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The NEBLINE, August 2013

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8 Tips for Better-Tasting Fruits & Vegetables

Alice Henneman, MS, RD
UNL Extension Educator

INCREASING your consumption of fruits and vegetables can make a big difference in your overall health. USDA's MyPlate guidelines recommends filling half your plate with fruits and vegetables. USDA lists the following benefits of fruits and vegetables:

- Eating a diet rich in vegetables and fruits as part of an overall healthy diet may reduce risk for heart disease, including heart attack and stroke.
- Eating a diet rich in some vegetables and fruits as part of an overall healthy diet may protect against certain types of cancers.
- Diets rich in foods containing fiber, such as some vegetables and fruits, may reduce the risk of heart disease, obesity and type 2 diabetes.
- Eating vegetables and fruits rich in potassium as part of an overall healthy diet may lower blood pressure, and may also reduce the risk of developing kidney stones and help to decrease bone loss.

Here are 8 preparation and storage tips to enjoy the abundant summer produce at its peak of flavor, appearance and safety!

1. Know Which Fruits Ripen After They're Picked



Tomatoes are one type of produce that continues to ripen after being picked.

Apricots, bananas, cantaloupe, kiwi, nectarines, peaches, pears, plantains and plums continue to ripen after they're picked. The tomato, which is actually a fruit, also continues to ripen after picking.

See "Tips for Selecting Summer Produce" on p. 7.

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

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

2. Keep Fruits and Vegetables Separate in the Refrigerator



Store fruits and vegetables in separate refrigerator crisper drawers.

All fruits and vegetables must be stored in the refrigerator once they are cut or peeled. Fruits that don't ripen after they are picked should be refrigerated to increase their storage life. Except for onions, potatoes and tomatoes (actually a fruit), most vegetables are best kept in the refrigerator.

Store fruits in a refrigerator crisper drawer separate from the one in which you store vegetables. Fruits give off ethylene gas which can shorten the storage life of vegetables. Some vegetables give off odors that can be absorbed by fruits and affect their quality. Avoid overly packing crisper drawers.

3: Refrigerate Produce in Perforated Plastic Bags

This helps maintain moisture yet provides for air flow. Unperforated plastic bags can



Commercially-packaged produce usually comes in perforated plastic bags (indicated above by circles). This helps maintain moisture yet provide air flow.

lead to the growth of mold or bacteria. If you don't have access to commercial, food-grade, perforated bags, use a sharp object to make several small holes in a food-grade plastic bag (about 20 holes per medium-size bag). Another option is to store bags of fruits and vegetables loosely in plastic bags with the top open.

4. Remove Radish Tops Before Storing



Remove the tops from radishes before storing them.

If the leafy radish tops are attached, remove them before storing. Radishes don't keep as well if their tops are left on. Store unwashed radishes in an open or perforated plastic bag in a refrigerator crisper drawer separate from the one in which you store fruits. Wash radishes and trim their roots just before using.

5. Wash Fruits and Vegetables Correctly

The Food and Drug Administration (FDA) recommend the following preparation tips for fresh produce:



Scrub firm produce with clean produce brush.

When preparing any fresh produce, begin with clean hands. Wash your hands for at least 20 seconds with soap and warm water BEFORE and AFTER preparation.

- Cut away any damaged or bruised areas on fresh fruits and vegetables before preparing and/or eating. Produce that looks rotten should be discarded.
- Wash all produce thoroughly under running water before eating, cutting or cooking. This includes produce grown conventionally or organically at home, or purchased from a grocery store or farmer's market. Washing fruits and vegetables with soap or detergent or using commercial produce washes is not recommended.
- Even if you plan to peel the produce before eating, it is still important to wash it first so dirt and bacteria aren't transferred from the knife onto the fruit or vegetable.
- Scrub firm produce, such as melons and cucumbers, with a clean produce brush.
- Dry produce with a clean cloth towel or paper towel to further reduce bacteria that may be present.

6. Take a Salad for a Spin!

Salad dressing slides off damp salad greens and collects in the bottom of the salad bowl. You'll get more flavor with less dressing (and fewer calories!) if salad greens are washed and dried before tossing your salad with dressing. A tablespoon of an oil and vinegar dressing may be all it takes for two cups of dried salad greens. The easiest and quickest way



A salad spinner makes quick work of drying salad greens.

to dry salad greens is in a salad spinner.

A salad spinner uses centrifugal force to remove water from freshly washed salad greens and herbs. Your wet greens are placed in a perforated basket that fits in a larger outer bowl. The bowl is covered with a lid that has a gear-operated handle, pull-cord or knob you pump to turn the inner basket and spin the water off into the outer bowl.

Pack greens lightly to avoid overcrowding and bruising them. After spinning, pat off any remaining moisture with clean paper towels.

When purchasing a salad spinner, take it for a spin at the store! You want a model that is sturdy, has a well-fitting lid and spins easily. Choose a model large enough so you don't have to go through several "spin cycles" to dry all your greens.

A salad spinner also may be used to dry washed clusters of grapes. Note: If you are preparing small clusters of grapes for garnishing, cut the clusters with scissors. This helps keep the grapes attached to the stem.

7. Keep Fruits and Vegetables Separate From Certain Foods

"Keep fruits and vegetables that will be eaten raw separate from other foods such as raw meat, poultry or seafood — and from kitchen utensils used for those products," advises the FDA. FDA gives these additional recommendations:

- Wash cutting boards, dishes, utensils and countertops with hot water and soap between
- see **FRUITS & VEGETABLES** on page 12

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IN THIS ISSUE

Urban Agriculture 2

Horticulture 3

Farm Views. 4

Home & Family Living. 5

Environmental Focus 6

Food & Fitness 7

4-H 8–9

Community Focus. 10

Lancaster County
Super Fair

SCHEDULE
& MAP

Aug. 1–10, 2013



Take the “Waste” Out of Acreage Maintenance

Sarah Browning
UNL Extension Educator

Routine lawn and yard maintenance, whether you live in the city or country, is usually on every homeowner’s to-do list. Keeping your property neat and green often becomes a point of personal pride, with all your country neighbors competing for the title of “best-kept homestead.” But there are ways to reduce the time, energy and money you spend on property maintenance, and minimize landscape waste that goes to the burn pile or landfill.

Here’s how you can reduce landscape “waste” and transform it into “wealth.”

Plan and Evaluate Your Yard

Reconsidering your routines may require a little time and discipline — as opposed to proceeding as usual. But good, environmentally friendly ideas should emerge. The key is to lessen waste by first rethinking, while still keeping time and fertilizer inputs to a minimum.

Use Organic Mulches

Recycle leaves, wood chips, grass clippings and other yard trimmings as mulch to retain soil moisture, reduce weed growth, moderate daily and seasonal soil temperatures and reduce soil erosion. Consider investing in a wood chipper, either by yourself or with your country friends, so woody debris can be chipped and reused.

Manage Lawn Areas Wisely

Recycle nutrients by leaving clippings on the lawn where they belong. Returning the clippings for an entire summer



Light layers of leaves can be shredded with a lawn mower and allowed to filter down into the grass.

Rebecca Finneran, Michigan State University Extension



Rain gardens prevent water runoff from landscape, preventing pollution of nearby creeks and streams with fertilizers or pesticides.

Kelly Feehan, UNL Extension in Platte County

results in the application of 1 lb of Nitrogen/1,000 sq. ft. to your lawn. That’s the equivalent of one fertilizer application, and it doesn’t cost you anything!

If you must collect them, reuse the grass clippings as mulch or compost. Proper care keeps lawns growing vigorously, which greatly reduces disease and pesticide use.

Use Leaves as a Resource

Small amounts of leaves, when shredded with a lawn mower and left to filter down into the grass, are an organic nutrient source. Chopping up leaves also reduces the need for raking. Leaves can be reused to mulch perimeter plantings or as an ingredient in compost.

Fertilize Conservatively and Carefully

Test your soil and reduce fertilizer use when possible to avoid excessive plant growth. Excessive plant growth = potential yard waste.

Sweep up and reuse fertilizer that falls on paved surfaces. Otherwise fertilizer runs off your property into nearby lakes and streams, contributing to algae and pollution.

Direct Downspouts into Planting Beds or Lawns

Redirect this precious natural resource to your yard rather than the pavement. Runoff from downspouts directed onto paved surfaces carry pollutants like fertilizer, pesticides and motor oil to lakes and streams. A rain garden is a concave planting bed designed to catch rainwater, and allow it to filter down through the soil.

FOR MORE INFO

UNL Extension NebGuide “Stormwater Management: Installing a Rain Garden in Your Yard,” (G1760) online at www.ianrpubs.unl.edu/sendIt/g1760.pdf.

Try Natural Landscaping

Naturalize at least a portion of your yard to reduce maintenance, grass clippings, pesticide and fertilizer usage. Consider seeding perimeter grassy areas with native grass. Add a planting of native shrubs and grasses as a barrier near streams and creeks to prevent runoff of landscape products into the water. Enjoy the attractive alternatives as your property contributes to a richer ecosystem.

Plant Ground Covers

Reduce impractical lawn areas (steep slopes, shady areas, low spots) and keep tree roots moist and cool. Less lawn means fewer grass clippings. It also can reduce your time spent mowing, and the amount of pesticide and fertilizer used.



Winter creeper, *Vinca minor*, is a good ground cover for shady locations.

Vicki Jedlicka, UNL Extension in Lancaster County

FOR MORE INFO

UNL Extension NebGuide “Selecting a Ground Cover,” (G84-698-A) online at <http://go.unl.edu/d6m>

Select Plants for Proper Size and Vigor

Reduce trimmings by selecting semi-dwarf or dwarf fruit tree varieties. Always plan for the mature height of trees and shrubs before planting to minimize pruning needs. Pest-resistant plant varieties reduce both chemical usage and dead wood that must be removed. Match your plant selections to your property’s soil, light conditions and topography for optimum plant growth.

Create a Compost Pile or Bin



Many different types of structures, both homemade and purchased, can be used for composting, such as this wooden pallet bin.

Recycle excess landscape waste by composting, which speeds up the natural process of decomposition. Compost is a great soil amendment that improves water-holding capacity in sandy soil and improves water infiltration in heavy clay soil. It provides nutrients for plant growth and fosters increased populations of beneficial soil microbes.

Many different types of structures, both homemade and purchased, can be used for composting. Homeowners often used recycled materials, like wooden pallets, to create a compost bin and using a bin has the added advantage of screening the compost from view.

FOR MORE INFO

University of Missouri publication “How to Build a Compost Bin,” (G6957) online at <http://extension.missouri.edu/p/G6957>

Controlling Fall Webworm

Sarah Browning
UNL Extension Educator

Late summer and fall is the season of fall webworm. Fall webworm attacks many hosts, over 85 known species of deciduous trees, including elm, hickory, pecan, plum, chokecherry, poplar, walnut and willow. In fact, almost all fruit, shade and ornamental trees, except conifers, can be affected by fall webworm.

Homeowners often spot fall webworm as they enlarge their silken webs in late summer. Adults of this native insect are white moths, with reddish-orange front legs and a 1¼-inch

wingspan. Immature insects are pale yellowish caterpillars with red heads and reddish-brown spots. An alternate color variation among the larva is yellow-green caterpillars with black heads a broad dark stripe on the back and black spots. There are one to two generations per year in Nebraska.

Adult moths emerge in late spring or early summer and lay eggs in masses on the undersides of leaves. The larvae emerge 10–14 days later and begin feeding in groups within a small webbed mass of leaves at the ends of branches. The webbing provides protection from some predators and the caterpillars feed inside the web

until all leaves are devoured, then additional leaves are encased in the web. Webbed areas of leaves grow larger as the caterpillars mature.

The first generation of caterpillars matures in about six weeks. Then they drop to the ground and enter the soil, where they pupate into adults and re-emerge to lay eggs for the second generation. Some larvae may pupae under loose bark, in leaf litter beneath the tree, or within the webbing. Caterpillars of the second generation hatch and feed from approximately early August through late September. Then once again, the mature caterpillars drop to the ground and enter the soil to overwinter. Because the insects

overwinter beneath host plants, trees that have been attacked in the past will very likely have insects the following year, too.

Although unsightly, feeding by fall webworms is rarely seriously damaging to large trees; however, several years of defoliation for small ornamental trees can weaken them.

Removal of nests in early summer when only a few leaves are involved is the best method of control. Prune out the branches affected and crush or burn them. Biological insecticides such as *Bacillus thuringiensis* (Bt) are also effective. Thoroughly cover leaves next to the nest, and as the larvae ingest the insecticide they will be killed.



G. Keith Douce, University of Georgia, Bugwood.org

Fall webworms in their silken webs on a deciduous tree.

Harvesting and Storing Vine Crops

Sarah Browning
UNL Extension Educator

The proper time to harvest some vegetable crops is fairly easy to determine. Tomatoes turn red when ripe. Onions are harvested when the tops fall over and begin to dry. While some vegetables exhibit clear signs, the proper time to harvest other crops may require a little more knowledge and experience. Below are guidelines for harvesting and storing various vine crops.

The maturity of vine crops can also be approximated by counting the days after flowering. It takes approximately 40–50 days for muskmelons and 50–60 days for large-fruited watermelons to mature after pollination. Acorn squash requires 55–60 days, butternut squash 60–70 days and hubbard squash 80–90 days. These figures are based on warm weather. Cool weather will slow growth and delay maturity.

Watermelon



Harvest when the underside or “belly” of the melon turns from a greenish white to buttery yellow or cream. This color change is especially pronounced on the dark green skinned varieties. It is often less noticeable on lighter skinned watermelons. In addition, the fruit tends to lose its slick appearance on top and becomes dull when ripe.

Thumping or tapping the melon is generally not a good

indicator of ripeness. Rapping an immature melon with your knuckles produces a metallic ring. A ripe melon gives off a hollow or dull ring. Most individuals, however, have difficulty differentiating between the sounds.

The browning of the pig’s tail (light green, curly tendril attached to the vine near the melon) is also not reliable. In some varieties, the pig’s tail may turn brown 7–10 days before the melon is ripe. When harvesting watermelons, leave 2” of the stem on the fruit.

Watermelons can be stored at room temperature for about one week. The storage period can be extended to two to three weeks at 40–50°F.

Muskmelon



The fruit of muskmelon or cantaloupe are mature when the stem pulls (slips) easily from the melon. The melon is not ripe if the stem has to be forcibly separated from the fruit.

Other indicators of maturity are based on touch, appearance and aroma. The flower end (the end opposite the stem) of the melon should be slightly soft. The skin between the netting turns from green to yellow. Finally, a ripe melon produces a strong “muskmelon” aroma.

Muskmelons can be stored in the refrigerator for up to two weeks. Before refrigerating, place the melons in a plastic bag to prevent the muskmelon aroma from favoring other stored foods.

Honeydew

A slight softening of the flower end of the fruit is the best indicator of ripeness. Also, there may be subtle changes in the fruit’s color.

Pumpkins & Winter Squash



Pumpkins will rot if harvested too young, or if allowed to stay in the field once they are mature and exposed to freezing temperatures. Mature pumpkins should be uniformly colored across the entire fruit — orange, white, gray or blue — depending on the variety you chose to grow. Look for the mature coloration of your variety indicated on the seed packet as a guide to ripeness. Mature pumpkins have hard, shiny shells that can’t be easily punctured by a fingernail. Once your pumpkin reaches this stage, it’s time for curing.

With winter squash, the portion of the fruit resting on the ground will be cream to orange. Harvest spaghetti squash when the fruit color changes from ivory white to golden yellow.

Leave the stem on when cutting from the plants to prevent decay organisms from entering. Pumpkins and winter squash will keep best if they are cured for 10 days at 80–85°F. Store fruits in single layer, or on shelves at 50–55°F.

Acorn squash, however, should not be cured but stored at 45°F to prevent stringiness.

Leaf Rubbing a Great Way to Teach Kids About Trees



Mary Jane Frogge, UNL Extension in Lancaster County

Mary Jane Frogge
UNL Extension Associate

Leaf rubbing is a great activity to get kids outside and learning about trees. While collecting leaves from your yard for this activity, look up the trees in a tree book. If you do not have a tree identification book, check one out at the library.

Are the trees that you collected leaves from native to the United States? Discuss how trees are beneficial supplying oxygen, providing shade and wildlife habitat. What are other ways trees are important to us?

Supplies

- Different sizes and shapes of tree leaves (maple, oak, hackberry, mulberry, ginkgo)

- colored paper
- crayons
- Tree ID book

Directions

1. Put a leaf upside down on the table.
2. Place a piece of paper over the leaf. Remove the paper covering from a crayon.
3. While holding the paper and leaf in place, use the side of a crayon to rub across the leaf.
4. Make sure you color over the entire leaf. Rubbing firmly all over the leaf will show the veins and the outline of the leaf.
5. A dark crayon will produce a clearer print of the leaf.
6. Do another leaf with a different color crayon. Continue until the paper is filled.

10 Tips for Welcoming Wildlife into Your Landscape

Mary Jane Frogge, UNL Extension Associate

GET IT WET — Adding a small backyard pond or water feature will provide water for birds and other wildlife.

STOP THE INVASION — Remove invasive plant species, like the non-native phragmites. Invasive plants threaten food and habitat producing native plants.

LET THEM EAT BUGS — Birds, bats and beneficial insects eat insect pests and enhance ecological balance. Limit or do not use pesticides.

BE A HAPPY HOMEMAKER — Provide nesting boxes for cavity-nesting birds and roosting boxes for bats.

COOK UP SOMETHING SPECIAL — Add native plants to your landscape that provide food (fruits, nuts, berries) and cover (shrubs, evergreens, etc.) for wildlife.

BE SMALL MINDED — Do not forget the butterflies, bees and other important pollinators. Add flowering plants that will attract and feed the little ones.

BRIDGE THE GAPS — Connect “wild” areas together to create habitat corridors for wildlife cover and travel.

CHAPERONE THE PARTY — When guests such as deer, skunks, opossum, etc. visit your landscape, learn more about them. If they become a problem, get advice from local wildlife agencies or your Extension office.

GO NATIVE — Preserve native vegetation through sensitive site planning. Native plants are adapted to local conditions and supply food to wildlife.

ENJOY YOUR WORK — Place bird feeders, birdbaths and other wildlife features where you can easily observe the wild visitors to your yard.

Source: Lawns and Environment Initiative

Garden Guide

THINGS TO DO THIS MONTH

By Mary Jane Frogge, UNL Extension Associate

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

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

Hand pick bagworms from your evergreen and deciduous trees.

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

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

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

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

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

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

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

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

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

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

Reducing Energy Costs for Irrigation

Tom Dorn
UNL Extension Educator

Some producers in Nebraska reported pumping double the normal amount of water to grow crops in 2012. It is important irrigation pumping plants operate efficiently to keep costs to a minimum, but it is especially important when energy prices are high and the supplemental water needed for crop production is expected to be higher than normal, as well.

Most irrigation in Nebraska depends on groundwater as the water source. The University of Nebraska has field tested hundreds of pumping plants over the years. Based on these field tests and on laboratory tests of engine efficiency, UNL developed the Nebraska Pumping Plant Performance Criteria, NPPPC (usually shortened to NPC). This criterion states the amount of useful work (water horsepower-hours, whp-h) you should reasonably expect to achieve in the field for each unit of energy consumed by a pumping plant.

The performance **rating** is the performance of the particular pumping plant compared to NPC standards and is expressed as a percentage

The screenshot shows an Excel spreadsheet titled "Estimate Pumping Plant Performance Rating and Potential Energy Savings From Your Records". It is a "Long-term pump" worksheet. The spreadsheet is divided into several sections: "Step 1. Select energy type:", "Step 2. Input energy price per unit in cell E12", "Step 3. Select Water meter totalizer units", "Step 4. Type beginning reading in D17 and ending reading in E17", "Please input the following:", "Results", "How much money can you borrow to bring your pumping plant up to the NPC using only the anticipated annual fuel cost savings to make the annual amortized loan payments?", and "Assumptions". The "Results" section shows: "Ac-in of water pumped (from water meter readings) 1,366 ac-inches", "Water horsepower hours (whp-h) for test period 35,742.4 whp-h", "Estimated performance of this pumping plant 10.21 whp-h per unit of fuel", "Performance rating, % of the NPC 81.7 Percent", "Potential Fuel Savings over test period 641 Gallons", and "Potential Fuel Cost Savings over test period \$2,210". The "Assumptions" section lists: "NPC assumes 75% pump efficiency", "Nat Gas is priced \$/MCF assumed 925 BTU/cubic foot, (925,000 BTU/MCF)", "NG Therm is priced by the Therm (100,000 BTU)", and "3 phase electric motors assumed to be 88% efficient".

UNL Extension Educator Tom Dorn has developed an Excel worksheet irrigators can use to calculate long-term irrigation pumping plant performance.

plant is using more energy for the work it is doing than the criteria calls for. For example, a pumping plant operating at 70% of NPC is only producing 70% of the useful work it should for the energy it is consuming.

The most recent statewide pumping plant efficiency study conducted by the University of Nebraska tested 180 pumping plants. As one might expect, the efficiency varied considerably. Some pumping plants achieved very good efficiency. In fact, 15% actually exceeded NPC. (Performance ratings over 100% of NPC are possible when a highly efficient motor is attached to a well-designed pump that is not worn or misadjusted). The fact that some pumping plants exceed the criteria demonstrates the fact the criterion is a reasonable target for all pumping plants.

The other 85% of pumping plants were found to use more energy per unit of work than would be expected by NPC. The average pumping plant in Nebraska was found to operate at only 77% of NPC. To put it another way, the average pumping plant in the study was using 130% as much energy as it would if it were operating at NPC (1.0/0.77 = 130%).

At today's energy prices, identifying a pumping plant that needs adjustment or repair could result in saving thousands of

dollars in energy costs per year.

If the producer knows 1) the total fuel used over a period of time, 2) the total volume of water pumped (from water meter readings, usually stated in acre-inches), 3) the system pressure measured at the discharge head and 4) the water level (measured while the pump is running), the performance rating can be easily calculated using an Excel worksheet found on the UNL Extension in Lancaster County website at <http://lancaster.unl.edu/ag/crops/irrigate.shtml> (look for "Click here to Use Long_Term Pump").

Within the spreadsheet, you can replace the content of cells with light blue background. Your inputs will appear with dark blue font. Drop down menus allow you to select the energy source and the water meter totalizer units.

- Select energy source for pumping the water
- Input fuel cost per unit \$/gal, \$/kWh
- Select water meter units
- Input the beginning and ending water meter readings
- Input the pumping water level
- Input water pressure at the discharge head of the pump

Results are provided when all inputs are filled in. Results include the potential fuel savings in energy units and dollars.

Optional: If the user inputs the loan length and interest rate, the worksheet will show the loan amount you can spend to repair or replace the pumping plant and make the annual loan payments using the fuel savings.

Pesticide Container Collection, July 26



University of Nebraska–Lincoln Extension coordinates a recycling program for plastic agricultural pesticide containers. On Friday, July 26, 9 a.m.–12 noon, containers can be brought to the Farmers Cooperative at 355 Hackberry St. in Bennet.

All containers must be inspected to make sure they have been properly rinsed, with the caps and labels removed before they can be placed in our trailer. (Paper labels one layer thick may remain on the containers.) We will accept all sizes of agricultural pesticide containers, including 30 gallon plastic drums.

The material is currently being recycled into plastic posts, industrial pallets, field drain tiles, speed bumps, railroad ties, and parking lot tire stops.

Tom Dorn
UNL Extension Educator

As we approach harvest, grain bin preparation is a timely subject. Remember, grain harvested in Nebraska is essentially insect-free, but can become infested by storage insects. Following are some tips on how to prepare bins and equipment to ensure insect problems are minimized.

First, be sure to store sound, clean, dry grain. It may be advisable to screen out broken grains, trash and fines to increase the quality of the final storage product. Also, the elimination of trash will enhance fumigation, should this procedure be required later.

Since stored-grain insects can invade new grain from infested harvesting and handling equipment (combines, augers, etc.), cleanup is essential. Carefully remove all traces of old grain from combines, truck beds, grain carts, augers and any other equipment used for harvesting, transporting and handling grain. Even small amounts of moldy or insect-infested grain left in equipment can contaminate a bin of new grain. Then clean grain bins thoroughly, disposing of spilled, cracked and broken grain and grain flour, along with the insects feeding on such material. A simple broom and a vacuum cleaner are essential pieces of equipment in cleaning grain bins.

"How clean is clean enough?" is a question many

producers ask. A good rule of thumb to follow when cleaning bins and equipment is: If you can tell what was stored or handled last season by looking in the auger, bin or combine, it is not clean enough to prevent re-contamination of the new crop.

Tips for Grain Bin Preparation

Around the bins, be sure to remove old equipment, junk, and clutter to reduce attractiveness to insects and rodents. Make sure the bin is insect and rodent-proofed by plugging holes, sealing bins, caulking, and making general repairs. Grain spilled near the bin attracts insects and draws mice and rats. Clean up and dispose of any spilled grain several weeks prior to harvest. If rats have tunneled under foundations, use baits or traps to reduce or eliminate them.

Tall weeds can harbor insects and provide cover for rodents. Mow around the bin site to remove tall grass and weeds to reduce the potential for insect and rodent infestation.

If necessary, re-grade the site so water readily drains away from bin foundations. You cannot always wait for the soil to dry before loading or unloading grain from bin sites. Landscaping should be maintained away from grain storage facilities. Leave a four-foot-wide strip of bare gravel around the perimeter of storage bins.

Make certain travel lanes have enough rock or gravel to

bear the weight of heavy trucks and grain carts.

If purchasing old crop grain for storage with newly harvested grain, be sure to watch for insects in the incoming grain. If infested grain is purchased for livestock feed, store it away from the new crop, and feed it as soon as possible.

Grain stocks may be rotated, or moved and a grain protectant applied at the time of turning.

Electrical system maintenance before harvest can prevent costly downtime. Wiring for fans and other electrical components should be inspected for corrosion and cracked, frayed or broken insulation. Exposed wiring should be run through waterproof, dust-tight conduit. Avoid kinking the conduit, and make sure all connections are secure.

Mice often nest in control boxes where they are protected from predators. They can strip insulation from wires for nest material and their urine sometimes causes corrosion on relays and other electrical components. If rodent damage is found, clean and repair or replace damaged wiring, relays and other electrical equipment. Then seal over knock-outs and other openings that may permit rodent entry.

Fans, heaters, transitions and ducts should be checked for corrosion and other damage. Remove any accumulated dust and dirt that may reduce operating efficiency and be sure all connections are tight to prevent air leaks that can reduce operating efficiency.

Residual Chemical Treatments

Once empty bins have been thoroughly cleaned, a residual treatment may be applied to bin surfaces to protect incoming grain from insect infestation. Follow label instructions carefully. The following materials are listed for empty grain bin surface treatments: **silicon dioxide** a.k.a **diatomaceous earth** (many brand names). Butylcarityl + Pyrethrins (many brand names). Some related chemicals include Bifenthrin (Capture), Pybuthryn (Butacide, Pyrenone Crop Spray).

For bins with aeration floors (which are practically inaccessible for cleaning), spraying the bin and the floor is recommended. The inside walls and floors should be treated with a residual insecticide after thorough cleaning. The outside walls (up to 15 feet) and outside base of grain storage bins may also be treated. The area beneath the perforated, drying floor should also be cleaned and treated with a residual insecticide. Treating empty bins is most effective when insect activity is likely (temperatures over 60°F). The best products to use are Tempo with or without Diacon-D. All treatments should follow label requirements. There are several other product combinations registered. You can also have the bin fumigated by a licensed professional. The rules regarding fumigate use make it impractical for farm operations to maintain licensing and equipment necessary for legal fumigation work.

FAMILY & COMMUNITY EDUCATION (FCE) CLUBS

President's View – Marian's Message

Marian Storm
FCE Council Chair

Summer vacation is almost over. School will be starting soon. Where has the time gone? It has been a busy summer — I hope you took



time to enjoy and spend time with your family. Sizzling Summer Sampler is over and everyone enjoyed the evening. Thank you for the baskets. The money helps our scholarship fund. It is time for the Lancaster



County Super Fair. If you get a chance go out to the Lancaster Event Center and look at all the projects.

Information for the FCE Convention will be coming soon. "Worry is like a rocking chair — it gives you something to do, but it doesn't get you anywhere."

FCE News & Events

FCE Scholarship Deadline Extended to Aug. 30

A \$600 scholarship provided by the Lancaster County FCE Council is available for a graduate of a high school in Lancaster County or a permanent resident of Lancaster County majoring in Family and Consumer Science or a health occupation. This is open to full-time students beginning their sophomore, junior or senior year of college in the fall of 2013 or who have completed two quarters of study in a vocational school. The deadline has been extended to Aug. 30. Applications are available at the extension office and online at <http://lanaster.unl.edu/home/fce>.

State Convention, Sept. 12–14

State FCE Convention is Sept. 12–14 in Columbus, Neb. Watch for more information in the *FCE Speaks* coming out soon.

Save the Date: Achievement Day, Oct. 21

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

Sizzling Summer Sampler a Success

The Family & Community Education (FCE) Sizzling Summer Sampler held on July 10 was a success with nearly 100 FCE members and friends in attendance. The theme was Christmas in July. More photos are online at www.flickr.com/photos/unlxtlanco/sets.



Paul Jasa presented "No-Till Education Around the World."



Twenty-one baskets were raffled off, raising approximately \$400 for the FCE Scholarship Fund. Santa made a surprise appearance to help deliver baskets during the raffle.



Teaching Children About Money

Are my Preschoolers too Young for me to Start Teaching about Money?

Definitely not! Young children, even as early as preschool age, can definitely begin to learn the basic concepts of managing money. Materials have been developed to assist preschool-aged children with learning the basics of money management in a program called "Thrive by Five."

This website has eight activities (developed in both English and Spanish) parents can do to begin to teach their children about the basics of money management. In addition, there are several fact sheets such as

"Tips for Teaching Preschoolers About Money," "What Young Children Can Learn" and "17 Things a Five-Year-Old Should Know About Money" that can assist you as well. Go to www.extension.org/pages/Thrive_by_Five.

Why do I need to talk to my kids about money? Aren't they learning this in school?

While some schools offer or even require a course in personal finance, parents should not assume it is being taught. Even if it is not taught, children are learning about money, credit, good habits and bad habits every

day. Children learn through observing the behavior of others, especially their parents. If you use your credit card a lot but pay it off regularly, they should know it. Otherwise, they will only see you use credit a lot.

Thus, it is important to talk to your kids about money and help them make decisions about their own spending. Ask for their input on places to cut back on expenses. Talk to them about the importance of saving for the future, and show them how to do this, even if it begins with a piggy bank.

Source: eXtension.org



Lorene Bartos, UNL Extension Educator

Summer Stain Removal

Take a stain stick along on picnics or other outings. Treat stains immediately and this will help remove the stain when you return home.

Grass — Sponge with a cleaning solvent (Goof Off or Goo Gone) until the stain is removed. Rinse and dry. If stain remains, sponge with rubbing alcohol and thoroughly rinse. Apply detergent to stain and launder. Add chlorine bleach, if safe for fabric.

Pine Resin — Use a solvent to remove oily content. Try paint thinner, mineral spirits or a cleaning solvent. Use a paste of detergent or liquid detergent and water on the remaining residue. Launder.

Fruits or Berries — Soak in 1 quart warm water, 1 teaspoon liquid dish detergent and 1 tablespoon white vinegar for 15 minutes. Rinse. If stain remains, sponge with rubbing alcohol, rinse and launder. If color stain remains, launder using chlorine bleach, if safe for fabric, or use an oxygen bleach.

Perspiration — Pretreat with an enzyme presoak. Apply detergent to stain and launder. Fresh stains: To restore color, apply ammonia. Rinse with water and launder. Old Stains: To restore color, apply white vinegar. Rinse with water and launder.

Single-Load Liquid Laundry Packet Safety

The American Cleaning Institute (ACI), representing producers of household cleaning products, has launched the KEY Pledge consumer safety education campaign in tandem with National Safety Month.

Single-load liquid laundry packets have become widely available over the past couple of years — millions of consumers have found these packets to be an easy and convenient way to get their laundry done efficiently and effectively. However, it's important to remember these powerful packets contain highly concentrated detergent and require the same discipline as common household cleaning products when it comes to safely using, handling and storing.

According to the American Association of Poison Control Centers (AAPCC), in 2012, poison centers received reports of 6,229 unintended exposures to highly-concentrated packets of laundry detergent by children 5 and younger.

It is vital for parents and caregivers to keep single-load liquid laundry packets away from children to help prevent the risk of serious injury from ingestion or exposure to eyes. Education and awareness can help prevent these injuries, especially when it comes to properly using the packets and securing them safely and securely.

Keep the following safety reminders top of mind:

- Do not let children handle laundry packets.
- Do not puncture or pull packets apart.
- Store out of child's sight and reach.
- Keep the packet's package closed and in a dry place.



- Packets quickly dissolve upon contact with water, wet hands, or saliva so it is necessary to keep them dry.

Education is the KEY to injury prevention. The ACI is asking the public to take the KEY Pledge to a safe laundry room and routine:

- **Keep** single-load liquid laundry packets out of the reach of children.
- **Educate** your family and friends about the safe use and storage of these new laundry products.
- **You** serve a key role in laundry safety.

To find out more information about the KEY campaign and to make a personal pledge to be the KEY to a safe laundry room and routine, visit www.keypledge.com.

Antlions: Amazingly Adapted Predators



Antlion larva (above: magnified) (right: approximate size). When feeding, the antlion pierces the prey with its large, hollow jaws injecting venom. The antlion then sucks out the prey's juices.



Antlion larvae dig pits in dry, soft soil and hide at the bottom for an ant or other small insect to fall into their trap (approximate size).



Antlion adult (approximate size)

Barb Ogg
UNL Extension Educator

In the summer, homeowners sometimes notice small funnel-shaped pits next to their foundations, usually in fine, dry soil or sand. A few people even call the Extension office about these pits, worried they are signs of termites — but they aren't! The pits are often under the eaves or next to porches — areas protected from direct rainfall. Observant individuals will notice the pits are about the same size and evenly spaced (see photo).

At the bottom of each pit, under the soil, there will be an antlion larva patiently waiting for its next lunch, an unsuspecting ant, to fall into it. The antlion larva is brownish-gray and is well camouflaged in the soil. When disturbed, the larva remains motionless which makes it hard to find, even when you know it's there.

The antlion family name, Myrmeleontidae, literally means *ant lion family* (myrme = ant) + (leon = lion) + (idae = family). Antlions belong to the insect order Neuroptera. Most neuropterans are predators.

The antlion larva is a ferocious-looking insect (see photo) with a plump, spiny body and a square, flattened head with long, hollow, sickle-shaped mandibles. Like other insects, they have three pairs of legs, although you may only notice two pairs of legs from above.

Antlion larvae are sometimes called doodlebugs. They get this nickname because, in the process of finding a suitable place to dig a pit, the larvae leave a narrow, irregular, twisted trail in the soil that looks like doodling. Another oddity is these larvae crawl backwards instead of forward. They will be found in locations where the soil is composed of small, dry, loose particles.

The shape of the larva's abdomen, with its relatively blunt anterior end gradually tapering toward the posterior helps the larva to slide backward easily through the sand. The hairs on the antlion's body curve forward to help it move backward.

An antlion larva excavates its pit by using its flat head as a shovel, flicking sand upward. It circles backward deeper in the sand, repeatedly flicking sand until a symmetrical pit is formed.

If a larva encounters a small pebble or other object, it will try to flick the object out of its pit. If the object is too large to flick but large enough to move, the ant lion larva will push it up and

out of the pit. When the pit is finished, the larva will conceal itself at the bottom, remaining motionless.

When an ant or other small insect accidentally steps inside the rim of the pit, it slips on the soft sand particles and falls to the bottom of the pit. The larva impales the ant with its sickle-shaped mandibles. But, if the ant is able to crawl up the pit, the larva will toss sand upward, causing an avalanche of loose sand to send the ant tumbling down to the bottom of the pit.

After the prey has been captured, the antlion larva pulls the victim deeper into the sand and uses its hollow mandibles to suck out its body fluids. The

larva then disposes of the carcass by throwing it out of the pit.

As antlion larvae get larger, their pit gets larger and deeper. When several larvae live near each other, they adjust the spacing between the pits so they don't interfere with each other.

When the larva grows to its maximum size, it pupates by digging deeper in the soil. It pupates inside a spherical cocoon is comprised of sand particles stuck together with silk. After about a month, it emerges as an adult. The adult does not resemble the larvae at all, but looks similar to a small damselfly (see photo above) with a slender body and delicate outstretched wings. After adults mate, the adult female lays eggs in soft, dry soil.

Antlions are harmless and cause no damage to flowers, people or structures. You can handle them and they do not bite. They only feed on ants and other insects that fall into their traps. It is best to leave them alone. They are interesting for kids (and adults, too) to watch them make their pits and catch their prey. You can speed up the process by dropping an ant or other small insect in their pit.

Household Hazardous Waste Collections

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

SOME ITEMS YOU CAN BRING FOR DISPOSAL: Thermometers, thermostats containing mercury, solvents, oil-based paint, paint thinner, stripper, stain, old gasoline, transmission fluid, pesticides, (even banned products like DDT) and items containing PCB's (ballasts from fluorescent fixtures and capacitors from old appliances). You can dispose of compact fluorescent light bulbs at these waste collections.

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

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

Saturday, Aug. 24 • 9 a.m. – 1 p.m.
Veyance Tech, 4021 N. 56th St.

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

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

Friday, Nov. 15 • 9 a.m. – 1 p.m.
Appointment Only — Call 402-441-802

Do not take latex paint to Household Hazardous Waste Collections. Instead, take usable latex paint to EcoStores Nebraska at 530 W. P St. Call 402-477-3606 for details.

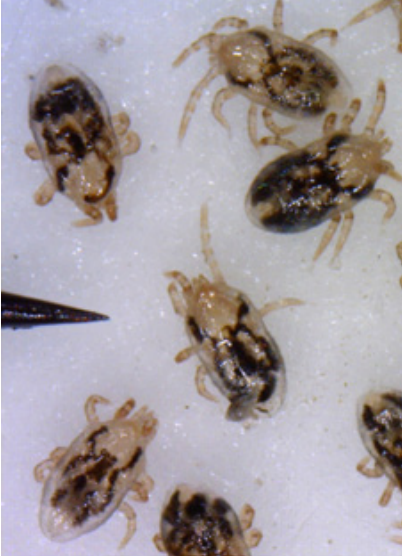
Bird Mites Are Almost Always Associated With Nesting Birds

Barb Ogg
UNL Extension Educator

Bird mites parasitize many domestic and wild birds, including poultry, pigeons, starlings, sparrows and robins. Under specific situations, bird mites can become a temporary nuisance and invade homes. These eight-legged arthropods are very small, but are still visible to the unaided eye (see photo).

There are several species of bird mites. Most common species include the northern fowl mite (*Ornithonyssus sylviarum*) and the chicken mite (*Dermanyssus gallinae*). When wild birds are nesting, the mite population grows rapidly. After the baby birds fledge and the nest is abandoned, mites search for other hosts. Because bird mites are wingless, they are generally only a problem when nests are inside or attached to the exterior of the house.

These mites may come indoors through tiny cracks around windows, doors and vents, sometimes in huge numbers. Bird



Chicken mites (*Dermanyssus gallinae*) shown with the tip of a pin (above: magnified) (right: approximate size)

mites have been known to cause dermatitis and itching, but cannot develop on humans, cats or dogs. They cannot live in sofas, chairs or carpets and don't live inside wall voids, unless birds are living there, too. Without a bird host, these mites will die indoors, usually within a few weeks.

Removing a bird nest after baby birds have fledged is a simple way to eliminate a lot of bird mites quickly. Wear disposable gloves when handling infested nests and work quickly ... these mites crawl very rapidly. Seal the nest in a plastic bag and put it in the trash. An insecticide can be used in the area where the nest was removed. It is best to vacuum mites found indoors. There is no reason to remove bird nests in trees unless branches are touching the house.

Because most bird species are protected by federal or state law, it is illegal to disturb most birds' nests containing eggs or babies, regardless of where the nest is located. If nests are built in inconvenient locations, homeowners should be patient ... it takes about a month for baby birds to fledge and leave the nest. For example, robins incubate their eggs for 10–14 days; after hatching, the babies feed for about two weeks before they fledge. In Nebraska, only three bird species are not protected by state or federal law. These three species are the house or English sparrow, the European starling and pigeon.



LANCASTER COUNTY

Super Fun!

August 1–10, 2013
Lancaster Event Center

84th & Havelock, Lincoln • 402-441-6545

For detailed
 information about the
 Super Fair, go to
superfair.org

Single day, per person

Gate admission \$2

Pick up gate admission tickets
FREE at these locations



Over 35 locations
 in Lincoln and
 Lancaster County



Because Quality Matters

6 locations in Lincoln

SUPERSAVER

5 locations in Lincoln

SCHEDULE & MAP

Parking \$3



20 YEARS OF FUN!

**Nebraska Lottery
 Entertainment Tent
 and Beer Garden**

**FREE
 entertainment!**

Here are the highlights.
 Go to www.superfair.org
 for a complete
 entertainment schedule.



JB and The Moonshine Band

- Aug. 1 — CowboyUp! Band** (top 40 country): 9pm
- Aug. 2 — 3D In Your Face** ('80s tribute band): 9pm
- Aug. 3 — SwitchBak** (country/rock): 9pm
- Aug. 4 — The Lads** (kids/families): 4pm and **VOTA** (young adult/families): 8pm
- Aug. 5 — Galaxy of Stars Spectacular** (featuring past winners and finalists from the Galaxy of Stars Talent Search): 5:30pm
Galaxy of Stars Talent Search: 6pm
- Aug. 6 — Spare Change** (pop covers): 8pm
- Aug. 7 — The Crowd Goes Wild** DJ/Karaoke: 8pm
- Aug. 8 — MWA Professional Wrestling** (family friendly): 8pm
- Aug. 9 — Soul Dawg** (funk/rock): 9pm
- Aug. 10 — JB and The Moonshine Band** (country)(sponsored by KX96.9 Lincoln's #1 New Country): 9pm



**FREE shuttle service
 between parking lots and
 main buildings!**

Daily Attractions

A to Z Exotic Animal Petting Zoo & Pony Rides

FREE petting zoo includes camels, zebras, buffalo, yak, kangaroo, monkey, zebu, fainting goat, Nigerian goats, mini horses, and much, much more. Pony rides throughout the day.

Heart of America Shows Midway Carnival

A variety of rides, games, and food booths for all age groups! Special all-you-can-ride wristband sessions: 1–5pm / 6–11pm. Wristbands \$20 in advance at Lancaster Event Center office, \$25 during fair.

Daryl's Racing Pigs

Cheer on your favorite racing pigs! Four shows per day.

Swampmaster Gator Show

Watch as the Swampmaster catches an 8 foot, 200 lb Alligator with his bare hands! Thrills, laughter, as well as valuable information for all ages! Your children can even hold a baby alligator safely and have their picture taken by the expert handler, Jeff Quattrocchi. Three shows daily with an educational question/answer session with a baby alligator.

Scott's Crazy Comedy Magic Show (Aug. 1–6 only)

The Future of Magic Show is a light and illusion production stage show that will leave you amazed. Also look for Scott's Crazy Comedy Magic Show which will magically appear throughout the grounds. ILLUSIONARY ART at its VERY BEST! Three stage shows per day and two strolling shows per day.

The Procrastinators (Aug. 7–10 only)

Watch these outrageous drummers turn five-gallon water bottles, bar stools and pots & pans into legitimate musical instruments while jumping, sliding, twisting and stomping their way through fast and furious rhythmic fun. Three stage shows per day and three strolling shows per day.

Ag & Tractor Lane

Antique Tractors and Ag Equipment on Display and Commercial Vendors

Bingo by Lincoln Dominators Baseball Club

Commercial Vendors

Fair Food Favorites in the Food Court

Flea Market (Thursdays, Fridays and Saturdays only)

Lincoln Area Railway Historical Society Display

Larsen Tractor Test & Power Museum Antique Tractor Display

Nebraska Beekeepers Association Display

Paintball Shooting Gallery

Super Fair Information and Souvenir Booth



Petting Zoo



Swampmaster Gator Show



Scott's Crazy Comedy Magic Show



The Procrastinators

Special Attractions

- Aug. 1 — Celebrity Swine Show: 3pm**
Figure 8 Races: 7pm (sponsored by Muhlbach Enterprises)
 • \$10 admission in the Muhlbach Motorsports Complex
- Aug. 2 — Watermelon Feed: 4:30pm**
- Aug. 3 — Bush Tractor Pulls: 7pm** • \$10 admission in the Muhlbach Motorsports Complex
- Aug. 4 — Super Fair Antique Car Show: 12noon–4pm**
Big Wheel Race: 1pm and **Kids Pedal Tractor Pull: 3:30pm**
 (sponsored by Lancaster County Farm Bureau)
Hay Hauling Competition: 7pm
- Aug. 5 — McClain's Kids Ranch Rodeo: 5:30pm** (sponsored by KX96.9 Lincoln's #1 New Country) • open to all kids; no preregistration
McClain's Mutton Bustin: 6pm (sponsored by KX96.9 Lincoln's #1 New Country) • for youth; preregistration required at www.kz96.com — limited number of entries
- Aug. 6 — Draft Horse Pull: 7pm** (presented by Missouri Draft Horse Pullers)
 • \$5 admission in the Plains Equipment Group Pavilion
- Aug. 7 — National Barrel Horse Association Barrel Racing: Exhibition 5pm, Competition: 7pm**
- Aug. 9 — Demolition Derby, Compacts, Trucks and Local Tough Trucks: 7pm** • \$10 admission in the Muhlbach Motorsports Complex
- Aug. 10 — Monster Trucks and Pro Stadium Trucks (sponsored by Muhlbach Enterprises): 7pm** (\$10 admission in the Muhlbach Motorsports Complex) • **Pit Party: 5pm** (with paid admission) meet the drivers up close and personal for autographs and photos



McClain's Kids Ranch Rodeo



Draft Horse Pull



Bush Tractor Pulls



Monster Trucks and Pro Stadium Trucks



4-H/FFA
Exhibits & Events
Aug. 1–4

THURSDAY, AUGUST 1

4-H/FFA Livestock & Horse Exhibits: 12noon–10pm Pavilions 1, 2, 3, 4
4-H/FFA Static Exhibits: 10am–10pm Lincoln Room
A–Z Exotic Animal Petting Zoo & Pony Rides: 10am–10pm Attractions Zone
Antique Tractors and Ag Equipment on Display: 10am–10pm Ag & Tractor Lane
Bingo (Lincoln Dominators Baseball Club): 11am–8pm Multipurpose Arena
Commercial Vendors: 11am–8pm Multipurpose Arena
Flea Market: 12noon–8pm Attractions Zone
Food Vendors: 10am–10pm Food Court
Heart of America Shows Carnival: 5pm–Midnight Main Parking Lot
Larsen Tractor Test & Power Museum Antique Tractor Display: 10am–10pm. Ag & Tractor Lane

Lincoln Area Railway Historical Society Display: 11am–8pm Multipurpose Arena
Nebraska Beekeeper’s Association Display: 10am–10pm Lincoln Room
Nebraska Lottery Entertainment Beer Garden Tent: 12noon–close Attractions Zone
Paintball Shooting Gallery: 10am–10pm Attractions Zone
Rabbits R Us 4-H Club Dunk Tank: 12noon–9pm. Court Yard Between Pavilion 1 & 2
Super Fair Information and Souvenir Booth: 11am–8pm Multipurpose Arena

SCHEDULED EVENTS

8:00am 4-H Western Horse Show 1 — Western Showmanship/Horse and Pony Halter Plains Equipment Group Pavilion - Amy Countryman Arena
9:00am 4-H Cat Show/Quiz Bowl Exhibit Hall, North End
11:00am Daryl’s Racing Pigs Attractions Zone
12noon 4-H Household Pets Show/Quiz Bowl Exhibit Hall, North End
12noon Swampmaster Alligator Show Attractions Zone
12noon VIP Luncheon (sponsored by Law Offices of Erickson/Sederstrom) Nebraska Lottery Entertainment Tent & Beer Garden
12:30pm 4-H Poultry Show Pavilion 1 - Walkway
1:00pm Scott’s Crazy Comedy Magic Show Nebraska Lottery Entertainment Tent & Beer Garden

2:00pm Daryl’s Racing Pigs Attractions Zone
3:00pm Swampmaster Alligator Show Attractions Zone
3:00pm Celebrity Swine Show Pavilion 1 – East Arena
TBA 4-H Western Horse Show 2 — Reining/Working Pleasure/Discipline Rail: immediately following Horse and Pony Halter. Pavilion 3 - Arena
4:00pm 4-H Meat Goat Show Pavilion 1 - West Arena
4:00pm Scott’s Crazy Comedy Magic Show Nebraska Lottery Entertainment Tent & Beer Garden

5:00pm Daryl’s Racing Pigs Attractions Zone
TBA 4-H/FFA Sheep Show: 10 minutes after completion of 4-H Meat Goat Show. Pavilion 1 - West Arena
6:00pm Swampmaster Alligator Show Attractions Zone
6:30pm 4-H Rabbit Breed Identification Contest/Quiz Pavilion 1 - Walkway
7:00pm Figure 8 Races (sponsored by Muhlbach Enterprises): \$10 admission .. Muhlbach Motorsports Complex

7:00pm 4-H Style Revue Exhibit Hall
7:00pm Scott’s Crazy Comedy Magic Show Nebraska Lottery Entertainment Tent & Beer Garden

8:00pm Daryl’s Racing Pigs Attractions Zone
9:00pm CowboyUp! Band (top 40 country) .. Nebraska Lottery Entertainment Tent & Beer Garden

FRIDAY, AUGUST 2

4-H/FFA Livestock & Horse Exhibits: 8am–10pm Pavilions 1, 2, 3, 4
4-H/FFA Static Exhibits: 10am–10pm Lincoln Room
A–Z Exotic Animal Petting Zoo & Pony Rides: 10am–10pm Attractions Zone
Antique Tractors and Ag Equipment on Display: 10am–10pm Ag & Tractor Lane
Bingo (Lincoln Dominators Baseball Club): 11am–8pm Multipurpose Arena
Commercial Vendors: 11am–8pm Multipurpose Arena
Flea Market: 12noon–8pm Attractions Zone
Food Vendors: 10am–10pm Food Court
Heart of America Shows Carnival: 5pm–Midnight Main Parking Lot
Larsen Tractor Test & Power Museum Antique Tractor Display: 10am–10pm. Ag & Tractor Lane

Lincoln Area Railway Historical Society Display: 11am–8pm Multipurpose Arena
Nebraska Beekeeper’s Association Display: 10am–10pm Lincoln Room
Nebraska Lottery Entertainment Beer Garden Tent: 12noon–close Attractions Zone
Paintball Shooting Gallery: 10am–10pm Attractions Zone
Rabbits R Us 4-H Club Dunk Tank: 12noon–9pm. Court Yard Between Pavilion 1 & 2
Super Fair Information and Souvenir Booth: 11am–8pm Multipurpose Arena

SCHEDULED EVENTS

8:00am 4-H/FFA Swine Show Pavilion 1 - West Arena
8:00am 4-H Western Horse Show 3 — Groom and Care/Bareback Equitation/ Western Pleasure/Ranch Horse Pleasure/Western Horsemanship. Plains Equipment Group Pavilion - Amy Countryman Arena
8:00am 4-H Roping Clinic with Mechanical Calf and Steer. Pavilion 3 - Arena
9:30am Fair Fun Day — For Child Care Groups: must register by July 19. Exhibit Hall - Room 1

11:00am Daryl’s Racing Pigs Attractions Zone
12noon Swampmaster Alligator Show Attractions Zone
1:00pm Fair Fun Day — For Child Care Groups: must register by July 19. Exhibit Hall - Room 1

1:00pm Scott’s Crazy Comedy Magic Show Nebraska Lottery Entertainment Tent & Beer Garden

2:00pm 4-H/FFA Beef, Sheep & Swine Clinic (presented by ADM Alliance Nutrition). Pavilion 1 - East Arena
2:00pm Daryl’s Racing Pigs Attractions Zone
3:00pm 4-H Bucket Calf Show Pavilion 1 - East Arena
3:00pm Swampmaster Alligator Show Attractions Zone
4:00pm Scott’s Crazy Comedy Magic Show Nebraska Lottery Entertainment Tent & Beer Garden

4:30pm Free Watermelon Feed . Nebraska Lottery Entertainment Tent & Beer Garden
5:00pm 4-H Llama/Alpaca Show Pavilion 1 - East Arena
5:00pm Chicken Dinner 4-H Council Fundraiser Featuring “Raising Cane’s”. Exhibit Hall - Room 2

5:00pm 4-H Table Setting Contest: on view to public approximately 7:45–8:15pm Exhibit Hall
5:00pm Daryl’s Racing Pigs Attractions Zone
TBA 4-H Horse Games Show — Keyhole Race/Pole Bending/Figure 8 Stake Race/Barrel Race: immediately following Western Horsemanship Plains Equipment Group Pavilion - Amy Countryman Arena
5:30pm 4-H Rabbit Judging Contest/Breeder’s Choice Show Pavilion 1 - Walkway
6:00pm Swampmaster Alligator Show Attractions Zone
7:00pm 4-H Rabbit Pet Class Pavilion 1 - Walkway
7:00pm Scott’s Crazy Comedy Magic Show Nebraska Lottery Entertainment Tent & Beer Garden

8:00pm Daryl’s Racing Pigs Attractions Zone
9:00pm 3D In your Face (’80s tribute band). . Nebraska Lottery Entertainment Tent & Beer Garden

SATURDAY, AUGUST 3
United Healthcare Community Plan Day

4-H/FFA Livestock & Horse Exhibits: 8am–10pm Pavilions 1, 2, 3, 4
4-H/FFA Static Exhibits: 10am–10pm Lincoln Room
A–Z Exotic Animal Petting Zoo & Pony Rides: 10am–10pm Attractions Zone
Antique Tractors and Ag Equipment on Display: 10am–10pm Ag & Tractor Lane
Bingo (Lincoln Dominators Baseball Club): 11am–8pm Multipurpose Arena
Commercial Vendors: 11am–8pm Multipurpose Arena
Flea Market: 12noon–8pm Attractions Zone
Food Vendors: 10am–10pm Food Court
Heart of America Shows Carnival: 1pm–Midnight Main Parking Lot
Larsen Tractor Test & Power Museum Antique Tractor Display: 10am–10pm. Ag & Tractor Lane

Lincoln Area Railway Historical Society Display: 11am–8pm Multipurpose Arena
Nebraska Beekeeper’s Association Display: 10am–10pm Lincoln Room
Nebraska Lottery Entertainment Beer Garden Tent: 12noon–close Attractions Zone
Paintball Shooting Gallery: 10am–10pm Attractions Zone
Rabbits R Us 4-H Club Dunk Tank: 12noon–9pm. Court Yard Between Pavilion 1 & 2
Super Fair Information and Souvenir Booth: 11am–8pm Multipurpose Arena

SCHEDULED EVENTS

8:00am 4-H Horse Roping/Working Ranch Show — Working Ranch/Boxing/ Roping/Goat Tying Pavilion 3 - Arena
8:00am 4-H Miniature Horse Show — Showmanship/Halter/In-Hand Obstacle Trail/Miniature Horse Jumping/Pleasure Driving/Obstacle Driving Plains Equipment Group Pavilion - Amy Countryman Arena
8:00am 4-H Rabbit Market/Breed/Fur Show Pavilion 1 - Walkway
9:00am 4-H/FFA Beef Show Pavilion 1 - East Arena
9:00am 4-H Dog Obedience/Showmanship/Pet Class/ Costume Contest. Exhibit Hall
10:00am 4-H Rabbit Showmanship Show Pavilion 1 - Walkway
11:00am Daryl’s Racing Pigs Attractions Zone
TBA 4-H Horse Special Needs Show: immediately following 4-H Miniature Horse Show Plains Equipment Group Pavilion - Amy Countryman Arena
TBA 4-H Horse Trail Show: immediately following 4-H Horse Special Needs Show Plains Equipment Group Pavilion - Amy Countryman Arena
12noon Swampmaster Alligator Show Attractions Zone
1:00pm 4-H Dog Agility Show Exhibit Hall
1:00pm Scott’s Crazy Comedy Magic Show Nebraska Lottery Entertainment Tent & Beer Garden

2:00pm 4-H Dog Creative Kennel Contest Exhibit Hall
2:00pm Daryl’s Racing Pigs Attractions Zone
3:00pm Swampmaster Alligator Show Attractions Zone
4:00pm Scott’s Crazy Comedy Magic Show Nebraska Lottery Entertainment Tent & Beer Garden

TBA 4-H Horse Show — Extreme Versatility Class/Horsemanship Pairs/ Freestyle Drill Teams: not to start before 4:00pm. Plains Equipment Group Pavilion - Amy Countryman Arena

5:00pm Daryl’s Racing Pigs Attractions Zone
6:00pm 4-H Rabbit Specialty Show — Best Matched Pair/Tricks/Costume Contest/Pee Wee — and Rabbit Races Pavilion 1 - West Arena
6:00pm Youth Livestock Premium Auction Pavilion 1 - East Arena
6:00pm Swampmaster Alligator Show Attractions Zone
7:00pm Bush Tractor Pulls: \$10 admission Muhlbach Motorsports Complex
7:00pm Scott’s Crazy Comedy Magic Show Nebraska Lottery Entertainment Tent & Beer Garden

8:00pm Daryl’s Racing Pigs Attractions Zone
9:00pm SwitchBak (country/rock) Nebraska Lottery Entertainment Tent & Beer Garden

SUNDAY, AUGUST 4
Faith & Family Day

4-H/FFA Livestock & Horse Exhibits: 8am–9pm Pavilions 1, 2, 3, 4
4-H/FFA Static Exhibits: 10am–10pm Lincoln Room
A–Z Exotic Animal Petting Zoo & Pony Rides: 10am–10pm Attractions Zone
Antique Tractors and Ag Equipment on Display: 10am–10pm Ag & Tractor Lane
Bingo (Lincoln Dominators Baseball Club): 11am–8pm Multipurpose Arena
Commercial Vendors: 11am–8pm Multipurpose Arena
Food Vendors: 10am–10pm Food Court
Heart of America Shows Carnival: 1pm–Midnight Main Parking Lot
Larsen Tractor Test & Power Museum Antique Tractor Display: 10am–10pm. Ag & Tractor Lane

Lincoln Area Railway Historical Society Display: 11am–8pm Multipurpose Arena
Nebraska Beekeeper’s Association Display: 10am–10pm Lincoln Room
Nebraska Lottery Entertainment Beer Garden Tent: 12noon–close Attractions Zone
Paintball Shooting Gallery: 10am–10pm Attractions Zone
Rabbits R Us 4-H Club Dunk Tank: 12noon–9pm. Court Yard Between Pavilion 1 & 2
Super Fair Information and Souvenir Booth: 11am–8pm Multipurpose Arena

SCHEDULED EVENTS

8:00am 4-H English Horse Show — Hunter/Saddleseat Horse Halter/ English Showmanship/English Pleasure/English Equitation Plains Equipment Group Pavilion - Amy Countryman Arena
8:00am 4-H/FFA Dairy Cattle Show Pavilion 1 - East Arena
8:00am 4-H Dairy/Pygmy Goat Show/Costume Contest. Pavilion 1 - West Arena
8:00am Open Class Rabbit Show Exhibit Hall
11:00am Daryl’s Racing Pigs Attraction Zone
11:30am Open Class Dairy Cattle Show Pavilion 1 – East Arena
12noon Swampmaster Alligator Show Attractions Zone
12–2pm 4-H/FFA Livestock Judging Contest. Pavilion 1 - East Arena
12–4pm Super Fair Antique Car Show Northwest Parking Lot
Big Wheel Race (sponsored by Lancaster County Farm Bureau): check-in 12:30pm Exhibit Hall
1:00pm 4-H Clover Kids Show & Tell. Lincoln Room
1:00pm Scott’s Crazy Comedy Magic Show Nebraska Lottery Entertainment Tent & Beer Garden

2:00pm Daryl’s Racing Pigs Attractions Zone
3:00pm Swampmaster Alligator Show Attractions Zone
TBA 4-H Horse Hunter Hack Jumper Show: immediately following English Equitation Pavilion 3 - Arena
3:30pm Pedal Tractor Pull (sponsored by Lancaster County Farm Bureau): check-in 3pm Exhibit Hall
4:00pm The Lads (kids/families music) Nebraska Lottery
4:00pm 4-H/FFA Elite Showmanship Contest. Pavilion 1 - East Arena
5:00pm Daryl’s Racing Pigs Attractions Zone
6:00pm Swampmaster Alligator Show Attractions Zone
7:00pm Hay Hauling Contest. Muhlbach Motorsports Complex
8:00pm Daryl’s Racing Pigs Attractions Zone
8:00pm VOTA (young adult/families music) .Nebraska Lottery Entertainment Tent & Beer Garden

Open Class
Exhibits & Events
Aug. 6–10

Open Class is open to anyone! For information, go to www.superfair.org



MONDAY, AUGUST 5

Static Exhibit Release/Check-in — NOT OPEN TO PUBLIC

A-Z Exotic Animal Petting Zoo & Pony Rides: 10am-10pm Attractions Zone
Antique Tractors and Ag Equipment on Display: 10am-10pm Ag & Tractor Lane
Bingo (Lincoln Dominators Baseball Club): 11am-8pm Multipurpose Arena
Commercial Vendors: 11am-8pm Multipurpose Arena
Food Vendors: 10am-10pm Food Court
Heart of America Shows Carnival: 5pm-Midnight Main Parking Lot
Larsen Tractor Test and Power Museum Antique Tractor Display: 10am-10pm... Ag & Tractor Lane

Lincoln Area Railway Historical Society Display: 11am-8pm Multipurpose Arena
Nebraska Beekeeper's Association Display: 10am-10pm Lincoln Room
Nebraska Lottery Entertainment Beer Garden Tent: 12noon-close Attractions Zone
Paintball Shooting Gallery: 10am-10pm Attractions Zone
Super Fair Information and Souvenir Booth: 11am-8pm Multipurpose Arena

SCHEDULED EVENTS

8:00am 4-H Horse Hunter Show — Hunter/Equitation... Plains Equipment Group Pavilion - Amy Countryman Arena
11:00am Daryl's Racing Pigs Attractions Zone
12noon Swampmaster Alligator Show Attractions Zone
1:00pm Scott's Crazy Comedy Magic Show Nebraska Lottery Entertainment Tent & Beer Garden
2:00pm Daryl's Racing Pigs Attractions Zone
3:00pm 4-H Horse Dressage Show — Western Dressage/Special Needs/Walk/Trot/Novice/Green Horse Classes Pavilion 3 - Arena
Swampmaster Alligator Show Attractions Zone
3:00pm Open Class Swine Show Pavilion 1 - West Arena
4:00pm Daryl's Racing Pigs Attractions Zone
5:00pm McClain's Kids Ranch Rodeo (sponsored by KX96.9 Lincoln's #1 New Country) . . . Plains Equipment Group Pavilion - Amy Countryman's Arena
5:30pm McClain's Mutton Bustin (sponsored by KX96.9 Lincoln's #1 New Country) . . Plains Equipment Group Pavilion - Amy Countryman's Arena
6:00pm Swampmaster Alligator Show Attractions Zone
6:00pm Galaxy of Stars Talent Competition Nebraska Lottery Entertainment Tent & Beer Garden
7:00pm Scott's Crazy Comedy Magic Show Nebraska Lottery Entertainment Tent & Beer Garden
8:00pm Daryl's Racing Pigs Attractions Zone

TUESDAY, AUGUST 6

Open Class Livestock Exhibits: 10am-10pm Pavilions 1, 2, 3, 4
Open Class Static Exhibits: 2pm-10pm Lincoln Room
A-Z Exotic Animal Petting Zoo & Pony Rides: 10am-10pm Attractions Zone
Antique Tractors and Ag Equipment on Display: 10am-10pm Ag & Tractor Lane
Bingo (Lincoln Dominators Baseball Club): 11am-8pm Multipurpose Arena
Commercial Vendors: 11am-8pm Multipurpose Arena
Food Vendors: 10am-10pm Food Court
Heart of America Shows Carnival: 5pm-Midnight Main Parking Lot
Larsen Tractor Test and Power Museum Antique Tractor Display: 10am-10pm... Ag & Tractor Lane

Lincoln Area Railway Historical Society Display: 11am-8pm Multipurpose Arena
Nebraska Beekeeper's Association Display: 10am-10pm Lincoln Room
Nebraska Lottery Entertainment Beer Garden Tent: 12noon-close Attractions Zone
Paintball Shooting Gallery: 10am-10pm Attractions Zone
Super Fair Information and Souvenir Booth: 11am-8pm Multipurpose Arena

SCHEDULED EVENTS

8:00am 4-H Horse Dressage Show — Elementary/Junior/Senior Classes Pavilion 3 - Arena
11:00am Daryl's Racing Pigs Attractions Zone
12noon Swampmaster Alligator Show Attractions Zone
1:00pm Scott's Crazy Comedy Magic Show Nebraska Lottery Entertainment Tent & Beer Garden
2:00pm Daryl's Racing Pigs Attractions Zone
3:00pm Swampmaster Alligator Show Attractions Zone
4:00pm Scott's Crazy Comedy Magic Show Nebraska Lottery Entertainment Tent & Beer Garden
4:00pm Open Class Sheep Show Pavilion 1 - West Arena
5:00pm Daryl's Racing Pigs Attractions Zone
6:00pm Swampmaster Alligator Show Attractions Zone
7:00pm Scott's Crazy Comedy Magic Show Nebraska Lottery Entertainment Tent & Beer Garden
7:00pm Draft Horse Pull by Missouri Draft Horse Pullers: \$5 admission... Plains Equipment Group Pavilion - Amy Countryman Arena
8:00pm Daryl's Racing Pigs Attractions Zone
8:00pm Spare Change (pop covers) Nebraska Lottery Entertainment Tent & Beer Garden

WEDNESDAY, AUGUST 7

Safety Awareness Day



Open Class Livestock & Horse Exhibits: 10am-10pm Pavilions 1, 2, 3, 4
Open Class Static Exhibits: 10am-10pm Lincoln Room
A-Z Exotic Animal Petting Zoo & Pony Rides: 10am-10pm Attractions Zone
Antique Tractors and Ag Equipment on Display: 10am-10pm Ag & Tractor Lane
Bingo (Lincoln Dominators Baseball Club): 11am-8pm Multipurpose Arena
Commercial Vendors: 11am-8pm Multipurpose Arena
Food Vendors: 10am-10pm Food Court
Heart of America Shows Carnival: 5pm-Midnight Main Parking Lot
Larsen Tractor Test and Power Museum Antique Tractor Display: 10am-10pm... Ag & Tractor Lane

Lincoln Area Railway Historical Society Display: 11am-8pm Multipurpose Arena
Nebraska Beekeeper's Association Display: 10am-10pm Lincoln Room
Nebraska Lottery Entertainment Beer Garden Tent: 12noon-close Attractions Zone
Paintball Shooting Gallery: 10am-10pm Attractions Zone
Super Fair Information and Souvenir Booth: 11am-8pm Multipurpose Arena

SCHEDULED EVENTS

8:00am Open Class Poultry Show Pavilion 1 - Walkway
8:00am Open Class Dressage Horse Show Pavilion 3 - Arena
11:00am Daryl's Racing Pigs Attractions Zone
12noon Open Class Beef Cattle Show Pavilion 1 - East Arena
12noon Swampmaster Alligator Show Attractions Zone
1:00pm The Procrastinators ... Nebraska Lottery Entertainment Tent & Beer Garden
2:00pm Daryl's Racing Pigs Attractions Zone
3:00pm Swampmaster Alligator Show Attractions Zone
4:00pm The Procrastinators ... Nebraska Lottery Entertainment Tent & Beer Garden
5:00pm National Barrel Horse Association Barrel Race Exhibition Plains Equipment Group Pavilion - Amy Countryman's Arena
5:00pm Daryl's Racing Pigs Attractions Zone
6:00pm Swampmaster Alligator Show Attractions Zone
7:00pm The Procrastinators ... Nebraska Lottery Entertainment Tent & Beer Garden
7:00pm National Barrel Horse Association Barrel Racing Plains Equipment Group Pavilion - Amy Countryman's Arena
8:00pm Daryl's Racing Pigs Attractions Zone
8:00pm The Crowd Goes Wild DJ/Karaoke . Nebraska Lottery Entertainment Tent & Beer Garden

THURSDAY, AUGUST 8

Open Class Livestock & Horse Exhibits: 10am-10pm Pavilions 1, 2, 3, 4
Open Class Static Exhibits: 10am-10pm Lincoln Room
A-Z Exotic Animal Petting Zoo & Pony Rides: 10am-10pm Attractions Zone
Antique Tractors and Ag Equipment on Display: 10am-10pm Ag & Tractor Lane
Bingo (Lincoln Dominators Baseball Club): 11am-8pm Multipurpose Arena
Commercial Vendors: 11am-8pm Multipurpose Arena
Food Vendors: 10am-10pm Food Court
Flea Market: 12noon-8pm Attractions Zone
Heart of America Shows Carnival: 5pm-Midnight Main Parking Lot
Larsen Tractor Test and Power Museum Antique Tractor Display: 10am-10pm... Ag & Tractor Lane

Lincoln Area Railway Historical Society Display: 11am-8pm Multipurpose Arena
Nebraska Beekeeper's Association Display: 10am-10pm Lincoln Room
Nebraska Lottery Entertainment Beer Garden Tent: 12noon-close Attractions Zone
Paintball Shooting Gallery: 10am-10pm Attractions Zone
Super Fair Information and Souvenir Booth: 11am-8pm Multipurpose Arena

SCHEDULED EVENTS

8:00am Open Class Dressage Horse Show Pavilion 3 - Arena
11:00am Daryl's Racing Pigs Attractions Zone
12noon Swampmaster Alligator Show Attractions Zone
1:00pm The Procrastinators ... Nebraska Lottery Entertainment Tent & Beer Garden
2:00pm Daryl's Racing Pigs Attractions Zone
3:00pm Swampmaster Alligator Show Attractions Zone
4:00pm The Procrastinators ... Nebraska Lottery Entertainment Tent & Beer Garden
5:00pm Daryl's Racing Pigs Attractions Zone
6:00pm Swampmaster Alligator Show Attractions Zone
6:30pm Open Class Miniature Horse Show Pavilion 2 - Arena
7:00pm The Procrastinators ... Nebraska Lottery Entertainment Tent & Beer Garden
8:00pm Daryl's Racing Pigs Attractions Zone
8:00pm MWA Professional Wrestling (family friendly) Nebraska Lottery Entertainment Tent & Beer Garden

FRIDAY, AUGUST 9

Open Class Livestock & Horse Exhibits: 10am-10pm Pavilions 1, 2, 3, 4
Open Class Static Exhibits: 10am-10pm Lincoln Room
A-Z Exotic Animal Petting Zoo & Pony Rides: 10am-10pm Attractions Zone
Antique Tractors and Ag Equipment on Display: 10am-10pm Ag & Tractor Lane
Bingo (Lincoln Dominators Baseball Club): 11am-8pm Multipurpose Arena
Commercial Vendors: 11am-8pm Multipurpose Arena
Flea Market: 12noon-8pm Attractions Zone
Food Vendors: 10am-10pm Food Court
Heart of America Shows Carnival: 5pm-Midnight Main Parking Lot
Larsen Tractor Test and Power Museum Antique Tractor Display: 10am-10pm... Ag & Tractor Lane

Lincoln Area Railway Historical Society Display: 11am-8pm Multipurpose Arena
Nebraska Beekeeper's Association Display: 10am-10pm Lincoln Room
Nebraska Lottery Entertainment Beer Garden Tent: 12noon-close Attractions Zone
Rabbits R Us 4-H Club Dunk Tank: 12noon-9pm Court Yard Between Pavilion 1 & 2
Paintball Shooting Gallery: 10am-10pm Attractions Zone
Super Fair Information and Souvenir Booth: 11am-8pm Multipurpose Arena

SCHEDULED EVENTS

8:00am Open Class Quarter Horse Show Pavilion 3 - Arena
8:30am Open Class Miniature Horse Show Pavilion 2 - Arena
9:00am Open Class Pigeon Show Pavilion 1 - Walkway
11:00am Daryl's Racing Pigs Attractions Zone
12noon Swampmaster Alligator Show Attractions Zone
1:00pm The Procrastinators ... Nebraska Lottery Entertainment Tent & Beer Garden
2:00pm Daryl's Racing Pigs Attractions Zone
3:00pm Swampmaster Alligator Show Attractions Zone
4:00pm The Procrastinators ... Nebraska Lottery Entertainment Tent & Beer Garden
5:00pm Daryl's Racing Pigs Attractions Zone
6:00pm Swampmaster Alligator Show Attractions Zone
7:00pm The Procrastinators ... Nebraska Lottery Entertainment Tent & Beer Garden
7:00pm Demolition Derby, Compacts, Trucks and Local Tough Trucks: \$10 admission Muhlbach Motorsports Complex
8:00pm Daryl's Racing Pigs Attractions Zone
9:00pm Soul Dawg (funk/rock) . Nebraska Lottery Entertainment Tent & Beer Garden

SATURDAY, AUGUST 10

Lincoln Benefit Life Day

Open Class Livestock & Horse Exhibits: 10am-10pm Pavilions 1, 2, 3, 4
Open Class Static Exhibits: 10am-10pm Lincoln Room
A-Z Exotic Animal Petting Zoo & Pony Rides: 10am-10pm Attractions Zone
Antique Tractors and Ag Equipment on Display: 10am-10pm Ag & Tractor Lane
Bingo (Lincoln Dominators Baseball Club): 11am-8pm Multipurpose Arena
Commercial Vendors: 11am-8pm Multipurpose Arena
Flea Market: 12noon-8pm Attractions Zone
Food Vendors: 10am-10pm Food Court
Heart of America Shows Carnival: 1pm-Midnight Main Parking Lot
Larsen Tractor Test and Power Museum Antique Tractor Display: 10am-10pm... Ag & Tractor Lane

Lincoln Area Railway Historical Society Display: 11am-8pm Multipurpose Arena
Nebraska Beekeeper's Association Display: 10am-10pm Lincoln Room
Nebraska Lottery Entertainment Beer Garden Tent: 12noon-close Attractions Zone
Paintball Shooting Gallery: 10am-10pm Attractions Zone
Rabbits R Us 4-H Club Dunk Tank: 12noon-9pm Court Yard Between Pavilion 1 & 2
Super Fair Information and Souvenir Booth: 11am-8pm Multipurpose Arena

SCHEDULED EVENTS

8:00am Open Class Quarter Horse Show Pavilion 3 - Arena
8:00am Open Class Dairy Goat Show Pavilion 1 - West Arena
8:00am Open Class Llama Show Pavilion 1 - East Arena
8:00am Open Class Arabian Horse Show... Plains Equipment Group Pavilion - Amy Countryman's Arena
8:00am Open Class Boer Goat Show 1 Pavilion 1 - West Arena
11:00am Daryl's Racing Pigs Attractions Zone
12noon Open Class Dog Agility Exhibit Hall
12noon Open Class Dog Obedience Exhibit Hall
12noon Swampmaster Alligator Show Attractions Zone
1:00pm The Procrastinators ... Nebraska Lottery Entertainment Tent & Beer Garden
1:00pm Open Class Boer Boat Show 2 (or after Show 1, whichever is later) Pavilion 1 - West Arena
2:00pm Daryl's Racing Pigs Attractions Zone
3:00pm Swampmaster Alligator Show Attractions Zone
4:00pm The Procrastinators ... Nebraska Lottery Entertainment Tent & Beer Garden
5:00pm Monster Trucks and Pro Stadium Trucks Pit Party (sponsored by Muhlbach Enterprises): with \$10 admission to show Muhlbach Motorsports Complex
5:00pm Daryl's Racing Pigs Attractions Zone
6:00pm Swampmaster Alligator Show Attractions Zone
7:00pm The Procrastinators ... Nebraska Lottery Entertainment Tent & Beer Garden
7:00pm Monster Trucks and Pro Stadium Trucks Show (sponsored by Muhlbach Enterprises): \$10 admission... Muhlbach Motorsports Complex
8:00pm Daryl's Racing Pigs Attractions Zone
9:00pm JB and The Moonshine Band (country) (sponsored by KX96.9 Lincoln's #1 New Country) Nebraska Lottery Entertainment Tent & Beer Garden

SUNDAY, AUGUST 11

8:00am Open Class Pinto Horse Show Pavilion 3 - Arena
8:00am Open Class Arabian Horse Show... Plains Equipment Group Pavilion - Amy Countryman's Arena



Food Vendors

Big Indian Catering
Cactus Jacks
King's Funnel Cakes
LoLo's
Ol' Glory Kettle Corn
TCBY Treats
Topper Concessions
United Methodist Ministries
Valentino's



Theme Days

SUNDAY, AUG. 4 Faith & Family Day

A full day of family activities including concerts in the afternoon and evening. Enjoy the kid and family entertainment of The Lads at 4pm and VOTA at 8pm



WEDNESDAY, AUG. 7 Safety Awareness Day

See fire trucks and emergency vehicles up close and personal, and learn all about safety. Lincoln Electric System (LES) will present a high voltage demonstration. You might even see the StarCare Helicopter land.



2013 SUPER FAIR SPONSORS

ABJ Hauling and Demolition
Allen's Used Batteries
Anderson Ford
Anonymous
Awards Unlimited
Bishop Business Equipment
Brester Construction
Bob's Mobile Flashing Signs
Candlewood Suites
Casey's General Store
Chase Suites
Colin Electric Motor Service
Comfort Suites Lincoln East
Country Inn & Suites
Double Eagle (Budweiser)
Eagle Services
Farmland Foods
Fort Western
Graham Tire Company of Lincoln
Hamilton Equipment

Hamilton Service Company
Hampton Enterprises
Harm's Corvette and Classics
Johns & Sons Refuse
Kawasaki
KFOR 1240AM
KLKN TV8
KOLN/KGIN 10/11
KTGL 92.9 The Eagle
KX96.9 Lincoln's #1 New Country
L.P. Stewart & Sons Gravel & Sand
Lancaster County Farm Bureau
Larch's
Law Offices of Erickson & Sederstrom
Lechenberg Family
LifeSTROKES Swim School
Lincoln Benefit Life
Lincoln Christian School
Midwest Medical Transport Co.
Midwest Tent & Events
Muhlbach Enterprises
Muhlbach Family
Nebraska Lottery

New Victorian Suites
Orscheln Farm & Home
Patch Pros Drywall Repair
Pepsi
Plains Equipment Group
Raynor Door
Rixstine Recognition
Rotella's Bakery
Russ's Market
Sam's Club
Schwisow Construction, Inc.
Star City Sports
Staybridge Suites – N. 27th
Staybridge Suites – Northeast
Super Saver
Tabitha
Time Warner Cable
Trade Well Pellet
United Healthcare Community Plan
Valentino's
Value Place
Walmart
Westgate Bank
Wimmer's Meats

The Lancaster County Agricultural Society, Inc. (Fair Board) thanks all our community partners!

4-H & FFA thank their sponsors!

Fairground Rules

- No smoking inside the buildings.
- No bicycles, scooters, ATV's or personal golf carts allowed on the grounds.
- No dogs allowed in any buildings except as required for special needs or for dog shows.
- Lancaster County Sheriff will be patrolling fairgrounds.
- Parking will be allowed in designated parking areas only. NO PARKING IN THE FIRE LANES.

Campground Rules

- Lancaster Event Center offers first-come, first-served parking. No reservations accepted prior to fair.
- Groups planning to park together must pull into campgrounds at same time.
- Cost for electrical hookup: \$20/day. Pay upon arrival at Lancaster Event Center office.
- Youth age 18 & under must be supervised by an adult.



LANCASTER EVENT CENTER

The general office of LCAS is located at the Lancaster Event Center, P.O. Box 29167, Lincoln, NE 68529 • Phone: 402-441-6545 • Web site www.lancastereventcenter.com
BOARD OF DIRECTORS: Ron Dowding (President), Jim Swanson (Vice-President), Trudy Pedley (Secretary), Karen Rutt (Treasurer), Tom Messick, Eric Mitchell, Kendra Ronnau, Keith Schomerus, Jay Wilkinson

The University of Nebraska—Lincoln Extension 4-H Youth Development program is open to all youth ages 5–18.

UNL Extension in Lancaster County, 444 Cherrycreek Road, Suite A, Lincoln, NE 68528 • Phone: 402-441-7180 • Website <http://lancaster.unl.edu>

The National FFA Organization (formerly Future Farmers of America) is an agricultural education program based in classrooms.
Local chapters: Norris, Raymond Central, Waverly, Crete • Website www.ffa.org



Tips for Selecting Summer Produce

Alice Henneman, MS, RD
UNL Extension Educator

An abundance of fresh fruits and vegetables grow in Nebraska. The Nebraska Department of Agriculture cites the following produce as typically in season during the summer. Read on and learn tips for making the best choices for your money. Selection tips are from the UNL Nutrition Education Program.



APPLES — Choose apples that are firm, shiny, smooth-skinned and free of bruises and dents. Do not buy apples that feel soft and spongy or smell musty.



CABBAGE — Choose cabbage with solid, heavy heads. Avoid cabbage that has discolored veins or worm damage.



CARROTS — Choose carrots that are smooth, firm and have a deep color with fresh, green tops. Avoid soft, wilted or split carrots.



CUCUMBERS — Choose firm, well-shaped cucumbers with a dark green color. Avoid cucumbers that bulge in the middle or have soft spots.



EGGPLANT — Choose eggplant that is heavy for its size. Avoid buying eggplant with wrinkled skin, cracks or bruises.



GREEN BEANS — Choose green beans that are evenly colored and snap easily when bent. Choose tender beans without scars.



LETTUCE — Choose lettuce heads that have fresh, clean outer leaves and compact inner leaves. Choose lettuce leaves that are closely bunched, fresh-looking and crisp. Avoid leaves with brown edges.



CANTALOUPE — Choose cantaloupe that has veins across the rind, is heavy for its size, and has a fresh cantaloupe smell. Press on the end opposite the stem end. It should give slightly with pressure. Avoid melons with lumps, soft spots or visible bruises.



ONIONS — Choose onions that are firm and dry and have bright, smooth outer skins.



PEAS — Choose pea pods that are firm, bright green and medium-sized. Choose pea pods with no signs of decay or wilting.



POTATOES — Choose potatoes that are clean, firm, smooth, dry, uniform in size and without eyes or green tint.



SQUASH — For all varieties of summer squash (including **ZUCCHINI**) choose squash that are glossy, small-to-medium-sized and heavy for their size.

CORN — Choose corn ears with green husks, fresh silks and tight rows of kernels. Kernels that are too large will be chewy and pasty. Avoid ears with rows of missing kernels.



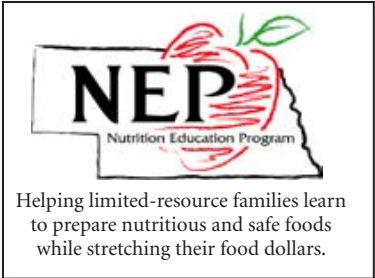
TOMATOES — Choose tomatoes with bright, shiny skins and firm flesh. Avoid tomatoes that are soft or bruised.



WATERMELON — Choose a firm watermelon that has dried stems, a dull (not shiny) skin, rounded ends, a cream-colored belly and is heavy for its size. Avoid watermelons that have a flat side.

Resources:
• Nebraska Produce Availability Chart, Nebraska Department of Agriculture at www.ourbesttoyou.nebraska.gov/harvest_calendar.html
• UNL Nutrition Education Program Fruit and Vegetable Buying Guides at <http://nep.unl.edu/materials>

\$tretch Your Food Dollar With \$mart \$nack Choices



Dana Root-Willeford
UNL Extension Associate

Trying to slash your weekly grocery budget is never easy. Menu planning and smart shopping can help you stay within a budget but everyone knows menu planning doesn't just end with meal times. Purchasing healthy snacks can consume a hefty portion of the grocery bill if not careful. Aisles of cleverly-marketed prepackaged snacks can not only lure us into unhealthy snacks but expensive snacks that can put a pinch in the food budget. Thankfully, it

doesn't have to be that way. Yes, we can be frugal and still keep healthy snacks on-hand with a little planning!

Prepare your own snacks. By purchasing prepackaged snacks you will be paying for convenience. It may take a little more time on your part but it will end up saving you money and give you the benefit of knowing you're preparing healthy snacks. Generally, most snacks require little preparation.

Choose a variety of snack choices from each food group to help ensure the full range of nutrients your body needs. Variety is the key to balanced nutrition and also gives you a chance to take advantage of supermarket sales and in season produce.

Here are a few simple snack choices:
• Do it yourself trail-mix: simply mix together any combination of cereal, dried fruit, pretzels,

nuts and/or popcorn — the possibilities are endless with this!
• Apples can be paired with peanut butter or your favorite cheese.
• Celery with peanut butter and raisins.
• Boiled or deviled eggs.
• Muffins are easy to sneak in some fruits or veggies such as

apples, zucchini or pumpkin.
• Homemade granola.
• Popcorn.
• Smoothies — the possibilities are also endless — use your favorite combination of frozen fruits, yogurt and juice and blend!
• Your favorite raw vegetables with hummus or dip.
• Peanut butter bites.

Peanut Butter Bites

(Makes 8 to 10 bites)

- 1 cup oatmeal
- 1 cup dry milk
- 1/2 cup honey
- 1/2 cup peanut butter
- 1/2 cup raisins (optional)



In a small bowl, mix peanut butter, dry milk and honey. Add the oatmeal and raisins. Form into balls. Store in an air-tight container in the refrigerator.

Recipes adapted from The Cook's Helper 2nd Edition, UNL Nutrition Education Program

Hummus

(4 servings)

- 2 (15 oz.) cans chickpeas, drained and rinsed
- 1 tablespoon fresh garlic, minced
- 4 tablespoons tahini (sesame butter) or peanut butter
- 1/2 cup lemon juice
- 1/4 cup water
- 1 teaspoon salt
- 1 teaspoon paprika (optional)
- 1/4 cup chopped fresh parsley (optional for garnish)

In a blender, put chickpeas, garlic, tahini, lemon juice, water and salt. Blend until the mixture is very smooth. Scoop the hummus onto the center of a plate. Sprinkle the paprika and parsley over the hummus, if desired. Serve with pita bread, crackers, or fresh vegetables.



August

Mike & Tracie Lloyd



Lancaster County 4-H is proud to announce Mike & Tracie Lloyd as co-winners of August's "Heart of 4-H Award" in recognition of outstanding volunteer service.

The Lloyds have volunteered with 4-H for nine years. They are leaders of the Equi Riders 4-H club, members of the Horse



Volunteers in Program Service (VIPS) and superintendents of the 4-H Horse Trail Show at the Lancaster County Super Fair.

"We enjoy watching 4-H'ers learn new things and apply what they have learned," say the Lloyds. "We see 4-H'ers build the life skills of responsibility, communication, problem solving and determination. Attitude is a tremendous part of how we all deal with success and failure. Every 4-H'er has different goals and aspirations. Sometimes a white ribbon means as much as a trophy. Our favorite experience as 4-H volunteers is watching the kids grow in confidence through the years. We believe that involvement in 4-H teaches skills that 4-H'ers will use all their lives. We are examples as former 4-H'ers. That's why we are proud to be 4-H volunteers."

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

Nominate your favorite 4-H volunteer by submitting the form available online at <http://lancaster.unl.edu/4h> or at the Extension office. Nominations of co-volunteers welcome.

4-H'ers Test Family and Consumer Science and Entrepreneurship Skills at Life Challenge



Lancaster County participants at state 4-H Life Challenge.

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

The **county junior and senior Life Challenge** contest was held June 1. Sheridan Swotek was awarded the Senior Champion rosette and Abigail

Babcock was awarded the Senior Reserve Champion rosette. Ellie Babcock and Lily Noel were awarded Junior Champion rosettes and Sarah Cunningham was awarded the Junior Reserve rosette.

The **state Life Challenge** contest for seniors was held at UNL East Campus on July 1-2.

Mary Dowd, Maddie Gabel, Anne Greff and Jaime Stephenson won "Best Moral

of the Story" in the Child Development Challenge.

Mary Dowd, Valerie Gabel, Anne Greff and Peter Greff received 4th place for Best Overall Business and Marketing Concepts in the Entrepreneurship Challenge.

Other participants were Ceirra Austin, Abigail Babcock, Grace Dowd and Emma Noel.

4-H'ers Test Animal Science Skills at PASE

Congratulations to the Lancaster County participants who competed in the Livestock Judging contest during the state 4-H Premiere Animal Science Events (PASE) held at UNL East Campus on July 1-2.

The Livestock Judging contest consists of ranking classes of four animals from the most to least desirable. Classes include market and breeding beef, sheep, meat goats, and swine. Youth also give oral reasons to the official judges to defend their reasons for ranking the animals. A big thank you to

see PASE on page 11



Lancaster County livestock judging senior team at state 4-H Premiere Animal Science Events (PASE).

NO COGGINS FOR SUPER FAIR

No Coggins test or health certificates are needed for horses entering the Lancaster County Super Fair.

Horse Patterns for Super Fair

Patterns for the 2013 Lancaster County Super Fair Horse Show can be found online at <http://lancaster.unl.edu/4h/fair>

Horse Course Challenge, July 25

For a fifth 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 25, 9-11 a.m. at the Lancaster Extension Education Center. There will be three age divisions, elementary (8-11) junior (12-14) and senior (15-19). Premiums and ribbons will be awarded. Top ten placings and Reserve and Champion trophies will be awarded at the 4-H Horse Awards Night on Tuesday, Oct. 1.

All Lancaster County 4-H'ers are welcome and encouraged to attend! No pre-registration required.

All test questions will come from the 2012-2013 email Horse Course. The testing will include identification stations and a written test.

Pizza will be served at the end of the contest at a charge of \$1 a slice.

District Horse Results

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

SENIOR HUNTER UNDER SADDLE
Anna Heusinger (Champion, Beatrice), Grace Kim, Brianna Sander

JUNIOR HUNTER UNDER SADDLE
Madison Sobotka (Reserve Champion, Beatrice)

SENIOR HUNT SEAT EQUITATION
Marissa Carlson (Reserve Champion, Beatrice), Haylie Pointer (Champion, West Point), Elli Dearthmont

SENIOR WESTERN PLEASURE
Sierra Nelson, Bailey Peterson

JUNIOR WESTERN PLEASURE
Audrey Heusinger, Nicole McConnell

SENIOR WESTERN HORSEMANSHIP
McKenzie Beach (Champion, Beatrice), Bailee Peters (Reserve Champion, Beatrice), Anna Heusinger, Grace Kim, Bailey Peterson, Sydney Scow

JUNIOR WESTERN HORSEMANSHIP
Ashley Bradbury, Audrey Heusinger, Hailee Lynn, Nicole McConnell, Emma Wilson

SENIOR REINING
Bailey Vogler (Reserve Champion, Lexington)

JUNIOR REINING
Jadin Vogler (Reserve Champion, Lexington), Ashley Bradbury

SENIOR BARREL RACING
Nicole Finkner (Reserve Champion, Beatrice), McKenzie Beach, Anna Heusinger, Bailey Vogler

JUNIOR BARREL RACING
Audrey Heusinger, Hailey Hula

SENIOR POLE BENDING
McKenzie Beach, Nicole Finkner, Anna Heusinger, Brianna Sander

JUNIOR POLE BENDING
Audrey Heusinger (Champion, Beatrice), Hailey Hula



SUPER FAIR 4-H/FFA NEWS



AUGUST 1-10, 2013
4-H & FFA EXHIBITS & EVENTS AUGUST 1-4
LANCASTER EVENT CENTER

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>.

Static Exhibit Check-In Tuesday, July 30, 4-8 p.m.

4-H & FFA static exhibits do not preregister, but **MUST** be physically checked in during Static Exhibit Check-in on Tuesday, July 30 between 4-8 p.m. at the Lancaster Event Center, Lincoln Room. An adult — such as a club leader or parent(s) — should assist 4-H members in entering exhibits. All entry tags, additional information, recipe cards, data tags, etc. **MUST** be attached at this time.

In the Lincoln Room, exhibits are grouped into the following areas designated by signage: **Clover Kids; General Areas; Photography; Home Environment; Clothing; Food & Nutrition; Horticulture; and Science, Engineering & Technology.** A registration table is set up for each of the above areas — please take project(s) to the appropriate area(s).

All static exhibits will be released on Monday, Aug. 5 from 7-11 a.m. Please pick up project(s) at each of the area(s) you have exhibits.

Interview Judging, July 31

Interview judging is Wednesday, July 31 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 8 and 26.** If slots are still available, may sign up during Static Exhibit Check-in on Tuesday, July 30, 4-8 p.m.

Clover Kids Show & Tell, Aug. 4

All Clover Kids, youth age 5-7 by January 1, 2013, are invited to show & tell their 4-H exhibits at the Lancaster County Fair, Sunday, Aug. 4, 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 8 and July 26, or sign up at the static exhibit area Tuesday, July 30, 4-8 p.m.

Livestock Information

Beef, Sheep & Swine Clinic, Aug. 2

ADM Alliance Nutrition will present a free 4-H/FFA Beef, Sheep and Swine Clinic on Friday, Aug. 2, 2-3 p.m. in Pavilion 1 — East Arena. Topics will include nutrition, showmanship and fitting techniques. Anyone who is interested is welcome to attend.

Livestock Reminders

- Market beef and breeding heifers check-in separately. Market beef are 10-11 a.m., breeding beef are 11 a.m.-12 noon on Thursday, Aug. 1.
- All registered breeding heifers must have current registration papers and tattoos presented at check-in. If registration papers are not shown at check-in, heifer will be shown as a commercial breeding heifer.
- No swine will be allowed in the wash racks for 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.
- Meat Goat breeding classes have been added.
- New Elite Showmanship Contest — Champion senior showman from Sheep, Beef, Swine and Dairy Cattle are eligible.

Livestock Judging Contest, Aug. 4

Now in its second year, a 4-H/FFA Livestock Judging Contest will be held Sunday, Aug. 4, 12 noon-2 p.m. in Pavilion 1 — West Arena. Preregister by Thursday, Aug. 1, 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.

Support 4-H by Supporting 4-H Corner Stop

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

The 4-H Corner Stop food booth will be open Thursday, Aug. 1 through Sunday, Aug. 4, 10 a.m.-9 p.m., located near the main entrance. Orders can be taken from the Lincoln Room or Multipurpose Arena. The 4-H Corner Stop features a variety of snacks, beverages and of course, the popular Walking Taco!



Chicken Dinner 4-H Council Fundraiser, Aug. 2

Lancaster County 4-H Council will present a Chicken Dinner on Friday, Aug. 2, 5 p.m. at the Exhibit Hall - Room 2 (at the same time as the 4-H Table Setting Contest). Dinner features Raising Cane's chicken fingers. Tickets can be purchased ahead of time at the 4-H Corner Stop during the Super Fair.

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, July 31 through Sunday, Aug. 4 (sign up online at <http://go.unl.edu/foodboothsignup>)
- **Static exhibit set-up** on Thursday, July 25 at 6:30 p.m. (pizza will be served for volunteers) and Saturday, July 27 at 8 a.m. in the Lincoln Room.
- **During judging of static exhibits** on Wednesday, July 31.
- **Teen tour guides are needed for Fair Fun Day** for child care groups on Friday, Aug. 2 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.

Food Booth Training, July 25

All volunteers are strongly encouraged to attend the food booth training on Thursday, July 25, 6-7 p.m. at the Lancaster Event Center.



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

Static Exhibits

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

Join the Fun as a Volunteer!

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 assisting with all 4-H contests and events throughout the fair and serving as the Lil' Green Mascot. State Fair 4-H volunteers will receive a fair pass for the day(s) they volunteer. A complete list of 4-H volunteer opportunities and sign up information is online at <http://4h.unl.edu/becomevolunteer>. If you have questions, call 402-472-1762.

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

4-H & FFA animal exhibitors ages 10-18 are eligible to participate at the Nebraska State Fair regardless of county fair placing. **New this year, 4-H/FFA youth and their families will be responsible for making their own livestock, companion animal and dog entries online for the Nebraska State Fair.** This means Lancaster County Extension staff will not be collecting State Fair entries or entry fees during county fair. More information about how to register online will be available soon. Entries will be due Aug. 10. This change only applies to livestock — static entries will still be taken care of by Extension staff. For more information, contact Cole Meador at 402-441-7180.

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

The Ak-Sar-Ben 4-H Stock Show will be held Sept. 26-29 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. 21-22 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. 4. Forms will be available online, at the Extension office or for pick up in the livestock and horse offices at the fair. Registration fees must be included with the entries.

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

Super Fair Seeking Exhibits for “4-H Through the Decades”

Again this year, the Lancaster County Super Fair is putting together a display of “4-H Through the Decades” to be on exhibit while 4-H static exhibits are on display Aug. 1–4.

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 26 at the Extension office (444 Cherrycreek Road) or during 4-H static exhibit check-in on Tuesday, July 30, 4–8 p.m. at the Lancaster Event Center (84th & Havelock), Lincoln Room.

Exhibits and photos can be picked up after Aug. 12 at the Extension office or during 4-H static exhibit release on Monday, Aug. 5, 7–11 a.m. at the Lancaster Event Center, Lincoln Room. For more information, contact Lorene Bartos at 402-441-7180.

It’s Time to Visit Nebraska’s County Fairs

Governor Dave Heineman

Summer is a great time to visit fairs and festivals held across our state. Nebraska’s county fairs offer a wonderful opportunity to showcase the best of our state and highlight the agricultural heritage, achievements and talents of Nebraska producers, youth and hobbyists.

Nebraska is home to over 90 county fairs and festivals that offer a variety of experiences and traditions for families that feature livestock show competitions, demolition derbies and championship rodeo competitions. No matter what your age, there is something for everyone at the county fair, which includes the diverse culture that makes Nebraska unique.

As Governor, I have the opportunity to personally visit many county fairs and the thing that stands out the most about the county fairs I have attended is the participation from our 4-H and FFA youth. Each year, 4-H provides our young people the opportunity to gain impor-

tant life skills that help them become productive, capable, responsible and compassionate individuals. In Nebraska, one in three age-eligible youth in all 93 counties participate in 4-H programs — that is over 140,000 young people. By participating in 4-H, our young people gain skills in science, explore career choices, learn about healthy behaviors and understand the importance of agriculture in our state.

Our FFA youth are no different. There are over 6,600 FFA members participating in 148 FFA chapters across the state. Through their involvement in FFA, these young people are truly following the FFA motto of learning to do, doing to learn, earning to live and living to serve.

I continue to be impressed with the citizens of our state. For those participating in county fair events, their determination, dedication and drive learned through fair projects is superb. Young people work on and share projects in a wide range of interests, from rocketry, technology, wildlife, photography, wood-

working and more. Thousands of others invest significant time and energy in learning to care for livestock.

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

If it’s your first visit to a fair, or whether you are a regular participant, I encourage you and your family to visit one of Nebraska’s county fairs and festivals this year. A listing is available online from the Nebraska Association of Fair Managers at www.nebraskafairs.org.

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

Tips for a Fun and Educational Day at the Fair

Toward the end of the summer, parents, grandparents and child care professionals appreciate no or low cost opportunities for fun and learning.

The Lancaster County Super Fair, Aug. 1–10 at the Lancaster Event Center in Lincoln, will offer many free activities — see the special section in this NEBLINE for the schedule and map.

The Nebraska State Fair will be Aug. 23–Sept. 2 at Fonner Park in Grand Island. For more information, go to <http://statefair.org>.

Here are a few tips to make your time with children enjoyable and educational at the fair:

General Safety

- Wear closed toed shoes (no flip flops). It makes the environment safer for you and your children.
- Bring strollers and/or wagons as a way to keep infants and toddlers in constant sight.
- Before arriving, apply sun block and insect repellent.
- Drink lots of water.
- Identify a meeting spot in case you get separated.

Precautions Visitors Should Take with Animals

- Animals have the right of way.
- Do not approach animals from behind. They can kick.
- Fast movements and loud noises may scare the animals.
- Do not feed the animals.
- Do not touch or pet animals, except at designated petting exhibits.



Many 4-H/FFA members are happy to talk to the public about their animals. Always ask for permission before touching their animals.

- Wash your hands with water and soap after any direct contact with animals.
- Supervise children younger than 5 years during hand washing and petting to make sure they don’t put their hands or other objects into their mouth or the animal’s mouth.
- Avoid eating food and drinking beverages in animal exhibit areas.

Adapted from NebGuide “Attending Fairs: Safeguarding Your Health and Nebraska’s Livestock Industry,” Rosie Nold, and David R. Smith.

Educational Experiences

- Before the fair, check out books and videos about animals and plants from the library.
- Review the fair schedule prior to the fair and plan your trip during events which are of interest to your children. For example, if you have a pet cat, watching part of the cat show will be fun and educational for your children.

- Create your own scavenger hunt or “can you find” game where children identify various animals and plants. Adapt it to the ages of the children. For example, younger children may identify the color of a cow and an older child may be able to identify different breeds.
- When exploring the garden produce, talk about which are fruits and which are vegetables. Talk about how you prepare the food.
- Identify five different flowers which are exhibited at the county fair. Explain the difference between annuals (planted each year) and perennials (come up year after year).
- Provide a little bit of spending money and teach children how to budget their food and entertainment dollars. Help them count change.

Creating Memories

- Take pictures along the way.
- Several short visits may work better than one extended visit.



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EXTENSION CALENDAR

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

July

- 23 4-H Style Revue Judging..... 8 a.m.
- 25 4-H Horse Course Challenge..... 9–11 a.m.
- 25 “Tools of the Trade I” Training 6–9 p.m.
- 25 4-H Food Booth Training, Lancaster Event Center - Lincoln Room .. 6–7 p.m.
- 26 Pesticide Container Collection, Farmers Cooperative, 355 Hackberry St. Bennet 9 a.m.–12 noon
- 30 4-H/FFA Static Exhibit Check-In for Lancaster County Super Fair, Lancaster Event Center - Lincoln Room..... 4–8 p.m.
- 31 4-H/FFA Interview Judging for Lancaster County Super Fair, Lancaster Event Center - Lincoln Room..... 9 a.m.

August

- Aug. 1–10 Lancaster County Super Fair (4-H/FFA Exhibits & Events Aug. 1–4), Lancaster Event Center
- 4 Lancaster County Deadline for Ak-Sar-Ben 4-H Show Entries
- 5 Lancaster County Super Fair Premium Payouts for 4-H/FFA and Static Exhibit Release, Lancaster Event Center - Lincoln Room ... 7–11 a.m.
- 9 Extension Board Meeting..... 8 a.m.
- 13 Guardian/Conservator Training 5:30–8:30 p.m.
- 15 Co-Parenting for Successful Kids 9 a.m.–12:30 p.m.
- Aug. 23–Sept. 2 Nebraska State Fair, Fonner Park, Grand Island
- 24 Guardian/Conservator Training 1:30–4:30 p.m.
- 30 Extended Deadline for Family & Community Education (FCE) Scholarship

Buckles & Bling Selected as Nebraska 4-H Club of the Month

Congratulations to the Buckles & Bling 4-H Club from Lancaster County for being selected as the June 2013 Nebraska 4-H Club of the Month! The Nebraska 4-H Foundation and Nebraska 4-H Ambassadors provide the 4-H Club of the Month program to all Nebraska 4-H clubs throughout the state. A different club is chosen each month and is awarded with a certificate and \$50 cash card.

The Buckles & Bling 4-H club’s six members are proud Equestrians. They always find plenty of TLC time with their horses even with busy schedules. Even with band trips, boy scouts, church camp and many other activities, all the members care for their horses with love and diligence. Some of their horses have had serious injuries of life-threatening events. The members of Buckles & Bling have trained themselves and their horses, and rehabilitated after injuries to become better riders and help their horses to become better



The Lancaster County 4-H club of Buckles & Bling has six members who all participate in the horse project. Some members also participate in other projects such as veterinary science, poultry and swine.

alongside them. One lucky time was when a family was in a car accident with their horse trailer. Luckily, no horses were in the trailer at the time and all the people were also safe. Through hardships and tight schedules, the members of Buckles & Bling have come together to help each

other and their horses. Clubs can nominate themselves for Nebraska 4-H Club of the Month by telling why their club should be chosen. For more information and nomination form, go to the Nebraska 4-H Foundation website at <http://ne4hfoundation.org/recognition>.

PASE

continued from page 8
coach Roger Bell, who spent countless hours working with the Lancaster County teams.
Senior team consisting of Michaela Clowser, Ashton Cooper, Renae Sieck and Taylon Lienemann earned 5th overall team, 5th overall in swine, 3rd overall in reasons, 9th overall in sheep and goats, and 2nd overall in beef cattle.
Individual senior results include:
• High individual overall: Michaela Clowser placed 11th and Rachel Johnson placed 4th
• Swine overall: Michaela Clowser placed 2nd and Rachel Johnson placed 3rd
• Sheep and goats overall: Rachel Johnson 4th
• Reasons: Rachel Johnson placed 3rd and Michaela Clowser placed 6th
Intermediate contestants included: Katherine Cooper, Hailey Hula, Colter Tietjen. Hailey Hula was 9th Individual.

Make It With Wool Deadline Nov. 1

The Make It With Wool contest offers youth and adults the opportunity to promote the beauty and versatility of wool fabric and yarn. Contestants must select, construct and model their own garments. All entries must be made with 100 percent wool or wool blend (minimum 60 percent wool or specialty wool fiber) for each fashion fabric or yarn used. Personal creations in sewing, knitting, crocheting, spinning, and weaving of wool fabric and yarn is encouraged.
Categories are: Preteen, Junior, Senior, Adult and Made for Others. There will be no district competition, only a state contest held Saturday, Nov. 23 at the Lancaster Extension Education Center in Lincoln. Entry deadline is Nov. 1. For more information, call Tracy at 402-441-7180.



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444 Cherrycreek Road, Lincoln



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- EXTENSION EDUCATORS
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4-H Clover College is Hands-On Learning and Fun

Held each June, 4-H Clover College is a four-day series of hands-on workshops for youth presented by University of Nebraska–Lincoln Extension in Lancaster County. Emphasis is on science, ag literacy, healthy lifestyles, career development and citizenship/leadership. This year’s Clover College, held June 18–21, featured 55 workshops and 905 total class registrations! A special thank you to the nearly 70 instructors and assistants! More photos are online at www.flickr.com/photos/unextlanco/collections.



Youth had fun learning the science behind several crazy experiments in “Wild Science Experiments.”



In “Creative Community Service,” youth learned about giving back while they prepared “Bundle of Books” for donation.



Youth had “Fishing Fun” at Bowling Lake and caught bluegill and largemouth bass (which they then released).



Lincoln Rose Society Members taught youth how to plant, care, grow and show roses in the “America’s Rose” workshop.



Extension Intern Rachel Pickrel taught youth about “Terrific Table Setting.”



In the “Agriculture & Pizza” workshop, Extension Assistant Cole Meador taught youth how food goes from farm to plate.



Extension Intern Erica Peterson taught youth how to take great photos in “Ready, Set, Click.”



In “Engineering Experiments,” Extension Assistant Teri Hlava led youth in basic engineering experiments such as “Tumbling Tower.”



In the “Clover Kids Day Camp,” youth ages 6–7 participated in a wide variety of activities, including feeding and milking dairy goats.



Extension Technologist David Smith showed Clover Kids how to make their own bird feeders using pine cones they found.



Extension Associate Marty Cruickshank taught youth “You Can Draw,” exploring figure drawing and still-life drawing.

FRUITS & VEGETABLES

continued from page 1

- the preparation of raw meat, poultry and seafood products and the preparation of produce that will not be cooked.
- For added protection, kitchen sanitizers can be used on cutting boards and countertops periodically. Try a solution of one teaspoon of chlorine bleach to one quart of water.
 - If you use plastic or other nonporous cutting boards, run them through the dishwasher.



Keep fruits and vegetables eaten raw separate from other foods such as raw meat, poultry or seafood and utensils that have touched these foods.

8. Prevent Cut Fruit From Turning Brown

Keep cut fruits, such as apples, pears, bananas and peaches, from turning brown by coating them with an acidic juice such as lemon, orange or pineapple juice. Or use a commercial anti-darkening preparation with fruits, such as Fruit-Fresh® Produce Protector, and follow the manufacturer’s directions.

Another method to prevent browning is to mix fruits that can turn brown with acidic



Some cut fruits, such as peaches, can turn brown.

fruits like oranges, tangerines, grapefruit and other citrus fruit or pineapple. Prepare the acidic fruit(s) first. Then, cut the other

fruits, mixing them with in the acidic fruit(s) as you prepare them.

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

Sources:

- www.fda.gov/fdac/features/2007/207_foodsafety.html
- www.fda.gov/food/resourcesforyou/consumers/ucm114299.htm