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The Road to Great (and Safe!) Grilling

Alice Henneman, MS, RDN
Extension Educator

It's the lazy, hazy, crazy days of summer ... but don't get too lazy about food safety during the summer grilling season. Or, your summer fun may turn into food poisoning! Here's a summary of food safety tips from the USDA Food Safety and Inspection Service.

Source: www.fsis.usda.gov/wps/portal/fsis/topics/food-safety-education/get-answers/food-safety-fact-sheets/safe-food-handling/barbecue-and-food-safety/ct_index



1

At the Store

When shopping, buy cold food like meat and poultry last, right before checkout. Separate raw meat and poultry from other food in your shopping cart. To guard against cross-contamination — which can happen when raw meat or poultry juices drip on other food — put packages of raw meat and poultry into plastic bags

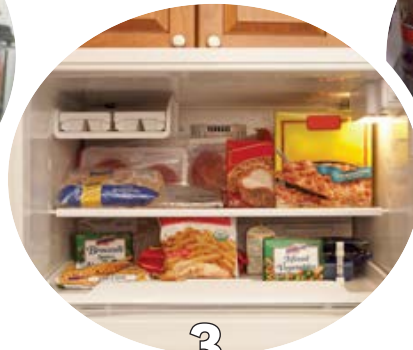


2

Refrigerate Perishable Food Promptly

Plan to drive directly home from the grocery store. Always refrigerate perishable food within 2 hours. Refrigerate within 1 hour when the temperature is above 90°F.

At home, place meat and poultry in the refrigerator immediately. Freeze poultry and ground meat that won't be used in 1 or 2 days; freeze other meat within 4 to 5 days.



3

The Thaw Law

Completely thaw meat and poultry before grilling so it cooks more evenly. Use the refrigerator for slow, safe thawing. For quicker thawing, you can microwave defrost if the food will be placed immediately on the grill.



4

Marinate Meat Safely

Marinate food in the refrigerator, not on the counter. Poultry and cubed meat or stew meat can be marinated up to 2 days. Beef, veal, pork and lamb roasts, chops and steaks may be marinated up to 5 days.

If some of the marinade is to be used as a sauce on the cooked food, reserve a portion of the marinade before putting raw meat and poultry in it. However, if the marinade used on raw meat or poultry is to be reused, make sure to let it come to a boil first to destroy any harmful bacteria.



5

Keep it Cold

When carrying food to another location, keep it cold to minimize bacterial growth. Use an insulated cooler with sufficient ice or ice packs to keep the food at 40°F or below. Pack food right from the refrigerator into the cooler immediately before leaving home. Only take out the meat and poultry that will immediately be placed on the grill.

When using a cooler, keep it out of the direct sun by placing it in the shade or shelter. Avoid opening the lid too often, which lets cold air out and warm air in. Pack beverages in one cooler and perishables in a separate cooler.



6

Keep Everything Clean

If you're eating away from home, find out if there's a source of clean water. If not, bring water for preparation and cleaning. Or pack clean cloths, and moist towelettes for cleaning surfaces and hands.



7

Cook it Correctly

Cook food to a safe minimum internal temperature to destroy harmful bacteria. Meat and poultry cooked on a grill often browns very fast on the outside. Use a food thermometer to be sure the food has reached a safe minimum internal temperature.

After cooking meat and poultry on the grill, keep it hot until served — at 140°F or warmer. Keep cooked meats hot by setting them to the side of the grill rack, not directly over the coals where they could overcook.



8

Safe Minimum Internal Temperatures

- Whole poultry: 165°F
- Poultry breasts: 165°F
- Ground poultry: 165°F
- Ground meats: 160°F
- Beef, pork, lamb and veal (steaks, roasts and chops): 145°F and allow to rest at least 3 minutes.

For reasons of personal preference, consumers may choose to cook meat to higher temperatures.



9

Plate it Safely

When taking food off the grill, use a clean platter. Don't put cooked food on the same platter that held raw meat or poultry. Any harmful bacteria present in the raw meat juices could contaminate safely cooked food. In hot weather (above 90°F), food should never sit out for more than 1 hour (2 hours is OK if the temperature is under 90°F).

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



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Nebraska Extension in Lancaster County
444 Cherrycreek Road, Ste. A, Lincoln, NE 68528
402-441-7180

http://lancaster.unl.edu

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

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UNIT LEADER & EXTENSION EDUCATOR

Karen Wobig

ADMINISTRATIVE AIDE

Jenny DeBuhr

EXTENSION EDUCATORS

Tracy Anderson, Sarah Browning, Jaci Foged, Emily Gratopp,
Jody Green, Alyssa Havlovic, Alice Henneman, Jessica Meuleners,
Meghan Sittler, Tyler Williams

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Jim Wies, Dana Hardy

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BIOSOLIDS COORDINATOR

David Smith

SUPPORT STAFF

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

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Would Your Kitchen Pass a Food Safety Inspection? (Part 2 of 2)

Alice Henneman, MS, RDN
Extension Educator

DIRECTIONS: Choose the answers that most closely apply to YOUR everyday practices in your kitchen. Then compare your answers with the desired practices according to government guidelines for consumers.

5. How do you thaw meat, poultry and seafood products?

- On the kitchen counter
- In the refrigerator
- In the microwave

6. When using a cutting board: If you're cutting raw meat or poultry, what do you do before cutting fresh produce or bread before the same meal?

- Use a separate cutting board
- Wipe the cutting board with a damp cloth or sponge
- Wash the cutting board with hot, soapy water, rinse with clear water and air dry or pat dry with clean paper towels

7. Which of these describes your handwashing when working with food?

- I wash my hands before preparing food
- I wash my hands before, during and after preparing food
- I don't wash my hands during food preparation

8. When cooking raw poultry and meat, what do you do?

- Wash poultry and meat under running water before cooking them
- Give poultry and meat a quick dunk in a sink or large pan filled with cold water before cooking them
- Cook poultry and meat without washing them

9. Before eating melons, what is the first thing you do?

- Cut melons open and examine how they look
- Wash melons thoroughly under running water before cutting into them
- Wash melons with soap and water before cutting into them

Answers to Food Safety Inspection Questions

5. b) In the refrigerator or c) In the microwave: Thawing meat, poultry and seafood in the refrigerator is the safest way as foods remain at a safe, constant temperature of 40°F or lower.

Place the food on a plate or pan that can catch any juices that may leak. Normally, smaller amounts of most foods will be ready to use the next day. A large frozen item, like a turkey may require at least 24 hours for every 5 pounds of weight to thaw.

Foods can be thawed in the microwave, according to the directions in your owner's manual. Cook them immediately as bacteria begin to grow as the food is warmed.

Cold water thawing is faster than refrigerator thawing but requires more attention. Place the food in a leak-proof package or bag and submerge in cold tap water; change the water every 30 minutes. A one pound package may thaw in an hour or less; 3- to 4-pound packages may take 2 to 3 hours; and a turkey may take about 30 minutes per pound. As with microwaved food, cook immediately after thawing.

6. a) Use a separate cutting board or c) Wash the cutting board with hot, soapy water, rinse with clear water and air dry or pat dry with clean paper towels:

the U.S. Department of Agriculture suggests consumers consider using one cutting board for fresh produce and bread and another for raw meat, poultry and seafood to help assure food safety. Nonporous acrylic, plastic, glass and *solid* wood boards can be washed in a dishwasher unless the manufacturer recommends otherwise. Replace cutting boards if they become excessively worn or develop hard-to-clean grooves.

7. b) I wash my hands before, during and after preparing food:

Here's how to do it according to [Foodsafety.gov](http://www.foodsafety.gov): Wet your hands with warm or cold running water and apply soap. According to the U.S. Food and Drug Administration, you should use plain soap and water — skip the antibacterial soap.

Rub your hands together to make a lather and scrub them well. Be sure to scrub the backs of your hands, between your fingers, and under your nails. Bacteria can hide out here too!

Continue rubbing hands for at least 20 seconds. Need a timer? Hum "Happy Birthday" from beginning to end twice.

Rinse your hands well under running water.

When possible, use a paper towel or your elbow to turn off the faucet.

8. c) Cook poultry and meat without washing them:

Washing raw meat and poultry can help bacteria spread. Their juices can splash onto and contaminate your sink and countertops.

9. b) Wash melons thoroughly under running water before cutting into them:

Wash fruits and vegetables such as melons and oranges even if you plan to remove their peel. Bacteria can spread from the outside to the inside when they are cut or peeled. Suggestions for washing any type of produce include:

Rinse produce thoroughly under running water. Washing fruits and vegetables with soap, detergent, bleach or commercial produce washes is not recommended.

Scrub firm produce, such as melons and cucumbers, with a clean produce brush.

Dry produce with a clean paper towel or cloth towel to further reduce bacteria that may be present on the surface.

References and for further information:

- *Check Your Steps*, retrieved 4/30/2017 at www.foodsafety.gov/keep/basics
- *Clean: Wash Hands and Surfaces Often*, retrieved 4/30/2017 at www.foodsafety.gov/keep/basics/clean/index.html
- *Cutting Boards and Food Safety*, retrieved 4/30/2017 at www.fsis.usda.gov/wps/portal/fsis/topics/food-safety-education/get-answers/food-safety-fact-sheets/safe-food-handling/cutting-boards-and-food-safety/ct_index
- *Separate: Don't Cross-Contaminate*, retrieved 4/30/2017 at www.foodsafety.gov/keep/basics/separate/index.html
- *The Big Thaw – Safe Defrosting Methods – for Consumers*, retrieved 4/30/2017 at www.fsis.usda.gov/wps/portal/fsis/topics/food-safety-education/get-answers/food-safety-fact-sheets/safe-food-handling/the-big-thaw-safe-defrosting-methods-for-consumers/CT_Index
- *USDA's Five Tips for a Food Safe Thanksgiving*, retrieved 4/30/2017 at www.usda.gov/media/press-releases/2017/11/21/usdas-five-tips-food-safe-thanksgiving
- *Washing food: Does It Promote Food Safety?* retrieved 4/30/2017 at www.fsis.usda.gov/wps/portal/fsis/topics/food-safety-education/get-answers/food-safety-fact-sheets/safe-food-handling/washing-food-does-it-promote-food-safety/washing-food

FREE PROGRAM: "QUICK & HEALTHY NO-RECIPE MEALS"

Thursday, Aug. 17, 6:30–8:30 p.m.

**Bryan East Campus, Plaza Conference Center,
1500 S. 48th St., Lincoln**

Pre-registration is required by calling 402-481-8886

Learn how to use a few simple tips and techniques with a variety of ingredients to fix healthy meals in a hurry.

Presented by Alice Henneman, Extension Educator, RDN

Here's one of the techniques for making a delicious smoothie anytime. All you need to remember is 1/2 cup each of 3 ingredients with the liquid added first. Place 1/2 cup milk first into a blender; follow with about 1/2 cup (any flavor) yogurt. Add a heaping 1/2 cup of frozen berries, cherries or sliced peaches. Blend until smooth; add more milk if you want a thinner smoothie or more frozen fruit for a thicker smoothie.



**No-recipe-needed
Smoothie**

Too Warm for Your Crops?

Tyler Williams
Extension Educator

It takes warm temperatures for crops to grow at their optimal capacity, but too much heat can also cause harm, even in the presence of adequate moisture. Some crops are more susceptible to heat stress at critical growth stages (corn pollination or soybean flowering), but crops can also be susceptible to stress during the early vegetative stages. Heat stress is often accompanied by moisture stress and may be difficult to differentiate between the two. One indicator of heat stress is when corn leaves roll in the early morning in areas where there is adequate soil moisture.

The extent of heat stress can depend on the intensity, duration, humidity and rate of increase in air temperature. The subsequent increase in soil temperature may also have an impact. When soil temperature rises above an optimum threshold, plant water and nutrient uptake can be impeded, causing damage to plant components.

Extreme heat stress can reduce plant photosynthetic and transpiration efficiencies and negatively impact plant-root development, ultimately impacting yield. Curled leaves can reduce the light/radiation interception and can negatively impact plant water and nutrient uptake and transpiration rates. The combined effect of heat and water stress on corn and soybean will be much stronger than one stress alone.

Corn maximizes its growth rate at 86°F.



Tom Dorn, Extension Educator Emeritus

One indicator of heat stress in corn is when leaves roll in the early morning in areas where there is adequate soil moisture.

Days with temperatures hotter than that cause stress. Cool night temperatures — at or below 50°F — reduces respiration rates and preserves plant sugars, which can be used for growth, reproduction or stored for yield. In years when we get high day and nighttime temperatures during pollination, this can impact silking, pollen production and viability. Temperatures in the mid-90s or above, especially when accompanied by low-relative humidity can desiccate exposed silks and pollen grains. Luckily, pollen shed typically occurs during the early- to mid-morning hours before temperatures climb to this level.

In soybeans, very high soil temperatures (90°F+) can cause decreased nodulation and nitrogen fixation. This is most likely to occur on coarse textured soils that lack residue or canopy cover.

High temperatures and moisture stress during the R3–R5 growth stage will also shorten the flowering period, cause leaf loss or decrease pod set, among other potential impacts.

Not much can be done when dealing with the weather; however, management practices conserving moisture in the soil profile and reducing soil temperatures, may be beneficial in reducing the impact of heat stress on crops. No-till or reduced-till fields can reduce surface evaporation, as well as decrease soil temperature. Research from Suat Irmak at University of Nebraska–Lincoln shows no-till or reduced-till corn and soybean fields can have soil temperatures up to 8–10°F lower than disk-tilled fields.

FOR MORE INFORMATION

- Nebraska Extension resource: “Heat Effects on Alfalfa,” <http://extension.unl.edu/statewide/gage/Heat%20Effects%20on%20Alfalfa.pdf>
- Nebraska Extension resource: “Impacts of Extreme Heat Stress and Increased Soil Temperature on Plant Growth and Development,” <http://cropwatch.unl.edu/2017/impacts-extreme-heat-stress-and-increased-soil-temperature-plant-growth-and-development>
- Michigan State University Extension resource: “Moisture stress and high temperature effects on soybean yields,” http://msue.anr.msu.edu/news/moisture_stress_and_high_temperature_effects_on_soybean_yields
- Purdue University Agronomy Department resource: “Drought and Heat Stress Effects on Corn Pollination,” www.agry.purdue.edu/ext/corn/pubs/corn-07.htm

Improving Acreage Garden Soil: Consider Using Cover Crops

Sarah Browning
Extension Educator

Acreage and home gardeners often think only large-scale farm producers use cover crops and their acreage garden is too small to use a cover crop appropriately. This really is not true — no matter the size of the garden plot, cover crops can be used to add organic matter to the soil and improve soil structure.

Rebuilding Soil Aggregates

Soil quality in a flower or vegetable garden can degrade over time, especially if the soil is tilled frequently. Or maybe you’ve never been happy with the quality of your garden soil. Either way, the answer to improving soil is addition of organic matter and natural rebuilding of soil aggregates.

Frequent soil tillage, with little to no incorporation of plant residues, hastens the decomposition of soil organic matter and breaks up soil aggregates. Working garden soil by weeding, harvesting and other foot traffic also degrades soil texture by increasing soil compaction.

Soil is much more than individual particles of sand, silt and clay. Ideally soil should be one-half solid materials (sand, silt, clay, nutrients, minerals, organic materials and biological



Anthony LeBude, NC State University, Bugwood.org

Buckwheat used as a cover crop.

life) and one-half pore space. The pore space is very important! An old horticulture riddle asks, “Where do plant roots grow?” The answer is they grow in the pore spaces.

What are soil aggregates and what do they have to do with pore space? Soil aggregates are clusters of sand, silt or clay particles held together in tiny, irregularly shaped groups. These tiny groupings are surrounded by pore space. In soil with good aggregation, these pore spaces are larger than those found in a soil with poor aggregation, where soil particles are tightly packed together individually.

Compacted soil with poor aggregation is hard. It’s hard to

dig and difficult for plant roots to penetrate. It is also difficult for water and oxygen to move into the soil, which influences plant root growth and quality.

How Does Organic Matter Benefit Soil Quality?

Organisms living in the soil, like earthworms, bacteria and fungi create sticky waste substances that “glue” soil particles together, creating larger soil aggregates. Adding organic matter to your soil creates a more favorable environment for earthworms, bacteria, fungi and other soil life to inhabit.

Organic matter has other

great benefits for soil quality, too. It increases the water-retention potential in sandy soils and improves water percolation in heavy soil.

Organic matter can be added to soil through the addition of compost, tree leaves, grass clippings, manure or animal bedding. But another great way to add organic matter is to grow your own through the use of a cover crop. Growth of the cover crop’s roots help open up the soil, creating pathways for oxygen and water penetration into the soil, and when the cover crop is tilled or spaded into the soil, it decomposes and increases the soil’s organic matter content.

Cover Crops

Several types of plants are commonly used as cover crops, including buckwheat, sweet clover, oats, peas, radish, winter rye, annual rye and winter wheat. Choose a cover crop based on your goals for improving the soil and the time of year for seeding.

One of the best grains to use is annual rye. If it is planted by early September, it should get tall enough to help prevent the erosion that often occurs when a garden is left bare during winter. Annual rye dies over winter, so gardeners don’t have to worry about it becoming a long-term weed in the garden.

The recommended method for planting in small gardens

Free Program: Opportunities for Growing and Grazing Cover Crops

**Wednesday, Aug. 9
11 a.m.–5:30 p.m.**

**During the Lancaster County Super Fair
Lancaster Event Center –
Exhibit Hall (next to Pav. 3),
84th & Havelock, Lincoln**

Nebraska Extension, North Central SARE, Lancaster County Farm Bureau and the Nebraska Corn Board have teamed up to provide a learning and networking opportunity for potential cover crop growers and cattle operators to partner and add mutual value to their operations. This program will feature a trade show, speakers from public and private organizations, as well as first-hand insight from producers who are making it work right here in Nebraska.

**Please register by
Friday, Aug. 4 by going to
<http://lancaster.unl.edu/ag/covercrops> or calling
402-441-7180**

**FREE thanks to our
sponsors (includes lunch)**

is to disk or work the ground; broadcast the seed; then work the soil again. Mulches, such as leaves, can be worked into the ground at the same time or left in a thin layer on the surface. When it begins to grow, the rye may even help to hold the leaves in place and keep them from blowing off of your garden.

You don’t have to wait until the garden is all cleaned up to plant your cover crop. You can sow it in the areas surrounding such late crops as potatoes, squash, carrots and Brussels sprouts.

In spring, when the rye is six inches or so in height, it can be mowed or tilled under. If it gets too tall, mow first, then till. And remember, the cover crop does not have to be tilled under all at once. Areas where early vegetables are to be planted can be tilled early while other areas are left to stand later in spring providing additional weed prevention.

Stock Seed Farm is one good local Nebraska source for cover crop seeds. Find them online at www.stockseed.com.

FOR MORE INFORMATION

“Cover Crops and Green Manure Crops,” University of Missouri Extension online at <http://ipm.missouri.edu/MEG/2011/8/Cover-Crops-and-Green-Manure-Crops>

The Largest Wasp in Nebraska: Cicada Killer

Jody Green

Extension Educator

July and August is stinging insect season in Nebraska. The sight of a wasp frightens people and rightly so. Some individuals suffer adverse reactions to wasp venom similar to the anaphylactic response to a bee sting. Cicada killer wasps can be considered scary, but they seldom sting. The damage to yards, landscapes and gardens are often more of an aesthetic problem than the health hazards of the wasp itself.

Identification

Of the solitary wasps, the cicada killer is the largest species in Nebraska, reaching lengths from 1½–2 inches. They have large, rust-colored eyes, wings, legs and antennae. Their abdomen appears hairless, black and marked with bright, bold yellow patterns (usually three broken bands). They are considered solitary because they do not live in large colonies and collectively feed and care for multiple individuals. They live on their own, excavating a burrow in which to provision with prey and to lay their eggs upon. When female wasps locate a favorable location, nesting aggregations form, so it is common to have many nests in a small area, yet each burrow is nest to a single wasp.

Biology and Behavior

Female cicada killers possess a large, visible stinger, which is a modified egg-laying device. She uses her stinger to subdue and paralyze a cicada, so she can

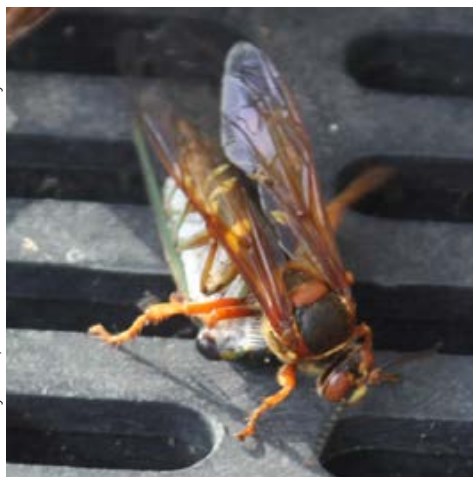
fly with it back to her nest, drag it into the hole, down into the burrow and lay an egg on its body. She is a strong, daytime flier and returns to the surface to hunt and capture more prey. The larval wasp, which looks like a legless white grub, emerges from the egg a few days later and feeds on the living cicada left by its mother, spins a silken pupal case and prepares to overwinter. Pupation occurs in spring and adults emerge in June/July. There is one generation per year.

The male cicada killer wasps are much smaller than the females and remain close to the nesting location. They patrol the area, flying fast, erratic and seemingly furious to creatures in their territory. They will make contact with one another, try and mate with the female when she returns, land on flowers to feed on nectar and chase away any competition.

Pest Status

Cicada killer wasps are considered nuisance pests because nesting locations are often adjacent to homes; their presence elicits fear. The female cicada killer is capable of delivering a painful sting if handled, trapped in clothing or stepped on without shoes; otherwise she is not a threat to people. Likewise, the male wasp lacks a stinger, and so, although it appears to be aggressive in nature, he is completely harmless.

Cicada killer wasps become a pest midsummer when cicadas are active. They dig burrows in well-drained, light-textured soil in areas of full sunlight. They prefer areas with sparse vegetation



Photos: Jody Green, Nebraska Extension in Lancaster County

Cicada killer female wasp (shown approximate size) has paralyzed a cicada with her stinger. She will take it to her burrow underground.



Burrow of a cicada killer wasp as evidenced by half-inch to one-inch diameter entrance hole and a mass of loose soil.

and no mulch. This would include edges along lawns, sidewalks, driveways, golf course sand pits and garden beds. They

also burrow in spaces between landscape features such as retaining walls, garden planters, under porches and posts holes. Sometimes they will even burrow in the middle of the turf. Burrows are often identified by a half-inch diameter hole with a distinct U-shaped mound of kicked out soil. Without a wasp sighting, homeowners may mistake the cicada killer wasp burrow for rodent damage because of the kicked out soil.

Management

Cicada killers are considered beneficial insects and disappear when the cicadas die off in the fall. We don't encourage eliminating the cicada killers because they are insect predators and great pollinators. They do no permanent damage to the landscape nor do they harm plants. Homeowners may attempt to modify the environment in early June to discourage burrow excavation. Things like excessively watering of the area, creating shade, changing the soil type or increasing undesirable mulch may help cut down the number of cicada killers.

If numerous nests become a problem in the landscape, the infested area can be treated with an insecticide labeled for use on wasps or turf applications. One formulation to treat individual burrows may be to apply an insecticidal dust to the holes to contact wasps as they exit and enter. Be sure to always read the label for correct application and follow any safety precautions. Wear appropriate protective clothing and treat individual burrows in the evening, when female wasps are in their burrows for the night.

Excluding Wildlife from the Fruits of Our Labor

Soni Cochran

Extension Associate

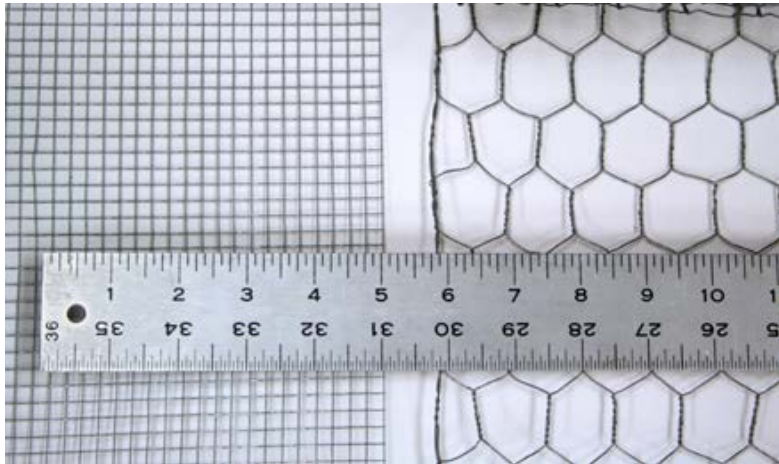
Sometimes it seems like a never-ending struggle to keep animals from getting to our garden produce before we get a chance to enjoy the fruits of our labor. For gardens, the right kind of fencing or netting will keep out a number of animals if done correctly. Fencing or netting is an investment so target the animals you may have the most problem with in your area, and fence accordingly.

Rabbits

Use rabbit fencing, hardware cloth or chicken wire with openings of 1" or less. The majority of the rabbits found in our area are eastern cottontails. For cottontails, your garden fence only has to be 2' high. Burying the fence 3–6" will also help keep animals from digging under the fence to get to your garden crops. Before covering with soil, bend the bottom of the fence you are burying out away from your garden — imagine an "L" shape with the bottom of the "L" facing out. As animals try to dig under the fence, the bottom of the "L" may stop them from getting further.

Squirrels

Wire fencing is not a deterrent for squirrels. To keep squirrels from a garden area, you'll need wire mesh 1/2" or less and the top will need to be



1/4" hardware cloth at left, chicken wire at right.

electrified. This type of fence is not recommended if you have small children. Depending on your community, electric fences may not be allowed or have restricted use. If you consider any of this type of fencing, be sure to call your city offices for regulations on electric fencing.

Raccoons

Wire fencing is also not a deterrent to keep raccoons from getting to your sweet corn. If you live in rural areas, two strands of electric fencing may help deter the animals from your garden. We do have raccoons living in the city limits and for most of us, this type of fencing is not an option. My advice is plant plenty of sweet corn and be ready to pick it fast.

Woodchucks

If your garden is threatened by woodchucks (also known

as ground hogs), you'll need a 4' high hardware cloth fence, buried 10–12" with the bottom bent in an "L" shape as described for rabbits above. Bending the top of the wire 15 inches out at a 45 degree angle, may also prevent woodchucks from climbing over the fence. In rural areas, an electric fence can be added 4–5" above the ground, 4–5" away from your wire fence. Exclusion is pretty effective, but you need a good fence. The good news is, if your garden is in a location where deer might be a problem, this fencing may also make it harder for deer to get to your produce.

Birds

Many of our favorite backyard birds are attracted to fruit and garden produce: robins, orioles, gray catbirds, rose-breasted grosbeaks and finches are just a few. Some birds

like crows will pull germinating plants right out of the ground. Wild turkeys have been known to fly into apple trees and damage apples. So what can you do?

- **Bird Netting** — Bird netting is effective on isolated trees and for use on small fruits. Most people put the netting directly on the plant they want to protect. For plants like strawberries, you'll want to make a frame or support so the netting isn't laying right on top of the fruit which is still accessible to the birds. Initially, bird netting is an investment. However, it can be used multiple seasons if taken care of. You can find bird netting in local lawn and garden centers, discount stores and hardware stores.
- **Scare devices** — If you go this route, you'll want to add

a variety of scare devices that move, reflect light and are different colors. Aluminum pie pans, children's pinwheels, reflective ribbon, eye spot balloons are just some examples of scare devices that can be used to try to discourage birds. Avoid using items that don't move like the plastic snakes and owls.

Protecting Small Beds and Containers

To keep animals like rabbits and squirrels away from flower beds and containers, create a frame and drape plastic mesh netting over the plants. Mesh netting, like bird netting, is found in colors that blend in with the environment. You can also use this same technique to protect strawberries and other small fruit from birds.

June and July: Let Bats Fly!

If you have bats roosting in your home, business, church or school, you have a few more weeks before removal and exclusion should be attempted. Do not install one-way doors or seal exit/entry points during June and July. Young bats are still in the roost. If trapped indoors and/or adults can't get to them, the young will move about, starve and die. The dead bats will decay and create an odor problem. Begin your control efforts after all young bats have left the roost which is sometime in August. If you know you have bats roosting in a building, read Nebraska Extension's "Bats in and Around Structures" available as a NebGuide and interactive online magazine at <http://lancaster.unl.edu/pest>.

—Soni Cochran, Extension Associate

There is Still Time to Control Bagworms in Early July

Mary Jane Frogge
Extension Associate

Bagworm outbreaks have been increasingly noticeable the past few years in Lancaster County. Bagworm larvae hatched in late May and have been feeding on plant material for over a month. They are about half of their mature size and may be hard to see in leafy plant material. Take a walk through your landscape and check all your landscape plants, especially spruce and junipers.

If you find an outbreak of bagworms, chemical control may be needed. *Bacillus thuringiensis* (Bt) is available at nurseries and garden centers as Dipel or Thuricide. Other insecticides currently labeled for bagworm control include acephate, carbaryl, cyfluthrin, malathion and permethrin. Affected plants must be thoroughly covered with the insecticide to receive good control. Be sure to read and follow all label directions.

If you have a large infestation in your evergreen trees or shrubs, do not delay in controlling the bagworms.

Vicki Jedlicka, Nebraska Extension in Lancaster County



Bagworm larvae size mid-July, shown approximate size (on a juniper on left, on a spruce at right with a penny for size comparison)



Soni Cochran, Nebraska Extension in Lancaster County

Bagworm larvae are nearly mature by late-August, shown approximate size.

Feeding by mature caterpillars slows in August before pupation into adults, so chemical control in late summer and fall is not effective. By that time your valuable landscape plants are already severely damaged by the maturing bagworms.



Mary Jane Frogge, Nebraska Extension in Lancaster County

Large bagworm populations can completely defoliate and kill evergreens during summer.

FOR MORE INFORMATION

A YouTube video is online at <http://lanaster.unl.edu/hort/bagworms.shtml> and a color brochure is available on the website and at the Extension office.



GARDEN GUIDE

THINGS TO DO THIS MONTH

Mary Jane Frogge, Extension Associate

Many plants are easily propagated by layering in July. 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.

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.

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

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

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.

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

Breastfeeding is Great for Babies and Moms

Jaci Foged
Extension Educator

When I was attending the University of Nebraska–Lincoln as an undergrad, I was asked to write a personal reflection on breastfeeding vs bottle-feeding and which I would choose. As an 18 year old, I thought I had all of the answers, but research continues to educate us and help us select the best choice to meet the needs of both our families and ourselves.

Did you know — The American Academy of Pediatrics (AAP) recommends breastfeeding exclusively from birth to 6 months and to continue with breastfeeding (in addition to complementary foods) through 12 months or longer as mutually desired by mother and baby. Breastmilk contains all of the essential nutrient, antibodies and other factors important for growth and development; it cannot be replicated.

Breastfed babies are typically healthier. Research has shown they have lower rates of ear infections, less diarrhea, fewer gastrointestinal infections, fewer cases of pneumonia, reduced risk of diabetes, lower cholesterol and much more. Basically, breastfeeding has many positive outcomes that support overall health of the infant. But it isn't just about the infant. Breastfeeding is great for moms, too. Breastfeeding lowers the risk of breast and ovarian cancers, burns calories and conveniently saves money as it does not have to be purchased from a store.

In 2011, the surgeon general issued a call to action to support breastfeeding. This call to action lists 20 items that support mothers in a variety of ways through employment, communities and specific actions for mothers and their families. Action item number 16 relates to



<http://nebreastfeeding.org>

community childcare and states: “Ensure that all child care providers accommodate the needs of breastfeeding mothers and infants.” Having worked in the field of childcare since 2000, this particular action really hits home for me.

But how many of us have seen or are aware of the surgeon general’s call to action? If you are a parent relying on childcare, how do you see your provider supporting you or other families when it comes to breastfeeding? If you are a childcare provider, director or owner, how are you accommodating the needs of breastfed infants?

The 2017 breastfeeding report card shows even though 8 out of 10 Nebraska mothers start breastfeeding, less than half are exclusively breastfeeding at three months and only 1 in 5 make the AAP recommendation of six and 12 months. Any guesses as to why the significant drop at three months? There appears to be a strong correlation between the decline in breastfeeding and the time many infants enroll in childcare full time.

So how can parents and childcare providers work together to support mom and baby, and ensure the infant can continue to receive breastmilk, even after they start childcare?

• **Be Supportive:** Childcare providers can listen to the mom and help

encourage her to make it through the transition back to work.

- **Help Educate:** There are many resources you can provide to parents. Some include Milkworks, La Leche League of Nebraska, Nebraska WIC program and the Nebraska Breastfeeding Coalition.
- **Communicate:** Discuss safe storage of breastmilk at the childcare and other important program items that support breastfeeding. FYI: Childcare programs must follow licensing regulations when it comes to labeling and storing breastmilk.

Effective January 2017, breastfeeding is now reimbursable for the Child and Adult Care Food Program (CACFP). This means, if the mother comes to the childcare program to nurse her baby, it is reimbursable. If a staff person at the childcare facility breastfeeds their child,

it is also reimbursable. For children over 12 months, breastmilk can be substituted for cow’s milk. There is no need for a medical note.

My oldest daughter was born four weeks early by emergency C-section. I was not allowed to hold her for four days. She was in the NICU for 15 days, and it took us seven weeks to learn this crazy nursing thing, but for me, it was well worth the struggle. I am very thankful for her infant teacher (Deb), my then employer (Tabitha Health Care Services) and my family for helping us make it through. I could not have done it without their support.

What can you do to support nursing moms?

Source: Centers for Disease Control and Prevention 2017 Breastfeeding Report Card; AAP Policy Statement (Pediatrics Feb 27, 2012)

Nebraska Breastfeeding Rates

At birth, 81% initiate breastfeeding

At 3 months, 42% exclusively breastfeeding

At 6 months, 23% exclusively breastfeeding

At 12 months, 30% some breastfeeding



4-H Summer Camps

It is not too late to sign up for 4-H Summer Camps which are offered through Aug. 7. With locations at Gretna and Halsey, there are over 45 camps ranging from half day to five days/four nights. Many camps still have openings! Open to all youth ages 5–18 (need not be in 4-H).



A wide variety of programs are offered including:

- team-building challenge courses — low initiatives, high initiatives, zip lines
- shooting sports — archery, air rifles, shot gun, .22 rifle, muzzleloader
- aquatics — canoeing, fishing, tubing, kayaking, tanking, swimming
- nature programing and GPS
- arts, crafts, exploration, campfires, games, songs and fun!

More information is at <http://4h.unl.edu/camp-centers> and the Extension office.

All Lancaster County 4-H Volunteers Must be Rescreened in 2017

Every four years, all Nebraska 4-H volunteers must be rescreened through the 4-H Youth Protection Volunteer Screening. This year, 2017, is the year our district must be rescreened.

The form is available at the Extension office or online at <http://lancaster.unl.edu/4h/club>. Volunteers will need to verify their identity by completing section A (have a notary public sign, then mail the form to Kim Novotny, State 4-H Office, 114 Ag Hall, Lincoln, NE 68583) or section B (have an Extension staff member sign). Must show photo ID for either option.

The screening ensures a safe, positive and nurturing environment for all youth involved with the Nebraska Youth Development program. If you have questions, please contact the Extension office at 402-441-7180.

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 2017 State Fair will be Aug. 25–Sept. 4 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. Lancaster County Extension staff will NOT be collecting State Fair entries or entry fees during Super Fair. Entries will be due Thursday, Aug. 10. Instructions and link to register are at <http://nebr.fairwire.com>. For more information, contact Cole Meador at 402-441-7180.

This only applies to livestock — static exhibit entries will still be taken care of by Extension staff.

AKSARBEN 4-H Show Entries Due Aug. 10

More than 2,000 4-H families from a 10-state area participate in the AKSARBEN 4-H Show.

The AKSARBEN 4-H Stock Show will be held Sept. 28–Oct. 1 at the Nebraska State Fair Grounds (Fonner Park) in Grand Island. Categories of this 4-H-only competition are dairy, feeder calf & breeding beef, market beef, market broilers, meat goats, market lamb, market swine and dairy steer. Exhibitors must be 10 years of age by Jan. 1.

The AKSARBEN 4-H Horse Show will be held Sept. 23–24 at the Nebraska State Fair Grounds – Thompson Foods 4-H Arena (Fonner Park) in Grand Island. Horse exhibitors must be 12 years of age by Jan. 1.

New for 2017: AKSARBEN will be utilizing an all online entry process. More information regarding the entry process will be made available as it comes available.

Extension staff will NOT be accepting entries at the Super Fair as in previous years. Online entries will be due Thursday, Aug. 10, except the Market Broiler Request & Entry Form is due July 8. For more information and tentative schedule, go to www.aksarbenstockshow.com.

4-H/FFA Showmanship and Fitting Clinic, June 29

All 4-H and FFA members are invited to participate in a free Beef, Sheep, Meat Goat and Swine Showmanship and Fitting Clinic on Thursday, June 29, 6–8 p.m. at the Lancaster Event Center Pavilion 1 - East end. Topics to be covering include showmanship techniques, fitting and basic feeding. All participants are encouraged to bring their animals with them (NO swine please).

There will be experienced instructors to help answer any questions you may have heading into fair. Presenters include members of the Happy Go Lucky 4-H Club, the Cooper family and others. Actual ring experience will take place. Pens and stalls will not be available. Plan accordingly.

Please RSVP by calling 402-441-7180 — register for which species you will participate with.

4-H Rabbit Tattooing Opportunity, July 8

There will be a 4-H rabbit tattooing opportunity provided by the Rabbit VIPS Committee on Saturday, July 8, 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 fairgrounds. The tattoo must be on the completed affidavit (due by June 15) and fair registration form (due by July 1).

4-H Sewing Help Sessions in July

Kath Conroy, a 4-H clothing superintendent, is offering to help 4-H youth with their sewing projects again this year. Four help sessions will be held at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln on Thursday, July 6, Friday, July 7, Wednesday, July 12 and Thursday, July 13. All sessions will be held from 12–4 p.m. 4-Hers may attend some or all sessions. There is no cost and registration is not required.

Bring your sewing machine, sewing supplies and project. A few office sewing machines are available for use upon request. Kath will be available to help with fitting, cutting fabric, zipper or anything else needed. This exceptional seamstress has many years of experience helping 4-Hers.

4-H Clover Chase Ends Aug. 15

Nebraska 4-H, in partnership with the Nebraska 4-H Foundation, is celebrating the Nebraska Statehood 150 with a 4-H Clover Chase. This photo scavenger hunt runs through Aug. 15. Participants use an app to complete challenges and submit photo entries on social media using #NE4HChase. After submitting photos and earning 150 points, participants will be eligible to receive a commemorative water bottle and entered in a drawing for a drone with video capability. Complete details are at <http://4h.unl.edu/clover-chase>.

4-H Council Golf Tournament Fundraiser, Oct. 1

Save the date — a 4-H Council Golf Tournament Fundraiser will be held Sunday, Oct. 1 at the Woodland Hills Golf Course, Eagle. 1 p.m. shotgun start. This tournament is four-person scramble and costs \$80 per golfer or \$320 per team. It includes:

- 18 holes, cart and range balls
- Snack and one meal
- Random flight prizes of \$160 each
- Beverage cart available
- Raffle prizes

For reservations, call Woodland Hills at 402-475-4653. For hole, other sponsorships or prize donations, contact Mitch Sump at 402-432-1031 or mitchsump1996@gmail.com or Jerry Morris at 402-261-9861 or packmn69@yahoo.com. Tournament sponsor is The Duffers Golf League.

Community Service Opportunity

Community improvement grants of \$500 are available through the Keep Lincoln & Lancaster County Beautiful (KLLCB) Program. 4-H clubs or groups who conduct litter cleanup projects in public areas — along streets, alleys, at schools, parks, etc. — may apply for funding grants. Projects must be completed by Oct. 31. KLLCB can provide trash and recycling bags, safety equipment and other helpful tools. Guidelines and application form are at www.lincoln.ne.gov/city/health/envirom/waste/kllcb.htm.



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 16–20 at Fonner Park in Grand Island. Information is at <http://4h.unl.edu/horse/state-expo>.

Health Papers

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

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.



LANCASTER COUNTY Super Fair

Aug. 3–12, 2017

4-H & FFA Exhibits & Events Aug. 3–6

4-H Horse Show July 31–Aug. 6

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. 2). These entry passes allow one vehicle and its occupants to enter the fairgrounds each day Thursday, Aug. 3–Monday, Aug. 7, 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.

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 \$3 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. 12 at ticket sponsors. Ticket sponsors as of press time are: Casey's General Store, Russ's Market, Super Saver and West Gate Bank. Gate admission without this free ticket will be \$3 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 Fair Entry Days!

Monday, Aug. 7–Wednesday, Aug. 9 **ONLY** — no gate tickets, no parking fee required. Note: fairgrounds open to public at 4 p.m. on these days.

Barn Quilt Contest

The Lancaster County Agricultural Society is repeating the 4-H & FFA Barn Quilt contest for 4-H clubs & FFA chapters. Entry forms must be postmarked by July 6. Top three prizes are gift cards for pizza (\$100, \$50, \$25)! Plywood panels may be picked up at the Lancaster Event Center after May 15 (as requested on the entry form) — form must be submitted prior to pick up. The Ag Society will provide one piece of plywood 4' x 4' x 1/2" already primed and pre-drilled for hanging. Each group 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 office at front of Lincoln Room between July 31 and Aug. 2. The barn quilts are planned to be auctioned off during the Watermelon Feed as a Super Fair fundraiser. Rules and entry form is at <http://lancaster.unl.edu/4h/fair>. If you have any questions or want to arrange time to pickup plywood, contact the Lancaster Event Center at 402-441-6545, Monday–Friday, 8 a.m.–4 p.m.

4-H Volunteers Needed

Adults *and* youth are needed to help 4-H during the Lancaster County Super Fair. If you, someone from your club, or an interested volunteer would like to help, contact the Extension office at 402-441-7180.

- **In the 4-H Corner Stop food booth** (ages 8 and up) from Wednesday, Aug. 2 through Sunday, Aug. 6 (sign up online at <http://go.unl.edu/foodboothsignup>).
- **Static exhibit set-up** (ages 8 and up) on Thursday, July 27 at 6:30 p.m. (pizza will be served to volunteers) and Saturday, July 29 at 8 a.m. in the Lincoln Room.
- **During judging of static exhibits** (ages 12 and up) on Wednesday, Aug. 2.
- **Teen tour guides are needed for Fair Fun Day** (ages 14 and up) for child care groups on Friday, Aug. 4 at 9–11:30 a.m. and 12:30–3 p.m.

Presentations, July 15

This year's Presentations Contest will be Saturday, July 15, 9 a.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road. Must preregister by July 10. 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 25

• Public Fashion Show, Aug. 3

Fashion Show judging will be Tuesday, July 25, 8 a.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road. The public Fashion Show will be Thursday, Aug. 3 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 17.

Static Exhibit Check-In Aug. 1, 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. 1 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. All static exhibits will be released on Monday, Aug. 7 from 7–11 a.m. Please pick up project(s) at each of the area(s) you have exhibits.

Interview Judging, Aug. 2

Interview judging is Wednesday, Aug. 2 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 what was easy, what was challenging. 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 18 of the Fair Book for project areas which have interview judging. Members, parents or leaders are to **call the Extension office at 402-441-7180 to sign up members for a five-minute time slot — preregister between July 10 and 28**. If slots are still available, you may sign up during Static Exhibit Check-in on Tuesday, Aug. 1, 4–8 p.m.

Table Setting Contest, Aug. 4

The Table Setting Contest will be held during the Super Fair on Friday, Aug. 4, 5pm at the Lancaster Event Center (Exhibit Hall — use east entrance). Preregister by Monday, July 24 by calling 402-441-7180. There is no entry form. A how-to handout available at the Extension office or online at <http://lancaster.unl.edu/4h/Fair>. Participants select a theme and display one place setting, including table covering, dishes, glassware, silverware, centerpiece and menu. (Do not bring/prepare food.)

Chicken Dinner Fundraiser, Aug. 4

Lancaster County 4-H Council is having a Chicken Dinner on Friday, Aug. 4, 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. 6

All Clover Kids, youth ages 5–7 by January 1, 2017, are invited to show & tell their 4-H exhibits at the Lancaster County Super Fair, Sunday, Aug. 6, 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 13 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. 1, 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 Saturday, 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 will be 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. 3.
- 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 fifth year.

Livestock Judging Contest, Aug. 6

Now in its seventh year, a 4-H/FFA Livestock Judging Contest will be held Sunday, Aug. 6, 12 noon–2 p.m. in Pavilion 1. Preregister by Thursday, Aug. 3, 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 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

- 24 Composting Demonstration, Pioneer Park Nature Center's Backyard Composting Demonstration Area10 a.m.**
- 26–27 Premiere Animal Science Events (PASE)/FCS Life Challenge, UNL East Campus**
- 27 Babysitting Training for 5th–7th Graders 8:30 a.m.–4:30 p.m.**
- 27 4-H Horsemanship Level Testing, Lancaster Event Center – Pav. 4, Amy Countryman Arena..... 5:30 p.m.**
- 29 Babysitting Training for 5th–7th Graders 8:30 a.m.–4:30 p.m.**
- 29 4-H/FFA Beef, Sheep, Meat Goat & Swine Showmanship and Fitting Clinic, Lancaster Event Center – Pav. 1 East End6–8 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 4-H Sewing Help Session..... 12–4 p.m.**
- 6 4-H/FFA Livestock Booster Club Scholarships Due**
- 6 Deadline for Lancaster County Super Fair 4-H & FFA Barn Quilt Contest**
- 7 4-H Sewing Help Session..... 12–4 p.m.**
- 8 4-H Rabbit Tattooing Opportunity..... 9–11 a.m.**
- 10 Pesticide Applicator NDA Walk-in “Testing Only” Session 9 a.m.–2 p.m.**
- 12 4-H Sewing Help Session..... 12–4 p.m.**
- 13 Co-Parenting for Successful Kids Class9 a.m.–12:30 p.m.**
- 13 4-H Sewing Help Session..... 12–4 p.m.**
- 14 Extension Board Meeting8 a.m.**
- 15 4-H Presentations Contest.....9 a.m.**
- 16–20 State 4-H Horse Show, Fonner Park, Grand Island**
- 17 4-H Horse Incentive Program Forms Due to Extension**
- 19 BUILDING Math Talk in Early Childhood Settings..... 9 a.m.–4 p.m.**
- 25 4-H Fashion Show Judging.....9 a.m.**
- 27 4-H Food Booth Training for Super Fair, Lancaster Event Center – Lincoln Room6–9 p.m.**
- 27 4-H Static Exhibit Set-Up, Lancaster Event Center – Lincoln Room . 6:30 p.m.**
- 29 4-H Static Exhibit Set-Up, Lancaster Event Center – Lincoln Room8 a.m.**
- 31 Lancaster County Super Fair 4-H Horse Shows Begin, Lancaster Event Center**

4-H Companion Animal Challenge Results

The statewide 4-H Companion Animal Challenge was held on April 1 at UNL East Campus. Youth entered in five events: dog skill-a-thon, dog quiz bowl, demonstration, art contest and photography contest. Congratulations to all Lancaster County 4-H members who participated! Below are the Lancaster County purple ribbon winners and champions.

DOG SKILL-A-THON

Intermediate Division: Lauren Lilienthal (Champion), Taylor Root (Reserve Champion), Kaitlyn Dumler

ART CONTEST

Intermediate Division: Emma Timmer (Champion), Katie Timmer (Reserve Champion), Kaitlyn McCrackin

Senior Division: Elisabeth Moyer (Reserve Champion)

PHOTOGRAPHY CONTEST

Intermediate Division: Kaitlyn McCrackin (Champion), Emma Timmer (Reserve Champion)

DEMONSTRATIONS

Intermediate Team: Taylor Root and Maleah Jamison (Champion) (blue ribbon winners)



Dog Skill-a-Thon Intermediate

4-H Regional Speech/PSA Contest Results

The 2017 4-H Southeast Regional 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 — Avery Lockridge (medal), Sarah Lange, Melanie Wiggins
- Intermediate division — Grace Spaulding (medal), Autumn Brester, Kylie Hansen
- Senior division — Ashley Clegg, Addison Wanser

Public Service

Announcement Contest:

- Junior division — Melanie Wiggins (medal)
- Intermediate division — Ella Hendricksen (medal), Riley Peterson (medal), Eliese Schwinck



Speech Intermediate

EXTENSION NEWS

4-H Interns Assist During Summer



(L–R) Ericka Murray, Ivy Dearmont, Savannah Schafer and Sadie Hammond

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

- Ivy Dearmont** assists Kate Pulec with the horse, rabbit, cat and household pet projects. This is her first summer as a 4-H intern. Ivy just finished her second year at the University of Nebraska–Lincoln where she is majoring in Companion Animal Science. She was a 4-H member in Lancaster County for 10 years.
- Sadie Hammond** assists Kristin Geisert with Clover College, Super Fair static exhibits and contests. This is her second summer as a 4-H intern. Sadie just finished her third year at Doane University where she is majoring in elementary and special education. Sadie was a 4-H member in Lancaster County for 10 years.
- Ericka Murray** assists Tracy Anderson in 4-H outreach and Extension education. Her focus is engaging new Lancaster County audiences through hands-on 4-H activities in areas such as STEM, Career Exploration and Environmental Science. Ericka is new to the 4-H community. Ericka just finished her third year at UNL where she is majoring in Child, Youth and Family Studies with an emphasis in Human Development and Family Science.
- Savannah Schafer** assists Cole Meador with the livestock, dog and poultry projects. This is her first summer as a 4-H intern in Lancaster County. Last year, Savannah worked at the Kimmel Education and Research Center in Nebraska City as an AmeriCorps member. She just finished her sophomore year at UNL where she is majoring in Agricultural Education with a minor in Animal Science. She was a 4-H member in Cass County for 12 years.

Lancaster County Years of Service

Recently, several Lancaster County employees at Nebraska Extension in Lancaster County were recognized for years of service to Lancaster County:

- Karen Evasco**, Clerk Typist II, 35 years of service.
- Jenny DeBuhr**, Administrative Services Officer, 15 years of service.
- Vicki Jedlicka**, Publication & Media Assistant, 15 years of service.
- Christopher Rosenthal**, Repair & Cleaning Worker, 10 years of service.

Super Fair Volunteer Opportunities

The Lancaster County Super Fair will be held Aug. 3–12 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. High schoolers & college students can earn their required community service before school even starts! Receive a free T-shirt and discounted meals with four or more hours. For more information, see SuperFair.org or call Mike Wulf at 402-441-6545 by July 10.

State Fair 4-H Volunteer Opportunities

Nebraska 4-H is looking for volunteers to help with exhibit entry day, judging and serving as 4-H exhibit building hosts. Volunteers will also be needed to serve as the Lil' Green Mascot, take photographs of events, as well as assist with all 4-H contests and events throughout the fair. State Fair 4-H volunteers will receive a gate pass for the day(s) they volunteer. Volunteers can sign-up by completing the 4-H Volunteer Interest Form available online at <http://go.unl.edu/2017statefair4-hvolunteer>. If you have questions, contact Cathy Johnston at cjohnston1@unl.edu or 402-472-1762.