child care provider is sick, or whatever. In these situations, staying calm may not be easy but it is the only way to cope.

Source: Susan Ginsberg. Work and Family Life. Vol. 7, N. 7-8. (LB)

FENCE

continued from page 7

of the location of the damage. Squirrels are active during the daytime, but this means active from daylight until close to dusk. So, the homeowner may not have been around when the damage was being done. Squirrels have a need to wear down their teeth because their teeth continue to grow as they age. They can also chew into electrical cables, which can be a fatal mistake for them and a problem for utility companies. The homeowner might want to replace the aluminum wire with heavier gauge, galvanized wire. This will be more difficult to install, but will do a better job withstanding squirrel damage. This case was a little unusual, but was interesting. Extension staff are glad to work with the Lincoln Police Department whenever we can.

Free Concert

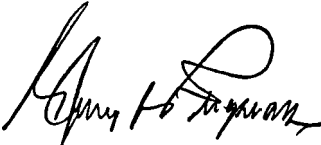
The Lincoln Municipal Band will present a free concert Sunday, Aug. 24, 7–8 p.m. at the Antelope Park Band Shell. The concert is a tribute to youth organizations. 4-H'ers are encouraged to attend!

The NEBLINE



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Web site: lancaster.unl.edu
Fax: 441-7148 • TDD: 441-7180
NUFACTS Information Center: 441-7188
Composting Hotline: 441-7139

All programs and events listed in this newsletter will be held (unless noted otherwise) at:
Lancaster Extension Education Center
444 Cherrycreek Rd. (event rooms posted), Lincoln
Lobby Phone: 441-7170



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Make It Yourself With Wool Contest

This contest is to promote the beauty and versatility of wool fabric and yarn and to encourage personal creations and skills in sewing, knitting, crocheting, spinning and weaving of wool fabric and yarn. This year, they are promoting the category of “made for others” at the district and state levels. The ages are as follows:
• Pre-teen, 12 and under
• Junior, 13 to 16
• Senior, 17 to 24
• Adult 25 and over
If you are a student in a college program of design, there

is a contest you may enter aside from this contest at the National level. If you are in need of any further information, please feel free to contact the Nebraska State Director, Alice Doane, 17705 Bluff Road, Waverly, NE 68462; phone (402) 786-3555 or the director for the district you are interested in.
You may enter any district contest. Dates, locations and directors are as follows:
District I — Oct. 18 in Scottsbluff. Doris Rush (308) 635-0156 and Rosalene Tollman. Entry deadline, Oct. 4.

District II — Oct. 11 in Lexington. Terri Uden (308) 324-3175. Entry deadline, Sept. 27.
District III — Nov. 1 in Lincoln. Pam Schlickbernd (402) 372-3658 and Lara Grundman (402) 264-4825. Entry deadline, Oct. 25.
Application forms are available at the Lancaster Extension Office, 444 Cherrycreek Road, Lincoln, NE 68528-1507. For more information, call Lorene at 441-7180. (LB)

2003

LANCASTER COUNTY FAIR

Discover the Fun!

More than 50,000 people discovered the fun at this year's Lancaster County Fair held July 30–Aug. 3 at the Lancaster Event Center.

4-H'ers were involved in many aspects of the fair. An estimated 1,000 4-H'ers exhibited projects at the fair. Many volunteered at the 4-H Corner Stop or as guides for Fair Fun Day. 4-H Teen Council ran the 4-H Information Booth, Ice Cream Social, Cookie Eating Contest and Teen Dance. Citizen Washington Focus did face painting and other fund raising activities. The Rabbits 'R' Us 4-H Club ran a Dunking Booth to raise funds for landscaping at the Lancaster Event Center. 4-H Council sponsored Spudfest.

Hundreds of 4-H volunteers worked behind the scenes to make the 4-H shows, contests and activities run smoothly. Members of the Lancaster Extension board helped serve at the Watermelon Feed.

UNL Cooperative Extension in Lancaster County is proud to participate in this community event!



[Bicycles](#) | [Cats](#) | [Chess](#) | [Child Development](#) | [Clothing](#) | [Clover Kids \(for ages 5–7\)](#) | [Computers](#) | [Conservation & Wildlife](#) |

4-H Kick Off

DISCOVER  **DISCOVER**
4-H **YOU**

Tuesday, Sept. 16

6-7:30 p.m.

Lancaster Event Center, 84th & Havelock Exhibit Building

Lancaster County 4-H kicks off the 4-H year with an Open House for youth and their families to discover 4-H!

Food!

**Learn
about 4-H!**

Discover all the exciting opportunities 4-H can offer you!

4-H is a learn-by-doing program with more than 150 projects from which to choose. Many 4-H'ers exhibit their projects at the county fair! 4-H also develops life skills such as thinking critically, solving problems, respecting self and communicating.

**4-H is for
ages 5-19**



If you are unable to attend but would like to find out more about 4-H

Name _____ Age _____ ☐ Male ☐ Female

Parent/Guardian(s) _____

Address _____

City _____ State _____ Zip _____

Phone (day) _____ Phone (evening) _____

Grade	School
-------	--------

Interests

**Return to UNL Cooperative Extension in Lancaster County,
444 Cherrycreek Rd, Suite A, Lincoln, NE 68528-1507**

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or fill out form online at www.lancaster.unl.edu/4H

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Dogs | Electricity | Entomology | Flowers/Gardening | Foods | Forestry | Home Environment

| Horses | Household Pets | Leather Craftsmanship | Livestock (beef, dairy, swine, sheep, goats, llamas) | Photography | Poultry