

7-2012

The NEBLINE, July 2012

Follow this and additional works at: <http://digitalcommons.unl.edu/neblines>

"The NEBLINE, July 2012" (2012). *The NEBLINE Newsletter Archive from UNL Extension in Lancaster County*. 264.
<http://digitalcommons.unl.edu/neblines/264>

This Article is brought to you for free and open access by the Extension at DigitalCommons@University of Nebraska - Lincoln. It has been accepted for inclusion in The NEBLINE Newsletter Archive from UNL Extension in Lancaster County by an authorized administrator of DigitalCommons@University of Nebraska - Lincoln.

4-H Food Booth at Super Fair

Volunteers Have Fun, Rewarding Experience

THE 4-H FOOD BOOTH at the Lancaster County Fair is a long-standing tradition. In the 1960s, 4-H Council operated the “Snack Shack” in the 4-H Building on the State Fair grounds. In 1992, when the Youth Complex was built, 4-H Council then also operated a full-service “Rock Cafe.” In 2001, when the county fair moved to the Lancaster Event Center, the 4-H food booth became the “4-H Corner Stop.”

All proceeds from the food booth go to 4-H Council. More than 183 youth and adults volunteer at the 4-H food booth during last year’s Lancaster County Super Fair!

David Swotek, 9-year-old 4-H member, says, “Working at the food booth is fun. You get to hang out with your friends. It’s work, but it’s fun work.”

A 4-H Council member is at or near the food booth at all times during the fair. Council members also volunteer time before the fair on preparations, such as purchasing food and supplies.

Kent Frobish, 4-H Council member, says, “The 4-H food booth is a wonderful example of 4-H at its best. Its value goes way beyond the money raised for 4-H. Working at the food booth allows 4-H kids the opportunity to serve the public and learn valuable business skills.”

Colleen Nielsen, 4-H parent and volunteer, says, “I think having the kids help work the 4-H food booth teaches them several things: customer service, money management, how to work together as a team, time management, importance of community service, and leadership skills.”

The food booth follows health standards and a certified food manager oversees operations. Volunteers are trained in safe food handling procedures such as checking food temperatures and keeping the booth clean. The Health Department gives an unannounced inspection at each fair.

Anne Greff, 15-year-old 4-H member says, “Working in the 4-H food booth gives us time to spend with our friends and meet interesting people at the same time. It isn’t always easy. You have to do things right, like washing your hands



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



Adults and youth work together at the food booth.

every time you touch anything other than the food.”

Ann Pickrel, president of 4-H Council, says, “I would say the best experiences I have had have come from working in the food booth side by side with the 4-H kids! They are some of the hardest workers and easiest learners you can have. They are courteous even with some of the most cantankerous customers. They get a chance to work with their friends and family and have a great time while doing it. I’ve seen kids up

to their elbows in cotton candy and snow cone syrup but begging their parents or 4-H leaders to come back for another shift!”



Youth gain practical experience, such as handling food safely, and life skills such as responsibility and social skills.

GREAT FOOD!

Support 4-H by Supporting
4-H Corner Stop

The 2012 Lancaster County Super Fair will be Aug. 2–11 at the Lancaster Event Center, 84th & Havelock. 4-H/FFA exhibits and events will be Aug. 2–5.

The 4-H Corner Stop will be open Thursday, Aug. 2 through Sunday, Aug. 5, 10 a.m. to 9 p.m., located near the main entrance. Orders can be taken from the Lincoln Room or Multipurpose Arena.



A popular item is the “Walking Taco,” a bag of corn chips with seasoned meat and cheese.

The 4-H Corner Stop features a variety of snacks and beverages, including:

- Walking Tacos
- Barbecue pork
- Hot dogs
- Nachos
- Cotton Clover Candy
- Snow cones
- Popped corn
- Candy
- Much more!



Souvenir 4-H water bottles will be on sale for \$4 with \$1 refills.

Volunteers Needed

4-H Council asks clubs and independent members to help by staffing a shift. At any given time, 5–6 youth (age 8 & up) are needed with 2 adults supervising.

- Wednesday, Aug. 1, 8:30–11:30 a.m.; 11:15 a.m.–3:15 p.m. or close
- Thursday, Aug. 2–Sunday, Aug. 5, 9:30 a.m.–1 p.m.; 12:45 a.m.–3:45 p.m.; 3:30–6:45 p.m.; 6:30–9:30 p.m.

Sign up by June 30 by calling Lynnette Nelson at 402-796-2686.

Food Booth Training

All volunteers are **strongly encouraged** to attend the Food Booth Training on Thursday, July 26, 6–7 p.m. at the Lancaster Event Center.

MORE QUOTES ONLINE

For more quotes from 4-H youth and adult volunteers about 4-H food booth, go to <http://go.unl.edu/4hfoodbooth>.

Booth Funds 4-H Council Activities

The 4-H food booth at the Super Fair is Lancaster County 4-H Council’s primary fundraiser.

Lynnette Nelson, treasurer of 4-H Council, says, “The 4-H Food Booth income is vital to the sustainability of our 4-H program. Those four days provide the main source of income for the year.”

4-H council financially supports several 4-H programs, activities, and scholarships. Here is a partial list:

- Achievement Night

- 4-H Kick Off
- College and camp scholarships
- Support for state and national contest registrations
- Volunteer recognition
- 4-H promotional activities

4-H Council is responsible for determining long- and short-term goals and policy for Lancaster County 4-H. Council currently consists of seven adults and seven youth. Members also put in countless volunteer hours at 4-H events.

IN THIS ISSUE

- Farm Views 2
- Environmental Focus . . . 3
- Food & Fitness 4
- Home & Family Living . . . 5
- Urban Agriculture 6
- Horticulture 7
- 4-H 8–9
- Community Focus 10



POISON IVY
See back page



To go to our home page on your smart phone, scan this code with a QR reader app.

Calibrating Hand-Held Sprayers

Tom Dorn
UNL Extension Educator

Do you need to spot spray weedy patches in the lawn or pasture with a hand-held sprayer? We will discuss a simple step-by-step calibration procedure that ensures you apply the correct amount of pesticide to comply with the product label and so you will achieve satisfactory results.

In order to apply the recommended amount of chemical through a sprayer, you need to know two things:

1. The quantity of total spray output you will be applying per unit of area, e.g., gallons per acre (GPA); and,
2. The recommended amount of product to apply per acre.

I recently came across a simplified method of calibrating hand-held sprayers. This methodology works for calibrating either compressed air (pump-up) sprayers or sprayers with a motor-driven pump to create pressure (hand guns). The following procedure illustrates the steps required to properly calibrate hand-held sprayers. Most of the procedure is the same whether you are using a compressed-air or powered sprayer. *Italicized text applies only to compressed-air sprayers.*

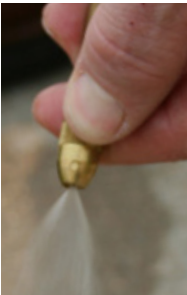
Measure Spray Output

- 1) Note the “full” mark on the spray tank. *There will be space above the mark for compressed air.*
- 2) Determine the useful volume of the

- spray tank by measuring the volume of water needed to fill an empty tank to the full mark.
- 3) Using only water, fill the container to the full mark. Start the motorized pump or pressurize the tank, then test the spray pattern. Add pressure and/or adjust the spray tip until you are satisfied with the spray pattern.
 - 4) Measure and mark a test area 18.5 feet x 18.5 feet square.
 - 5) Spray the test area in the manner you would normally spray when controlling the target pest, and record the time



This spray tank holds 2 gallons when full.



Test spray pattern and adjust tip.

- in seconds to treat the test area.
- 6) *Pump up the pressure again and spray* into a container for the same number of seconds it took to “treat” the test area (step 5) and measure the fluid ounces (fl. oz.) caught in the container. The number of fl. oz. caught in the container will be equal to the gallons of spray you would have applied had you sprayed a full acre (GPA).



Spray in a container for the same number of seconds.

Determine the Amount of Chemical to Add to the Tank

- 7) Divide the useful capacity of the tank (step 2) by the spray output, GPA (step 6) to determine the decimal fraction of an acre covered by each tank of spray



Flags mark 18.5 feet square

Measure a test area 18.5 feet x 18.5 feet square. Then spray in the manner you would normally spray and record the time in seconds to “treat” the test area.

- solution.
- 8) Read the label to determine the volume of product recommended per acre.
 - 9) Multiply the volume of product per acre (step 8) by the fractional acre covered per tank (step 7) to determine the amount of product to add per tank of spray.

Example

- Note the full mark. (Step 1)
- Tom measured the useful volume of the spray tank and found it to be two gallons. (Step 2)
- Test spray pattern. (Step 3)
- He measured and marked a test area 18.5 x 18.5 feet. (Step 4)
- He sprayed the test area and found it took 32 seconds. (Step 5)
- He caught the output in a container for 32 seconds and measured 34 fl. oz. of water caught. This shows Tom was putting out the equivalent of 34 gallons per acre. (Step 6)
- Each tank will cover 2 gallons/34 gallons/acre = 0.059 acre (Step 7)
- The product label recommends 1 quart (32 fl. oz.) of herbicide per acre. (Step 8)
- The amount of product to add to a full spray tank is: 32 fl. oz. per acre x 0.059 acres per tank = 1.9 fl. oz. per spray tank. (Step 9)

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

Answers to Questions About Liming Acid Soils

Tom Dorn
UNL Extension Educator

Question: My soil test report shows a number for pH and another number for buffer pH. What does pH measure and what is the difference between pH and buffer pH?

Answer: pH is a measure of the acidity or alkalinity of a soil. When the soil solution (the water in the soil) contains equal numbers of hydrogen ions (H⁺) ions as hydroxyl (OH⁻) ions, the soil is neutral and the pH of the soil is 7.0. When there are more H⁺ than OH⁻ ions, the soil is acidic, and when there are more OH⁻ ions than H⁺ ions, the soil is alkaline. The scale is logarithmic. That is to say a soil with a pH of 6.0 is 10 times more acidic than a soil with a pH of 7.0. A soil with a pH of 5.0 is 10 times more acidic than a soil with a pH of 6.0 and 100 times more acidic than a soil with a pH of 7.0.

Soil acidity can be thought of as two types: active or soil solution acidity and reserve or exchangeable acidity. The active acidity of a soil is measured directly by a pH meter in the lab.

Reserve acidity depends on several factors, such as amount and type of clay, amount of organic matter, and soluble aluminum concentration in the soil. Therefore, two soils can have the same measured pH, but will require different amounts of lime to change the pH value and correct it back to a more neutral pH.

A chemical test using a buffer, is performed in the laboratory to determine the amount of calcium carbonate equivalent (CCE) necessary to raise the soil pH to a desired level. This buffer solution reacts with the soil to neutralize both the active and reserve acidity. The change in the pH of the buffer can be measured and

correlated to the amount of lime needed per acre to obtain the same results in the field. This is reported on the soil test report as buffer pH. A rule of thumb for buffer pH values is, for every 0.1 point below pH 7.0, it takes about 1,000 pounds of ag lime (60% CCE) to bring the top seven inches of soil (about two million pounds of soil) up to a measured pH value of 6.5 (6.5 is considered the ideal pH for most crops).

For example a soil with a buffer pH of 6.3 would require (7.0 - 6.3) x 1,000 = 7,000 pounds of ag lime per acre to bring the pH value up to 6.5. If the lime is incorporated deeper than seven inches, larger amounts of lime are required to neutralize the acidity because you are affecting a greater mass of soil.

Question: Does liming really make sense economically?

Answer: Nutrient availability is affected by the pH of the soil in two ways. Clay and organic matter carry negative charges. Positively charged particles called cations (pronounced “kat-I-on”) are attracted to, and held by, the negatively charged sites on the clay and organic matter particles until the plant roots exchange a hydrogen ion (H⁺) for the plant nutrient which is taken into the plant and used.

There are a finite number of cation exchange sites in a soil. This can be measured in the laboratory and is reported on some laboratory reports as the cation exchange capacity (CEC) of the soil. As the cation exchange sites get filled up with hydrogen ions, fewer sites can be occupied by the cations that are needed for the metabolic processes in the plant. The essential plant nutrients held as cations in the soil include: K⁺, Mg²⁺, Ca²⁺, Cu⁺, Cu²⁺, Zn²⁺, Mn²⁺, Fe²⁺, and Fe³⁺. Nitrogen, when it is in the ammonium

form (NH₄⁺) is held as a cation in the soil and is obtained through the cation exchange process as well.

The pH also affects the availability of the nutrients which are present in the soil. A pH range of 6.0 to 7.0 is ideal, because in this range, the major plant nutrients are most available for use by plants. Nutrients less available to plants as pH drops below 6.0 are P, K, Ca, Mg, S, and Mo.

Conversely, at very low pH values (below 5.2), aluminum enters the exchangeable ion complex. Aluminum is toxic to plants and further depresses yields if pH is allowed to get this low.

Besides the effect pH has on the purely chemical processes in the soil, pH also affects the microbiological processes as well. Bacteria in the soil are more active between pH 6.0 and 7.0, thus mineralization of organic matter is better (increasing the availability of nitrogen and other nutrients such as phosphorus, sulfur, and other nutrients). Also, the bacteria associated with nodulation and nitrogen fixation by legumes function better in the 6.0 to 7.0 pH range.

It is best to maintain the soil pH at values above 6.0. A pH of 6.5 is considered ideal. However, because it is expensive to apply lime and because it takes several years for the lime to fully react in the soil, liming should be considered an 8-year investment. Remember the same things that made the soil acidic in the first place are going to continue to occur, requiring periodic applications of lime in the future.

Question: Are there differences in lime quality?

Answer: There are differences in lime quality due to the chemistry and particle size distribution of the product used. The ag lime commonly available in eastern Nebraska is a mixture of calcium carbonate and magnesium carbonate

plus impurities. Both calcium carbonate and magnesium carbonate are effective in neutralizing pH.

Limestone is not very soluble and, therefore, needs to have a small particle size to dissolve into the soil solution quickly enough to be considered effective. UNL Extension NebGuide “Estimating Ag Lime Quality” (G84-714) indicates limestone held on an eight-mesh screen (the size of gravel) is less than 10% effective, whereas that passing an eight-mesh screen and held on a 60-mesh screen (like coarse to fine sand) is about 40% effective, and that passing through a 60-mesh screen (like gritty flour) is 100% effective.

Lime is tested and the neutralizing effectiveness is expressed as calcium carbonate equivalent (CCE). Most labs will recommend lime requirement as pounds per acre of CCE. Lime suppliers in Nebraska must register with the State Department of Ag and the minimum CCE value must be specified. Most ag lime in Nebraska runs between 60–65% CCE. Therefore, if a lab recommends 3,000 pounds of CCE to raise the pH to 6.5, and a lime source having 60% CCE is used, it would take: 3,000 ÷ 0.60 = 5,000 pounds of that particular lime to meet the recommendation.

Question: Could I apply less than the recommended amount of lime and still do some good?

Answer: University of Nebraska lime recommendations are for the amount of lime required to bring the top seven inches of soil up to a pH of 6.5. Less lime will not bring the pH level up as much but will prevent it from going lower for a time and may raise it some (depending on the amount applied). An analogy would be the decision to fill the gas tank on the pickup which might take \$40 or only to
see LIMING ACID SOILS on next page

Bat Bugs and Bat Ticks

Barb Ogg
UNL Extension Educator

This spring, we have had several bat parasites brought to the extension office for identification. These have been brought to us by homeowners, apartment dwellers, office workers, and pest control technicians. The presence of these parasites indicates there could be an active bat infestation inside or very close to the structure. It is also possible the bats were hibernating over the winter months and have left — leaving the parasites behind. Once there is no host, the hungry parasites begin moving, looking for food.

During the warmer months, the bats often roost during the daytime in the attic or wall void. Bats also may have a daytime roost behind shutters on the exterior part of the house.

Bat bugs and bat ticks prefer to feed on bats but will feed on other animals, including humans, if bats are not available.

Bat Bugs

The bat bug is a close relative of the bed bug. The two species look so much alike that microscopic examination or a 10x hand lens is needed to confidently tell them apart. Bat bugs have much longer body hairs than bed bugs. See photos. (One way to remember this is that bats are hairier than humans.)

Bat bugs feed on blood from bats, but when they wander away from the bat roost area, they will feed on other warm-blooded animals, including people. This feeding is an annoyance but is not



Photos: Jim Kalisch, UNL Department of Entomology



Bat bug compared to a bed bug (highly magnified). Adult bat bugs are approximately 1/4-inch long.

dangerous — they have not been found to transmit any diseases.

Bat Ticks

Bat ticks are a type of “soft” tick. Soft ticks look quite different from the more commonly recognized “hard” ticks prevalent in grasslands or wooded areas. Soft ticks prefer dry areas and are capable of living for many years in the absence of a host to feed on.

One species of soft tick usually occurs on bats, which is why it is called bat tick. This tick has the scientific name *Carios* (formerly *Ornithodoros*) *kelleyi*. These ticks are less common in Nebraska, but can be found in houses and buildings infested with bats. They hide in cracks and crevices in bat roosting areas and feed on blood from the bats



Top and bottom views of a bat tick (magnified). Adult bat ticks are approximately 3/8-inch long.

while they are roosting. If bats are present, these ticks usually do not wander far from them. However, if the bats abandon a roost, are removed, or if populations decline for some other reason, the ticks become hungry and start to wander in search of something to feed on. This is when they are usually noticed.

Control

Controlling bat ticks and bat bugs requires eliminating bats present in the home or building. This can only be accomplished by exclusion techniques that seal entrance cracks and holes (also known as “building them out”). There are no pesticides to control bats in attics. The best time to seal bats out of a building is late summer and fall.

In addition to eliminating the bats, it may be wise to directly control the bugs or ticks with residual insecticide applications to cracks and crevices in bat roosting areas and other places where the insects are observed. Spraying without eliminating the bats may provide short-term, temporary benefit but will not completely eliminate these insects.

All Washed Up! Using a Washer and Dryer to Kill Bed Bugs

Barb Ogg
UNL Extension Educator

One of the most practical methods of disinfesting clothing and linens is the simple use of a clothes washer and dryer. In 2010, two British scientists, R. A. Naylor and C. J. Boase, studied laundering methods to kill bed bugs in bedding and clothing. Their goal was to find temperatures and conditions which ensured 100 percent mortality of adult, nymph, and egg stages of bed bugs.

Disinfesting clothing is important, because bed bugs may hide in clothing stored near the bed or in bed linens and cannot be treated with chemical applications. After staying in potentially bug-infested hotels or motels, travelers can use laundering to disinfest garments and prevent bringing bed bugs home with them.

The researchers sealed bed bugs or their eggs in small cotton bags which were added to laundry. After each experiment using different laundering methods, they checked to see if stages of the bed bugs were still alive. The following results show how laundering can be used to disinfest clothing and linens.

- Bed bugs are susceptible to high temperatures. Stephen Kells, University of Minnesota, has found bed bug adults die at 122°F and eggs die at 130°F. Naylor and Boase found in order to reach these temperatures, clothing can be placed in a large tumble dryer at the HOT setting for at least

30 minutes (for a 7.7-pound load). A 10-minute HOT tumble dry only killed about 75 percent of nymphal bed bugs and 85 percent of adults. They found the COOL cycle killed almost no bed bugs.

- Soaking clothes in cold water for 24 hours (without detergent) killed all adults and nymphs, but killed no eggs. These researchers did not test whether soaking clothes in cold soapy water for 24 hours would kill eggs, which might be an alternative for delicate garments.
- Dry cleaning killed all life stages of bed bugs, and would be an appropriate treatment for delicate and temperature-sensitive fabrics.
- When washing clothes, wash water at 140°F on 30-minute wash cycles killed 100 percent of all life stages.
- Washing on warm (100°F) killed all adults and nymphs, but only 25 percent of eggs.

So for 100 percent control, washing clothes for bed bug disinfestation should be done at the hottest temperatures — about 140°F. If clothing cannot be washed, simply running it through a clothes dryer set on HOT for 30 minutes should do the trick. Keep in mind, you may need to check the temperatures of your water heater and your dryer.

Sources: R. A. Naylor and C. J. Boase. *Practical Solutions for Treating Laundry Infested with Cimex lectularius (Hemiptera: Cimicidae)*. *Journal of Economic Entomology*. 103(1):136-139. 2010; Mike Merchant, TAMU extension entomology specialist; Stephen Kells, University of Minnesota.

Tips for Protecting Fish in Your Backyard Pond

Soni Cochran
UNL Extension Associate

From Raccoons

- Don’t waste your time with repellents, lights, sounds (audible or not), or odors. These won’t work.
- If you can, stock your backyard pond with native fish. They are harder for raccoons to see. Contact Nebraska Game & Parks for more information.
- Grow sedum or other spongy type plants around as much of the pond as possible. These plants make it difficult for the raccoon to feel he has a secure place to stand on. The plants can disrupt his balance as he reaches in to scoop up fish.
- Install deeper ponds to give fish more security. It is less likely for a raccoon to step in and wade in a deep pond. Make sure the surface of the pond is balanced with the depth so the fish get sufficient oxygen.
- Provide underwater structures so fish have more places to escape and hide if a raccoon is after them.



Joy Viola, Northeastern University, www.bugwood.org

Great blue herons feed on fish.

From Birds

Before you attempt any controls — know the law. ALL migratory birds are protected. This means even the ones attacking your fish like herons and kingfishers. They cannot be shot, trapped, or otherwise harmed,

including their nests, without a permit from the U.S. Fish and Wildlife Service and your state’s division of wildlife.

Your options:

- You can try excluding the birds from the ponds by using netting over the entire pond. Of course, if you have a large pond, this may not be practical.
- Make it more difficult for larger birds to land in the pond by using wires spaced across the pond.
- Look at your pond’s construction. Do you have underwater structures to protect fish? Do you need to reduce areas where birds can wade to wait for fish?
- Various devices are available to frighten birds i.e. reflecting tape, eyespot balloons, scarecrows, alarm/distress calls, lights, and water spray devices.

FOR MORE INFORMATION

The Internet Center for Wildlife Damage at <http://icwdm.org> (part of University of Nebraska-Lincoln) provides research-based information on how to responsibly handle wildlife damage problems.

Liming Acid Soils

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

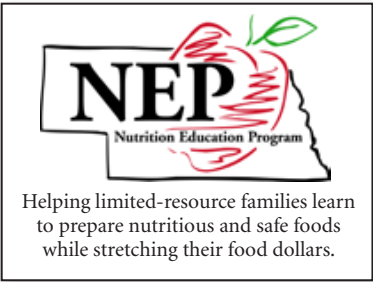
Basically, there is no way around the laws of chemistry. It takes a given amount of lime to neutralize the active and reserve acidity in the soil and bring the measured pH up to an acceptable level.

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

Answer: Soil scientists say lime applied in a no-till system does eventually neutralize the top three to six inches of soil. While lime’s solubility is low, it *is* soluble and will move into the soil with the water over time. Also, earthworms and other forces tend to mix the soil. Would the lime work quicker if it were incorporated? The answer is definitely yes, it would react quicker if it were incorporated, but if it is not possible to incorporate the lime, it will eventually work anyway.

References:
• “Kansas State University Liming Acid Soils,” (MF-1065), www.ksre.ksu.edu/library/CRPSL2/MF1065.pdf
• UNL Extension NebGuide “Estimating Ag Lime Quality” (G84-714)

Very Versatile Veggies



Eating vegetables contributes to good overall health. They contain many beneficial nutrients and are low in fat, salt, and added sugar. Healthy food does not cost as much as you may think, with one cup of carrots costing less than a 12-ounce can of soda.

Search the “Word Search” below to find the missing words in the following statements. Answers are on next page.

- Eating foods rich in dietary fiber (pinto, kidney, lima, and soy beans) decreases risk for _____ artery disease.
- Healthful diets with adequate _____ (cooked spinach, asparagus, and great northern beans) reduce a woman’s risk of delivering a child with brain or spinal cord defect.
- Vegetables rich in potassium (sweet and white potatoes, tomato products, and beet greens) may help maintain a healthy _____ pressure.
- Foods that provide vitamin A (carrots, spinach, greens, and winter squash) keep skin and eyes healthy and protect against _____.
- To keep your teeth and gums healthy, and heal cuts, eat foods with _____ (bell peppers, broccoli, and cauliflower).
- Eating vegetables of different colors (onions, pumpkin, tomatoes, celery, and beets) gives you a wide range of valuable _____.
- Buy fresh vegetables (July: cucumbers, zucchini, corn, and green beans) in _____ to cut costs.

Word Search

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

- | | | | | |
|-------------|-------------|------------|---------|-----------|
| ASPARAGUS | CELERY | GREENS | ONION | SOY |
| BEEF | CORN | INFECTIONS | PEPPERS | SPINACH |
| BLOOD | CORONARY | KIDNEY | PINTO | SQUASH |
| BROCCOLI | CUCUMBER | LIMA | POTATO | TOMATO |
| CARROT | FOLATE | NORTHERN | PUMPKIN | VITAMIN C |
| CAULIFLOWER | GREEN BEANS | NUTRIENTS | SEASON | ZUCCHINI |

Answers are on next page.

SALSA SALAD

(8 one-cup servings)

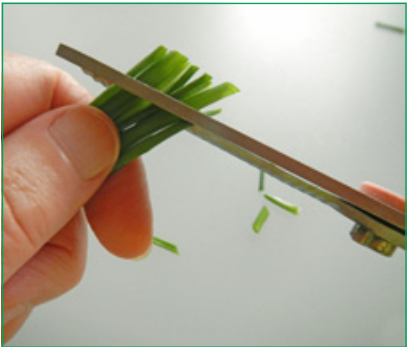
- 1 mango peeled, seeded, and diced
- 1/2 cup diced cucumber or avocado
- 4 medium tomatoes, diced
- 2–4 tablespoons seeded and minced jalapeno pepper (optional)
- 1/2 cup chopped fresh cilantro
- 3 cloves minced garlic (or 1 teaspoon garlic powder)
- 2–4 tablespoons lime juice
- 2–4 tablespoons chopped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

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

Fresh Herbs: a Picture of Healthy Eating



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



Photos: Alice Henneman, UNL Extension in Lancaster County

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

Alice Henneman, MS, RD
University of Nebraska–Lincoln
Extension Educator
Joanne Kinsey, MS
Rutgers Cooperative Extension/Rutgers
University Family & Community Health
Sciences Educator/Assistant Professor

Whether you plant them or pick them up at the grocery store or farmers’ market, adding fresh herbs is a quick way to transform ordinary meals into extraordinary meals.

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

A snip of a fresh herb into a dish instantly kicks up the appearance a notch!

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

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

Substituting Fresh Herbs for Dried Herbs

A general guideline when using fresh herbs in a recipe is to use 3 times as much as you would use of a dried herb. When substituting, you’ll often be more successful substituting fresh herbs for dried herbs, rather than the other way around. For example, think potato salad with fresh versus dried parsley!

When to Pick or Purchase Herbs

Purchase herbs close to the time you plan to use them. When growing herbs in your own garden, the ideal time for picking is in the



Top a baked potato with a dollop of yogurt and a sprinkling of chives or parsley. Compare the potato without an herb topping and you can see the difference!

morning after the dew has dried but before the sun gets hot. This helps ensure the best flavor and storage quality.

How to Store Fresh Herbs

Fresh herbs can be stored in an open or a perforated plastic bag in your refrigerator crisper drawer for a few days. If you don’t have access to commercial perforated bags, use a sharp object to make several small holes in a regular plastic bag.

If you have more herbs than you can eat, enjoy herbal bouquets throughout your house. You can use either single herbs, combinations of herbs, or you can use the herbs as greenery mixed in with other flowers. To help preserve the aroma and color of your herb bouquets, place them out of direct sunlight.



If you have extra herbs, enjoy herbal bouquets.

Popular Herb and Food Combinations

Use this chart to get started using fresh herbs

BASIL	a natural snipped in with tomatoes; terrific in fresh pesto; other possibilities include pasta sauce, peas, zucchini
CHIVES	dips, potatoes, tomatoes
CILANTRO	Mexican, Asian, and Caribbean cooking; salsas, tomatoes
DILL	carrots, cottage cheese, fish, green beans, potatoes, tomatoes
MINT	carrots, fruit salads, parsley, peas, tabbouleh, tea
OREGANO	peppers, tomatoes
PARSLEY	The curly leaf is the most common, but the flat-leaf or Italian parsley is more strongly flavored and often preferred for cooking. Natural for parsley include potato salad, tabbouleh, egg salad sandwiches
ROSEMARY	chicken, fish, lamb, pork, roasted potatoes, soups, stews, tomatoes
THYME	eggs, lima beans, potatoes, poultry, summer squash, tomatoes

FAMILY & COMMUNITY EDUCATION (FCE) CLUBS

President's View – Marian's Message

Marian Storm
FCE Council Chair

This is certainly been a different year for the flowers and flowering trees. Everything was so early in blooming. I have enjoyed going outside in the morning and have my coffee and listen to the birds. It's a great way to



start the day. Remember to fly your flag on the 4th of July. It's a day we should remember the freedom we have living in America. This is a good day for families to get together for good food and fun games. Sizzling Summer Sampler is July 11, 6 p.m. A



light meal will be served. We are asking each club and/or members to bring a basket for which we sell raffle tickets. This money is used for our scholarship fund. Our theme is Red, White, and Blue. We look forward to seeing you. Have a great summer. Happiness is not something you experience, it's something you remember.

FCE News & Events

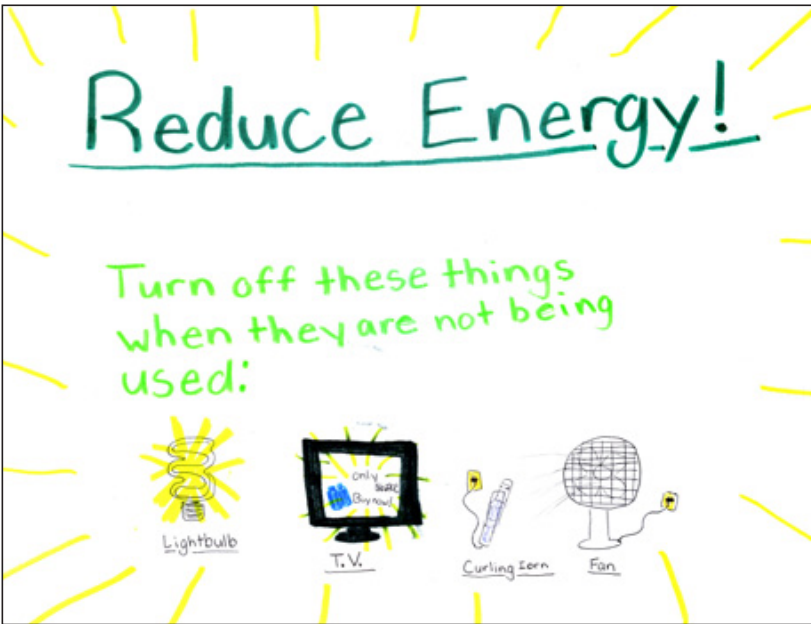
Baskets Needed

FCE clubs and individuals are reminded that baskets are needed for the Scholarship Raffle at the Sizzling Summer Sampler (SSS) on July 11 (see below). Each year a \$400 scholarship is awarded to a college student majoring in Family and Consumer Science or a health occupation. Tickets for the raffle will be available at the SSS.

Essay Contest Winners

The FCE essay contest topic was "My Favorite Nebraska Produced Food." Thirty 5th grade students from Norris School participated in the contest. The top five essays were

- 1st — Emily Spaulding
- 2nd — Caitlyn Harvey
- 3rd — Annika Berggren



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

- 4th — Zoe Nielsen
 - 5th — Evan Melcher
- Emily's essay was forwarded to the state for judging.

Poster Contest Winners

Third grade students

from Christ Lutheran School participated in the FCE Poster Contest. The theme was "Reducing Energy Use." Christa's poster was sent to state for judging.

- 1st — Christa Grimpow
- 2nd — Paige Davis



Lorene Bartos, UNL Extension Educator

Summer Energy Saving & Conservation Tips

- Set your thermostat at the highest temperature comfortable for your family, 78–80°F is suggested.
- With central air conditioning keep the fan switch on "auto."
- When leaving for at least four hours or more, set the temperature higher. The longer the period the more you save.
- Consider installing a programmable thermostat. This allows you to set different temperatures at different times.
- For each degree you raise the thermostat, you may reduce your cooling cost on average by 2–3 percent.
- Close blinds and/or drapes to keep heat out.

Summertime and Fireworks Safety Tips

Summertime is a time for picnics, outdoor parties, swimming, and 4th of July activities. While everyone enjoys getting together to celebrate or visit, one must remember to take safety precautions while participating in these activities.

Statistics show two thirds of injuries from fireworks in the U.S. occur around the 4th of July holiday. It is estimated fire departments respond to over 50,000 fires caused by fireworks. The Consumer Product and Safety Commission (CPSC) suggest the following safety tips:

- Read and follow all warnings and instructions on fireworks.
- Do not allow children to play with fireworks. Sparklers considered safe by many, burn at a very high temperature and can ignite clothing.
- All children should have adult supervision around fireworks, swimming, and other activities around water.
- Light fireworks outdoors in a clear area away from houses, dry leaves, grass, or flammable materials. Be sure all people

are out of the range.

- Keep a bucket of water nearby for emergencies and for pouring on fireworks that don't go off.
- Keep unused fireworks away from firing areas.
- Store fireworks in a dry, cool place. Check instructions for special storage directions.
- Never throw or point fireworks towards people, animals, vehicles, or structures of flammable materials.
- Light only one firework at a time.
- Don't forget about pets when doing fireworks. Many are frightened by the noise, etc. Keep pets inside so they are less stressed during this time.

Other safety tips include:

- Use gas and charcoal barbecue grills outside only.
- Place grills far from siding, deck railings, and house eaves.
- Follow manufacturer's instructions when using grills.

Review safety precautions with your family and take the proper steps to ensure a safe and enjoyable holiday and summer.

Lancaster County Association for Family and Community Education presents

SIZZLING SUMMER SAMPLER

Red, White & Blue

Wednesday, July 11 • 6 to 9 p.m.

Light Supper at 6 p.m.

Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln

Program

HIDDEN GEMS OF NEBRASKA
presented by Jane Gustafson,
Nebraska Game and Parks Commission

GOOD OL' DAYS OF RADIO
presented by Don Gill

Cost \$10. Make checks payable to FCE Council.
Send reservations and check by July 1 to: Clarice Steffens, 11804 S. 5 Street, Roca, NE 68430

Answers

Very Versatile Veggies (p. 4)

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

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



Nebraska Food Cooperative Connects Local Producers with Consumers

Increasing numbers of consumers like buying locally grown foods and getting to know their producers. But connecting consumers with producers outside the traditional grocery store system can be difficult.

The Nebraska Food Cooperative is one way to make the connection, through their year-round, online farmers market and food distribution system.

Their mission is to foster a local food community and promote a culture of stewardship by cultivating farmer-consumer relationships, promoting the enjoyment of healthful food, increasing food security through diversity, and enhancing overall rural sustainability.

Become a Purchasing Member

Anyone is welcome to become a member, and have access to a wide variety of locally produced food, including eggs, cheese, meat, organic flour and popcorn, baked goods, herbs, and fresh produce. Choose from Hereford, longhorn or jersey beef, buffalo, pork, lamb, and poultry, often either organic, all natural, or grass-fed. Shop from multiple producers to compare prices, types, and the production practices used by each producer to find a product which meets your needs. You will gain access to foods free from growth hormones, antibiotics, pesticides, herbicides, and genetically modified organisms.



Food is delivered to your home or a nearby drop point one delivery day each month. Producer and consumer member volunteers from various geographic areas work together to bring products to the central sorting location in Lincoln where they are sorted into individual customer orders. Once sorting is complete, the producer and consumer members return to their location and transport orders for customers in their area back with them. Orders are either home delivered for an additional charge or dropped off at a convenient pick up location.

Several membership levels are available.

Become a Seller

Producers are also welcome, and the Nebraska Food Cooperative offers a great way to reach consumers within a marketing area with over 1,000,000 consumers. You will be working alongside consumers and other producers from across the state to increase the awareness, availability and quality of local food.

Becoming a seller with the Nebraska Food Cooperative is a great way for acreage owners, or other small producers, to begin marketing their products and reach an established audience.

Each producer retains their own farm and product identity, so that while the cooperative may offer for sale tomatoes from 12 different farmers the consumer chooses from whom they are going to purchase their tomatoes based upon quality, price and/or customer-farmer relationship.

A page on the cooperative's website is available to each producer, allowing them to tell their story and detail their production practices. Each producer enters their own information and products into the website, and although the process provides a very user-friendly interface there is assistance available if producers need help. Specify inventory amounts and product descriptions; as product is ordered the inventory declines. When all available product is sold the customer cannot place a new order.

Additional Information

For a full listing of current products available, along with additional information for buyers and sellers, go to www.nebraskafood.org.

A small charge (as a percent of sales) is deducted from producer sales invoice, to cover the expenses of the cooperative. For example, on a \$100 order with a 10% sales and handling charge, the consumer would pay \$110, the producer would receive \$90, and the cooperative would receive \$20. The goal of the cooperative is to provide a sustainable food marketing and distribution service for consumers and producers; thus it strives to break even on its operating costs.

Identifying Blossom End Rot

Sarah Browning
UNL Extension Educator

Blossom end rot (BER) is a common problem of tomatoes, but is also found on peppers, eggplant, squash, and watermelon. It appears as flat, dry, sunken, brown tissue on the blossom end of the fruit, opposite the stem end. The rot is first seen as a small, water-soaked spot on the base of half-developed fruits and continues to enlarge as the fruit matures. The size of the rotted area varies, but can cover 30 to 50 percent of the fruit when severe.

On peppers, the affected area is tan and often confused with sunscald, which causes a white lesion. Affected areas are often colonized by secondary fungi, which affect the remaining fruit making it unusable. This problem is not an insect or disease problem, but is a physiological disorder associated with a calcium deficiency in the developing fruit.

How Does Calcium Affect Fruit Development?

Calcium (Ca) is an important component for normal cell wall development; when inadequate levels of calcium are available to the rapidly developing distal tissues of the tomato, the result is cell breakdown. This condition is rarely the result of a lack of calcium in the soil, but rather occurs when plants cannot pull up calcium quickly enough for the developing tissues.

Calcium is a nutrient with limited mobility; it must be dissolved in water to move within a plant, so water deficits are a frequent contributing factor. The distal, or blossom end, tissues of the tomato fruit also contain fewer vascular bundles, which move water and nutrients from one part of the plant to another, so are most susceptible to a lack of calcium.

Is Calcium Deficient in Your Soil?

If a pre-plant soil test of calcium levels shows medium (801 to 1,200 lb Ca/acre) or high levels (greater than 1,200 lb Ca/acre), and soil pH measures 6.0 or higher, then existing soil calcium is sufficient for good plant growth and additional calcium added to the soil will not correct the problem.



Blossom end rot on tomatoes (above), sweet pepper (lower left), and watermelon (lower right).



How Do Environmental Factors Contribute?

Blossom end rot can be increased by multiple factors that occur during the growing season. Drought stress, low daytime humidity, and high temperatures favor BER development. High temperatures and low daytime humidity cause plants to lose large amounts of water through transpiration, resulting in more water being sent to the leaves and less to the developing fruits. High temperatures also cause faster fruit enlargement resulting in a greater demand for calcium. Low soil moisture early in the season results in slowed plant growth and increased blossom-end rot due to the lack of calcium movement in transpirational water.

Nitrogen (N) and potassium (K) fertilization also effects BER development. Research has shown excessive shoot growth resulting from over fertilization of N and K during early bloom and fruiting is a major contributor to BER development. In this situation, calcium again ends up in the new shoots, instead of in the fruits, because the shoots are the area of greatest demand for transpirational water due to the vigorous growth stimulated by N and K fertilization. At the early bloom stage, bell pepper and tomato leaf tissue analysis should show N and K levels both within the range of 4.0 to 6.0 percent.

Higher levels may indicate excess fertilizer.

Management

Cultural techniques that can be used to reduce the incidence of blossom end rot include the following:

- Prevent drought stress on plants by providing at least 1 inch of water per week. Greater amounts will be needed for plants in sandy soils or during very hot, dry conditions. The critical period for water management to avoid BER starts at blooming through fruit development to about golf ball sized fruits. Keep soil moist enough to form a ball when squeezed in your hand that will not break apart.
- Use an organic mulch like wood chips, clean straw, pine straw, peat moss, compost, herbicide-free grass clippings to preserve soil moisture.
- Reduce fertilization if excessive top growth occurs. Commercial growers could consider switching their nitrogen fertilizer used from ammoniacal nitrogen to calcium nitrate (CaNO₃).

Foliar applications of calcium have little effect on this condition, due to the poor absorption and movement of calcium from the leaves to the fruits. Use of products claiming to stop BER by application of foliar calcium are not recommended.

AN HERBAL AFFAIR

Saturday, Aug. 4 • 9:30–11 a.m.

Pioneers Park Nature Center - Prairie Building

Fee: \$10/person • Register by Aug. 2

For more information and to register: 402-441-7895

Ideas for refreshing entertaining. We will make infused syrups to create aromatic beverages and explore savory snacks, all using herbs. Recipes and tastes included.

Perennials with Interesting Flowers



Victi Jedlicka, UNL Extension in Lancaster County

Columbine



Mary Jane Frogge, UNL Extension in Lancaster County

Jack-in-the-Pulpit



Mary Jane Frogge, UNL Extension in Lancaster County
Tony Hissett, www.flickr.com

Bleeding Heart



Sea Holly



Charles A. Brun, Washington State University

Red-Hot Poker



Mary Jane Frogge, UNL Extension in Lancaster County

Beebalm



Photo by G.A. Cooper, courtesy of Smithsonian Institution

Obedient Plant



Mary Jane Frogge, UNL Extension in Lancaster County
Richard A. Howard Image Collection, courtesy of Smithsonian Institution

Balloon Flower



Pincushion Flower

Mary Jane Frogge
UNL Extension Associate

Home gardeners can choose from many species and varieties of perennials. Perennials differ in growth habit, size, leaf shape, and other characteristics. Sometimes what sets one perennial apart is its interesting flower. Below is a list of perennials with unusual flowers.

For interesting late spring bloom, try **Columbine** (*Aquilegia hybrids*). The foliage is blue-green and softly hairy. The flower is composed of five petals and five sepals. The petals have backward projecting spurs. The sepals are shorter than the petals and may be the same color or a contrasting color. Colors for the sepals and petals include red, pink, yellow, blue, white, and purple. This plant grows to 1–3 feet tall by 1 foot wide. It prefers full sun to partial shade and well-drained soil.

Jack-in-the-Pulpit (*Arisaema triphyllum*) has a very unique flower structure. What most people think of as the flower is really an inflorescence, a cluster of flowers. We see a cylindrical structure inside a deep cup with what looks like an overhanging roof. The leaves are glossy green and are divided into three leaflets. This wildflower blooms April to June. It prefers shade and moist soils.

Old-fashioned Bleeding Heart (*Dicentra spectabilis*) has blue-green foliage. Flowers hang down from arching stems in late spring to early summer. The outer petals are rose-red with reflexed tips. The inner petals are white. Bleeding heart gets its name from the flowers that resemble pink broken hearts. This plant grows 2–3 feet with a graceful arching effect and a rounded growth habit. Bleeding heart performs best in well-drained, moist soils in partial shade.

Sea Holly (*Eryngium amethystinum*) has rigid, deeply cut, spiny, silvery foliage. The blue flowers appear in heads that are 1/2 inch–3/4 inch in diameter. Long, spear-like bracts surround the heads. Blooms appear in midsummer. Sea holly prefers full sun and sandy, dry areas. This perennial is tolerant of dry, sunny conditions and infertile soils. It can be used as a single specimen or in groups of three. Sea holly can also be used as a dried flower.

To add bright colors to the perennial garden, incorporate specimen plantings of **Red-Hot Poker** (*Kniphofia hybrids*). The foliage is linear or sword-shaped, and gray-green with rough edges. Tubular flowers appear massed in the top 6–10 inches of the flower scape in the summer. Flower colors include red, yellow, coral/orange, and combinations. The plant has a mature height of 2–4 feet and a width of 3 feet. Red-hot poker prefers a site with full sun and well-drained soil. Avoid planting this perennial in heavy, wet soils. The flowers can be used as cut flowers. Mulch heavily in winter.


Beebalm (*Monarda didyma*) has foliage that is aromatic and stems are square. Two to three inch, tubular flowers occur in dense heads from late spring to summer. Deadheading promotes new blooms. This plant grows to a height of 2–4 feet with a spread of 3 feet. Beebalm prefers full sun and good soil moisture. If beebalm is to be used in the perennial bed, divide plants every 2–3 years as it spreads rapidly. Beebalm can be used in naturalized areas and to attract bees and butterflies.

For late summer bloom, try **Obedient Plant** (*Physostegia virginiana*). The spear-like, serrated leaves are green in the growing season. The stems are square. The flowers appear in spikes spaced in four vertical rows.

Flower colors include rose, purple, and white. The plant grows to a height of 2–4 feet and a width of 3 feet. The ideal site includes sun to partial shade and moist soils. Because of its height, staking may be required. The obedient plant spreads vigorously. The obedient plant requires little or no fertilizer. Heavy fertilization promotes rampant growth and increases the plant's invasive tendencies. Obedient plant is heat tolerant. The bloom may be used as a cut flower. Obedient plant gets its name from the ability of individual flowers to be twisted on the stem and then remain as arranged.

Balloon Flower (*Platycodon grandiflorus*) has serrated, dark green leaves that are 1–3 inches long with short petioles. The saucer-shaped flowers appear in summer in lavender, blue, pink, and white. Several double-flowering varieties are available. The plant has 2–3 foot upright growth. Balloon flower prefers sun to part shade and well-drained soil. The plant does well as a cut flower, in rock gardens and in perennial beds.

For the perennial border, try **Pincushion Flower** (*Scabiosa caucasica*). For three to four weeks in the summer, light blue or pink, flattened flower heads appear on long stems. Cultivars such as 'Butterfly Blue' and 'Pink Mist' can bloom for 2 months. The flower head consists of an outer ring of flattened petals and a tufted, cushion-like center. The shape of the flower gives pincushion flower its name. Plants are 1½–2 feet tall and 1½ feet wide with a rounded growth habit. Full sun and well-drained, fertile soil are necessary for optimum growth. To promote flowering, spent blooms should be removed. For the best effect, plant this perennial in the perennial bed in groups of three or more. In addition, the blooms can be used as cut flowers.



Garden Guide

THINGS TO DO THIS MONTH

By Mary Jane Frogge, UNL Extension Associate

A garden needs one inch of rain or water each week. Early morning is the best time to water. Evening watering is less desirable because plant leaves that remain wet through the night are more susceptible to fungus diseases. Mulch plants to reduce water losses and improve yields.

For fall harvest of lettuce, radish, carrots, beets, turnips, kale, and spinach sow seeds in late July to early August.

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

A brown or grayish cast over a lawn can be caused by a dull or improperly adjusted mower blades that shred grass rather than cut it.

Cutting flowers is best done with sharp shears or a knife which will help avoid injury to the growing plant. A slanting cut will expose a larger absorbing surface to water and will prevent the base of the stem from resting on the bottom of the vase. It is best to carry a bucket of water to the garden for collecting flowers, rather than a cutting basket.

Cut back and fertilize delphinium and phlox to encourage a second flowering.

Store pesticides in a safe place in their original containers, away from children and pets. Use pesticides carefully in your garden. Read the labels and follow the directions. The warnings and precautions are for your protection.

Certain pesticides have a waiting period of several days between the time of the last spray and harvest. Read and follow directions on all labels before applying to your vegetable crops. Wash all produce thoroughly before use.

Control mosquitoes by eliminating all sources of stagnant water.

Divide and transplant bearded iris using the vigorous ends of the rhizomes. Discard the old center portion. Cut the leaves back to about six inches.

Continue to make successive plantings of crops like beans and sweet corn to provide a continuous harvest until fall. A small garden will produce a large quantity of vegetables if replanting is done throughout the summer.

Check the soil moisture of container grown vegetables and flowers daily. As the temperature rises, some plants may need water twice a day.

Continue attracting insect eating birds to the garden area by providing them with a fresh water source.

Tall flowers should be staked to prevent damage by wind. Use stakes which are large enough to support the plant but are not too conspicuous. Use soft twine or twist ties to secure.

Snapdragons should be pinched back after blooming to promote a second flush of growth.

SUPER FAIR 4-H/FFA NEWS



LANCASTER EVENT CENTER • 4-H & FFA EXHIBITS & EVENTS AUGUST 2-5
4-H & FFA Fair Books have complete information about entering 4-H/FFA exhibits and contests. Fair Books are available at the extension office and at <http://lancaster.unl.edu/4h/Fair>.

4-H & FFA Parking — 4-H/FFA families can get a free 4-H/FFA car pass from the extension office (available July 2–August 1). The car pass allows a vehicle to enter the fairgrounds each day August 2–7 and park in designated areas. It does not cover admission for each individual in the vehicle (see exhibitor admission passes). 4-H/FFA families are asked to enter Gate 3.

4-H & FFA Individual Exhibitor Admission Passes — Individual exhibitor admission passes will be available from the extension office (available July 2–August 1). An individual exhibitor pass allows the exhibitor to enter the fairgrounds each day August 2–11.

General Public Gate Admission — General public gate admission tickets will be available FREE at participating sponsor locations July 2–August 11. Gate admission without the FREE ticket will be \$2. Pick up gate admission tickets FREE at Casey’s General Store (over 35 locations), Russ’s Market (6 locations), and Super Saver (4 locations).

A WORD ABOUT SPORTSMANSHIP

Celebrating the accomplishments of our youth, the spirit of our community and the bounty of our agriculture is a long standing tradition at the Lancaster County Super Fair. Lasting friendships and memories are often based on positive experiences and add to the strength of our community.

All of us have a stake in making the 2012 fair the best ever. Practicing good sportsmanship and making ethical decisions isn’t just for our youth. Parents, volunteers, and officials are expected to practice good sportsmanship and make ethical decisions as well. Why? Because our youth learn from adults. While watching adult actions and listening, youth learn how to deal with conflict, disappointment, and competition.

So, during the 2012 Super Fair, let’s practice good sportsmanship and demonstrate honest and ethical behavior. Everyone’s effort will teach our youth the right thing to do and make this fair a real “Super Fair” for all to enjoy.

Premium Payouts Procedure

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

STATIC EXHIBITS and CONTESTS: Premium payouts for all static exhibits and contests held before and during the fair must be picked up on Monday, Aug. 6, 7–11 a.m. in the Fair Board Office. With proper identification, parents, guardians, 4-H club leaders, FFA chapter advisors will also be permitted to pick up and sign for exhibitor premiums.

ANIMAL EXHIBITORS (except horse): All 4-H & FFA animal exhibitors will receive premium payouts as they exit the show arena.

HORSE EXHIBITORS:

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

Volunteers Needed

Adults and youth ages 12 and up are needed to help during the Lancaster County Super Fair. Help is especially needed in the following areas:

- **In the 4-H Corner Stop food booth** from Wednesday, Aug. 1 through Sunday, Aug. 5.
- **Static exhibit set-up** on Thursday, July 26 at 6:30 p.m. and Saturday, July 28 at 8 a.m. in the Lincoln Room.
- **During judging of static exhibits** on Wednesday, Aug. 1.
- **Teen tour guides are needed for Fair Fun Day** for child care groups on Friday, Aug. 3 at 9:30 a.m. and 1 p.m.

If you, someone from your club, or an interested volunteer would like to help, contact the extension office at 402-441-7180.

Static Exhibit Check-In Tuesday, July 31, 4–8 p.m.

Static exhibits do not preregister, but MUST be physically checked in during Static Exhibit Check-in on Tuesday, July 31 between 4–8 p.m. at the Lancaster Event Center, Lincoln Room. An adult — such as a club leader or parent(s) — should assist 4-H members in entering exhibits. All entry tags, additional information, recipe cards, data tags, etc. MUST be attached at this time.

Interview Judging, Aug. 1

Interview judging is Wednesday, Aug. 1 starting at 9 a.m. in the Lincoln Room. 4-H’ers have the opportunity to talk to judges about their fair static exhibits and share their trials and lessons they learned. 4-H’ers also learn what the judge looks for and how to improve skills. 4-H’ers may interview judge ONE exhibit from each project area. Refer to page 15 of the Fair Book for project areas which have interview judging. Members, parents, or leaders can **call the extension office at 402-441-7180 to sign up members for a five-minute time slot — preregister between July 5 and 27**. If slots are still available, may sign up during Static Exhibit Check-in on Tuesday, Aug. 1, 4–8 p.m.

Clover Kids Show & Tell, Aug. 5

All Clover Kids, youth age 5–7 by January 1, 2012, are invited to show & tell their 4-H exhibits at the Lancaster County Fair, Sunday, Aug. 5, starting at 1 p.m. Clover Kids Show & Tell is held in the Lincoln Room at the Lancaster Event Center. Youth are also invited to do a skit or song at this time. See page 10 of the Fair Book for more information. To register, call 402-441-7180 between July 5 and July 27, or sign up at the static exhibit area Tuesday, July 31, 4–8 p.m.

Livestock Information

Animal Entries Due July 2

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

Junior, Senior Pygmy Goat Showmanship

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

Livestock Reminders

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

New Fair Board Rule — No Evaporative Coolers

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

Livestock Judging Contest, Aug. 5

New this year, a 4-H/FFA Livestock Judging Contest will be held Sunday, Aug. 5, 1–4 p.m. in Pavilion 1–East Arena. Preregister by Thursday, Aug. 2, 6 p.m. in the Livestock Office at the fair. Come join the fun judging livestock and bring your parents! There will be a short orientation before the contest, outlining how to fill out the judging cards and where to answer questions for those who have never judged before.

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

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

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

Youth Livestock Premium Auction Donations

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



Contest Information

Junior Life Challenge, July 7

The junior division Life Challenge will be held Saturday, July 7 at 9 a.m. at the Lancaster Extension Education Center. Open to all 4-H'ers ages 8–11 (need not be enrolled in a specific project). Contact Tracy for study packet. Preregister by July 5 by calling 402-441-7180.

Plant Science, July 10

Three Plant Science Contests will be held Tuesday, July 10, 10 a.m.–Noon at the Lancaster Extension Education Center. Open to all 4-H'ers ages 8–18 — need not be enrolled in a horticulture project. Youth choose which of the following portions of the contest to participate in:

- Tree identification
- Grass-weed identification
- Horticulture contest

Preregistration is not required — enter the day of contest.

Presentations, July 21

This year's Presentations Contest will be Saturday, July 21, 9 a.m. at the Lancaster Extension Education Center. Open to all 4-H'ers ages 8–18 (4-H age). There are three methods in which 4-H'ers may present: 1) Presentation using Audio Visual; 2) presentation using poster; or 3) multimedia presentation. See Fair Book page 12 for complete contest information. A handout is available at <http://lancaster.unl.edu/4h/Fair> and the extension office. All participants are strongly encouraged to read the handout. Must preregister by July 16.

Style Revue Judging, July 24 Public, Aug. 2

New this year: **Style Revue judging will be Tuesday, July 24, 8 a.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road.**

The public Style Revue will be Thursday, Aug. 2 at 7 p.m. at the Lancaster Event Center, Exhibit Hall.

A handout and entry forms are available at the extension office or online at <http://lancaster.unl.edu/4h/Fair>. Must submit entry forms by July 16.

Table Setting Contest, Aug. 3

Table Setting Contest will be Friday, Aug. 3, 5 p.m. at Lancaster Event Center, Exhibit Hall. After all contestants have been judged, all tables will be on view for the public (approximately between 7:45 and 8:15 p.m.).

Open to all 4-H'ers ages 8–18 (4-H age). 4-H'ers use their creativity to plan a healthy menu, set a table, and present their table setting to a judge. A handout is available from the extension office or online at <http://lancaster.unl.edu/4h/Fair>. All participants are strongly encouraged to read the handout. Must preregister by July 23 by contacting the extension office (there is no entry form).

Fun With Healthy Food! Workshop, July 12

All youth ages 8 and up are invited to participate in a "Fun with Healthy Food!" workshop on Thursday, July 12, 8:30 a.m.–4:30 p.m. at the Lancaster Extension Education Center. Making healthy food choices can be fun and tasty! Youth will make their breakfast, lunch, and supper; create a centerpiece; practice napkin folding; take home a pedometer; and more! Please bring 5–10 favorite recipes. Call 402-441-7180 by July 9 to register. Fee is \$10.

Zipper Workshop, June 30

"The Art of the Zipper" sewing workshop will be held on Saturday, June 30, 10:30–Noon, at the Bernina Sewing Studio, 1501 Pine Lake Rd. Workshop is open to anyone. No cost and no preregistration. It will cover invisible, center, and lapped zippers.

Textiles Careers Workshop for 4-H'ers, July 10

A workshop, "How to Start an Amazing Career in Textiles" for 4-H'ers ages 12 and up will be held Tuesday, July 10, 10 a.m.–3 p.m. at the International Quilt Study Center & Museum, 1523 N. 33rd St. Highlights include hands-on activities and tours of the International Quilt Study Center and UNL Department of Textiles, Merchandising, and Fashion Design. Registrations are due by July 1. Cost is \$25 per participant (including 4-H'ers and adult leaders) which includes the admission to the Quilt Center and pizza party buffet. For more information, contact Janet Hanna at 308-346-4200.

4-H Sewing Help

If you or your club would like help sewing your 4-H project, contact Tracy at 402-441-7180. We have volunteers who are exceptional seamstresses and have many years of experience helping 4-H'ers with their sewing projects.

4-H/FFA Livestock Booster Club Scholarships Due July 5

Applications for the Lancaster County 4-H/FFA Livestock Booster Club \$500 college scholarship are due July 5. Open to all Lancaster County 4-H/FFA seniors, but preference to those who have exhibited production livestock in 4-H or FFA. The application is at the extension office and online at <http://go.unl.edu/5bg>. For more information, contact Cole Meador at 402-441-7180.

Opportunity for 4-H'ers to Practice Dog Skills

The Canine Companions 4-H club offers FREE dog obedience, agility, and showmanship lessons for Lancaster County 4-H'ers ages 8–18 and their dogs. Bring yourself and your dog to learn all you will need to know — or just brush up on your skills — before fair. Lessons are held at 5511 Johanna St., Lincoln (55th and Cornhusker Highway). Practice is every Tuesday evening 6–7 p.m. However, if the heat index at 5 p.m. is over 95°F there will not be practice. During the month of July, there will be practice every Tuesday regardless of temperature. For more information, call Donna Bundy at 402-429-0866 or Sue Taylor at 402-314-6502.

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

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

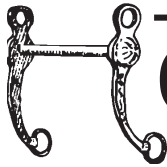
Ak-Sar-Ben 4-H Show Entries Due Aug. 5

The Ak-Sar-Ben 4-H Stock Show will be held Sept. 27–30 at the CenturyLink Center in Omaha. Categories of this 4-H only competition are dairy, feeder calf & breeding beef, market 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. 15–16 at the Lancaster Event Center in Lincoln. Horse exhibitors must be 12 years of age by Jan. 1.

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

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



HORSE BITS

Super Fair 4-H Horse Entry Forms Due July 2

All Lancaster County Super Fair Horse Entry Forms are due in the extension office by Monday, July 2. NO LATE ENTRIES will be accepted. Reminder — you must have passed all Walk-Trot or Level I Horsemanship requirements and have all forms turned into the extension office before July 2 to show at the fair. You must have passed Level II to participate in off-the-horse roping classes. Bareback Equitation requires passing Level III.

Horse Course Challenge, July 26

For a fourth year, the 4-H Horse Course Hippology Challenge will be a part of the Lancaster County Super Fair. The Challenge will be held Thursday, July 26 (note: date in Fair Book is incorrect), 10 a.m. at the Lancaster Extension Education Center. There will be three age divisions, elementary (8–11), junior (12–14), and senior (15–19). Premiums and ribbons will be awarded at the fair. Top ten placings and Reserve and Champion trophies will be awarded at the 4-H Horse Awards Night on Tuesday, Oct. 2.

All Lancaster County 4-H'ers are welcome and encouraged to attend! No pre-registration required. All test questions will come from the 2011–2012 email Horse Course. The testing will include identification stations and a written test.

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

State 4-H Horse Show

The Fonner Park State 4-H Horse Exposition will be held July 15–19 at Fonner Park in Grand Island. Information is at <http://go.unl.edu/state4hhorseshow>.

Health Papers

A 14-day health certificate will be required. No Coggins Test is required.

Policy on Horse Drugs

No 4-H Horse exhibitors and/or owner shall exhibit a horse at the Fonner Park State 4-H Horse Exposition that has been given, in any manner whatsoever, internally or externally, and narcotic, stimulant, depressant, analgesic, local anesthetic, or drug of any kind or prescription within 24 hours before the first scheduled event of each show day 8 a.m.

Horses on prescribed treatment of phenylbutazone and/or aspirin-like products must file a statement in the 4-H Horse Show office before the horse can be shown. This statement must describe the treatment reason and be signed by an accredited D.V.M.

One or more class winners and one or more horses in the same class that is tested, may be tested on Tuesday, Wednesday, or Thursday by the Test Committee.

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

Group level testings will be held 5:30 p.m. at the Lancaster Event Center, Great Plains Equipment Group Pavilion–Amy Countryman Arena. Please RSVP at least one week in advance of the test to Marty at 402-441-7180 or mcruickshank2@unl.edu.

The Influence of Grandparents and Step-Grandparents on Grandchildren

Increased attention has been given to the importance of grandparenthood. This emphasis on grandparenthood and step-grandparenthood is a reflection of the increased life span; adults are living longer and four- and five-generation families are more common. It's also a reflection of the importance of grandparents to grandchildren.

Grandparents and step-grandparents influence their grandchildren both directly and indirectly. Direct influences come from face-to-face interaction, and indirect influences are realized through a third party. Consider the phrase, "It's important to be there for your grandchildren." Being there is a concept that can mean physically being present (direct) or emotionally being present (indirect).

When you make phone calls, attend concerts together, or take them places, you are directly influencing your grandchild-

dren. New technologies such as Facebook, Skype, and email also make it easier to connect than in the past.

When your grandchildren have been confronted with a situation and think about you, knowing you will be available to support them and you're on their side, you are indirectly influencing them by emotionally being there. You are a role model to your grandchildren.

It's interesting to note the variety of terms used to refer to the many roles grandparents or step-grandparents play. For example:

- stress buffer
- watchdog
- arbitrator
- roots/family historian
- supporter

One national survey of grandparents reported a variety of activities were engaged in with grandchildren such as:

- joking and kidding
- giving money
- talking about growing up
- giving advice
- discussing problems
- going to church/synagogue
- providing discipline
- taking a day trip
- teaching a skill or game
- watching TV together
- talking about parent/child disagreements

Several writers have emphasized grandparents are very important to grandchildren. They are described as "significant others who have a great deal to do with one's view of life." The inter-generational contact reflects a high value for family connection. Grandchildren exposed to such contact are less fearful of old age and the elderly. They feel more connected to their families.

A North Dakota study found step-grandchildren tend to have less contact with their step-grandparents and consider this relationship less important than grandchildren do with grandparents. However, the children surveyed also indicated a desire for more contact with step-grandparents.

Being a step-grandparent can be more challenging than being a grandparent because the role is less clear. As more step-families are formed, more attention will be given to step-grandparenting, and the same influences or benefits found for grandparents will no doubt be found to be as important for step-grandparents.

Adapted from: North Dakota State University Extension Service. Sean Brotherson, Ph.D., and Laura DeHann Ph.D., For additional information visit: www.ag.ndsu.edu/pubs/yf/famsci/fs548w.htm

Lancaster County Super Fair Volunteer Opportunity

The Lancaster County Super Fair will be held Aug. 2-11 at the Lancaster Event Center, 84th & Havelock in Lincoln.

Volunteers ages 18 and up are needed to help staff the Super Fair



Information and Souvenir Booth 10 a.m.-10 p.m. during the fair. Shifts are two or more hours.

Volunteers receive a gift bag with a free T-shirt and more. For more information, call Julie Burton at 402-441-6545.

Seeking Exhibits for "4-H Through the Decades" Display

The Lancaster County Super Fair is putting together a display of "4-H Through the Decades" to be on exhibit Aug. 2-5 while 4-H static exhibits are on exhibit.

Seeking 4-H static exhibits from the '90s, '80s, '70s, '60s, '50s, and even older (can be from any county fair or state fair). Also seeking photos of food and animal projects. Exhibits and photos will be in protective glass cases during the Super Fair. Number of exhibits and photos on display may be limited due to space, depending on submissions.

Please attach to each exhibit your name, phone number, project name,

title of exhibit (if any), decade entered in fair, and which county fair or state fair.

Static exhibits and photos can be dropped off before July 30 at the extension office (444 Cherrycreek Road) or during 4-H static exhibit check-in on Tuesday, July 31, 4-8 p.m. at the Lancaster Event Center (84th & Havelock), Lincoln Room.

Exhibits and photos can be picked up after Aug. 13 at the extension office or during 4-H static exhibit release on Monday, Aug. 6, 7-11 a.m. at the Lancaster Event Center, Lincoln Room.

For more information, contact Lorene Bartos at 402-441-7180.

Nebraska State Fair Volunteer Opportunities

The Nebraska State Fair is Nebraska's premier family event. This year, it will be held Aug. 24-Sept. 3 at Fanner Park in Grand Island.

Volunteers are a very vital part of the success of the Nebraska State Fair. Volunteers needed before, during, and after the fair! From hospitality to helping out with educational and children's programs, there truly is something for everyone who wishes to be a part of the Nebraska State Fair.

Volunteers must be at least 18 years of age, or be assigned to work with a parent/guardian, or involved in a group with adequate supervision.

Each volunteer shift will be four hours in duration. The option to sign up for multiple shifts is available and encouraged! However, shifts cannot overlap or be counted as two at one time. Free fair gate admission will be provided for your daily commitment.

A comprehensive, mandatory training program will be held for all volunteers.

- Benefits include:
- Free fair gate admission for your daily commitment.
 - Park in a restricted and convenient parking area during the fair.
 - Volunteers who make a commitment



of more than 20 hours receive two single admission passes to be used at the volunteer's leisure, plus an exclusive volunteer service provider lapel pin.

- Access to Volunteer Headquarters throughout the fair — whether you are working

or not. Come in, take a load off, have a snack and relax!

- Receive a FREE official volunteer souvenir shirt.

For more information or application form, go to www.statefair.org/fair/aboutus/documents/ApplicationBrochure.pdf.

4-H State Fair Volunteers

The Nebraska 4-H program is seeking volunteers to help with exhibit entry day, judging, and serving as 4-H exhibit building hosts and greeters. Volunteers will be needed for educational activities in the 4-H building, serving as the Lil' Green Mascot, and assisting with all 4-H contests and events throughout the fair. State Fair 4-H volunteers will receive a fair pass for the day(s) they volunteer.

A complete list of 4-H volunteer opportunities and sign up information is online at <http://4h.unl.edu/becomevolunteer>. If you have questions, contact Cathy Johnston at cjohnston1@unl.edu or 402-472-1762.

EXTENSION NEWS

4-H Interns Assist During Summer

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

- **Rachel Pickrel** assists Tracy Anderson with Clover College, county fair static exhibits, and contests. Rachel just finished her first year at Nebraska Wesleyan University where she is majoring in international business with an emphasis in marketing and a minor in music. This is her first summer as a 4-H intern. Rachel was a 4-H member in Lancaster County for 10 years.
- **Shayna Truax** assists Cole Meador in the livestock areas. Shayna is a student at UNL getting her masters in Applied Science. This is her second summer as a 4-H intern. She was a 4-H member in Lancaster County for 10 years.



(L-R) Shayna Truax and Rachel Pickrel

Lancaster County Years of Service Recognition

Recently, two Lancaster County employees at University of Nebraska-Lincoln Extension in Lancaster County were recognized for years of service to Lancaster County:

- **Karen Evasco**, Clerk Typist II, recognized for 30 years of service.
- **Vicki Jedlicka**, Publication and Media Assistant, recognized for 10 years of service.

EXTENSION CALENDAR

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

June

26 **4-H Horse Level Testing**, Lancaster Event Center, Great Plains Equipment Group Pavilion–Amy Countryman Arena 5:30 p.m.

July

2 **All 4-H/FFA Lancaster County Fair Animal Entries Due to Extension**

3 **4-H Horse Level Testing**, Lancaster Event Center, Great Plains Equipment Group Pavilion–Amy Countryman Arena 5:30 p.m.

5 **4-H/FFA Livestock Booster Club Scholarships Due**

7 **4-H Life Challenge Contest – County-Level Junior Division**9 a.m.

10 **4-H Plant Science Contests: Horticulture/Tree ID/Grass-Weed ID** 10 a.m.–12 p.m.

10 **How to Start an Amazing Career in Textiles**, International Quilt Study Center & Museum and UNL East Campus 10 a.m.–3 p.m.

11 **Family & Consumer Education Sizzling Summer Sampler** 6–9 p.m.

12 **Fun with Healthy Food! Workshop** 8:30 a.m.–4:30 p.m.

13 **Extension Board Meeting**8 a.m.

15–19 **State 4-H Horse Show**, Fonner Park, Grand Island

17 **Guardian/Conservator Training**5:30–8:30 p.m.

19 **Co-Parenting for Successful Kids** 9 a.m.–12:30 p.m.

21 **4-H Presentations Contest**9 a.m.

24 **4-H Style Revue Judging**8 a.m.

26 **4-H Horse Course Challenge** 10 a.m.

26 **4-H Food Booth Training**, Lancaster Event Center 6–7 p.m.

27 **Pesticide Container Recycling Collection**, Farmers Cooperative Bennet headquarters 9 a.m.–Noon

31 **Entry Day for County Fair Static Exhibits**, Lancaster Event Center–Lincoln Room 4–8 p.m.

4-H District Speech/PSA Results

The 2012 4-H Southeast District speech and Public Service Announcement (PSA) contest was held May 24 at the UNL East Campus. Lancaster County 4-H had a strong showing and all who participated earned a purple ribbon! Congratulations to these 4-H'ers! Regional contest winners in the senior division in Speech and PSA advance to the State Contest which will be held during the Nebraska State Fair.

Speech Contest:

- Junior division — Claire Strong (purple), Addison Wanser (purple)
- Senior division — Holly Hillebran (purple and 2nd place medal), Elli Dearmont (purple)

Public Service Announcement (PSA) Contest:

- Junior division — Addison Wanser (purple and 1st place medal), Nathan Becker (purple and 4th place medal), Colter Tietjen (purple)
- Intermediate division — Emma Lanik (purple and 2nd place medal), Taylor Nielsen (purple and 3rd place medal)
- Senior division — Elli Dearmont (purple and 2nd place medal), Paige Roach (purple and 3rd place medal), Sheridan Swotek (purple and 4th place medal)

Lancaster County 4-H Horse Judging Team Places 1st at Pitzer Contest



The Lancaster County 4-H horse judging team of Vanessa Butterfield, Ashley Holms, Hailey Hula, Sierra Nelson, and Bailee Sobotka placed first in the senior division of the Pitzer Horse Judging Contest held May 30 at the Pitzer Ranch in Ericson, Neb. The competition was made up of four halter classes, three performance classes, four sets of questions, and two sets of oral reasons. Bailee, Vanessa, and Sierra all placed in the top ten with Bailee finishing as high point individual. 4-H volunteer Roger Bell is their coach. Congratulations to these youth!

UNL Husker Equestrian Team Places 3rd Nationally

The 2012 Intercollegiate Horse Show Association (IHSA) National Championships were held May 3–6 at the Hunt Horse Complex in Raleigh, N.C. UNL's Husker Equestrian Team competed with six teams and three individual entries to finish 3rd in the nation amongst other elite equestrian programs. The Nebraska team placed third behind 1st place Oregon State University and 2nd place Ohio State University.

The Husker Equestrian National Team included Brandon Essink, Hali Jorgensen, Kallie Kayton, Blake Preston, Brooke Preston, Dustin Renken, and Amanda Young.

Freshman Blake Preston, former Lancaster County 4-H'er, was named National Champion in beginner western pleasure. Junior Brooke Preston, also a former Lancaster 4-H'er, placed 4th in intermediate western horsemanship.

Husker Equestrian Team Head Coach Lori Jaixen said, "I was proud of the team for their hard work, positive attitude, competitive spirit, sportsmanship, and class. They represented UNL in a strong and positive manner."



UNIVERSITY OF
Nebraska
Lincoln

EXTENSION

**University of Nebraska–Lincoln Extension
in Lancaster County**

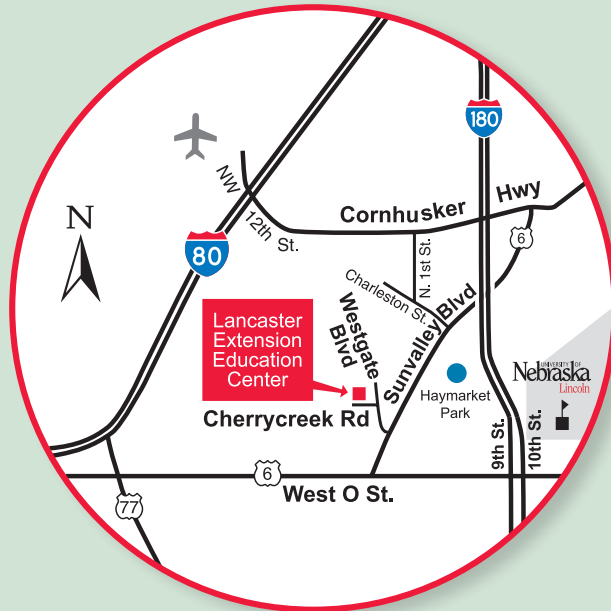
**444 Cherrycreek Road, Ste. A, Lincoln, NE 68528
402-441-7180**

<http://lancaster.unl.edu>

Email: lancaster@unl.edu • Fax: 402-441-7148

**Join us on Facebook, Twitter, YouTube, Flickr, and
Pinterest at <http://lancaster.unl.edu/media>**

**Lancaster Extension Education Center Conference Facilities
444 Cherrycreek Road, Lincoln**



Extension is a Division of the Institute of Agriculture and Natural Resources at the University of Nebraska–Lincoln cooperating with the Counties and the United States Department of Agriculture.

University of Nebraska-Lincoln Extension educational programs abide with the nondiscrimination policies of the University of Nebraska-Lincoln and the United States Department of Agriculture.

We assure reasonable accommodation under the Americans with Disabilities Act; for assistance contact UNL Extension in Lancaster County at 402-441-7180.

EXTENSION EDUCATOR & UNIT LEADER

Gary C. Bergman

EXTENSION EDUCATORS

Lorene Bartos, Sarah Browning, Maureen Burson, Tom Dorn, Alice Henneman, Barb Ogg, Karen Wobig

EXTENSION ASSOCIATES

Mary Abbott, Tracy Anderson, Soni Cochran, Marty Cruickshank, Mary Jane Frogge, Mardel Meinke, Julie Rasmussen, Dana Willeford

EXTENSION TECHNOLOGIST

David Smith

EXTENSION ASSISTANTS

Teri Hlava, Vicki Jedlicka, Lisa (Connot) Kowalski, Cole Meador, Kristen (Neth) Houska, Jim Wies

SUPPORT STAFF

Pam Branson, Kay Coffey, Deanna Covault, Karen Evasco, Konnie Robertson, Chris Rosenthal, Karen Wedding

THE NEBLINE

**THE NEBLINE is published monthly (except December).
Mailed to more than 12,000 households in Lancaster County
and can be read online at <http://lancaster.unl.edu/nebline>.**

The Nebraska Library Commission's Talking Book and Braille Service records THE NEBLINE for individuals with a visual or physical condition or a reading disability which limits use of regular print. For more information, go to www.nlc.nebraska.gov/tbbs or call 402-471-4038 or 800-742-7691.

THE NEBLINE articles may be reprinted without special permission if the source is acknowledged as "University of Nebraska–Lincoln Extension in Lancaster County NEBLINE." If the article contains a byline, please include the author's name and title.

Reference to commercial products or trade names is made with the understanding that no discrimination is intended and no endorsement by the University of Nebraska–Lincoln is implied.

Email Notifications

Sign up at <http://lancaster.unl.edu/nebline> to be notified by email when THE NEBLINE is posted online.

Mail Subscriptions

Subscriptions to THE NEBLINE via mail are free to Lancaster County residents. There is an annual \$5 mailing and handling fee to addresses in zip codes other than 683–, 684–, 685–, 68003, 68017 and 68065.

☐ Order subscription ☐ Change of address

Name _____

Address _____

City _____ Zip _____

Phone _____
We will only use your phone number in case there is a problem with your mailing address.

**Mail to: UNL Extension in Lancaster County
444 Cherrycreek Road, Suite A • Lincoln, NE 68528**

July

Andy and Suzi Dearmont

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

The Dearmonts have volunteered for more than five years with the South Prairie Wranglers 4-H club (Lancaster County 4-H's largest club with 67 members and an Outstanding 4-H Club for four years). Suzi is the club's dog project leader, Andy assists with the horse project, and Suzi was a previous photography project leader. Both are members of the Lancaster County 4-H Dog Volunteers in Program Service (VIPS) Committee and Suzi was a previous member of the Rabbit VIPS Committee. Both have helped at the 4-H Spring Rabbit Show the past five years. The Dearmonts have also helped in many club community service projects such as Kiwanis Karnival, food drives, painting trash barrels for the Lancaster Event Center, and more. Andy helped present a 4-H Speech/Public Service Announcement workshop this year.

"We like being 4-H volunteers because it is a joy to have a hand in helping children develop life skills through the many project areas 4-H offers," they said. "It is a gift to see these youth succeed and their confidence grow. Our entire family often participates together in 4-H events which has become one of our outlets for quality family time."

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



Watch Out for Poison Ivy

Anyone who has ever experienced the blisters, swelling, and extreme itching from an unfortunate encounter with poison ivy, learns quickly to avoid it whenever possible. It grows in non-cultivated sites, such as along stream banks, roadways, railroad tracks, fence rows and woodlands. It can even make an appearance in your home landscape. Therefore, knowing how to identify and control it are the best defenses against accidental contact.

Identification

The best way to identify poison ivy (*Rhus radicans*) is by its characteristic compound leaf consisting of three leaflets. The leaflets are two to four inches long, dull or glossy green with pointed tips. The middle leaflet is generally larger than the two laterals. The margins of the leaflets are variable, appearing irregularly toothed, lobed, or smooth. The leaves are positioned alternately on the stems.

In contrast, Virginia Creeper, a non-poisonous vine often mistaken for poison ivy, has five leaflets radiating from one point of attachment.

Poison ivy can be found in one of three forms; as an upright woody shrub, a trailing shrub running along the ground or a woody vine. The vine is usually seen growing on trees or other objects for support.

Yellowish-green flowers occur in compact clusters in leaf axils, and are produced in June or July. The waxy, berry-like fruit is grayish-white, with distinct lines marking the outer surface and is about 3/15-inch in diameter.

Control

There are three methods that can be effective in eradicating poison ivy in ornamental beds. They include pulling, severing the vine and then treating the regrowth with an herbicide, or applying an herbicide to individual leaflets.

Hand pulling is most successful when the soil is moist. The roots can be dug and pulled out in long pieces. Care should



Mary Jane Frogge, UNL Extension in Lancaster County

Poison ivy has a compound leaf consisting of three leaflets. It can be found as an upright woody shrub, a trailing shrub running along the ground, or a woody vine.

be taken to remove the entire root because the plant can resprout from sections of root left in the ground. Avoid skin contact by wearing gloves while you work and washing clothing and gloves immediately after. The washing machine should be rinsed thoroughly afterward to eliminate the possibility of contaminating other clothing.

Vines growing on trees can be difficult to pull out of the ground because their roots may be entangled with the tree's roots. Sever the vine at the base and carefully pull it out of the tree. Glyphosate (Roundup or KleenUp), a non-selective, translocated herbicide, can be applied to the new shoots that will soon emerge from the base of the old plant. This herbicide is most effective if applied to actively growing foliage. Another herbicide that may be used is triclopyr (Brush-Be Gon Poison Ivy Killer).

Poison ivy is difficult to control even with herbicides. Neither glyphosate nor triclopyr will provide complete control from a single application, and repeat applications to treat regrowth may be necessary. Other herbicide brands or formulations may be found at your local garden center. Be sure to read the label to ensure poison ivy is listed on the label,

then follow the manufacturer's directions.

When poison ivy is found in the midst of your prized landscape plants, special care should be taken to eliminate it. Paint the individual leaflets with a non-selective herbicide like glyphosate (Roundup) to avoid harming desirable plants.

Things to Know

The blistering rash caused by poison ivy is the direct result of contact with the oily toxicant, known as urushiol. Urushiol is found in resin ducts within the plant's phloem. These ducts are found throughout the plant, including the roots, stems, bark, leaflets and certain flower parts. The plant has to be crushed, broken, or in some way injured to release the resin.

Once urushiol is released, it can find its way to your skin by direct contact with the plant and then spread by touching other parts of the body. Because the sticky, oily substance is easily transmitted, there are indirect ways to contact it, for instance, from the fur of the family pet, garden tools, garden gloves, clothing, golf balls, or other objects that have come in contact with an injured plant. Contrary to popular belief, the rash from poison ivy cannot be transmitted from touching the oozing blisters.

If you know you have contacted poison ivy, wash the area as soon as possible with soap and cool water. Warm water may cause the resin to penetrate the skin faster. Because urushiol can penetrate in a matter of minutes, you may still get a rash, but at least you have contained the infected area. A visible reaction, redness, and swelling may be apparent within 12 to 24 hours. Contact your family physician or pharmacist for recommendations for effective non-prescription medication.

One additional caution — people can contract a rash by exposure to smoke of burning poison ivy; be careful not to burn wood with the poison ivy vine attached to it. Take extreme caution to avoid inhaling smoke or contact of smoke with skin and clothing.

Source: Ohio State University Extension



University of Nebraska-Lincoln
College of Agricultural Sciences
and Natural Resources

- Preparing students for careers in everything from animals to plants, soil to climate, golf to business, mechanization to leadership, food to forensic science
- Scholarship and loan opportunities
- One-on-one faculty mentoring and research opportunities
- Study abroad experiences
- Internships with major companies and organizations
- Guaranteed job offers
- 11 National FFA Officers attended our college

UNIVERSITY OF
Nebraska
Lincoln

103 Agricultural Hall
P.O. Box 830702, Lincoln, NE 68583-0702
(800) 742-8800 Ext. 2541

The University of Nebraska-Lincoln is an equal opportunity educator and employer with a comprehensive plan for diversity.

casnr.unl.edu
facebook.com/unlcasnr

Can You Guess It?



Theodore Webster, USDA Agricultural Research Service, Bugwood.org

Did you guess it? Find out at
<http://lancaster.unl.edu>

Did you guess it from the June NEBLINE?
The answer was: Baby Cottontail Rabbits