

7-2016

## NEBLINE, July 2016

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# NEBLINE

NEBRASKA EXTENSION IN LANCASTER COUNTY

## Lancaster County Extension Board

### Building Our Community Connection

**Karen Wobig**  
Unit Leader and Extension Educator

**N**ebraska Extension is a partnership between county government, federal government and the state's only Land-Grant University, the University of Nebraska-Lincoln. In 2014, the Cooperative Extension system celebrated 100 years of helping people enhance their lives and livelihoods through research-based education.

#### What is an Extension Board?

Extension Boards, established by law (Nebraska Statute 2-1602), are an integral part of the Extension system. They serve as a vital link to our community and help support and direct our programs as our staff educate and serve the residents of Lancaster County.

The general responsibility of the board is to advocate for and advise the largest out-of-school education program in the country. Board members are appointed or approved by their county board of supervisors or commissioners, making Extension Boards a part of county government.

The Lancaster County Extension Board consists of 10 representatives from our community, one being the ex officio member of the 4-H Council. They serve two 3-year terms with options of running for the offices of president, vice-president and secretary/treasurer.

The Board holds monthly meetings which are open to the public and usually held on the second Friday at 8 a.m. Duties include reviewing and approving financial records,



**Board member Paula Peterson (left) assisted with Extension's recent Ag Literacy Festival for 4th graders at the Lancaster Event Center.**



**Extension board meetings are held monthly and are open to the public. Clockwise from far left: Jim Pinkerton, Jim Newman, Paula Peterson, Karen Wobig (Extension Unit Leader), Jenny DeBuhr (Extension Administrative Aide), Cathy Plager (4-H Council ex officio member), Marty Minchow, Pat Heather, Sharlyn Sieck (Secretary/Treasurer), Jim Bauman (President), L. Ronald Fleecs (Vice President) and Allen Blezek.**



**The Lancaster County Commissioners appoint members of the Lancaster County Extension Board. Commissioners (L-R) Bill Avery, Larry Hudkins, Roma Amundson (Chair), Deb Schorr and Todd Wiltgen (Vice Chair) approved new board members Jim Pinkerton and Pat Heather in November 2015.**

as well as discussing business operations and staff programming. Members report on meetings they've attended, such as 4-H Council, Lancaster County Ag Society and Nebraska Association of County Extension Boards (NACEB).

NACEB is an organization dedicated to the continual improvement, support and prosperity of Nebraska Extension. All county Extension Board members are automatically members of NACEB, which is managed by the NACEB Board of Directors.

#### What is the Role of an Extension Board Member?

Extension Board members are active in the community and represent a cross section of business, agriculture and youth interests. They play a key role in helping community members and elected officials understand the impact of extension programs.

Extension Board President Jim Bauman, says, "As an Extension Board member, our role is to help promote Extension services and help Extension employees attain their goals and objectives by 1) supplying them with a workable budget that will pass county board approval

and 2) expanding educational opportunities for people we serve. I am serving my second full term and have thoroughly enjoyed being involved. Currently, I am Extension Board president, but have also served as vice president, and am very proud of our staff at Nebraska Extension in Lancaster County."

In addition to advocacy and guidance, Extension Board members attend Lancaster



**Board member Shar Sieck (left) served as master of ceremonies at this year's 4-H Achievement Celebration.**

County Ag Society and NACEB meetings. They also participate in hiring extension educators and evaluating staff. Many members volunteer to help with day-to-day Extension activities such as assisting with 4-H workshops, leading 4-H clubs, helping with ag literacy programs and other special projects at the Lancaster Extension Education Center.

#### Why are Extension Boards Important?

Board members communicate Extension's public value. They convey why and how the public benefits from Extension work in both Lancaster's rural and urban settings. They are out in the communities sharing Extension stories such as how a family  
*see EXTENSION BOARD on back page*

#### Interested in Serving?

Lancaster County residents interested in serving on the Lancaster County Extension Board can fill out Lancaster County's Appointment Application and the Additional Extension Board Application at <http://lanaster.unl.edu/lanaster-county-extension-board> or contact the Extension office.

#### CONNECT WITH US

Nebraska Extension in Lancaster County  
444 Cherrycreek Road, Suite A  
Lincoln, NE 68528  
402-441-7180  
<http://lanaster.unl.edu>



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

**<http://lancaster.unl.edu>**  
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Karen Wobig

**ADMINISTRATIVE AIDE**  
Jenny DeBuhr

**EXTENSION EDUCATORS**  
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Alice Henneman, Tyler Williams

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Kristen Houska, Cole Meador, Dana Root-Willeford

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## NEBLINE

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# Treating Your Body Like a Computer: Trouble-Shooting Tips

**Alice Henneman, MS, RDN**  
*Extension Educator*

If your body were a computer, would it be receiving lots of "error" messages? Is it beginning to run slower and take longer to "start?" Here's a check-list to help optimize your performance and prevent crashing.

## Are You Trying to Run Too Many Programs at the Same Time?

If you're operating less efficiently because there are too many activities making demands on your system, shut down some programs. Some examples include:

- If time is tight, rather than make a special company dinner from "scratch," invite people for a potluck meal.
- No time to work out AND fix your hair afterwards ... get a new hairstyle or cover your hair with some type of interesting headgear. Who knows ... you might start a whole new product line!

You may actually accomplish more if you don't try to accomplish several things at the same time.

Researchers, such as Dr. Earl Miller, Massachusetts Institute of Technology Picower professor of neuroscience, are finding multi-tasking can be less efficient than doing one task at a time, especially if the tasks are more complex.

Consider scheduling tasks for separate times, for example:

- Alternate cooking days with workout days. Cook ahead on cooking days, freeing up time on your workout days.
- Plan a casserole or stew that can cook while you do yoga or take a walk.
- If you do multi-task, combine a task that doesn't demand as much input from your system as the other task. Here are two possible examples:
  - ▶ Work out on a treadmill while watching TV.
  - ▶ Listen to music while cooking.

## Is Your Anti-Virus Software Up-to-Date and Running?

If you're susceptible to every bug that comes around, it's time to check if you're eating right, getting enough sleep, being physically active and reducing stress. The cost and time for "repairs" may be greater than the amount needed for prevention.

## Is Your Battery Dangerously Low?

Recharge your battery before it loses power completely. Habit #7 in Stephen Covey's

*The 7 Habits of Highly Effective People* is "Sharpen the Saw."

Covey tells the story of a woodcutter whose productivity decreased after sawing for several days straight. Each day his saw became duller and duller.



Covey advocates a balanced program for self-renewal in these four areas of your life: physical, social/emotional, mental and spiritual.

Recharge by eating healthy, getting some physical activity, making meaningful connections with others, stimulating your mind and devoting time to your spiritual renewal through such means as time spent in nature, music, prayer or service.

## Are You Bugged Down by Unneeded Files and Programs?

Remove anything from your life that isn't needed and slows your overall performance. For example:

- Do you still belong to a club

or organization that no longer meets your needs or interests? The time you're giving this activity is taking time from something else. Move on!

- Are you ironing (what's an iron, some of you may say!) the whole shirt when only the collar will show under your sweater?

## Do You Need to Hit "Escape," "Undo" or "Delete?"

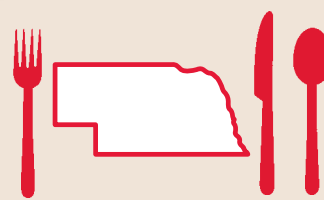
Your computer offers several options if you change your mind about a decision. Offer yourself the same choice with your life.

You may have a reputation for always saying "yes" to a request for help, regardless of how busy you are. The next time, you may want to try one of the following examples. It's not necessary to elaborate and give an explanation.

- "I'm sorry but I'm not available that night" or "I have another commitment for that time."
- "I can't help you right now, but I could (in a half hour, next week, next month ...)."
- "I can only help you for an hour, and then I have to leave." Leave after an hour ... even if it's just to go to the bathroom if you're at your office!
- "I can't do that right now, but I could ... (name a less time-consuming task)."

## Time to Reboot

Now, that you've finished trouble-shooting your personal system, consider making some changes. Then, reboot your body and enjoy the benefits!



## HEALTHY EATING

### ENJOY NEBRASKA FOODS!

Alice Henneman, MS, RDN, Extension Educator

### FRESH SALSA

(Makes 14 servings)

- 4 cups fresh tomatoes, chopped**
- 1/4 cup finely chopped onion**
- 1 jalapeno, seeded and chopped**
- 1 tablespoon vinegar or lime juice**
- 1 teaspoon cumin**
- 1 teaspoon minced garlic**
- 1 teaspoon salt, optional**



In a medium bowl, combine all ingredients and mix well. For better flavor, let the ingredients stand in the refrigerator for at least one hour. Refrigerate until ready to eat. Serve with veggies, tortilla chips, quesadillas or on a salad or baked potato.

Source: Natalie Sehi, "Serving Up Salsa," Nebraska Extension Food Website:  
<http://food.unl.edu/servingupsalsa>



# In-Season Nitrogen Management

**Tyler Williams**

*Extension Educator*

Managing fertilizer nitrogen (N) is a major challenge for grain crop producers every year. Environmentally and economically sound N management must begin with a representative soil sample and a realistic value for expected yield; however, the rain this spring may have changed the location and form of your N fertilizer. Fortunately, there are several tools available to help assess the N status of your management system.

## Maize-N

The University of Nebraska-Lincoln (UNL) published an N modeling tool, *Maize-N*, that estimates corn N requirement and potential N losses based on historic and current weather data. It evaluates attainable yield, N uptake and fertilizer N required based on climatic and management factors such as planting date, hybrid maturity, plant density, N application method and timing, manure applications and soil characteristics. The program first simulates maize yield potential (i.e. maximum yield without stresses) and its year-to-year variation. It then simulates mineral N released from mineralization of soil organic matter, crop residues and manures. The program can also estimate recovery efficiency of applied N fertilizers and it estimates the

economically optimal N rate of fertilizer for the current corn crop. This may be a viable tool for your operation and it can be found by searching Maize-N at <https://marketplace.unl.edu>.

## Chlorophyll Meter

Research indicates there is a close link between leaf chlorophyll content and leaf N content, which makes sense because the majority of leaf N is contained in chlorophyll molecules. Chlorophyll meters enable users to quickly and easily measure the potential photosynthetic activity, which is closely linked to chlorophyll content, crop N and leaf greenness. Using a chlorophyll meter to monitor leaf greenness throughout the growing season can signal the approach of a potential N deficiency early enough to correct it without reducing yields.

Incorporating the use of a chlorophyll meter into your operation does require planning ahead because there are many factors that can affect the reading. The chlorophyll meter should be calibrated for each field by having reference strips and making sure the whole field has had one-half to three-fourths of the total amount of fertilizer N recommended by the soil test before the six-leaf stage. Weekly chlorophyll meter samples should be collected from reference strips and non-reference areas by taking the average reading of 30 plants from each reference point. Once the measurements are made,

a Sufficiency Index is calculated to show any potential deficits.

### FOR MORE INFORMATION

Nebraska Extension NebGuide “Using a Chlorophyll Meter to Improve N Management” (G1632) available at the Extension office or online at <http://extensionpublications.unl.edu/assets/pdf/g1632.pdf>

## Active Canopy Sensors

Active sensors are designed to measure in-season canopy reflectance and vegetation indices to determine canopy chlorophyll status, and thus nitrogen, as well as biomass. Greenseeker and CropCircle are a couple of the many commercial active crop canopy sensors. It is best to use these sensors to measure canopy N status at the V10–V12 growth stage. This is when the plant N uptake is rapidly increasing and the crop canopy appearance can accurately reflect soil N supply. Your ability to use these sensors at this growth stage may depend on your access to a high clearance machine or a chemigation system. Again, reference strips are necessary so ratios can be calculated for reference strips and non-reference areas to generate trigger nitrogen application rates.

Project SENSE is a project conducted by UNL through the On-Farm Research Network using crop canopy sensors



An active canopy sensor used by UNL's Project SENSE.

mounted on a high-clearance applicator to record in-field plant reflectance. This applicator then applies variable rate N fertilizer in real-time based on those reflectance values. Access to these machines may be limited, but it is one method that uses in-season, site-specific N management.

## Soil Sample

The most basic tool is the soil sample. This process may take a lot of work, but soil samples analyzed for ammonium and nitrate at multiple depths help you know where the N is located and how much is available. It is best to take samples at 0–8, 8–24 and 24–48 inch depths. If the N is in the lower depths, this should raise concerns for future losses.

# Controlling Weedy Vines on the Acreage

**Sarah Browning**

*Extension Educator*

One of the most difficult weed situations to deal with on the farm or acreage is weedy vines growing in hedges or trees. Wild cucumber, burcucumber and honeyvine milkweed are the most common culprits. These plants shade the foliage of the host plant and interfere with its ability to photosynthesize. This is especially damaging to evergreen trees, which don't tolerate shading well. *Note: field and hedge bindweed, and dodder can also be problematic, but will not be discussed here.*

## Annual Weeds

Native to the United States, wild cucumber and burcucumber are annual vines, found in the same plant family as cucumber and muskmelon, although neither produces edible fruits. Both grow from seed each year, and can be found growing wild in prairie ravines, fence rows, creek and stream banks and ditches.

### Wild cucumber

(*Echinocystis lobata*), also known as balsamapple or mock-cucumber, can grow 15–25 feet long. It has smooth stems and alternately placed, star-shaped leaves, each with 5–7 pointed lobes. Greenish-white flowers grow on short stems arising from the leaf axils. The twining vines are aided in climbing by forked tendrils. It has oval fruits, up to two inches long, that are covered with sharp spines.

**Burcucumber** (*Sicyos angulatus*) vines can grow up to 10-feet tall. The alternate leaves



Wild cucumber has solitary, spiny seed pods.



Burcucumber has spiny seed pods which develop in clusters.

are broad with 3–5 pointed lobes. The stems are slightly fuzzy and develop clasping, forked tendrils, similar to grapevines. Both wild cucumber and burcucumber produce separate male and female flowers. In burcucumber, the male flowers are greenish-white to pale yellow growing on short stems, the female flowers are found in round clusters at the ends of short stems. Green to yellow fruits are covered with prickly bristles, and 1/2–3/4 inches long.

## Perennial Weed

### Honeyvine milkweed

(*Cynanchum laeve* or *Ampelamus albidus*) is a vining member of the milkweed family that can grow 6 feet or more long. It differs from wild cucumber and burcucumber, in that it is a perennial plant, growing back from the crown each year. Plants spread through underground rhizomes, and can regenerate if all the root system



Honeyvine milkweed has smooth, slender pods which open to release light brown seeds with silky white hairs.

is not killed or removed.

Honeyvine milkweed has triangular or elongated heart-shaped leaves located opposite each other on long, smooth stems. It may be confused with bindweeds or morning glories, but they have alternate leaves. Clusters of small white flowers are found in the leaf axils and develop into smooth, slender, elongated milkweed pods. When the pods mature and open, they release brown flattened seeds with silky white hairs.

## Control

Wild cucumber and burcucumber seeds germinate throughout the summer especially after rain, which makes periodic scouting and removal crucial for control. Plants are growing strongly by July so scout areas with a history of problems and pull or hoe weeds before they have a chance to grow up into hedge or windbreak plantings. In large areas, mowing can be effective. Repeated mechanical removal prevents plants from

producing additional seed and reduces weed pressure over time.

**Pre-emergent** — Simazine (Princep 4L) is labeled for pre-emergent control in shelterbelts to kill weed seeds as they germinate. Do not apply more than 4 qt. Princep 4L per acre (4 lb. a.i./A) per calendar year. Do not apply more than twice per calendar year.

**Post Emergent** — Glyphosate (RoundUp) can be sprayed or painted on small plants under trees to kill seedlings; it has practically no soil residual and if used carefully according to label directions will not damage desirable plants. DO NOT use Tordon or any product containing Dicamba, which have a period of soil residual activity and can move deeper in the soil to be absorbed by trees roots.

If weedy vines escape notice early in spring and grow up into trees, cut larger plant stems near the ground before plants begin to flower. DO NOT spray herbicides on vines in trees or hedges.



# Paper Wasps and Yellow Jackets

**Jody Green**

*Extension Educator*

Wasps are beneficial insect predators and biocontrol agents of many insect and arthropod pests, but during the summer months, some species have the potential to be an urban pest.

## Identification of Social Wasps

Social wasps such as paper wasps and yellow jackets, live in large colonies, compared to solitary wasps, which live and forage alone. Bees can be distinguished from wasps by their fuzzy appearance and their diet consists of nectar, pollen and water. Wasps appear hard and shiny with less hair, wings are folded into a narrow strip over the abdomen while at rest and legs dangle as they fly.

## Pest Status of Wasps

Wasps become nuisances when nests are constructed in locations where humans frequent. Only females are capable of stinging and most stings occur when they are stepped on, touched or in defense mode. Some people are hypersensitive to wasp venom, and stings can lead to life-threatening anaphylactic shock. It is advised to seek medical treat-



Paper wasps appear smooth and shiny with various patterns of yellow and brown or black



Paper wasp nest



Yellow jackets are bright yellow and black with black antennae



Yellow jacket nest

Photos unless otherwise noted: Jim Kalisch, UNL Department of Entomology

best time to treat is after dark when temperatures are cooler and all foragers retreat to the nest. Wear protective clothing that covers the body, face and hands completely, and if using a flashlight, cover beam with red cellophane. If you find a nest in your wall void, do not seal the entry hole!

Pest management companies can eliminate wasp nests if located in difficult areas and locations. They have specialized equipment and insecticidal dust to complete the job during the day. There are many products labeled for wasps and intended for homeowner use. Synthetic pyrethroids such as cyfluthrin, prallethrin and deltamethrin offer quick knockdown in ready-to-use formulations that can be sprayed as far away as 15–20 feet. It is best to treat now while colonies are below peak population numbers and aggressive behavior is not yet evident. Come late summer, adult wasps will be plentiful and respond aggressively when competing for sources of sugar (i.e. your watermelon, popsicle, fruit juices and pop).

If you can avoid the nest and it's not bothering anyone, leave the nest alone. The colony will die after the first hard freeze.

The European paper wasp resembles the yellow jacket, but has yellow antennae

limbs. The European paper wasp can also nest in small cavities, such as hollow posts of outdoor furniture, appliances and light fixtures. A yellow jacket nest consists of a series of round combs stacked in tiers, covered in an envelope and are located underground in abandoned rodent burrows, as aerial nests or in wall voids.

## Avoid Attracting Wasps

Many wasps are scavengers and will forage on a wide variety of foods we consume. The best way to prevent wasps is to keep food covered, dispose of trash in a covered container and remove rotting fruit from trees.

## Finding and Treating the Nest

The best time to find the nest is during the day, but the

ment if severe reaction occurs.

## Nesting Type and Location

The queen overwinters in protective sites, and emerges when the weather warms up. She begins to search for a suitable location to begin construction of her nest. She builds cells using papery pulp made from chewed up wood fibers mixed with saliva, and lays a single egg

in each cell. She forages for food during the day, feeding larvae pre-chewed insects. Adult wasps feed on sugary substances such as nectar, plant sap and rotting fruits.

The nest of a paper wasp is a single-layer of downward-facing, exposed cells, resembling an umbrella. These nests are constructed under any horizontal surface, including overhangs of buildings, beams, furniture and

# Dekay's Brown Snake



Young Dekay's Brown Snake (pictured on a gloved hand, enlarged)

Vicki Jedlicka, UNL Extension in Lancaster County

**Soni Cochran**

*Extension Associate*

For the past couple of years, we've had an increase in calls from local residents finding small brown snakes in their landscapes. Most people are concerned because they are afraid they are the young of a poisonous snake. Not to worry!

We are fortunate to be in the range for the Dekay's Brown Snake — a small beneficial and nonvenomous snake. An adult Dekay's Brown Snake is between 9–18 inches long. Only a few of these snakes exceed a length of 15 inches. They are brown, reddish-brown and gray. Their underside is a lighter shade. They may or may not have dark dots and/or stripes down their back and you may see a darker area on the top of their head. The newborn young measure 2.7–4.6 inches in length. Young snakes are darker than their parents and have a band around the neck.

Dekay's Brown Snakes have their share of predators. Large frogs, toads,

bigger snakes, crows, hawks, shrews, weasels and domestic cats and dogs will prey on the snakes. Birds that sift through leaf litter like grackles, jays and thrashers will also take these snakes. The snakes' tiny teeth don't protect it from most enemies.

You'll find this beneficial snake in woodlands and brushy habitat around streams. They are also found in suburban backyards under rocks, logs and boards. You might find them near compost bins and under leaf piles. The snakes feed on snails, slugs, earthworms and other insects. Their active season is early March through early November. The breeding season is in the spring when you may see more of the snakes but for the most part, they are secretive. The female gives birth to live young.

## FOR MORE INFORMATION

Additional resources on snakes found in your landscape are online at <http://lanaster.unl.edu/pest/ReptilesAmphibians.shtml> or at the Extension office.

# Start with a Boom, End with a Broom

**Adam Rhoads**

*Environmental Health Educator,  
Lincoln-Lancaster County Health  
Department*

The 4th of July — a time for parades, backyard barbecues and, of course, fireworks. With the focus on fun, an important part of the celebration often gets forgotten. Every year following Independence Day, Lincoln and other Lancaster County communities are littered with fireworks debris. This summer Keep Lincoln & Lancaster County Beautiful (KLLCB) encourages residents to be responsible community members with one simple request: **Start with a boom, end with a broom.**

Preventing litter is essential to a clean, healthy and safe community. Litter tends to accumulate in places that are already littered, and in littered communities, property values go down, crime rates go up and businesses stay away. Local governments spend millions each year keeping communities clean. Cleaning up your litter is part of being a good neighbor. Litter is also harmful to the natural environment. Left unattended, it can be washed down storm drains and into streams, rivers and lakes. This makes our natural areas look bad and can harm wildlife. Fireworks in particular, are made from several potentially harmful substances, including gunpowder and various metallic compounds. These substances can



pollute air, water and soil.

Here's a few helpful tips for cleaning up your fireworks debris:

- Have the right cleanup equipment ready.
- Allow spent fireworks to sit for several minutes — ensure fireworks are completely extinguished before approaching.
- Use a broom to sweep up debris.
- As a final precaution, temporarily place in a metal bucket or a bucket with sand or water.
- Place cool fireworks in regular trash for disposal.
- Unused or unwanted fireworks can be brought to a "no questions asked" drop off at Oak Lake Park for free disposal on Tuesday, July 5 from 10 a.m.–1 p.m.

## Volunteer Opportunity

Help clean up after the largest 4th of July celebration in Lincoln, the Uncle Sam Jam. The annual Oak Lake Cleanup is scheduled for July 5th at 10 a.m. Each volunteer receives a free reusable water bottle and lunch (while supplies last). For more information or to volunteer, contact KLLCB at [kllcb@lincoln.ne.gov](mailto:kllcb@lincoln.ne.gov) or 402-441-8035.



# Annuals Flowers for Sunny Locations

Mary Jane Frogge  
Extension Associate

Annual flowers make a colorful addition to any landscape. Their versatility makes them useful in gardens since they are available in a wide range of colors and sizes. Take advantage of all the qualities annuals have to offer and present a beautiful landscape that will bloom from spring to fall. The term annual means the flowers complete their life cycle in one growing season.




Globe Amaranth



Plume Celosia

Common Name (Scientific Name)	Flowers	Height
Ageratum ( <i>Ageratum houstonianum</i> )	Fuzzy flowers, each flower over 1/2 inch in diameter; in clusters; shades of blue, lavender blue, lilac, white, pink	6–12 inches
Alyssum, Sweet ( <i>Lobularia maritima</i> )	Many small florets in a rounded head; flowers literally cover the branched, low-spreading plants; pure white is the most popular but deep lavender, pink and mixtures are available	4–10 inches
Cockscomb ( <i>Celosia argentea</i> var. <i>cristata</i> )	Striking, enlarged, flattened, rounded or crested flower heads, 2–10 inches wide; yellow, gold, orange, red, purple-red, pink, salmon	8 inches–3 feet
Plume Celosia ( <i>Celosia argentea</i> var. <i>plumosa</i> )	Graceful, feathery plume spikes; showy; yellow, gold, orange, red, pink, salmon	10 inches–5 feet
Cosmos ( <i>Cosmos bipinnatus</i> )	Single or semi-double, daisy-like, 3–4 inches in diameter; wide serrated petals around prominent yellow center; shades of pink, rose, red, plus white and several variegated patterns and bicolors; excellent for cutting. Leaves: delicate and feathery; fresh light green color	2–5 feet
Globe Amaranth ( <i>Gomphrena globosa</i> )	3/4–1 inch in diameter, rounded, clover-like with papery feel; purple-red, white, pink, orange-red	10–24 inches
Spider Flower, Cleome ( <i>Cleome hasslerana</i> )	Large rounded heads 6–7 inches in diameter; each flower has long spidery stamens; white, pink, light rose, rosy lavender, cerise, and mixtures; followed by long-stalked seed capsules	2–5 feet
Marigold, Dwarf French ( <i>Tagetes patula</i> )	Mostly double flowers, 1–2 inches in diameter but some single types; many shades of yellow, gold, orange, mahogany-red or combinations of these colors	6–18 inches
Portulaca, Rose Moss ( <i>Portulaca grandiflora</i> )	1–2 inches in diameter, rose-like; single, semi-double or double shades of rose, salmon, pink, scarlet, orchid, yellow, orange, white and some striped; newer cultivars have large, double flowers	2–5 inches
Blue Salvia ( <i>Salvia farinacea</i> )	On slender spikes; individual flowers small, lipped; colors range from white through deep blue-lavender	2–3 feet
Scarlet Sage, Red Salvia, Salvia ( <i>Salvia splendens</i> )	Colorful spikes, usually vivid scarlet red but other cultivars available in purple, white, salmon; each flower 3/4 to almost 2 inches in length; entire spike up to 8 inches	10–36 inches
Zinnia ( <i>Zinnia elegans</i> )	Size ranges from 1–4 inches in diameter; wide range of colors from white, cream, yellow, orange, red, pink, rose, violet, white and even green; also multicolored and striped cultivars; usually fully double; petals usually flat but sometimes curled, quilled or twisted	6 inches–3 feet



## GARDEN GUIDE

### THINGS TO DO THIS MONTH

Mary Jane Frogge, Extension Associate

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

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

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

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

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

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

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

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

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

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

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

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

# The Price (and Benefits) of Risky Play

Jaci Foged  
Extension Educator

Skinned knees, bee stings, overheating, falling down, getting stuck in trees, taking a mud pie in the eye, or getting dirt in the mouth ... any of this sound familiar? If so, you probably had a rocking great childhood spent outside in nature! How many of you can recall some of your awesome adventures with siblings or friends? I remember playing in the ditch, constructing forts, creating with loose parts and natural items (like dead branches, bark, dried leaves, wild flowers, corn cobs and rocks) and serving up fantastic mud burgers with a side of grass clippings and ditch water.

Was this childhood play risky? You bet it was, but it was also fun and great exercise for our bodies! I don't know about you, but I remember the freedom I had as a child, freedom to play outside from sun up to sun down — while only stopping to grab a drink of water from the garden hose and a popsicle for the road. So I ask, if playing outside was so much fun in the '80s, what happened?

I did what all good investigators of the 21st century do and I

Googled, “Does Playing Outside Have Risk?” Do you want to know what my search came up with?

- Kids may see better if they play outside.
- More time outdoors may reduce the kids’ risk of nearsightedness.
- Playing outside decreases ADHD risk and improves child vision.
- Risky play prepares kids for life.

Hmmm, interesting right? Not all google searches are based on fact and research so I also reached into my toolkit for information I learned at the Children and Nature Network International Conference this past May. This was the tenth anniversary of both the Children and Nature Network and Conference. At the conference, I had the opportunity to celebrate the nature movement as well as take actionable tools with me to ensure all children and families can experience the benefits of nature.

At the conference, I had the pleasure of joining in the session lead by Angela Hanscom, a pediatric occupational therapist who specializes in vestibular (balance) treatment and sensory integration and author of *Balanced and Barefoot*. I was fascinated by her work about the



Jaci Foged

rise in sensory and motor issues in children. These issues include: decreased attention, fidgeting, poor posture, falling (out of chairs), increased aggression, rise in anxiety and children having difficulty managing their emotions.

We expect so much more of our children academically, yet children seem less prepared than ever before. Angela discussed two major changes occurring in today's children. First, we have easy access to technology; and secondly, children are spending decreased time outdoors.

What does all of this mean for our children's bodies and health? Ever heard of the vestibular system? Merriam-Webster defines it as; of, relating to, or affecting the perception of body position and movement. Schools are asking children to

sit for hours a day in classrooms and often children can be found sitting again for hours in the evening watching TV or playing the latest video game.

In order to improve the vestibular system and make changes to the balance system we have to move. I am talking about more than just up and down — playing a game of soccer just will not do. We need children to move up and down, spin, twist, roll and jump. The vestibular system is activated with movement and turns the brain on for attention. Do you have a child who fidgets? It is possible this child is not getting enough action throughout the day — action in all different directions. Movement also feeds into the limbic system which is responsible for coping skills, including emotion and motivation.

Another system, the Proprioceptive system, may not be developing appropriately if your child has trouble regulating the force they use throughout the day. This could be why a game of tag suddenly turns into a fight over being pushed too hard. To work the proprioceptive system, children need to be involved in activity that provides them with resistance to their joints and muscles. This could be climbing a tree, moving heavy objects like

tree cookies or big stones, or even pulling a garden hose across the lawn.

Playing outside in nature is the ultimate sensory experience. Letting children take risks, climbing trees, making forts, moving objects, falling and gaining balance, are all activities that foster listening, improve visual skills and enhance the sense of touch. What can you do as a parent to enhance your child's play experience? Step back, increase the time you stay outside, have fewer rules and make sure your kids know they can get dirty.

You should remove hazards and assess for risk. You have to decide what risks to take, and then decide if the risks outweigh the benefits. Ask yourself, what is the price of risky play or is the risk worth the reward?

### FOR MORE INFORMATION

Nebraska Extension NebGuides “The Importance of Outdoor Experiences in the Primary Years” (G2202) online at <http://extensionpublications.unl.edu/assets/pdf/g2202.pdf> and “Play and Learning in the Primary Years” (G2200) online at <http://extensionpublications.unl.edu/assets/pdf/g2200.pdf> or available at the Extension office.





## HEART OF 4-H VOLUNTEER AWARD

### Pamela Cuttlers

Lancaster County 4-H is proud to announce Pamela Cuttlers as winner of July's "Heart of 4-H Award" in recognition of outstanding volunteer service.

Pamela has volunteered with various clubs for nearly 12 years. First, she assisted with the Rock Creek Kids, then as an independent parent, then the Helping Hearts Clover Kids and now she co-leads the Five Star 4-H club with friend Tammy Sheldon. Five Star was a Nebraska Club of Excellence last year. The club helps with Kiwanis Karnival and the 4-H food booth at Super Fair. Pamela has volunteered at the Lancaster County Super Fair and Clover College for many years. This year, she is teaching a Clover College workshop, "Cool & Upcycled."

"My favorite experience as a 4-H volunteer is helping the kids come up with service projects for our club," says Pamela. "We've made tie blankets to donate, baked muffins for firefighters and picked up trash at a park. I think it's important for kids to learn to give back to their community. I like being a 4-H volunteer because I love the people. The connections I've made with other 4-H families are what sustain me as a volunteer."

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

*Volunteers are needed to help lead 4-H clubs. If you would like to learn more about 4-H volunteer opportunities, call 402-441-7180.*



### Babysitting Training, July 13

Extension Educator Jaci Foged will teach a Babysitting Training for youth ages 11–15 through the American Red Cross on Wednesday, July 13, 8:30 a.m.–4:30 p.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road. Cost is \$32 (check payable to Lancaster County Extension). Bring a sack lunch. Space is limited — register by June 24 by calling 402-441-7180.

Participants will learn child development, how to identify common hazards in the home, and become trained in CPR and first aid. They will make and enjoy a healthy snack, make a toy for a child and create a business card for their babysitting business. In addition, they will receive a babysitters handbook, CD and Emergency Reference Guide.

### Rabbit Tattooing Opportunity, July 23

There will be a 4-H rabbit tattooing opportunity provided by the Rabbit VIPS Committee on Saturday, July 23, 9–11 a.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road. Cost is \$1 per rabbit.

Rabbits must have permanent tattoo in left ear before coming to the Lancaster County Super Fair. No tattooing allowed on the fairgrounds. The tattoo number must be on the completed fair registration form (due by July 1).

### 4-H Sewing Help Sessions

Kath Conroy, a 4-H clothing superintendent, is offering to help 4-H youth with their sewing projects. This exceptional seamstress has many years of experience helping 4-H'ers. Her help sessions will be held at Bernina Sewing Studio in the Piedmont Shopping Center on Monday, July 11 through Thursday July 14, 12:30–4 p.m. each day. There is no cost and registration is not required.

### Donated Sewing Machine For a 4-H'er

This is the eighth year Kath Conroy, a 4-H clothing superintendent, and her husband, Mike, are graciously donating a brand new sewing machine to one Lancaster County 4-H youth. All interested 4-H youth should submit a paper describing the clothing projects they have done in the past and plan to do in the future. Also explain why they should be the youth to receive it. Send papers by Tuesday, July 5 to Nebraska Extension in Lancaster County, 444 Cherrycreek Road, Ste. A, Lincoln, NE 68528.

### Barn Quilt Contest

The Lancaster County Agricultural Society is repeating the 4-H & FFA Barn Quilt contest for 4-H clubs & FFA chapters. Independent members are welcome to participate as long as they work together in a group. Entry forms must be postmarked by July 7. Top three prizes are gift cards for pizza! If you have any questions, contact the Lancaster Event Center at 402-441-6545.

Ag Society will provide one piece of plywood 4' x 4' x 1/2" already primed and pre-drilled for hanging. You may pick up the plywood at the Lancaster Event Center or Extension office. Each club/chapter will provide their own paint and painting supplies. The pattern must be a clean design, typical quilt appearance. All entries will be used as fair decoration throughout the grounds during the Lancaster County Super Fair. Entries must be delivered to the Lancaster Event Center between Aug. 1–3. Rules and entry form is at <http://lancaster.unl.edu/4h/fair>

### AKSARBEN 4-H Show Entries Due Aug. 7

The AKSARBEN 4-H Stock Show will be held Sept. 22–25 at the CenturyLink Center in Omaha. Categories of this 4-H only competition are feeder calf, breeding beef, market beef, dairy, dairy steer, market broiler, meat goat, market lamb, market swine and rabbit. Stock Show exhibitors must be at least 10 years of age by Jan. 1.

The AKSARBEN 4-H Horse Show will be held Sept. 17–18 at **Chance Ridge in Elkhorn, Neb. (note location change)**. Horse exhibitors must be 12 years of age by Jan. 1.

All AKSARBEN 4-H Stock Show and Horse Show entries are due to Extension staff no later than Sunday, Aug. 7 at the Super Fair. Forms will be available online, at the Extension office or for pick up in the 4-H and livestock offices at the fair. Registration fees must be included with the entries.

For more information, entry forms and tentative schedule, go to [www.aksarben.org/p/events/stockshowandrodeo](http://www.aksarben.org/p/events/stockshowandrodeo)

### 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. The 2016 State Fair will be Aug. 26–Sept. 5 at Fonner Park in Grand Island.

**Again this year, 4-H/FFA youth and their families will be responsible for making their own livestock, rabbit 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 Super Fair. Entries will be due Aug. 10.

Instructions and link to register are at [www.statefair.org/p/getinvolved/4h-ffa](http://www.statefair.org/p/getinvolved/4h-ffa). For more information, contact Cole Meador at 402-441-7180. This only applies to livestock — static entries will still be taken care of by Extension staff.



## HORSE BITS

### Super Fair 4-H Horse Entry Forms Due July 1

All Lancaster County Super Fair 4-H horse entry forms are due to the Extension office or postmarked by Friday, July 1. **No late entries will be accepted.** Entry forms are available online at <http://lancaster.unl.edu/4h/Fair> and at the Extension office. Reminder — you must have passed all Walk-Trot or Level I Horsemanship requirements and have all forms turned into the Extension

Office before July 1 to show at the fair.

All who participate in the live cattle events must have a level II in horsemanship. All who participate in any jumping class must have a level II. Bareback Equitation requires passing a level III. Extreme Versatility is open to all riders with a level IV and seniors with a level III. Discipline Rail requires a level III or IV — junior and senior participants only.

## State 4-H Horse Show

The Fonner Park State 4-H Horse Exposition will be held July 10–14 at Fonner Park in Grand Island. Information is at <http://animalscience.unl.edu/horse-4-h-and-youth#tab5>

### Health Papers

**A 14-day health certificate and a Coggins Test will be required** for a horse to be shown at the State 4-H Horse Expo.

### Notice to Exhibitors

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

in the 4-H Horse Show office before the horse can be shown. This statement must describe the treatment reason and be signed by an accredited D.V.M. Show staff reserves the right to drug test any horse in any class at any given time.

The Nebraska 4-H District Horse Shows and Fonner Park State 4-H Horse Exposition are held for Nebraska 4-H horse exhibitors. Your parents, leaders, friends, Fonner Park and Nebraska Extension congratulate your efforts in qualifying and participating in these great horse shows. If 4-H exhibitors are physically able to exhibit their horses, they also are expected to prepare their horses for all events. Family and/or friend assistance is welcomed and expected, BUT warm-up riding, etc., by persons other than the exhibitor may require immediate and appropriate action by the show superintendent and the Nebraska 4-H Horse Advisory Committee.

## 4-H District Speech/PSA Contest Results

The 2016 4-H Southeast District Speech and Public Service Announcement (PSA) contest was held in May at UNL East Campus. The top five in each division received medals. Medal winners in the senior divisions advance to the State Contest which will be held during the Nebraska State Fair. The following Lancaster County 4-H'ers earned purple ribbons. Congratulations to all youth who participated!

### Speech Contest:

- Junior division — Melanie Wiggins

### Public Service Announcement Contest:

- Junior division — Cali Kaiser (medal), Sarah Lange (medal)
- Intermediate division — Payton Filing (medal), Ella Hendricksen (medal)
- Senior division — Nathan Becker (medal), Jorie Kohl (medal), Emma Lanik





## LANCASTER COUNTY Super Fair

**Aug. 4–13, 2016**

4-H & FFA Exhibits & Events Aug. 4–7

4-H Horse Show Aug. 1–7

**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>



### 4-H & FFA Entry Pass Hangtags

4-H/FFA exhibitors can get free 4-H/FFA entry pass hangtags for their immediate families at the Extension office (available July 1–Aug. 3). These entry passes allow one vehicle and its occupants to enter the fairgrounds each day Thursday, Aug. 4–Monday, Aug. 8, 11 a.m. and park in designated areas. 4-H/FFA families are asked to enter Gate 3 (second Havelock driveway) where there will be an exhibitor lane when possible to speed entry — except when unloading/loading static exhibits, use 84th street entrance and temporarily unload/load by the Lincoln Room and park in Lot K if staying longer.

Every 4-H/FFA vehicle needs an entry pass hangtag — **NO EXCEPTIONS** — so be sure to get a hangtag for every vehicle used during the fair (e.g. mom, dad, teen exhibitors that drive). General parking without the entry pass will be \$5 daily except Monday–Wednesday will be free parking.

This year 4-H/FFA exhibitors will not need gate admission passes for occupants of vehicles with a 4-H/FFA entry pass hangtag Thursday, Aug. 4–Monday, Aug. 8, 11 a.m. After the 4-H/FFA days of the fair, each 4-H/FFA exhibitor and family member will need to bring a gate admission ticket picked up from a ticket sponsor or pay \$2 per person to enter.

*These passes are for 4-H/FFA members and their immediate family only. Please do not abuse this privilege.*

### General Public Gate Admission

FREE general public gate admission tickets will be available July 1–Aug. 8 at ticket sponsors. Ticket sponsors as of press time are: Casey's General Store, Russ's Market, Super Saver and Runza. Gate admission without this free ticket will be \$2 per person per entry.

### General Public Parking

\$5 per vehicle per day. Re-entry permitted on same day if you keep your parking pass. FREE parking is back on Monday, Aug. 8 to Wednesday, Aug. 10 (new this year: fairgrounds opens to public at 5 p.m. on these days).

### Cat Show Changes

A new cat class and some rule changes have been made after the Fair Book was published. For complete updated rules, please see “Cat Addition” to Fair Book available at <http://lancaster.unl.edu/4h/fair> or the Extension office.

The new class is “Working Cats” (cats must live outside the house 75–100% of the time).

Some of the rule changes include:

- Claws shall be trimmed. No Exceptions.
- Cats are judged on physical condition, cleanliness, temperament and presentation, not on specific breed standards.
- Cats may be spayed, neutered or intact.
- Cages will be provided at the fair. Exhibitors may show from their own pet carrier but using one of the provided cages is preferred. Exhibitor will furnish food, water, litter. As part of showmanship, cages will be judged immediately after the cat is shown. Cages should have a bottom liner such as a blanket or rug, some sort of cloth or paper enclosure around the sides of the cage.
- Exhibitors are required to wear a long-sleeved white shirt or blouse with 4-H armband on left arm or a 4-H T-shirt, jeans or long pants, and closed-toe shoes (no shorts or skirts).

## 4-H Volunteers Needed

Adults *and* youth are needed to help 4-H during the Lancaster County Super Fair.

- **In the 4-H Corner Stop food booth** (ages 8 and up) from Wednesday, Aug. 3 through Sunday, Aug. 7 (sign up online at <http://go.unl.edu/foodboothsignup>).
- **Static exhibit set-up** (ages 8 and up) on Thursday, July 28 at 6:30 p.m. (pizza will be served to volunteers) and Saturday, July 30 at 8 a.m. in the Lincoln Room.
- **During judging of static exhibits** (ages 12 and up) on Wednesday, Aug. 3.
- **Teen tour guides are needed for Fair Fun Day** (ages 14 and up) for child care groups on Friday, Aug. 5 at 9:30 a.m. and 1 p.m.

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

## Presentations, July 16

This year's Presentations Contest will be Saturday, July 16, 9 a.m. at the Lancaster Extension Education Center. Must preregister by July 11. Presentations Contest has an entry form, but preregistrations may be called in to 402-441-7180. Open to all 4-H'ers ages 8–18 (4-H age). Need not be enrolled in a specific project. See Fair Book page 16 for complete contest information. A handout is available at <http://lancaster.unl.edu/4h/Fair> and the Extension office. All participants are strongly encouraged to read the handout.

## Fashion Show Judging, July 26

### • Public, Aug. 4

Fashion Show (formerly Style Revue) judging will be Tuesday, July 26, 8 a.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road. The public Fashion Show will be Thursday, Aug. 4 at 7 p.m. at the Lancaster Event Center, Exhibit Hall. A handout and entry forms are available at the Extension office or online at <http://lancaster.unl.edu/4h/Fair>. Must submit entry forms by July 18.

## Static Exhibit Check-In Aug. 2, 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, Aug. 2 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. 8 from 7–11 a.m. Please pick up project(s) at each of the area(s) you have exhibits.

## Interview Judging, Aug. 3

Interview judging is Wednesday, Aug. 3 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 19 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 11 and 29.** If slots are still available, you may sign up during Static Exhibit Check-in on Tuesday, Aug. 2, 4–8 p.m.

## Chicken Dinner Fundraiser, Aug. 5

Lancaster County 4-H Council is having a Chicken Dinner on Friday, Aug. 5, 5:30–7:30 p.m. at the Exhibit Hall - Room B (during the 4-H Table Setting Contest). Dinner features Raising Cane's chicken fingers hot off their food truck! This is a fundraiser for 4-H Council to help support 4-H youth programs, activities and scholarships. Advance tickets can be purchased for \$7 at the Extension office before the Super Fair or at the 4-H Corner Stop during the fair. Tickets at the door are \$8.

## Clover Kids Show & Tell, Aug. 7

All Clover Kids, youth ages 5–7 by January 1, 2016, are invited to show & tell their 4-H exhibits at the Lancaster County Super Fair, Sunday, Aug. 7, 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 14 of the Fair Book for more information. To sign up, call 402-441-7180 between July 11 and July 29, or at the static exhibit area Tuesday, Aug. 2, 4–8 p.m.

# Livestock Information

## Animal Entries Due July 1

**All Super Fair 4-H and FFA animal entry forms are due to the Extension office or postmarked by Friday, July 1.** No late entries will be accepted! **One Livestock Entry Form MUST be completed for each exhibitor** entering livestock. Bedding fees (\$7/head) for beef, dairy and bucket calves are being collected with entry forms — bedding for other animals must be purchased at the fair. Entry forms are available online at <http://lancaster.unl.edu/4h/Fair> and at the Extension office.

## 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. 4.
- 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.
- Champion senior showman from Beef, Dairy Cattle, Sheep, Swine and Meat Goats are eligible for the Elite Showmanship Contest, now in its fourth year.

## Livestock Judging Contest, Aug. 7

Now in its fourth year, a 4-H/FFA Livestock Judging Contest will be held Sunday, Aug. 7, 12 noon–2 p.m. in Pavilion 1. Preregister by Thursday, Aug. 4, 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.

## Youth Livestock Premium Auction Donations

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

## 4-H/FFA Livestock Booster Club Scholarships Due July 6

Applications for the Lancaster County 4-H/FFA Livestock Booster Club \$500 college scholarship are due July 6. Open to all Lancaster County 4-H/FFA seniors, but preference to those who have exhibited production livestock in 4-H or FFA. The application is at the Extension office and online at <http://go.unl.edu/5bg>. For more information, contact Cole Meador at 402-441-7180. Two winners will be announced at the Youth Livestock Premium Auction.





# EXTENSION CALENDAR

All events will be held at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln, unless otherwise noted.

## June

- 20–21 4-H Premiere Animal Science Events (PASE)/FCS Life Challenge, UNL East Campus
- 21 4-H Horse District Show, Lancaster Event Center
- 22 4-H Plant Science Contests: Horticulture/Tree ID/Grass-Weed ID..... 10 a.m.–12 p.m.
- 25 4-H Bicycle Safety Contest..... 9 a.m.
- TBA 4-H Elementary Horse Quiz Bowl
- 28 4-H Horsemanship Level Testing, Lancaster Event Center - Amy Countryman Arena..... 5:30 p.m.
- 30 4-H Horse Incentive Program Ends

## July

- 1 All 4-H/FFA Lancaster County Super Fair Animal Entries Due to Extension
- 6 Deadline for 4-H/FFA Livestock Booster Club Scholarships
- 8 Extension Board Meeting ..... 8 a.m.
- 10–14 State 4-H Horse Show, Fonner Park, Grand Island
- 13 Babysitting Training for 5th–7th Graders ..... 8:30 a.m.–4:30 p.m.
- 14 Co-Parenting for Successful Kids Class..... 9 a.m.–12:30 p.m.
- 15 4-H Horse Incentive Program Forms Due to Extension
- 16 4-H Presentations Contest..... 9 a.m.
- 19 “STEAM in Early Childhood” Training ..... 6–8 p.m.
- 23 4-H Rabbit Tattooing Opportunity ..... 9–11 a.m.
- 26 4-H Fashion Show Judging ..... 8 a.m.
- 28 4-H Static Exhibit Set-Up, Lancaster Event Center, Lincoln Room ..... 6:30 p.m.
- 28 4-H Food Booth Training, Lancaster Event Center, Lincoln Room ..... 6–7 p.m.
- 30 4-H Static Exhibit Set-Up, Lancaster Event Center, Lincoln Room ..... 8 a.m.

## 4-H Teen Council Received Global Youth Service Day Grant

The Lancaster County Teen Council 4-H club received a \$250 grant through ServeNebraska. The grant was sponsored by Youth Service America with support from State Farm for Global Youth Service Day (GYSD) which celebrates and mobilizes millions of youth in more than 100 countries to improve their communities through service. In Nebraska, the grants were awarded in conjunction with ServeNebraska Week.

On April 10, the Lancaster County 4-H Teen Council did a landscaping “makeover” to the front of the Lancaster Extension Education Center with guidance from horticulturist Extension Educator Sarah Browning. The teens purchased decorative



Teen Council’s “makeover” in front of the Lancaster Extension Center included replacing river rock with woodchips.

planters and mulch for the front of the Lancaster County Extension Office. Additional funds were donated from Teen Council and another funding source to cover all the expenses.

The teens replaced the existing river rock with woodchips and removed the branches Sarah Browning pruned off the shrubs. More photos are online at [www.flickr.com/photos/unlxtlanco/sets](http://www.flickr.com/photos/unlxtlanco/sets)

## Event Center 15th Anniversary

The Lancaster Event Center celebrated its 15th anniversary and completion of its recent remodeling on May 12. The Lincoln Chamber of Commerce sponsored a ribbon cutting for the newly remodeled street sign (pictured), which was followed by a 15th Anniversary Shingding featuring visual displays of the Event Center’s past, present and future, as well as a silent auction, appetizer bar and live band.



## Extension Board

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saves health care costs by living a healthier, active life after receiving nutrition education. They tell Lancaster County residents how the work done by Extension staff saves tax dollars when area farmers apply the City of Lincoln Wastewater biosolids to fields instead of disposing of it in the landfill. Many other stories

shared by our board members show how Extension staff provides practical information and education to help people make their lives better.

State NACEB President Wes Daberkow said, “Nebraska Extension in Lancaster County reaches out and improves lives through its wide variety of programs. Everyday Nebraskans — such as Jane, Leticia, Daniel, Emma, Michael, Juan, Fahima

and thousands more — benefit from Extension, enhancing opportunity for all.”

Nebraska Extension is grateful for the commitment made by the Extension Board members. As unit leader, I thank the past and present Extension Board members for their dedication and service to the community.

# EXTENSION NEWS

## Interns Assist During Summer



(L–R) Alice Brown, Sadie Hammond and Rachel Johnson

This summer, **Alice Brown** will be working with Extension Educator Jaci Foged in Extension’s “The Learning Child” program area. Alice graduated in May from Tennessee State University in Nashville, Tenn. with a bachelor’s degree in Child Development and Family Relations. Alice will assist with a variety of Learning Child trainings for child care providers in Lancaster County. She will also develop and teach Science, Technology, Engineering, Agriculture and Math (STEAM) curriculum for child care providers. One curriculum is “Look Who’s Hatching,” which recently started in three preschool classrooms. Read Alice’s blog posts at <http://learningchildblog.com> to follow her projects. She is our office’s first intern in this program area.

Each year, student interns join the 4-H staff at Nebraska Extension in Lancaster County and provide much needed assistance during the summer for Lancaster County Super Fair, contests and other activities. Two interns will assist this summer:

- **Sadie Hammond** assists Tracy Anderson with Clover College, Super Fair static exhibits and contests. Sadie just finished her second year at Doane University where she is majoring in elementary and special education. This is her first summer as a 4-H intern. Sadie was a 4-H member in Lancaster County for 10 years.
- **Rachel Johnson** assists Cole Meador in the livestock areas. Rachel just finished her junior year at UNL where she is majoring in animal science with a beef emphasis and pre-veterinary option. This is her second summer as a 4-H intern. She was a 4-H member in Lancaster County for 11 years.

## Super Fair Volunteer Opportunities

The Lancaster County Super Fair will be held Aug. 4–13 at the Lancaster Event Center, 84th & Havelock in Lincoln. Volunteers ages 16 and up are needed to help with a variety of fun roles during the fair — both indoor & outdoor. Shifts are two or more hours. Volunteers receive a free T-shirt and discounted meals with four or more hours. For more information, see [www.SuperFair.org](http://www.SuperFair.org) or call Steph Henion or Mike Wulf at 402-441-6545 by July 10.

## New “BugMasters” Volunteer Program

Nebraska Extension and the UNL Department of Entomology are offering a new volunteer program called “BugMasters” for adults who would like to learn more about insects and help teach others.

After attending a two-day training, participants help with UNL outreach programs as part of one or more teams:

- Educating youth
- Protecting pollinators
- Emerald Ash Borer education
- Bed bug mythbusters

The training camp will be Friday, July 22 and Friday, July 29 at Peter Kiewit Lodge at Mahoney State Park, Ashland, Neb. (9 a.m.–3 p.m. both days). Entomologists will cover topics such as insect basics, pollinators, pests and how to teach insect programs. Cost of \$10 includes daily park permits, refreshments and lunch. Pay in cash on July 22.

Registration is required by July 10. To register, go to <https://bugmasterstrainingcamp.eventbrite.com>

For more information, contact Bauer at [ebauer2@unl.edu](mailto:ebauer2@unl.edu) or 402-472-9548.



Jon Hygnstrom, UNL Department of Agronomy and Horticulture