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The NEBLINE, July 2004

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The NEBLINE[®]

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

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SPECIAL INSERT: Lancaster County Fair Schedule & Map



LANCASTER COUNTY FAIR
AUGUST 4-8
LANCASTER EVENT CENTER

Tips, Tools and Travel-Safe Foods for Summer Food Safety

Alice Henneman
UNL Lancaster County Extension
& Joyce Jensen
Lincoln/Lancaster County
Health Department

The number of foodborne illnesses increases during the summer. Here's why:

- Bacteria love the hot, humid days of summer, and grow faster than at any other time of the year. When the temperature is above 90° F, the time perishable food can be left outside the refrigerator or freezer drops from two hours to one hour.
- At the same time temperatures rise, we're more likely to leave food unrefrigerated for longer time periods. Food sits out at picnics, barbecues and during travel.
- Washing facilities and thermostat-controlled cooking appliances often are not available at picnic sites.
- People may leave their food thermometer in their kitchen when cooking outdoors.

Beat bacteria this summer with these seven tips, tools and travel-safe foods.

1) Chill Out!

Avoid providing a playground for bacteria while enroute to your outing.

Keep perishable foods cool by transporting them to a picnic site in an insulated cooler kept cold with ice or frozen gel packs. Perishable foods include meat; poultry; seafood; eggs; dairy products; pasta; rice; cooked vegetables and fresh, peeled and/or cut fruits and vegetables.

Pack the cooler immediately before leaving home with foods that have been kept chilled in the refrigerator.

Avoid frequently opening the cooler containing perishable food. Pack beverages in one cooler and perishables in another.

Keep the cooler in an air-conditioned vehicle for transporting and then keep in the shade or shelter at the picnic site. To avoid frequently opening the cooler, open it once to remove only the amount of food that will be eaten immediately. Keep raw meat, poultry and seafood wrapped separately from cooked foods, or foods meant to be eaten raw, such as fruits and vegetables.

Throw away any perishable leftovers that have been kept out over two hours (one hour if the temperature is above 90° F).

2) Ice Cream "Egg"-actly as You Like It!

Don't let a favorite homemade ice cream made with raw eggs cramp your style with a possible foodborne illness.

Substitute an egg-based ice cream recipe made from a cooked, stirred custard, such as the accompanying recipe and variations from the American Egg Board (AEB).

3) No Poking Allowed

Poking and stabbing meat with a fork or knife when placing or turning meat on the grill can cause a loss of juices that keep meat moist and tender. Piercing meat also can affect food safety.

Bacteria normally are found only on the external surface of larger cuts of meat like beef steaks. Steaks are safe if cooked to 145° F (versus 160° F for ground-up meat like hamburgers) since the outside will reach a temperature high enough to kill these surface bacteria. However, if a steak is poked with a fork or knife, these bacteria can be pushed into the steak and then the steak must be cooked to 160° F, the same as hamburger.

Use long-handled tongs to handle meat on the grill. Use a SEPARATE set of tongs for removing COOKED meat, poultry and seafood from the grill.

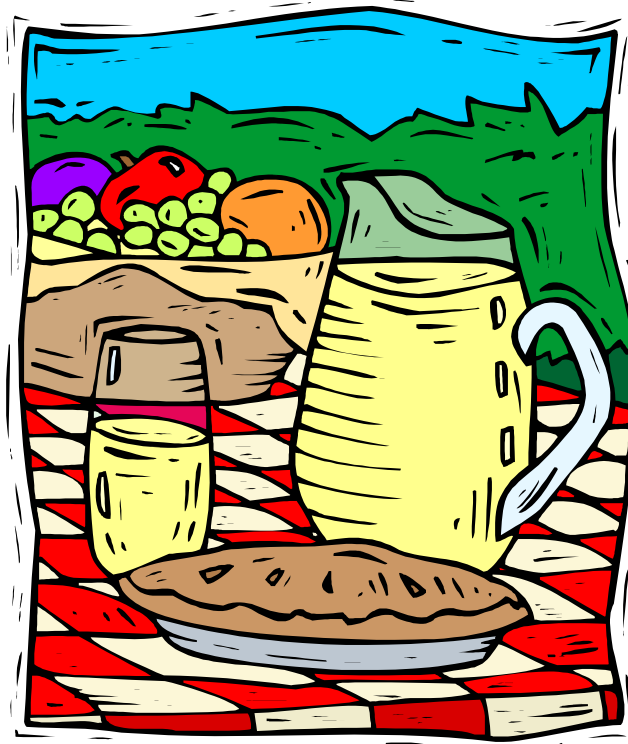
4) Safe at the Plate

Avoid cross-contamination. Place cooked meat, poultry and seafood on a clean plate, rather than the plate on which it was carried to the grill.

5) What's Hot, What's Not!

Rather than worry about keeping hot foods hot and cold foods cold, limit the number of perishable foods on your menu, especially if you'll be at a picnic site for several hours. For example, serve:

- potato chips instead of potato salad;
- washed whole fruit (apples, oranges, bananas, plums, peaches, etc.) instead of a cut-up fruit salad;
- cookies or brownies instead of a perishable cream-filled pie.



7) Shower Power

Though only the inside of melons (watermelon, cantaloupe, honeydew melons, etc.) is eaten, their outer rind still must be washed. Bacteria present in the soil can contaminate the skin of the melon. When the melon is cut, these bacteria are transferred to the part we eat and can grow to levels that cause foodborne illness.

Give your melon a shower! Wash the surface of melons thor-

oughly under clean, running water before eating them. Cut melons on a clean cutting surface, using a clean knife. If facilities for cleaning melons aren't available at the picnic site, wash and slice melons before leaving home. Transport them to the site in an insulated cooler kept cold with ice or freezer gel packs. Remove from the cooler just before serving them.

6) Get a Handle on Handwashing

Unwashed hands are a prime cause of foodborne illness. Whenever possible, wash your hands with warm, soapy water for 20 seconds before handling food. When eating away from home, pack disposable towelettes if no handwashing facilities are available.

Frozen Custard Ice Cream

(makes 1 1/2 to 2 quarts)

6 eggs	2 cups whipping cream
2 cups milk	1 tablespoon vanilla
3/4 cup sugar	crushed ice
1/4 teaspoon salt	rock salt

In medium saucepan, beat together eggs, milk, sugar and salt. Cook over low heat, stirring constantly, until mixture is thick enough to coat a metal spoon with a thin film and reaches at least 160° F. Cool quickly by setting pan in ice or cold water and stirring for a few minutes. Cover and refrigerate until thoroughly chilled, at least one hour. When ready to freeze, pour chilled custard, whipping cream and vanilla into 1-gallon ice cream freezer can. Freeze according to manufacturer's directions using six parts ice to one part rock salt. Transfer to freezer containers and freeze until firm.

VARIATIONS

Banana Nut: Reduce vanilla to 1 1/2 teaspoons. Cook and cool as above. Stir three large ripe bananas, mashed and 1/2 cup chopped toasted pecans into custard mixture. Freeze as above.

Cherry: Reduce vanilla to 1 teaspoon. Add 2 tablespoons almond extract. Cook and cool as above. Partially freeze. Add 2 pounds pitted pureed dark sweet fresh cherries OR one can (16 to 17 oz.) pitted dark sweet cherries, drained and chopped. Complete freezing.

Chocolate: Add three squares (1 oz. each) unsweetened chocolate to egg mixture. Cook, cool and freeze as above.

Plum: Reduce vanilla to 1 teaspoon. Cook and cool as above. Partially freeze. Add 1 1/2 pounds pitted, pureed, ripe, fresh plums. Complete freezing.

Strawberry: Omit vanilla. Cook and cool as above. Partially freeze. Add 2 cups sweetened, crushed fresh strawberries. Complete freezing.

Recipe courtesy of American Egg Board at www.aeb.org

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Cooperative Extension in Lancaster County
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2004 "Great Plants" Plants of the Year

"Great Plants" is a joint effort of the Nebraska Nursery & Landscape Association and the Nebraska Statewide Arboretum.



Tree of the Year BUR OAK

(*Quercus macrocarpa*)

With its wide, welcoming limbs and cooling shade, the bur oak is a welcome site. The bur oak can get to be 60 to 70 feet high and 50 to 60 feet wide. Native to the Great Plains, it withstands drought, wind, extreme cold, the heavy soils of the Midwest and is easy to grow, if planted as a young tree. The large dark green leaves generally turn yellow to brown in the fall and the brown bark

becomes deeply ridged and furrowed with age. The acorns, enclosed by a heavily fringed cap, are an excellent source of food for wildlife. With its massive trunk and broad crown of branches, the bur oak is more suited to large areas and makes for an excellent, durable street tree. Hardy to zone 2.



Shrub of the Year: CLOVE CURRANT

(*Ribes odoratum*)

The clove or buffalo currant is a western Nebraska native shrub that is an excellent choice for the landscape, especially when early spring color is desired. In April, the plant is covered with clove-scented flowers. The arching stems,

usually surrounded by a mass of young suckering growth, form bright green tri-lobed leaves that turn orange in the fall. The selection 'Crandall' was selected in Kansas in the late 1800's for its excellent fruit quality and resistance to mildew. The fruits offer a sweet and spicy flavor and will literally pull down the stems. It should be planted in full sun to part shade in good garden soil and will grow 4 to 6 feet tall and 4 to 6 feet wide. Hardy to zone 4.



Perennial of the Year VARIEGATED SOLOMON'S SEAL

(*Polygonatum multiflorum*
"Variegatum")

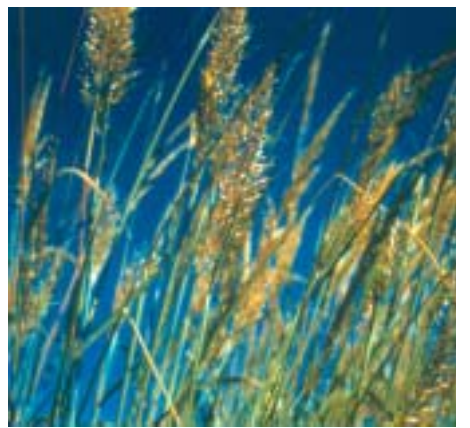
This is an alternative to hosta for the shade garden and is probably the most handsome of

the *Polygonatum*s. Native to Europe and Siberia, the origin of its common name refers to King Solomon's use of the crushed root for healing. Shoots emerge in the spring, mostly watermelon red with traces of green, and the bright color holds until the stems are almost fully grown. Emerging leaves are boldly blotched and striped ivory-white and arrange themselves along the arching stems. The white flowers hang from the stems in May and attract bumble bees. It is easy to grow with a shady location and rich, organic soils. Once established (2 feet tall, 2 feet wide), it will tolerate dry shade and soon form full patches with stems arranged in the same direction. Hardy to zone 4.


Grass of the Year INDIANGRASS

(*Sorghastrum nutans*)

Indiangrass is one of the Great Plain's most beautiful native grasses. It is an attractive, upright, clumping, warm season grass that makes an excellent tall background or specimen plant.



Its foliage ranges from various shades of green to almost blue topped by silky-soft, golden seed heads in late summer to early autumn. In the fall, it becomes yellowish and then dries to an attractive burnt orange and remains showy through the winter. Reaching 5 to 7 feet tall, it makes a powerful late season statement in the landscape. Indiangrass grows readily in full sun on any well-drained soil, from dry sand to heavy clay, but prefers rich, deep soils. It can benefit from additional water in the summer in the arid west and can readily reseed itself in areas with adequate moisture. Some cultivars of Indiangrass include "Holt," "Bluebird" and "Sioux Blue." Hardy to zone 4. (MJF)



Garden Guide

Things to do this month

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

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

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.

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.

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.

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.

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.

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

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

Control mosquitoes by eliminating all sources of stagnant water.

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

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

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

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

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

Black Spot of Rose

Anne Dombroski
Iowa State University Extension
Plant Pathology Graduate Student

While the heat and humidity of summer chase us indoors to the sanctuary of air conditioning, many of our landscape roses are falling prey to a fungus that thrives in summer weather. This fungus, known as black spot, causes leaves to develop black spots, turn yellow and fall off. A severe case of this disease can leave your roses looking like bare twigs with only a few unsightly flowers.

The fungus *Diplocarpon rosae* causes black spot and it is considered the most serious disease affecting roses in the Midwest. It thrives in our moist summer climate and receives an added boost during rainy periods. The fungus attacks new leaves as they emerge, beginning at spring bud break, and continues throughout the growing season. Black spot affects the leaves most severely, but it can infect canes and flower parts as well. It is transferred by splashing water from infected to healthy plant parts, and the fungal spores can also be carried by wind.

The disease produces rounded black spots on leaves. These spots often have feathered edges, can be up to half an inch in diameter and frequently are surrounded by a yellow halo. If the infection becomes severe, spots may coalesce, forming large irregular patches on the leaves. As the infection progresses, spotted leaves will turn yellow and fall off. This leaf fall can occur with as few as one or two spots per leaf. Eventually you are left with an



unsightly plant, which may then flush its new leaves and drop them repeatedly after each new cycle of infection.

Black spot symptoms usually appear first in the lower leaves and spread upward throughout the plant. In addition to leaf symptoms, flower number and quality is reduced and raised purple bumps may appear on younger canes. These bumps eventually turn into blackened, blistered areas. Leaf damage has an immediate impact on plant health, and cane and leaf infections also enable the fungus to survive the winter and infect new leaves as they emerge the following spring.

If left untreated, black spot can wreak havoc on susceptible rose varieties. Losing leaves early makes a plant short on stored food as it enters winter. As a result, infected plants are much more susceptible to winter injury and death.

Because the fungus is a threat throughout the summer, chemical control of black spot can be quite demanding. Weekly sprays are sometimes recommended to protect highly susceptible varieties. Once black spot gains a strong hold on your rose plant, it can be tough to subdue. Unless you are committed to using a chemical sprayer

all summer, the best way to control black spot in your yard is to purchase resistant varieties of roses. Lists of rose varieties with strong resistance to black spot can be obtained on the Web.

Good cultural practices help to reduce the severity of black spot. First, try to keep foliage as dry as possible. Adequate plant spacing promotes good air circulation and rapid drying, as does planting in sunny spots. When watering, it's helpful to apply water only to the base of the plant. Avoid using overhead sprinklers that can leave the foliage drenched. If you must use a sprinkler, it's better to water early in the day rather than in late afternoon or evening, when water can linger on the foliage all night.

Proper sanitation can also help control the spread of black spot. Because the fungus can survive the winter on both fallen leaves and canes, it is important to clean up all diseased leaves and prune out any infected canes. Cleanup should be done regularly during the growing season and again at the season's end.

Can't live without that highly susceptible rose in your yard? For the rose enthusiasts willing to mount a full-scale attack on the black spot fungus, several fungicides are available to control the disease. Spraying should begin as soon as foliage emerges in the spring and continue throughout the summer. Plants need to be sprayed every 7-10 days in order to protect the new leaves as they emerge. As with any pesticide, check the label for application instructions and confirm it is labeled to control black spot of rose.

West Nile Virus: Elderly at Risk

Barb Ogg
Extension Educator

Last year, human cases of West Nile virus in Nebraska started showing up in July. This article explains the current status of this disease and why people — especially the elderly — should take precautions to avoid mosquito bites.

West Nile virus (WNV) is a mosquito-transmitted disease that can infect humans, birds, horses and other mammals. In most humans, WNV infection can cause a mild flu-like illness, or may cause no symptoms at all. However in some cases, particularly among the elderly, it can cause serious neurological diseases like encephalitis or meningitis. West Nile virus first appeared in Nebraska during the summer of 2002 and has now spread across the continental United States.

West Nile virus is predominantly spread to humans by the bite of an infected mosquito. In Nebraska, the mosquito that most commonly transmits WNV is the *Culex tarsalis* mosquito. This mosquito is widely distributed west of the Mississippi River. It is found throughout Nebraska, but more prevalent in western Nebraska. It lays eggs in temporary flooded conditions, especially in rural locations, but will fly several miles in search of a blood meal.

Female *C. tarsalis* mosquitoes feed mainly on nesting birds, but will attack humans and domesticated animals, especially after the nesting season. These mosquitoes are most active at dusk and will enter buildings in search of a blood meal.

In 2002, the first documented case of WNV transmis-

sion through blood transfusion was reported. Donated blood is now tested to ensure a safe blood supply. West Nile virus is NOT spread by casual contact such as touching, kissing or caring for someone who is infected.

Persons older than 50, particularly those over 65, have the highest risk of severe disease, such as encephalitis and meningitis. In 2003, there were 29 deaths from WNV in Nebraska; 27 of those persons were more than 65 years old.

Symptoms

Most people who are infected with WNV either have no symptoms or experience mild illness such as fever, headache and body aches before fully recovering. Some persons may develop a mild rash or swollen lymph glands. In some individuals, particularly the elderly, West

Nile virus can cause encephalitis (inflammation of the brain), meningitis (inflammation of the membrane around the brain and spinal cord) and acute flaccid paralysis (a

polio-like syndrome in which muscles become very weak or paralyzed). Symptoms may include: headache, high fever, stiff neck, confusion, coma, tremors, convulsions and muscle weakness or paralysis. At its most serious, WNV can cause permanent neurological damage and death.

If illness does occur, symptoms generally appear within 3 to 15 days of being bitten by an infected mosquito.

Medical Care

Currently, there is no human vaccine to protect the public against WNV, although several companies are working toward developing one.

There is no specific therapy



Insect repellents with DEET come in aerosols, pump sprays and even moistened towelettes. Read and follow label directions.

for WNV. Most people who become infected will get better on their own. In more severe cases, intensive supportive therapy is indicated, which may include hospitalization, intravenous/IV fluids and nutrition, airway management, ventilatory support (ventilator) if needed, prevention of secondary infections and proper nursing care.

People are urged to contact their health care provider if they have concerns about their health. If symptoms such as high fever, confusion, muscle weakness and severe headaches occur, people should see their doctor immediately.

Reduce Exposure to Mosquitoes

Evidence indicates the chance of human infection and illness resulting from WNV is quite low. Those at greatest risk of the serious complications of WNV are those over age 50, particularly those over age 65, and they should take the greatest care to prevent exposure to mosquitoes. People should take the following precautions from June through October, when mosquitoes are most active:

- Wear long pants and long-

sleeved shirts, particularly between dusk and dawn when mosquitoes are active.

- Avoid shaded, bushy areas where mosquitoes rest.
- Limit outdoor activity, especially at dusk when *Culex tarsalis* mosquitoes are most active.
- Use an insect repellent containing DEET when spending time outdoors. *This is the most important action seniors can take to reduce the chances of getting bitten by an infected mosquito.* **The Centers for Disease Control and Prevention found the elderly — who are more susceptible to adverse effects from WNV — are less likely to use a mosquito repellent so educating this group about the importance of using a repellent is key to preventing deaths from WNV.**

Right now DEET, diethyltoluamide, is the most effective insect repellent on the market today. DEET is not a brand name, but the active ingredient DEET or diethyltoluamide should be listed on the product label. Repellents come in aerosols, pump sprays and even moistened towelettes. After returning inside, wash with

soap and water to remove DEET from skin. It is very important to read and follow label directions when using repellents.

Eliminate Mosquito Breeding Sites

Homeowners are encouraged to eliminate mosquito breeding sites to reduce mosquito populations. Mosquitoes lay eggs in standing or slow moving water. In residential areas, standing water can accumulate in unused tires, cans, unused pools and pool covers and other receptacles that collect water. Dump water from containers after it rains to eliminate these breeding areas. Mosquitoes will also enter homes through broken screens and open windows and doors. Keep mosquitoes out of the house by fixing broken screens.

Because of the high risk to senior citizens, persons over 65 should take extra precautions to reduce the chances of getting bitten. Seniors needn't become reclusive during the summer, but should routinely use an effective insect repellent when spending time outdoors, especially at dusk and evening hours.

Using DEET Repellents Safely

According to Wayne Kramer, Nebraska Department of Health and Human Services Medical Entomologist, DEET (N, N-diethyl-m-toluamide) is an effective insect repellent but should be used with caution. Products containing DEET have been occasionally associated with skin reactions, including rash, swelling and itching; eye irritation; and, in rare instances, slurred speech, confusion and seizures. Most adverse reactions have been associated with frequent re-application and saturation of the skin. It is best to use as little repellent as needed for your situation and only apply the repellent as needed.

Follow these precautions when using repellents containing DEET:

- Read all instructions on the label before applying DEET.
- People can use both sunscreen and DEET when they are outdoors. Follow package instructions for proper application of each product. Apply sunscreen first, followed by DEET repellent.
- Avoid prolonged and excessive use of DEET.

Use sparingly to exposed skin: do not treat unexposed skin.

- Do not apply repellents in enclosed areas.
- Do not apply directly to your face.
- Do not allow young children to apply DEET themselves.
- Do not apply DEET directly to children. Apply to your own hands and then put it on the child. (According to the American Academy of Pediatrics, repellents used on children should contain no more than 10 percent DEET).
- When applying DEET, avoid the child's face and hands.
- DEET can be applied to clothing, but may damage some synthetic fabrics and plastics.
- Wash all treated skin and clothing after returning indoors.
- Store out of the reach of children.
- If you believe you or a child is having an adverse reaction to a repellent containing DEET, wash the treated area immediately and call your health care provider or local poison control center. (BPO)

Is your Acreage or Farm a Mosquito-Breeding Site?

The mosquito that carries West Nile virus tends to be found most frequently in rural areas. Several habitats found on rural acreages and farms readily support the production of mosquitoes. Larvae can develop in watering troughs, small ponds, and irrigation ditches, rain barrels, manure lagoons, ruts where farm equipment frequently travels and other areas where water is allowed to accumulate. Even hoof prints can accumulate water and provide a breeding habitat.

To prevent mosquitoes, try to eliminate mosquito-breeding areas. Actions might include improving drainage in areas that are irrigated or filling in ruts where farming equipment frequently travels.

Make sure you thoroughly clean watering troughs regularly.

Remove or frequently empty any containers that accumulate water, including discarded tires. Aerate small ponds and stock them with fish that eat mosquito larvae. Check with the Nebraska Game and Parks Commission to determine which species of fish would be best.

In situations where eliminating mosquito-breeding areas is not practical, controlling larvae in breeding areas is the most effective control technique. Treatments registered for larval control on mosquito-breeding habitats, like ponds and lagoons, include *Bacillus sphaericus*, *B. thuringiensis israelensis* (B.t.i.), temephos (Abate®) and growth regulators (Altocid®). As always, carefully read and follow label directions when using any insecticidal products.

Source: Nebraska Department of Health and Human Services System (BPO)

Effect of Increasing Energy Prices on Irrigation Costs

Tom Dorn
Extension Educator

Last month I presented tables that showed the increased fuel cost per hour to run various sized tractors and combines and a table showing the increased fuel cost per acre for various field operations given a \$0.40 per gallon increase in the price of diesel fuel. This month I will expand the discussion by showing the effect of a \$0.40 per gallon increase in diesel price on the cost of irrigation pumping. The cost to pump an acre-

inch¹ of water depends on the total head the pump must produce to deliver the water. The total head has two components. The lift from the groundwater in the well to surface and the system pressure measured at the discharge head of the pump. Of course, the greater the volume of water pumped (acre-inches), the greater the cost per acre will be. Table 1 presents several scenarios that represents typical irrigation situations in Nebraska.

¹ Acre-inch is the volume of water needed to cover an acre one-inch deep or 27,154 gallons.

Table 1. Increased irrigation fuel cost for a \$0.40 per gallon increase in diesel price.²

Irrigation System	Location in Nebraska	Lift, feet	Pressure, PSI	Application Depth, inches	Fuel Cost per acre \$0.90/gal	Fuel Cost per acre at \$1.30/gal	Increased fuel cost \$/acre
Pivot	Eastern	125	35	12	\$20.78	\$30.02	\$9.23
Pivot	Northeast	150	40	12	\$24.37	\$35.20	\$10.83
Pivot	Northeast	150	65	12	\$30.04	\$43.39	\$13.35
Pivot	Central	150	40	16	\$32.49	\$46.93	\$14.44
Pivot	Western	175	40	18	\$40.24	\$58.11	\$17.87
Gated Pipe	Eastern	125	10	15	\$19.23	\$27.78	\$8.55
Gated Pipe	Central	150	10	20	\$29.73	\$42.95	\$13.22
Gated Pipe	Platte Valley	40	10	22	\$12.91	\$18.65	\$5.74
Gated Pipe	Western	150	10	22	\$32.71	\$47.25	\$14.54

² Irrigation costs were calculated using Irrigcost, an Excel worksheet written by Thomas Dorn, extension educator, UNL. Irrigcost is available for download at no cost on the Web at: lancaster.unl.edu/ag/crops/irrigate.htm.

Watch for Blister Beetles in Alfalfa

Alfalfa producers should be on the alert for blister beetles (*Epicauta spp.*) as they prepare for the next cutting. The increase in blister beetles is likely because immature blister beetles feed on grasshopper eggs, which have been plentiful for the past couple of years. Blister beetles feed on a plant's flowers and leaves, but usually cause little damage. They can create a serious problem, however, for the animals that consume them. Blister beetles contain a lipid (fat) soluble blistering agent called cantharidin, which causes blisters on skin tissue upon contact and can severely irritate an animal's digestive tract, especially horses.

Adult blister beetles vary in size and color but can be recognized by elongated, narrow, cylindrical and soft bodies. When viewed from above, they have a constriction behind the head where it attaches to the narrowed anterior



Gray, black and three-striped blister beetles, all of which are toxic to horses and some other animals to varying degrees. Increased numbers of blister beetles in the second and third cuttings of alfalfa could pose problems for horses and livestock.

end of the thorax. Several species of blister beetles are common to Nebraska and pose varying degrees of problems. In Nebraska, the gray, black and three-striped blister beetles are most common. The three-striped is long, slender, brown and yellowish-gray with yellowish stripes. The gray is a larger beetle that is 9/16-inch to 11/16-inch long. The gray coloring is due to a thick covering of hair. The black blister beetle is the largest of the three species. It is more robust and is 5/8-inch to

7/8-inch long.

Adult blister beetles can generally be found in alfalfa through the second and third cuttings and some years into the fourth cutting. Horses are particularly susceptible to blister beetle poisoning. Part or all of a horse's digestive tract can be severely irritated, leading to secondary infections and bleeding. Cantharidin is absorbed and excreted through the kidneys, thus irritation of the kidneys, ureter, urinary bladder and urethra could be followed by secondary infections and bleeding. The substance also lowers serum calcium levels and causes damage to heart muscle tissue.

Researchers estimate the minimum lethal dose of cantharidin is about one milligram per kilogram body weight of a horse. The lethal dose for cattle may be as low as 0.5 milligram

per kilogram body weight. Consequently, a few beetles with a high cantharidin level would kill a small horse, but quite a few with a low level would be required to kill a larger horse. About 1,700 black blister beetles would be needed to kill an 825-pound horse, but only 120 three-striped blister beetles. However, only 40 three-striped blister beetles would kill a 275-pound colt. As little as four to six grams of dried beetles can be fatal to a horse.

Management

Toxicosis by blister beetles is related to simultaneous cutting and crimping of hay when beetles are present. If hay is cut with a sickle bar or rotary mower and not crimped, the beetle can leave the hay after it is cut. If the beetles are not allowed to escape, the trapped beetles die and are incorporated

into the hay.

Scout fields, particularly in border areas, for the presence of blister beetles and if found, treat with a short residual insecticide approved for use on alfalfa can be found on the UNL Department of Entomology Web site.

When selecting a pesticide, read the label to determine harvest restriction intervals. Kansas State University doesn't recommend blister beetle treatment because the dead beetles, which are still toxic, remain in the field. Other recommendations include not using crimpers on hay intended for horses and cutting alfalfa in the bud stage because blooms attract blister beetles.

It is difficult to eliminate the possibility of blister beetles in alfalfa, but carefully examining the hay being fed to horses may help detect their presence.

For more information, read University of Nebraska Cooperative Extension NebFacts (NF02-551) *Management of Blister Beetles in Alfalfa* available at the extension office or online at ianrpubs.unl.edu/insects/nf551.htm. (TD)

Source: Jack Campbell, extension entomologist, West Central REC and Keith Jarvi, extension IPM, Northeast REC

Pesticide Container Recycling

The Nebraska Pesticide Container Recycling program provides a recycling opportunity for plastic from 1- and 2.5-gallon containers. More than 40 inspection/collection sites are available to take your rinsed plastic containers to in Nebraska. Two pesticide container recycling dates have been established in Lancaster County.



The UNL Cooperative Extension in Lancaster County, in conjunction with local businesses, will be holding public collection days from 9 a.m. to 3 p.m. at the following locations:

- July 9 — Farmers Cooperative, Waverly
- July 23 — Farmers Cooperative, Bennet

In addition, the Lancaster County Extension office, located at 444 Cherrycreek Road in Lincoln, will accept containers now through Oct. 31 by appointment during business hours. Call 441-7180 for directions.

All liquid pesticide containers require proper rinsing (triple rinsing or pressure rinsing). Rinse the containers immediately after emptying and place the rinse water in the spray tank for application on the labeled site. It is illegal to burn the containers. Crop oil and adjuvant containers may also be recycled. Please remove caps and plastic labels or multi-layered paper labels.

Commercial applicators are encouraged to recycle their customer's plastic containers at these sites.

Last year, more than 167,000 pounds (83.5 tons) of plastic from pesticide containers were recycled in Nebraska. This plastic is kept separate from regular recycling channels and only goes into environmentally safe uses such as pesticide shipping pallets, agricultural drain tile, parking lot tire bumpers, rail road ties, plastic lumber, etc. (TD)

New Rules for CRP—Acres Can Be Used for Hay or Pasture

Regulations regarding conservation reserve program fields have changed. Producers now can manage CRP acres as hay or pasture instead of trying to resurrect the fields when it's too late to get much use out of them.

In the past, the CRP fields could only be used on late notice during emergency situations, but studies have indicated more frequent use of CRP for hay or pasture benefits both wildlife habitats and producers. As a result, fields approved by the Farm Service Agency (FSA) and National Resources Conservation Service (NRCS) can legally be swathed or grazed.

The main regulation for

qualified fields is producers either use the entire field every three years or use a third of the field each year. In addition, use can not begin until after a specific date as designated by the FSA.

When beginning to manage CRP acres specifically for forage, first examine the fields. Previously, maintenance was minimal, so fields may contain dead plants unsuitable as forage for hay. If possible, remove this low quality residue so it doesn't mix with and lower the forage quality of this year's new green growth. Any green growth in the first year generally won't be good quality, especially when mixed in with any useless

vegetation.

A prescribed burn, if safe and legal, helps clear-off old growth, weed seedlings and harmful trees. Tougher weeds like thistles, may require herbicides such as Grazon Razon, or 2,4-D and Banvel Granville mixtures. If unsure about how to control certain types of weeds, consult a weed management guide at your local cooperative extension office.

Once a field is cleared of excess growth, consider fertilizing with nitrogen or phosphorus. The growth should respond well to fertilizer, but be sure to evaluate before applying. (TD)

SOURCE: Bruce Anderson, Ph.D., forage specialist

Pouring Quality Concrete

Greg Brenneman

*Iowa State University Extension
Field Specialist/Ag Engineering*

Will you be pouring any concrete this summer? Here are a few simple ways to ensure your concrete is long lasting and as strong as you specified from the ready mix plant.

Before any concrete is poured, a uniform subgrade is needed. A concrete slab requires no special soil, but it must have uniform support. Hard or soft spots will cause uneven settlement and cracking of the concrete. Also, when a concrete slab is being poured, moisten the subgrade to prevent the dry soil or sand from drawing moisture away from the concrete.

The two biggest problems that result in weak concrete are too much water in the concrete and too little water while it cures. The more water added

per bag of Portland cement in a concrete mix, the weaker the concrete will be.

Adding only one-half gallon per bag of cement (about three gallons per cubic yard of concrete) lowers the strength more than 10 percent (500 pounds per square inch). If you order a certain strength of concrete, and then add water at the job site, the final strength of the concrete will be reduced. The simple rule for quality ready mix concrete is "don't add water."

While it is important not to use too much water in the concrete mix, it is even more important to keep the concrete moist after it's in place.



soft, non-durable surface.

Start the curing process as soon as the surface is hard enough to prevent damage (firm, but still damp to the touch). Allow the concrete to cure at least seven days for optimum strength. Commonly used methods for curing concrete include:

- Covering the concrete with a plastic sheet.
- Spraying a curing compound (water-tight coating) on the concrete.
- Continuously wetting the concrete with a soaker hose.

Following these few simple steps will give you a high quality concrete product. The keys to success are "don't add water" and "keep it wet."

Concrete does NOT dry. Rather, it cures or hardens by a reaction between the cement and water. For proper curing, you must keep the water in the concrete. If concrete is allowed to air dry, it can lose up to 50 percent of its strength compared to properly cured concrete. The result is weak concrete with a

Control of Muskrat Damage in Ponds

In the Midwest, most muskrats live in streams. In spring or fall, some of the muskrats move. In their spring travels, they are hunting food and safe places to rear young; in fall, they are hunting food and safe winter quarters. These traveling muskrats usually stay in their summer locations until fall and in their winter homes until spring. They may stay in either location permanently if the food and denning facilities are good enough. When they travel, they may go several miles, even across dry uplands, in their search for better places to live.

It is on these travels that muskrats find farm ponds and it is usually during spring that they locate in them. If the pond is large and contains abundant food, they may stay. But ponds seldom contain enough aquatic vegetation to hold muskrats past the fall season, especially if they can find better homes.

Pond muskrats dig burrows, and may also build homes of mud and vegetation in shallow water. It is the digging that most pond owners object to, especially when holes are dug into the dam. In digging and working around the shallows, muskrats stir up mud that may keep these areas or the whole pond cloudy. This is objectionable in a pond where clear water is wanted for swimming, livestock use and



water from coming up high enough to force the muskrats to dig new higher chambers dangerously close to the surface. Also, one reason for keeping livestock off a pond area is to avoid the chance of putting a hoof through the roof of the den and starting a wash.

Old or abandoned muskrat dens may cave in. Then it is usually a simple job, if done at once, to fill in the cavity and reseed to prevent washing.

Since muskrats are especially attracted to ponds containing large amounts of muskrat food plants, eliminating these plants is good muskrat control. Plants most favored by muskrats are the starchy ones—cattail, arrowhead, and the like. These

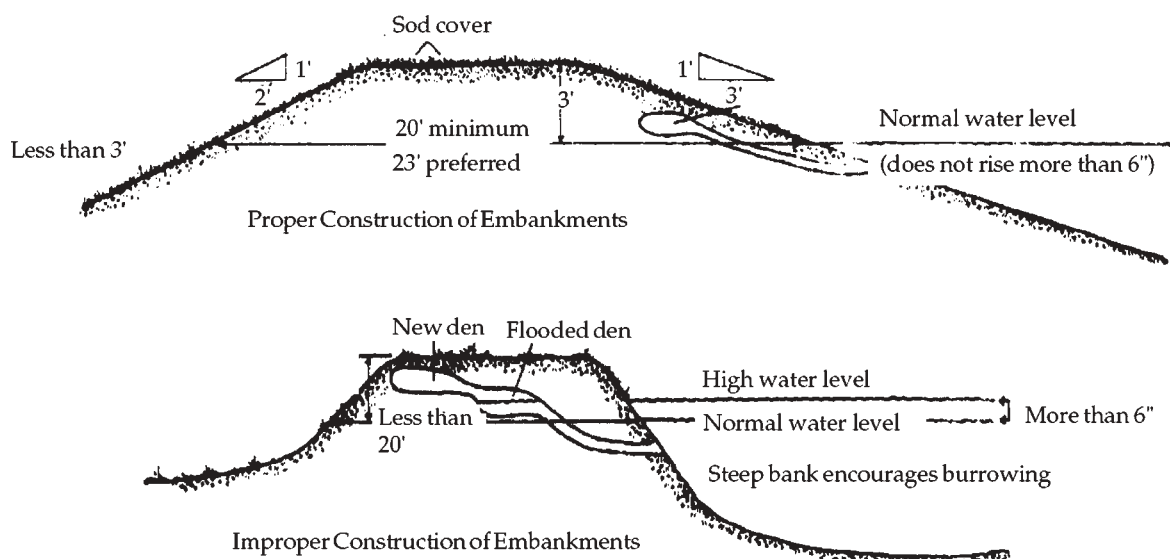
plants should never be planted in fish ponds, because they interfere with fish production. Plant control is also good muskrat control.

If muskrats can't find a better place, they will sometimes live in ponds even when food supply is limited. The only sure way to keep them out is by fencing the entire pond and spillway with fur-farm fence. This ordinarily is too expensive, and the only other recourse, if the animals are definitely a nuisance, is to remove them.

Trapping with pinch-type lethal traps is the most efficient way of removing muskrats. Various chemicals have been tried to keep muskrats out of ponds, or to drive them out. The same is true of other repellents. Still the most effective removal is by trapping. (DJ)

fish production.

When muskrats dig into dams, it is to make homes. The burrows start under water, then rise to a chamber hollowed out above water level, with one to two feet of solid earth and sod above. The muskrats don't tunnel through the dam unless the water rises high enough to make them dig a new chamber, higher up. That is one reason for specifying high freeboard and a wide spillway: these keep the



“Private Drinking Water Systems” is July Rural Living Clinic

The University of Nebraska Cooperative Extension is presenting a series of seminars entitled “Acreage Insights — Rural Living Clinics” to help acreage owners manage their rural living environment. “Private Drinking Water Systems” is the seventh in the series, to be held July 24 from 9 to 11 a.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road.

A properly designed,

installed, and maintained private drinking water system should meet your needs by providing an adequate supply of safe and aesthetically acceptable water. This program will help homeowners manage drinking water systems to meet their needs.

Topics that will be addressed include the interrelationship between ground and surface water, point and non-

point source pollution, basic drinking water well design and installation, as well as water quantity and quality needs, protection of the water supply, monitoring recommendations, and treatment options.

Speaker Sharon Skipton, University of Nebraska Cooperative Extension, has helped develop several publications and programs to help people manage private drinking water systems.

Skipton has provided education for homeowners across the state.

Pre-registration is \$10 per person and must be received three working-days before the program. Late registration is \$15 per person. For more information, visit the Acreage & Small Farm Insights Web site at acreage.unl.edu or contact Skipton at (402) 472-3662.

WATERWHEEL

Drinking Water Bacteria



Note: This is part of a series of articles related to rural water issues.

The presence of bacteria is a concern when considering the safety of drinking water. Intestinal infections, dysentery, hepatitis, typhoid fever, cholera and other illnesses can be caused by specific disease-causing bacteria.

Bacterial contamination can result from a number of sources. Human and animal wastes are a primary source of bacteria in water.

Additional sources include seepage or discharge from septic tanks and sewage treatment facilities; insects, rodents or animals entering a well; or flood water or surface runoff entering a well.

The environmental protection agency (EPA) requires all public water suppliers test for coliform bacteria and deliver water that meets the EPA standard that no coliform bacteria be present. Owners of private water supplies are responsible for having their water supply tested to ensure it is safe from bacterial contamination.

If a private water supply contains bacteria, both well location and construction should be evaluated in an attempt to identify and eliminate the source of contamination. A contaminated water supply can be disinfected with appropriate methods.

More on Flooding

Flood waters commonly contain high levels of bacteria. Whenever a well is inundated by flood waters or surface runoff, bacterial contamination is likely. Shallow wells and wells that do not have water-tight casings can be contaminated by bacteria infiltrating with the water through the soil near the well, especially in coarse-textured soils.

Testing for bacterial contamination and nitrate should be considered after flooding. (DJ)

Cooperative Extension has extensive resources on drinking water and private well systems. Stop by the extension office, go to lancaster.unl.edu or attend the upcoming Rural Living Clinic on “Private Drinking Water Systems” (see related article).



Alice Henneman, RD, Extension Educator

July is National Ice Cream Month. The National Dairy Council suggests scooping up vanilla ice cream with raspberries and blueberries to make a red, white and blue ice cream dish for the Fourth of July.

Here's a pear crisp recipe — light in calories and heavy on flavor — and topped by a lowfat ice cream or a nonfat frozen yogurt from the American Institute for Cancer Research. Though it looks like a lot of ingredients, the technique of mixing the crisp topping in your food processor makes quick work of preparing this recipe. Leave the pear skins on to save time and increase the fiber content.

Pear Crisp

(makes 9 servings)

- 1/4 cup rolled oats
- 1 tablespoon walnuts
- 3 tablespoons all-purpose flour
- 3 tablespoons whole wheat flour
- 2 1/2 tablespoons packed light brown sugar
- 1/8 teaspoon cinnamon
- 1 tablespoon plus 2 teaspoons canola oil
- 6 firm, yet ripe pears, peeled (if desired), cored and cubed
- 1/4 cup raisins
- 1 tablespoon lemon juice
- 2 tablespoons sugar
- 2 tablespoons flour
- 1/8 teaspoon nutmeg
- Pinch of cloves
- Caramel pecan or vanilla nonfat frozen yogurt or lowfat ice cream (optional)

- 1) Preheat oven to 375° F. Lightly spray 8- or 9- inch round cake pan.
- 2) In food processor, pulse oats and walnuts 15 seconds. Add flour, brown sugar and cinnamon. Blend 15 more seconds. While running, drizzle oil and blend 30 seconds. Transfer to bowl and set aside.
- 3) In another bowl, toss pears with next 6 ingredients. Spoon pears into prepared cake pan. Cover with oat mixture, pressing down gently. Bake 45-50 minutes, until topping is brown and pears are bubbling. Serve hot, topped with nonfat frozen yogurt or lowfat ice cream, if desired.

Nutritional Analysis per serving: 164 calories, 4 g. total fat (<1 g. saturated fat), 34 g. carbohydrates, 2 g. protein, 4 g. dietary fiber, 3 mg. sodium.

Recipe courtesy of American Institute for Cancer Research www.aicr.org

July is also National Blueberry Month. Of more than 50 plant foods tested by the U.S. Department of Agriculture, blueberries scored among the highest in antioxidant power. Research suggests eating blueberries and other high-antioxidant fruits and vegetables may retard the oxidative damage to tissues associated with aging. The following smoothie recipe, from the National Cancer Institute may also be made with blueberries.

Note: Using frozen fruits helps thicken the smoothie. To freeze fresh berries, wash them thoroughly in running tap water, pat dry with clean paper towels and freeze in a single layer on a rimmed cookie sheet. Transfer to a freezer bag when frozen. Pour out as needed.

Peach-Raspberry Smoothie

(serves 1)

- 1 cup unsweetened, frozen raspberries
- 3/4 cup 100% orange juice (if you use frozen juice, don't forget to dilute first)
- 1/2 cup fruit-flavored, low-fat yogurt (try peach)

VARIATIONS

- Frozen strawberries, blueberries, mixed berries, mango or peaches
- Pineapple juice, orange-tangerine juice and other 100 percent juice blends
- Different yogurt flavors

Blend all ingredients well in blender and drink!

Recipe courtesy of National Cancer Institute www.5aday.gov

Cool It! Use a Refrigerator/Freezer Thermometer

Alice Henneman
UNL Lancaster County Extension
& Joyce Jensen
Lincoln/Lancaster County
Health Department

A different refrigerator and freezer setting may be needed during warmer months than colder months to maintain the same temperature in your refrigerator and freezer. Using a refrigerator/freezer thermometer is the only way to assure your refrigerator and freezer are at the correct temperature for optimum food storage.

40° F or lower is the recommended **refrigerator** temperature to slow bacterial growth and maintain quality. Freezing occurs at 32° F; adjust refrigerator accordingly between 34° F and 40° F to prevent unwanted freezing, such as freezing milk.

0° F or lower is the recommended **freezer** temperature. At this temperature, bacterial growth will be stopped. However, freezing does not kill most bacteria, nor does it stop flavor changes that occur over time.

Though food will be safe indefinitely at 0° F, quality will decrease the longer the food is in the freezer.

The numbers used to adjust the temperature on most home refrigerators only raise or lower the temperature. They do not match specific temperatures.

Most refrigerator/freezer thermometers are either liquid-filled or bimetallic-coil thermometers. USDA describes these thermometers as follows.

Liquid-filled thermometers are the oldest types of thermometers used in home kitchens. As the temperature increases, the colored liquid (usually an alcohol solution) inside the thermometer expands and rises to indicate the temperature on a scale.

Bimetallic-coil thermometers contain a coil made of two different metals with different rates of expansion that are

bonded together. The bimetal element is coiled, fixed at one end, and attached to a pointer stem at the other end. As the temperature increases, the pointer will be rotated by the coiled bimetal element to indicate the temperature.

Purchase refrigerator/freezer thermometers in the housewares section of department, appliance, culinary and grocery stores. **Buy two!** Place one in your refrigerator and one in your freezer. It may be the best \$10 to \$20 investment you ever make. Two more tips:

- 1) Place the thermometer in the front of the refrigerator/freezer in an easy-to-read location.
- 2) Check temperature regularly — at least once a week.

NOTE: If the freezer compartment isn't a separate freezer compartment, but a compartment inside the refrigerator, it may be impossible to obtain a 0° F temperature. One sign of this will be soft ice cream. Plan to use food within a few weeks.



Take a Salad Spinner for a Spin!

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

The easiest and **quickest** way to dry salad greens is in a

salad spinner.

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

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

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

Don't Be Fooled by Fads

Being healthy requires making positive changes in eating habits and being active. What can you do to be successful?

Recognize Red Flags that Signal Unsound Nutrition Advice

1. Diets that restrict eating to one type of food or food group and promise quick weight loss.
2. Lists of "good foods" and "bad foods".
3. Claims with words or phrases such as: effortless, guaranteed, magical or miraculous.
4. If it sounds too good to be true.
5. If it uses "testimonials" from a few people (famous people in particular).

Eat a Variety of Foods

Remember, eating should be enjoyable. Eat a wide variety of foods from different food groups. Eating a variety of food helps provide vitamins, minerals and nutrients for good health. Eat more foods naturally high in fiber: fruits, vegetables, legumes

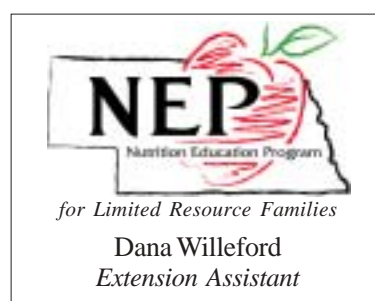
and whole grains. Fad diets can be very monotonous and boring. It's almost impossible to stay on them for any length of time.

Watch Those Portion Sizes

There are no "miracle" foods that exist. Eat moderate amounts from all food groups, not large amounts of a few special foods. Serving sizes today are much larger than in the past. Don't be fooled! Some items sold as a single portion may actually provide two or more. If eating out, split a meal with a friend or take home half of your meal. Limit portions of foods high in fat.

Be Active

Some fad diets may even claim you can lose weight without exercise. Make it a habit to increase your activity even if it's small. Make simple changes such as: parking farther away in the parking lot to increase the distance you walk to the store. Get out and play with your kids. Wash your car by hand instead of at the car wash.



The reports have been out. Most likely you've heard the growing obesity trends for Americans and the health consequences that come with it. In fact, you may have been exploring the several options available for reaching a healthy weight and eating right. Frankly, it can be confusing!

Nutrition advice comes in many disguises and Americans spend billions of dollars each year looking into "quick fixes" for weight management. The problem with some of these diets is most of the time they offer questionable nutrition information and false promises. You may have also noticed that many of these diets restrict eating to primarily one type of food.

2004

LANCASTER COUNTY FAIR

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AUGUST 4-8

LANCASTER EVENT CENTER

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NEW THIS YEAR
Kids Ag Discovery Zone!
Mud Volleyball Tournament!
Garden Tractor Pull!
Youth Rodeo!

SCHEDULE & MAP

Does not include check in and release times

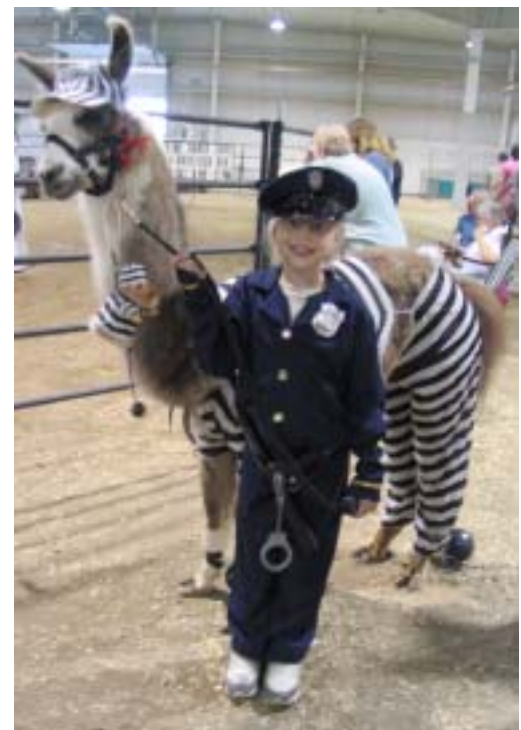
STREET SIGN SPONSORED BY ALLEN'S MOBILE FLASHING SIGNS
FAIR TENT SPONSORED BY CHASE SUITES HOTEL, EGAN ENTERPRISES INC., AND LINCOLN TENT INC.

PRE-FAIR SCHEDULE

- July 30 — Open Class Horse Show—Rail Classes** (Multipurpose Arena) 6 p.m.
Exhibitors of all ages compete in English Equitation, English Pleasure, Walk Trot, Western Pleasure, Jackpot Western Pleasure and Western Horsemanship.
SPONSORED BY HOWARD JOHNSON INN
- July 31 — Open Class Horse Show—Games** (Multipurpose Arena) . 8 a.m.
Exhibitors of all ages compete in Poles, Stake Race, Flag Drop Race, Barrels and Jackpot Barrels.
SPONSORED BY HOWARD JOHNSON INN
- Aug. 2 — Open Class and 4-H/FFA Static Exhibit Check In** (Lincoln Room) 4-8 p.m.
Open Class events are open to anyone ages 6 and up. For complete information on how to enter exhibits in the Lancaster County Fair, pick up a *2004 Lancaster County Fair Open Class, 4-H & FFA Fair Book*. Fair Books are available at the Lancaster Event Center or online at www.lancastereventcenter.com/fair.html.
- Aug. 3 — 4-H Shooting Sports Contest** (Pavilion 3) 9 a.m.
4-H members compete in BB Gun/Pellet Rifle, Pellet Pistol, Archery, Trapshooting and Smallbore rifle.

WEDNESDAY, AUGUST 4

- 4-H Horse Show—Dressage/Miniature Horses** (Multipurpose Arena) 8 a.m.
Lancaster County 4-H has the largest county fair horse show in the state with 29 total events. Dressage is the performance of a specific pattern of movements — horse and rider are judged on presentation, accuracy and obedience of the horse. Miniature Horse events include jumping, pleasure driving and roadster driving (in the driving events, horses pull drivers in two-wheel carts).
DRESSAGE SPONSORED BY GREEN GATEAU RESTAURANT; MINIATURE HORSES SPONSORED BY WOMEN'S CLINIC OF LINCOLN, P.C.—DR. STEPHEN SWANSON AND DR. JAMES MALY
- Open Class & 4-H/FFA Static Exhibits** (Lincoln Room) . . 9 a.m.—9 p.m.
Come see the very best that Lancaster County and its surrounding areas has to offer in Fine Arts, Home Products, Farm Products and Textiles! 4-H youth enter exhibits in more than 100 4-H project areas. FFA youth exhibit projects in FFA Ag Mechanics.
OPEN CLASS STATIC EXHIBITS SPONSORED BY ADM MILLING COMPANY—GOOCH MILLING AND ELEVATOR CO., CREATIVE HANDS, EARL MAY NURSERY & GARDEN CENTERS, GARDEN PARTY FLORAL (WAVERLY), HANCOCK FABRICS, HERITAGE NEEDLEWORK GUILD (NEBRASKA CITY), RED STAR YEAST, RUNZA RESTAURANTS, SEEDS OF LIFE, SEW CREATIVE, SHERWIN-WILLIAMS CO., SUNWEST FARMS, AND WILLIAMS GARDEN CENTER INC.
- Open Class Poultry Show** (Pavilion 1 - Walkway) 10 a.m.
Exhibitors of all ages show their large fowl, bantams, feathered-legged, ducks, bantam ducks, geese, turkeys and guinea fowl to compete for championship honors. This show is an American Poultry Association sanctioned meet.
- 4-H Household Pets Show/Quiz Bowl** (Pavilion 3 - Exhibit Hall) . Noon
Expect to see 4-H'ers with a wide variety of animals such as hamsters, guinea pigs, ferrets, lizards, hermit crabs, hedgehogs and canaries. Followed by a quiz bowl.
- Carnival** (Southwest of Buildings) 5-11 p.m.
This year's carnival is bigger and better than ever with more than 20 rides, games and concessions! Rides include the Berry Go Round, Crazy Kars, Sooper Jet, a variety of kiddie rides, and much more! Unlimited rides for \$15 with purchase of wristband on Wednesday and Sunday.
PRESENTED BY BLUES AMUSEMENT CARNIVAL AND LANCASTER COUNTY FAIR BOARD
- Dunk Tank** (Courtyard) Evening
See if you have the strength and precision to determine some poor fool's fate while helping raise funds for landscaping at the Lancaster Event Center.
PRESENTED BY 4-H RABBITS R US CLUB
- Kids Agricultural Discovery Zone Kick Off** (Pavilion 1 - North Side) 6-8 p.m.
New this year! FREE! Features hands-on activities and exhibits to help youth see, touch and smell agriculture. See a 1,000 pound boar! Touch unprocessed sheep wool! Climb a tractor! Dig for potatoes! See baby animals (including ducklings hatched on the 4-H Embryology Egg Cam)! And much, much more! Kick Off features a variety stage with activities such as animal tricks, etc.
- 4-H Style Revue** (Pavilion 3 - Exhibit Hall) 7 p.m.
4-H'ers model their clothing projects with pride and style. Judges look for selection, fit, creativity and accessories.
SPONSORED BY HANCOCK FABRICS
- 4-H Horse Jumping Show—Hunter Hack/Hunter/Jumper** (Multipurpose Arena) Evening (1/2 hour after Miniature Horse Show)
English Horse Show uses hunter type horses. English attire and tack are used. In the Hunter/Jumper classes, exhibitors ride a course with jumps of various types.
SPONSORED BY UNION BANK & TRUST COMPANY



THURSDAY, AUGUST 5

Exhibitors Breakfast (Courtyard) 6:30–8:30 a.m.
All County Fair exhibitors, superintendents and volunteers are invited a free breakfast.
PRESENTED BY FIRTH ENERGY, NORRIS FFA ALUMNI AND SHEPHERD OF THE HILLS CHURCH

4-H English Horse Show—Hunt Seat/Saddle Seat Showmanship/English Pleasure/English Equitation (Multipurpose Arena) 8 a.m.
English Horse Show uses hunter type horses. English attire and tack are used.
SPONSORED BY UNION BANK & TRUST COMPANY

4-H Goat Show/Costume Contest/Quiz Bowl/Milking Contest (Pavilion 1 - West Arena) 8 a.m.
4-H'ers show their dairy goats, angora/cashgora goats (raised for their fleece) and miniature goats. Afterwards is a "Best Dressed Kids" costume contest, quiz bowl and dairy goat milking contest.

Kids Ag Discovery Zone (Pavilion 1 - North Side) 8 a.m.–9 p.m.
New this year! FREE! Features hands-on activities and exhibits to help youth see, touch and smell agriculture. See a 1,000 pound boar! Touch unprocessed sheep wool! Climb a tractor! Dig for potatoes! See baby animals (including ducklings hatched on the 4-H Embryology Egg Cam)! And much, much more!

Open Class & 4-H/FFA Static Exhibits (Lincoln Room) . . 9 a.m.–9 p.m.
Come see the very best that Lancaster County and its surrounding areas has to offer in Fine Arts, Home Products, Farm Products and Textiles! 4-H youth enter exhibits in more than 100 4-H project areas. FFA youth exhibit projects in FFA Ag Mechanics.
OPEN CLASS STATIC EXHIBITS SPONSORED BY ADM MILLING COMPANY—GOOCH MILLING AND ELEVATOR CO., CREATIVE HANDS, EARL MAY NURSERY & GARDEN CENTERS, GARDEN PARTY FLORAL (WAVERLY), HANCOCK FABRICS, HERITAGE NEEDLEWORK GUILD (NEBRASKA CITY), RED STAR YEAST, RUNZA RESTAURANTS, SEEDS OF LIFE, SEW CREATIVE, SHERWIN-WILLIAMS CO., SUNWEST FARMS, AND WILLIAMS GARDEN CENTER INC.

Health Awareness Day (Pavilion 3 - Exhibit Hall) . . 10 a.m.–2:30 p.m.
Booths will feature hands-on activities and information for youth and adults. Local health related agencies will be on-hand to share their information. Come join the fun!
PRESENTED BY UNL COOPERATIVE EXTENSION FAMILY & COMMUNITY EDUCATION CLUBS

4-H/FFA Sheep Show (Pavilion 1 - West Arena) Noon
4-H and FFA members show their sheep in breeding classes (raised for their wool) and market classes. In the Sheep Lead Show, youth wear an outfit with one article made from at least 50 percent wool and lead a ewe by halter.
SPONSORED BY FARM CREDIT SERVICES OF AMERICA, UNION BANK & TRUST CO.—AG LOAN DEPT., AND DONATIONS FROM THE 2003 4-H/FFA ALUMNI SHOWMANSHIP CONTESTS

Carnival (Southwest of Buildings) 5–11 p.m.
This year's carnival is bigger and better than ever with more than 20 rides, games and concessions! Rides include the Berry Go Round, Crazy Kars, Sooper Jet, a variety of kiddie rides, and much more!
PRESENTED BY BLUES AMUSEMENT CARNIVAL AND LANCASTER COUNTY FAIR BOARD

4-H Horse Judging Contest (Multipurpose Arena) 1 p.m.
4-H'ers try their hand at judging horses—this event emphasizes the educational aspect.

Shriner Clowns (Strolling Act) Afternoon/Evening
What's a fair without a little clowning around?
SPONSORED BY ENGINE HOUSE CAFE

Petting Zoo (Between Pavilion 1 and 2) Afternoon–Evening
FREE petting zoo for all youth.

Racing Pigs (Between Pavilion 1 and 2) Afternoon–Evening
A long time favorite with fair-goers is Daryl's Racing Pigs. Audience members guess which pig will finish first. Fun, FREE event to watch!
SPONSORED BY LINWELD INC.

Dunk Tank (Courtyard) Afternoon/Evening
See if you have the strength and precision to determine some poor fool's fate while helping raise funds for landscaping at the Lancaster Event Center.
PRESENTED BY 4-H RABBITS R US CLUB

Face Painting (Courtyard) Evening
FREE to all youth! Choose from a selection of artwork and colors—or request something special!
PRESENTED BY FAIR BOARD AND LANCASTER COUNTY CITIZEN WASHINGTON FOCUS 4-H'ERS

4-H Poultry Show (Pavilion 1 - Walkway) 4 p.m.
4-H'ers show their poultry projects in the categories of: Large Fowl, Bantams, Ducks, Geese, Turkeys, Guinea Fowl and Pet Class.

Watermelon Feed (South Parking Lot - Fair Tent) 4:30 p.m.
All the FREE watermelon you can eat! This annual event draws large crowds.
PRESENTED BY FAIR BOARD WITH THE HELP OF LANCASTER COUNTY COMMISSIONERS. SPONSORED BY COLIN ELECTRIC MOTOR SERVICE

4-H Rabbit Judging Contest/Quiz Bowl (Pavilion 1 - Walkway) 5 p.m.
4-H members try their hand at judging rabbits. Followed by a quiz bowl.

4-H Table Setting Contest (Pavilion 3 - Exhibit Hall) 5 p.m.
4-H'ers set up theme tables in either formal, casual, picnic or birthday style—accompanied by a planned menu.

4-H Western Horse Show—Reining/Working Pleasure/Western Riding (Multipurpose Arena) 5 p.m.
Western Horse Show uses stock-type horses. Western attire and tack are used. These classes are all patterns which require a higher level of horsemanship.
SPONSORED BY MOSER WELL DRILLING AND SERVICE

Spudfest (Pavilion 3 - Lancaster County Farm Bureau Room [Room 2]) 5:30 p.m.
A potato bar and refreshments for \$4/ticket. Purchase advance tickets from the 4-H Corner Stop (north concession stand in Lincoln Room). This is a fundraiser to help support 4-H programs and activities.
PRESENTED BY LANCASTER COUNTY 4-H COUNCIL



4-H Llama Show/Costume Contest (Pavilion 1 - East Arena) . 6 p.m.
Lancaster County 4-H is one of the only Nebraska counties with a County Fair Llama Show. The obstacle course is the most challenging and tests how well exhibitors and llama work together. Costume contest is a must see! Followed by a quiz bowl.

Backseat Driver Contest (South Parking Lot) 6:30 p.m.
Contest is open to any team of two members—the driver must have a valid drivers license. Objective is to drive a golf cart through a designated obstacle course. Driver will be blindfolded and relies on verbal directions from the passenger. Best time wins. Golf carts will be provided. Register just prior to event—no entry fee (number of participants is limited). Fun, FREE event to watch!
PRESENTED BY LANCASTER COUNTY FAIR BOARD. SPONSORED BY JOHNS & SONS REFUSE SERVICE

4-H Rabbit Pet Class/Breed Identification/Breeder's Choice Show (Pavilion 1 - Walkway) 7 p.m.
Pet Class rabbits are judged on their acceptability as pets and exhibitors are asked about the care of their rabbits. New this year is a 4-H Breed Identification Contest in which exhibitors must correctly identify ten breeds, including variety (color).

Town Hall Meeting (Pavilion 3 - Room 1) 7–9 p.m.
The Lancaster delegation of State Senators will once again hold a "Town Hall" meeting at the Lancaster County Fair. The meeting will offer residents a chance to hear about prospects for the state's future and there will be time to share views with senators.
SPONSORED BY AWARDS UNLIMITED INC. AND JUDDS BROTHERS CONSTRUCTION

FRIDAY, AUGUST 6

4-H Western Horse Show—Western Showmanship/Groom & Care/Halter (Multipurpose Arena) 8 a.m.
Showmanship is an in-hand class which demonstrate the ground manners of the horse. Groom & Care classes are for first-year exhibitors. In Halter, the confirmation (build, breeding and movement) of the horse is judged.

4-H/FFA Swine Show (Pavilion 1 - West Arena) 8 a.m.
4-H and FFA members compete for championship honors with their market hogs. The people choice award is judged by the public and audience members have a chance to win a free ham. All youth are invited to try their shot at showing a hog in the pee wee showmanship contest—hogs will be provided (ask at judges table for information).
SPONSORED BY FARM CREDIT SERVICES OF AMERICA, UNION BANK & TRUST CO.—AG LOAN DEPT., AND DONATIONS FROM THE 2003 4-H/FFA ALUMNI SHOWMANSHIP CONTESTS

4-H Rabbit Market/Breed/Fur Show (Pavilion 1 - Walkway) . . 8 a.m.
The breed class is for purebred rabbits only (including fancy breeds). Market class includes purebred or crossbred commercial rabbits. Rabbits in the fur show are judged for the condition and quality of their coats.

4-H/FFA Dairy Cattle Show (Pavilion 1 - East Arena) 8 a.m.
4-H and FFA members compete for championship honors in the dairy breeding classes. The 4-H Dairy Production Record and top producing cow award are based on milking records kept for 305 days.

Kids Ag Discovery Zone (Pavilion 1 - North Side) 8 a.m.–9 p.m.
New this year! FREE! Features hands-on activities and exhibits to help youth see, touch and smell agriculture. See a 1,000 pound boar! Touch unprocessed sheep wool! Climb a tractor! Dig for potatoes! See baby animals (including ducklings hatched on the 4-H Embryology Egg Cam)! And much, much more!

Open Class & 4-H/FFA Static Exhibits (Lincoln Room) . . 9 a.m.–9 p.m.
Come see the very best that Lancaster County and its surrounding areas has to offer in Fine Arts, Home Products, Farm Products and Textiles! 4-H youth enter exhibits in more than 100 4-H project areas. FFA youth exhibit projects in FFA Ag Mechanics.
OPEN CLASS STATIC EXHIBITS SPONSORED BY ADM MILLING COMPANY—GOOCH MILLING AND ELEVATOR CO., CREATIVE HANDS, EARL MAY NURSERY & GARDEN CENTERS, GARDEN PARTY FLORAL (WAVERLY), HANCOCK FABRICS, HERITAGE NEEDLEWORK GUILD (NEBRASKA CITY), RED STAR YEAST, RUNZA RESTAURANTS, SEEDS OF LIFE, SEW CREATIVE, SHERWIN-WILLIAMS CO., SUNWEST FARMS, AND WILLIAMS GARDEN CENTER INC.

4-H Dog Obedience/Showmanship/Costume Contest Show (Pavilion 3 - Exhibit Hall) 9 a.m.
In obediences, dogs and exhibitors are judged on their training. For a howling good time, come see the dog costume contest!

4-H Western Horse Show—Bareback Equitation/Western Pleasure/Western Horsemanship (Multipurpose Arena) 11 a.m.
Bareback riding is without a saddle—for more advanced riders. In Western Pleasure, horses are judged based on manners, movement and attitude. In Western Horsemanship, riders are judged on their horsemanship (skill at riding horses).
SPONSORED BY NORRIS PUBLIC POWER

Open Class Dairy Cattle Show (Pavilion 1 - East Arena) 11 a.m.
Exhibitors of all ages show their dairy cattle and compete for championship honors. See if you can identify the breeds: Jerseys, Holsteins, Guernseys, Ayrshires, Brown Swiss and Milking Shorthorns.

4-H Rabbit Showmanship Show (Pavilion 1 - Walkway) 1 p.m.
In Showmanship, 4-H'ers are judged on ability to handle and present their animal.

4-H Dog Agility Show (Pavilion 3 - Exhibit Hall) 1 p.m.
This is what you see on TV, dogs maneuvering through obstacles, jumps and tunnels.

Carnival (Southwest of Buildings) 5–11 p.m.
This year's carnival is bigger and better than ever with more than 20 rides, games and concessions! Rides include the Berry Go Round, Crazy Kars, Sooper Jet, a variety of kiddie rides, and much more!
PRESENTED BY BLUES AMUSEMENT CARNIVAL AND LANCASTER COUNTY FAIR BOARD

Shriner Clowns (Strolling Act) Afternoon/Evening
What's a fair without a little clowning around?
SPONSORED BY ENGINE HOUSE CAFE

Petting Zoo (Between Pavilion 1 and 2) Afternoon–Evening
FREE petting zoo for all youth.

Racing Pigs (Between Pavilion 1 and 2) Afternoon–Evening
A long time favorite with fair-goers is Daryl's Racing Pigs. Audience members guess which pig will finish first. Fun, FREE event to watch!
SPONSORED BY LINWELD INC.

Dunk Tank (Courtyard) Afternoon/Evening
See if you have the strength and precision to determine some poor fool's fate while helping raise funds for landscaping at the Lancaster Event Center.
PRESENTED BY 4-H RABBITS R US CLUB

Face Painting (Courtyard) Evening
FREE to all youth! Choose from a selection of artwork and colors—or request something special!
PRESENTED BY FAIR BOARD AND LANCASTER COUNTY CITIZEN WASHINGTON FOCUS 4-H'ERS

Family Barbecue (South Parking Lot) 5:30 p.m.
A perennial community favorite! Enjoy a very reasonably-priced meal (barbecued pork sandwiches, barbecued beans, chips and a drink) at \$4 per ticket.
PRESENTED BY FAIR BOARD WITH THE HELP OF LINCOLN CENTER KIWANIS. SPONSORED BY AGP GRAIN COOPERATIVE, COUNTRY INNS & SUITES, STATE FARM INSURANCE, PANAMA LOCKER, AND WAVERLY FARMERS COOPERATIVE

Ice Cream Social (South Parking Lot) 5:30 p.m.
Follow the Family Barbecue with ice cream at \$1 a cup. This is a fundraiser to help support 4-H Teen Council programs and activities.
PRESENTED BY LANCASTER COUNTY 4-H TEEN COUNCIL



- SPECIAL NOTES**
- Parking will be allowed in designated parking areas only. No vehicles or trailers will be allowed to park next to buildings due to fire and safety regulations.
 - No smoking inside the buildings.
 - No dogs allowed in Pavilion 1 & 2 and Multipurpose Arena except as required for special needs.
 - No bicycles or scooters allowed in the buildings.
 - No ATV's or golf carts allowed on the grounds.
 - Electrical hookups and camping will be allowed only in the campground by reservation.
 - The Lancaster County Agricultural Society will not, under any circumstances, be held liable for any personal injury, nor for damage of any kind to any property, no matter how caused.

- Cookie Eating Contest** (South Parking Lot) 5:30 p.m.
Contest is open to all youth up to age 19. Pre-register at 4-H Information Booth, which opens Wednesday, Aug. 4 at 9 a.m. (number of participants is limited so sign up early). No entry fee. Fun, FREE event to watch!
PRESENTED BY LANCASTER COUNTY 4-H TEEN COUNCIL; SPONSORED BY ROTELLAS BAKERY
- Celebrity Swine Show** (Pavilion 1 - West Arena) 6 p.m.
In this sixth annual extravaganza, state and local celebrities—including Colonel Tom Nesbitt of the Nebraska State Patrol—attempt to guide a pig through an obstacle course. Fun, FREE event to watch!
- Barrel Racing** (Amy Countryman Arena) Evening
Fun, FREE event to watch! In this Nebraska 4-D sanctioned show, contestants vie for the fastest time in running a triangular, cloverleaf pattern around three barrels. Four division (4-D) format allows beginning, intermediate and advanced barrel racers to compete and win. Jackpot cash prizes. Anyone (no age limit) with a horse can join Nebraska 4-D prior to event and race same day.
PRESENTED BY NEBRASKA 4-D BARREL RACING ASSOCIATION
- 4-H Rabbit Specialty Show—Best Matched Pair/Pee Wee/Costume Contest/Tricks** (Pavilion 1 - Walkway) 6 p.m.
Judged by local celebrities. In the Best Matched Pair, two 4-H exhibitors with rabbits most alike display their pair. The costume contest and tricks are fun, must-see events! In the pee wee class, anyone age 7 and under can walk up and show—a 4-H'er will provide a bunny and help.
- Nebraska Pioneer Farm Awards** (Multipurpose Arena) 6:45 p.m.
The Nebraska Pioneer Farm awards program honors farm families in Nebraska whose land has been owned by members of the same family for 100 years or more. This year's Lancaster County honorees are: Lucile Bingham, Lester & Cleora Heidtbrink, Harlan & Ruby King, Grace & Orville Smith (Frank Morgan Farm), and August & Phyllis Wendelin.
PRESENTED BY KNIGHTS OF AK-SAR-BEN FOUNDATION AND THE NEBRASKA ASSOCIATION OF FAIR MANAGERS
- Hay Hauling Contest** (Multipurpose Arena) 7 p.m.
Contest is open to any team of three members, ages 14 and up. Fun, FREE event to watch! Objective is to load 42 bales of hay on a pick-up truck, drive through a designated obstacle course, unload and stack the hay. Best time wins. Pick-up truck is furnished. Register just prior to event. No entry fee.
PRESENTED AND SPONSORED BY RAYMOND CENTRAL FFA ALUMNI
- Teen Dance** (Pavilion 3 - Exhibit Hall) 8–11 p.m.
For ages 13 and up. DJ'd by Complete Music. Admission is \$1.00.
PRESENTED BY LANCASTER COUNTY 4-H TEEN COUNCIL

- 4-H/FFA Beef Show** (Pavilion 1 - East Arena) 8 a.m.
4-H and FFA members compete for championship honors in the breeding, market and feeder calf classes.
SPONSORED BY FARM CREDIT SERVICES OF AMERICA, UNION BANK & TRUST CO.—AG LOAN DEPT., AND DONATIONS FROM THE 2003 4-H/FFA ALUMNI SHOWMANSHIP CONTESTS
- 4-H Presentations Contest** (Pavilion 3 - Lancaster County Farm Bureau Room [Room 2]). 8 a.m.
Formerly called Demonstrations, Presentations now includes usage of the latest multimedia technologies. 4-H'ers give presentations individually or in teams of two on any subject of their choosing.
- Kids Ag Discovery Zone** (Pavilion 1 - North Side) 8 a.m.–9 p.m.
New this year! FREE! Features hands-on activities and exhibits to help youth see, touch and smell agriculture. See a 1,000 pound boar! Touch unprocessed sheep wool! Climb a tractor! Dig for potatoes! See baby animals (including ducklings hatched on the 4-H Embryology Egg Cam)! And much, much more!
- Open Class & 4-H/FFA Static Exhibits** (Lincoln Room) 9 a.m.–9 p.m.
Come see the very best that Lancaster County and its surrounding areas has to offer in Fine Arts, Home Products, Farm Products and Textiles! 4-H youth enter exhibits in more than 100 4-H project areas. FFA youth exhibit projects in FFA Ag Mechanics.
OPEN CLASS STATIC EXHIBITS SPONSORED BY ADM MILLING COMPANY—GOOCH MILLING AND ELEVATOR CO., CREATIVE HANDS, EARL MAY NURSERY & GARDEN CENTERS, GARDEN PARTY FLORAL (WAVERLY), HANCOCK FABRICS, HERITAGE NEEDLEWORK GUILD (NEBRASKA CITY), RED STAR YEAST, RUNZA RESTAURANTS, SEEDS OF LIFE, SEW CREATIVE, SHERWIN-WILLIAMS CO., SUNWEST FARMS, AND WILLIAMS GARDEN CENTER INC.
- 4-H Cat Show/Quiz Bowl** (Pavilion 3 - Exhibit Hall, North End) 9 a.m.
Cats and their 4-H owners are judged in this show—proper care of the cat is emphasized. It is always interesting to see which cat will win the judge's "Most Spirited" special award! Quiz bowl follows.
- 4-H Horse Show—Roping/Working Ranch** (Amy Countryman Arena) 9 a.m.
These classes emphasize skills used by ranchers. Cattle are brought in. In roping, beginning ropers use dummies and the more advanced youth rope calves. In Working Ranch, 4-H'ers are assigned a cow to work through an obstacle course.
SPONSORED BY WOOD BROS. REALTY—CARL AND NANCY BROWN
- 4-H Horse Trail Show** (Multipurpose Arena) 9 a.m.
4-H'ers ride their horses through a course with six to ten obstacles which would naturally spook a horse.
SPONSORED BY RITCHIE WATERERS—NEBRASKA PUMP
- Open Class Pigeon Show** (Pavilion 1 - Walkway) 9 a.m.
Exhibitors of all ages show their pigeons in three breed classifications: Utility (raised for commercial uses—also known as squabs), Performing (known for their tumbling, rolling, spinning and diving ability) and Fancy (valued for their unusual appearance).
- 4-H Bicycle Contest** (South Parking Lot) 10 a.m.
In the bicycle skills events, 4-H'ers maneuver through several designated courses to test their riding skills and safety. A bicycle inspection reinforces the importance of bicycle maintenance and safety features.
- Big Wheel Race** (Pavilion 3 - Exhibit Hall) Noon
Contest open to all youth ages 3–8! Fun, FREE event to watch! Objective is to race on short, designated course. Best times in each age class wins. Big wheel vehicles will be provided. Register on-site at 11 a.m. No entry fee.
PRESENTED AND SPONSORED BY LANCASTER COUNTY FARM BUREAU

SATURDAY, AUGUST 7

- Open Class Dairy Goat Show** (Pavilion 1 - West Arena) 8 a.m.
This show is sanctioned by the American Dairy Goat Association (ADGA). Exhibitors of all ages show their dairy goats and compete for championship honors.
- Open Class Rabbit Show** (Pavilion 3 - Exhibit Hall, South End) 8 a.m.
This official American Rabbit Breeders Association, Inc (ARBA) sanctioned show draws a large number of rabbit breeders from all over the region. There are 22 sanctioned breeds—here's your chance to see types of rabbits you've never knew existed!



Carnival (Southwest of Buildings) 5-11 p.m.

This year's carnival is bigger and better than ever with more than 20 rides, games and concessions! Rides include the Berry Go Round, Crazy Kars, Sooper Jet, a variety of kiddie rides, and much more!

PRESENTED BY BLUES AMUSEMENT CARNIVAL AND LANCASTER COUNTY FAIR BOARD

4-H Clover Kids—Show and Tell (Lincoln Room) 1 p.m.

Clover Kids are 4-H'ers ages 5-7. In this delightful event, members are invited to show and tell a static exhibit they have entered or a small animal. Clubs may show a group project or perform a short skit or song.

4-H Horse Show—Drill Teams/Horsemanship Pairs (Multipurpose Arena) 1:30 p.m.

In the freestyle drill teams, three to 25 riders perform a show set to music and choreographed by the youth. Horses and riders are often in costume. These are often club projects. In Horsemanship Pairs, two riders must ride a pattern in synch.

Pedal Tractor Pull Contest (Pavilion 3 - Exhibit Hall) 2 p.m.

Contest open to all ages 4 and up. Fun, FREE event to watch! Objective is pedal mini-tractors hitched to a special weight transfer sled—sled has a weight box and weights are added for the different age classes. Longest pull in each age class wins. Mini-tractors will be provided. Register on-site at 1:45 p.m. No entry fee.

PRESENTED AND SPONSORED BY LANCASTER COUNTY FARM BUREAU

Shriner Clowns (Strolling Act) Afternoon/Evening

What's a fair without a little clowning around?

SPONSORED BY ENGINE HOUSE CAFE

Petting Zoo (Between Pavilion 1 and 2) Afternoon—Evening

FREE petting zoo for all youth.

Racing Pigs (Between Pavilion 1 and 2) Afternoon—Evening

A long time favorite with fair-goers is Daryl's Racing Pigs. Audience members guess which pig will finish first. Fun, FREE event to watch!

SPONSORED BY LINWELD INC.

Dunk Tank (Courtyard) Afternoon/Evening

See if you have the strength and precision to determine some poor fool's fate while helping raise funds for landscaping at the Lancaster Event Center.

PRESENTED BY 4-H RABBITS R US CLUB

Face Painting (Courtyard) Evening

FREE to all youth! Choose from a selection of artwork and colors—or make a request!

PRESENTED BY FAIR BOARD AND LANCASTER COUNTY CITIZEN WASHINGTON FOCUS 4-H'ERS

“The Big Muddy”—Mud Volleyball Tournament (West of Pavilion 3) Afternoon/Evening

6 on 6 co-ed volleyball in the mud! Fun, FREE event to watch! Participation open to the public (ages 21 and up)—please form own teams. For more information or to register, call 477-1175 or go to www.spikesvb.com. Registration deadline Aug. 2. Team fee to enter. All players receive a T-Shirt.

PRESENTED BY SPIKE'S VOLLEYBALL BEACH; SPONSORED BY DOUBLE EAGLE BEVERAGE LLC

4-H/FFA Bucket Calf Show (Pavilion 1 - East Arena) 5 p.m.

These are orphaned baby calves that were bottle fed by the 4-H/FFA exhibitors.

Ranch Rodeo (Amy Countryman Arena) 6-10:30 p.m.

Open competition for the public and a fun, FREE event to watch! Teams of four perform various ranch duties such as trailer penning, steer doctoring, steer mugging and wild cow milking. The wild cow milking is by far the most exciting, but the other events lots of fun too! Anyone (no age limit) with a horse may participate—if you don't have enough people to form a team we can help find a team. For more information or to register, contact Rich Wolf at 416-9312 or Kevin Petrozilka at 402-545-2050. May register prior to event. Fee to enter.

4-H Horse Games Show—Keyhole Race/Pole Bending/ Figure 8 Stake Race/Barrel Race (Multipurpose Arena) . . . 6 p.m.

Great to watch—bring the entire family! These are speed events using buckets, poles and barrels to define a pattern. Everyone has fun—rider, horse and audience!

SPONSORED BY ACE RENT-TO-OWN

4-H/FFA Prettiest Calf Contest (Pavilion 1 - East Arena) 6 p.m.

A fun activity where teams of three 4-H or FFA members can be creative and dress themselves and a calf in costume. Prizes are awarded for: prettiest cow, most original, most unusual and others may be added day of show.

SUNDAY, AUGUST 8

Kids Ag Discovery Zone (Pavilion 1 - North Side) 8 a.m.–Noon

New this year! FREE! Features hands-on activities and exhibits to help youth see, touch and smell agriculture. See a 1,000 pound boar! Touch unprocessed sheep wool! Climb a tractor! Dig for potatoes! See baby animals (including ducklings hatched on the 4-H Embryology Egg Cam)! And much, much more!

Open Class & 4-H/FFA Static Exhibits (Lincoln Room) . . . 9 a.m.–2 p.m.

Come see the very best that Lancaster County and its surrounding areas has to offer in Fine Arts, Home Products, Farm Products and Textiles! 4-H youth enter exhibits in more than 100 4-H project areas. FFA youth exhibit projects in FFA Ag Mechanics.

OPEN CLASS STATIC EXHIBITS SPONSORED BY ADM MILLING COMPANY—GOOCH MILLING AND ELEVATOR CO., CREATIVE HANDS, EARL MAY NURSERY & GARDEN CENTERS, GARDEN PARTY FLORAL (WVAVERLY), HANCOCK FABRICS, HERITAGE NEEDLEWORK GUILD (NEBRASKA CITY), RED STAR YEAST, RUNZA RESTAURANTS, SEEDS OF LIFE, SEW CREATIVE, SHERWIN-WILLIAMS CO., SUNWEST FARMS, AND WILLIAMS GARDEN CENTER INC.

Open Class Beef Show (Pavilion 1 - East Arena) 9 a.m.

Exhibitors of all ages compete for championship honors in the breeding, market and feeder calf classes.

SPONSORED BY MISTY'S RESTAURANT & LOUNGE

Open Class Swine Show (Pavilion 1 - West Arena) 9 a.m.

Exhibitors of all ages compete for championship honors with their market hogs.

SPONSORED BY COOK'S FAMILY FOODS

Open Class Sheep Show (Pavilion 1 - West Arena) 10 a.m.

Exhibitors of all ages show their sheep in breeding (raised for their wool) and market classes, competing for championship honors.

Open Class Dog Agility Show (Pavilion 3 - Exhibit Hall) Noon

Exhibitors of all ages maneuver their dogs through obstacles, jumps and tunnels. A must see!

SPONSORED BY CAPITOL ANIMAL CLINIC

Open Class Dog Obedience Show (Pavilion 3 - Exhibit Hall) . . Noon

Exhibitors of all ages demonstration their dog's ability to follow commands. There are nine classes based on dog and handlers' level of ability/title. Exercises include heel on leash, figure eight, stand for examination, recall, long sit and long down, signal exercise, scent discrimination, directed retrieve and directed jumping.

Carnival (Southwest of Buildings) 5-11 p.m.

This year's carnival is bigger and better than ever with more than 20 rides, games and concessions! Rides include the Berry Go Round, Crazy Kars, Sooper Jet, a variety of kiddie rides, and much more! Unlimited rides for \$15 with purchase of wristband on Wednesday and Sunday.

PRESENTED BY BLUES AMUSEMENT CARNIVAL AND LANCASTER COUNTY FAIR BOARD

Youth Rodeo (Amy Countryman Arena) 1 p.m.

Contest open to youth ages 8-18. Fun, FREE event to watch! Events include: Girls—break away, goat tying, poles, barrels and steer stopping; Junior Boys (ages 8-13)—break away, goat tying, calf roping, flag race; Senior Boys (ages 14-18)—chute dogging, steer wrestling, calf roping; Open Team Roping (all youth—teams of 2). \$15 fee per event. Cash prizes. To register, call Shelly Shafer at 402-673-4465 during week of fair (best time is Aug. 4 between 5-10 p.m.) or register online at www.sbarsarena.com.

PRESENTED BY LANCASTER COUNTY FAIR BOARD AND MAVERICK RODEOS

SPONSORED BY DUTEAU CHEVROLET SUBARU

Garden Tractor Pull (Multipurpose Arena) 1 p.m.

Fun, FREE event to watch! In this Nebraska Garden Tractor Pullers Association sanctioned contest, tractors weighing from 950 to 1,450 pounds compete by pulling a mechanically operated, weighted sled. There are six classes of tractors: Stock, Super Stock, Modified (Pro Stock), Pro Modified, Super Modified and Outlaws. First time pullers and local pullers (no age limit) who remove the mowing deck that morning just to try a pull are encouraged—maybe you will catch the “tractor pulling bug”! Each local contestant will receive an award. Registration must be completed no later than 1/2 hour before the pull starts—small fee.

For more information and rules, go to www.negtpa.com.

PRESENTED BY LANCASTER COUNTY FAIR BOARD AND NEBRASKA GARDEN TRACTOR PULLERS ASSOCIATION SPONSORED BY HAMILTON EQUIPMENT CO. AND WOLFE ACE HARDWARE



The general office of LCAS is located at the Lancaster Event Center, P.O. Box 29167, Lincoln, NE 68529 • Phone: 402-441-6545 • Web site: www.lancastereventcenter.com

BOARD OF DIRECTORS: Ron Snover (President and Fair Manager), Chet Hill (Vice-President), Deanna Karmazin (Secretary), Wayne Heyen (Treasurer), Jane Berg, Dick Confer, Ron Dowding, Diana McCown, Frank Mitchell, Roger Powell, Charlie Willnerd, Jay Wilkinson



4-H is a learning-by-doing program open to all youth ages 5-19. Lancaster County 4-H is part of University of Nebraska Cooperative Extension in Lancaster County, 444 Cherrycreek Road, Suite A, Lincoln, 68528 • Phone: 402-441-7180 • Web site: lancaster.unl.edu

The National FFA Organization is an agricultural education program which applies classroom instruction to hands-on opportunities • Web site: www.ffa.org



FAMILY & COMMUNITY EDUCATION (FCE) CLUBS

President's Notes — Janet's Jargon

Janet Broer
FCE Council Chair



Old Glory season is upon us. It is a great time for families to celebrate our country's birthday with programs and pageants, picnics, parades, parties and of course, fireworks. Wherever people live in a land that is free their Independence Day is a glorious holiday.

We have a scholarship winner, Dawn Fulton, a student at BryanLGH who will soon begin her fourth quarter with this financial help. I want

to thank those who worked on this committee and the applicants from the various schools. Dawn is to be recognized at our June 28 county Council meeting.

Plans are completed for our "Sizzling Summer Sampler" on July 13. We will begin eating at 6 p.m. followed by our program and basket raffle. The originality in basket theme ideas never ceases to amaze me. This event is open to everyone — you do not have to be an FCE

member to attend this fun-filled evening. Look for reservation information below.

Looking ahead to August and Lancaster County Fair, FCE members are responsible for Health Awareness Day. Sharon Brunke of Home Serve club will chair the event scheduled for Thursday, Aug. 5, 10 a.m. to 2:30 p.m. She would like volunteers from all clubs.

Have a safe and happy Fourth of July celebration. I hope to see many of you on July 13 for a fun evening.



FCE News & Events

Next Council Meeting June 28

The June FCE Council meeting will be held Monday, June 28, 7 p.m. at the

Lancaster Extension Education Center. Mary Knabe, Assistant Nurse Manager, Cardiac and Vascular Services, BryanLGH Medical Center will present a program on Women and Heart

Disease. Delegates to the State Convention in October will be elected. Bring ideas for the county lesson for 2005. Plan to attend and make sure your club is represented.

Lancaster County Association for Family and Community Education presents

Sizzling Summer Sampler

Tuesday, July 13 • 6 to 9 p.m.

Light Supper at 6 p.m.

Lancaster Extension Education Center
444 Cherrycreek Road, Lincoln

LEARNSHOPS

"Bring in the Blooms"

Kevin Smith, Southeast Community College
instructor & manager of Flowerama

"Colorizing Your Spaces"

Brenda Danley and Bonnie Evert,
Sutterplace Interiors

Cost \$10

Make checks payable to FCE Council
Send reservations and check by July 7 to:
Kruse, 850 Adams Street, Lincoln, NE 68521



Protecting Against Identity Theft

When was the last time you did an inventory of the contents in your wallet? If you have a list from the last six months — great!!! If you don't have a list, could you replicate a list of the contents in your wallet? You may ask why. If you have been a victim of identity theft, you'll know why. In a group of 20 people, at least one person has been a victim of identity theft — better odds than winning the lottery.

Identity theft is when someone has used your personal information such as your name, social security number, bank account and/or credit card without your permission to commit fraud or other crimes. Identity theft is a serious crime. People whose identities have been stolen can spend months or

years cleaning up the mess thieves have made of their good name and credit record. In the meantime, victims may lose job offers, be refused loans for education, housing or cars, or even get arrested for crimes they didn't commit.

In 2003, the Federal Trade Commission (FTC) received over 500,000 consumer fraud and identity theft complaints. Consumers reported over \$400 million in losses from fraud. According to the FTC, this crime affects all ages.

Wallet Inventory

To make your wallet inventory, make a list of the important things in your wallet. Hints: driver's license number, credit card, bank account, health insurance card, etc. Include

phone numbers and who to contact. Some people will use a copy machine and make copies of both sides of the cards. Remember to take all your cards from the copy machine.

Look at the list; do any of the cards have your social security number on them? Your health insurance or Medicare cards probably have your social security number on them. This number to an identity thief will open up the following accounts — pension plan, bank account, investments and social security earnings and benefit statement. Complete the list and review what is in your wallet. Dispose of any expired cards. Did you find some cards you didn't remember having? Do you still need them? It may be time to see *IDENTITY THEFT* on p. 11



by Lorene Bartos, Extension Educator

Summertime Stains

Summertime stains are very common. Pack a stain stick for vacation or send it with children to camps. Treat the stain as soon as possible and then it will be ready to launder when you return home. A cleaning solvent, such as Energine® or Goof Off®, are good products to keep on-hand to treat stains. Always read and follow label instructions before using any stain removal product.

More Tools for Student Success

The U.S. Department of Education offers free research-based publications to help families and educators make good decisions about learning. They can be ordered by contacting EDPubs, The Department of Education's publications Distribution Center at ED Pubs, P.O. Box 1398, Jessup, MD 20794-1398; 1-877-4-ED-PUBS or online at www.ed.gov/pubs/edpubs.html.

Three available publications are:

Helping Your Preschool Child (available in English and Spanish): How well children will learn and develop and how well they will do in school depends on a number of things, including their health and physical well-being, social and emotional preparation and language skills and general knowledge of the world. This booklet highlights techniques parents can use to encourage their children to develop the skills necessary for success in school and life by

focusing on activities that make learning fun.

Helping Your Child Learn Mathematics (available in English and Spanish): Our increasingly technological world demands strong skills in math-

ematics, not only in the workforce but also in everyday life, and these demands will only increase over the lifetimes of our children. The major portion of the booklet is made up of fun activities parents can use with children from

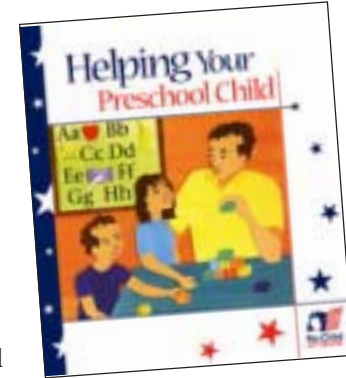
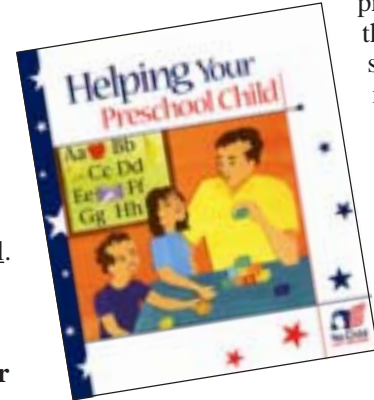
preschool age through grade 5 to strengthen their math skills and build strong positive attitudes toward math.

Helping Your Child Learn Science (available in English and Spanish):

Every day is filled with opportunities to learn science — without expensive chemistry sets or books. Parents don't need degrees in chemistry or physics to help their children learn science.

All that is needed is a willingness to observe and learn with them, and, above all, to make an effort and take the time to nurture their natural curiosity. This booklet provides parents of children ages

3 through 10 with information, tools and activities they can use in the home and community to help their child develop an interest in the sciences and learn about the world around them. (LB)



CHARACTER COUNTS! CORNER

Responsibility

Responsibility means being accountable for what we do and who we are. Everyone is responsible for the development of his or her personal character.

- Do Your Duty
- Be Accountable
- Pursue Excellence
- Exercise Self-Control



4-H Spring Chess Tournament Results

The Check-mates 4-H club hosted the 4-H Spring Chess Tournament in April at Southeast Community College in Lincoln. Fifty-four 4-H'ers and non-4-H'ers participated. The event was a joint venture with the Nebraska State Chess Association

(NSCA) and held in conjunction with the NSCA Class/Amateur (CLAM) tournament.

Below are the top winners of the 4-H tournament. Full results are online at lancaster.unl.edu/4h.



Photo courtesy of Vicki Peterson

K-3 Division

1st place: John Hurdle. 2nd place: Derek Lahm. 3rd place (5-way tie): Claire Rhee, Caleb Melvin, Arthur Fuog, Joel Bricker, Daniel Parr. 1st place 4-H (2-way tie): Quentin Shafer, Dakota Morgal

K-6 Division

1st place (2-way tie): Garrett Wirka, Chung-Geon Rhee. 2nd place (6-way tie): Darrin Lim, Eric Rock, Alex Fuog, Royce Wilson, Michael Liou, Nathan Hunt. 3rd place: Jon Duerschner.

1st place 4-H: (3-way tie) Andrew Peterson, Justin Minchow, Ben Melcher.

K-9 Round Robin

1st place: Ben Nabity. 2nd place: Brandon Thomson. 3rd place: Johnathan Rivera.

Lancaster 4-H'ers Part of Winning Jr. Team at WHEP

The 2004 Wildlife Habitat Evaluation Program (WHEP) was held at the Eastern Nebraska 4-H camp at Gretna in early June.

Lancaster 4-H'ers Hannah Spencer and Grace Farley were part of the winning Junior team. Other team members were Sarah Dierking from Custer and Chris Reimers from Cuming counties. 4-H leader Leah Spencer coached the team.

The contest consisted of identifying wildlife foods, interpretation of aerial photos for habitat, designing an urban plan for benefit of wildlife, evaluating a field site for the best management practices for specific wildlife, and writing a wildlife plan for a tract of land to meet land owners objectives.

WHEP is a 4-H youth natural resource program. Senior state winners go on to compete in the National Contest. Next year's contest will be at the State 4-H camp in Halsey. Non-4-H'ers may also participate in the event. For more information, go to www.wherp.org.

LANCASTER COUNTY FAIR 4-H/FFA NEWS

2004 LANCASTER COUNTY FAIR

Discover More in '04!

AUGUST 4-8

Animal Entries Due July 9

All county and state fair livestock entries are due into the office or postmarked by Friday, July 9. Please remember to include entry fees. **NO LATE ENTRIES WILL BE ACCEPTED.**

Food Booth Training July 29

ALL County Fair food booth volunteers are encouraged to attend this training at the Lancaster Event Center, Thursday, July 29, 6-7 p.m. Learn about food safety, customer service and volunteer responsibilities. See you there! (TK)

4-H/FFA Livestock Set Up Day Aug. 1

4-H and FFA members and families are requested and expected to attend the first annual Fair Set Up Day on Sunday, Aug. 1. Participants are asked to meet Deanna in Pavilion 1 at the Lancaster Event Center at 2 p.m. During this time we will set up all livestock pens and arenas. Everyone's help will be greatly appreciated. The more people we have attend, the faster the set up. Feel free to bring a friend or neighbor! Contact Deanna at 441-7180 if you have any questions.

Interview Judging Aug. 3

4-H'ers have the opportunity to talk to judges about their fair 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 (for example: one item from Celebrate Art, one item from Design Decisions, and one item from Tasty Tidbits). Refer to page 25 of the Fair Book for project areas that have interview judging. Call the office after July 5 at 441-7180 to sign up for a five-minute time slot. Interview judging is Tuesday, Aug. 3 starting at 9 a.m. in the Lincoln Room. (TK)

Static Exhibit Volunteers Needed Aug. 2 & 3!

Volunteer helpers (ages 12 and over) are needed to help at the County Fair in the following capacities:

- Check in exhibits on entry day — Monday, Aug. 2
- Assist judges on judging day — Tuesday, Aug. 3
- Put up project displays — Tuesday, Aug. 3

Call Tracy at 441-7180 to sign up. Your help is appreciated! (TK)

Youth Tour Guide Volunteers Needed Aug. 6

Volunteer teens are needed Friday, August 6 to serve as tour guides for Fair Fun Day. Fair Fun Day gives child care groups an interactive, hands-on experiential tour of the fair. Call Lorene at 441-7180 to sign up. (LB)

Show & Tell for Clover Kids Aug. 7

All Clover Kids, youth age 5-7 by January 1, 2004, are invited to show & tell their 4-H exhibits at the Lancaster County Fair, Saturday, 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 22 of the Fair Book for more information. To register, call 441-7180 by Friday, July 30, or sign up at the static exhibit area Monday, Aug. 2, 4-8 p.m. (TK)

Volunteers Needed for "Kids Ag Discovery Zone"

New this year at the Lancaster County Fair is a Kids Ag Discovery Zone which will be open all five days of the fair. Deanna Karmazin is looking for volunteers to help think of hands-on activities and exhibits. These are any activities to help urban youth to see, touch, feel and smell agriculture. Help will also be needed during the fair to maintain the area. Contact Deanna at 441-7180.

"Cut and Tie" Blankets and Pillows

Recent information regarding "cut and tie" blanket and pillows have come forth from the State Fair home environment superintendents. Because these projects are made by only cutting and tying the edges of fabric, these items will not be eligible for the state fair. They still will be accepted, however, at the Lancaster County Fair.

Attention Livestock Spectators and Exhibitors

Save your money! You'll have your chance to throw your favorite 4-H member, volunteer or parent into jail! All proceeds go to the livestock showmanship incentive program. More details to come.

New Premium Payout Policy

Premium payouts to 4-H & FFA exhibitors will be paid in cash on Sunday, Aug. 8, 9 a.m.-5 p.m. at the Lancaster Event Center Office. Subject to identification, parents, guardians, 4-H club leaders, FFA chapter advisors will also be permitted to pick up and sign for exhibitor premiums. **EXHIBITORS WHO HAVE EARNED PREMIUMS ARE HIGHLY ENCOURAGED TO PICK UP CASH PREMIUM PAYOUTS DURING THE FAIR.**

Premium checks will be issued by the Lancaster Agricultural Society to exhibitors who do not pick up cash premium payouts during the fair. Checks will be mailed to 4-H club leaders or FFA chapter advisors for distribution to their respective club or chapter members. Premium checks will be mailed directly to independent 4-H members. It is requested that all checks be cashed within 60 days following the fair. Adherence to this request will be highly appreciated.

No changes or corrections will be made on premium amounts after 60 days.

Note: In 2005, no checks will be issued — cash payouts only.

We hope you appreciate the opportunity for more timely and convenient cash premium payouts!

—Ron Snover, president of Lancaster County Agriculture Society and Fair Manager

Contest Information

Registration forms for Presentations Contest, Style Revue and Table Setting Contest are available at the extension office or may be downloaded at lancaster.unl.edu/4h. Call the office at 441-7180 by July 9 to register for these contests. Contact Tracy for more information.

Horticulture Contest July 8

The 4-H Horticulture Judging/Tree Identification/Grass-Weed Identification Contest will be held Thursday, July 8, from 10 a.m. to Noon at the Lancaster Extension Education Center. Open to all 4-H'ers ages 8-19 (need not be enrolled in a horticulture project). Pre-registration not required, enter day of contest. Study material for the contest is available at the extension office.

Junior Life Challenge Contest July 8

Note: the senior level Life Challenge contest will be June 28-June 29 at East Campus. The junior division Life Challenge will be held Thursday, July 8 at 1:30 p.m. at the Lancaster Extension Education Center. 4-H'ers apply what they've learned in their Family & Consumer Science (FCS) projects to real-life situations. Open to all 4-H'ers ages 8-11 (need not be enrolled in an FCS project). Pre-registration not required, enter day of contest. Information packets are available at the extension office. This year's topics and resources for the contest:

- Becoming Money Wise - Levels I and II (p. 11, 15-16, 21, 26, 30)
- Attention Shoppers (p. 3, 7-8, 15, 25, 27)
- Meals (pg. 4, 16, 19, 39, 44)
- Health B - Fun With Friends (p. 14, 20, 22, 32, 46)
- The Preschooler (p. 8, 9, 11, 12, 15-16)

Style Revue July 28 & Aug. 4

Style Revue judging will be Wednesday, July 28 starting at 8:30 a.m. The public Style Revue is Wednesday, Aug. 4, 7 p.m. at which time everyone is invited to see 4-H members style their outfits (both revues will be held at Lancaster Event Center, Pavilion 3 - Exhibit Hall). See Fair Book for rules.

Presentations July 16 & Aug. 7

To keep pace with technology, there are several changes for this year's Presentations (formerly Demonstrations) contest. Classes have changed from subject matter to method of presentation. Method of presentations include 1) demonstration using LCD, slide, video or overhead projector; 2) demonstration using posters; 3) multimedia demonstration. You choose which date works for you: Friday, July 16 starting at 1 p.m. (held at Lancaster Extension Education Center) or Aug. 7 starting at 8 a.m. (held at Lancaster Event Center, Pavilion 3 - Room 2).

Table Setting Contest Aug. 5

Choose a theme category (birthday, casual, formal, picnic) and plan a menu, design a centerpiece and a place setting to compliment the theme. A handout is available from the extension office. Contest will be Thursday, Aug. 5, 5 p.m. (held at Lancaster Event Center, Pavilion 3 - Exhibit Hall).

Bicycle Safety Contest Aug. 7

4-H members do not need to be enrolled in the bicycle project to enter this contest. See Fair Book for rules. Contest is Saturday, Aug. 7, 10 a.m.

Learn about Weather Warnings

The recent tornados which damaged many homes and buildings in southern Lancaster County remind us how important weather safety is. Here is information reprinted from the *Citizen Safety 4-H project manual*.

Read About It

Tornados, floods and blizzards are some of the weather emergencies that can occur in the Midwest. Although we can't prevent severe weather, we can be prepared when it occurs. TV and radio stations help by warning when severe weather is approaching. They use the word "watch" to let you know that severe weather is expected to move through the area. A "warning" means a tornado, flood or blizzard is in your area and you should take immediate action to maintain your safety.

Your community also may

have a warning system. Outdoor sirens are often used to let people know about weather emergencies, especially tornados. If you live outside of the sirens' range, your family may have a special weather alert radio. The National Weather Service operates a weather warning network. During severe weather, the special weather alert radio turns on. Civil defense officials are in charge of developing a communitywide action plan for severe weather.

Being alert to weather warnings and being prepared to take immediate action can save lives and reduce risk of injury. Plan ahead for tornado warnings by identifying the safest possible place in your home. It should be as far away as possible from all outside windows and away from the electrical/mechanical room. The lowest possible level in the building is best.

Once you have identified

your home's safest place, organize supplies to store there or to have ready to take with you. Cushioning objects like pillows can be used as protection from flying debris. A battery-operated radio can provide you with up-to-date weather information. A flashlight also can come in handy when the power fails.

If a tornado warning is sounded:

1. Stay calm.
2. Go immediately to the safest spot in the building.
3. When in the shelter, stay close to the floor and cover your upper body and head. If possible, get under a strong structure, like a heavy table. This will protect you from falling and flying materials.
4. Stay in the shelter until the all-clear signal is given via the radio.

More About It

1. Identify the safest place in your home if a tornado

warning occurs. Plan a tornado drill.

2. Visit the emergency warning system site in your community. Find out how the system is activated. Who is responsible for seeing that it works? What does it cost to have the system? How is it paid for?
3. Find out about special precautions that should be taken in a blizzard or flood. Make a plan of the steps your family should take to prepare for these weather emergencies, including making a special disaster kit.
4. Learn about a natural disaster that has hit your area. Old newspapers and community residents are good sources of information. Find out how your community prepared for the disaster and things it could have done better.
5. Find out about the National Weather Service and the special role it plays in com-

municating storm information.

Work on It

1. Draw a sketch of your home. Be sure to identify windows and doors that lead to the outside. After your sketch is complete, mark the spot where your family should go during a tornado warning.
2. List the supplies you'll need during a tornado, blizzard or flood warning.

Think About It

Stop and think about your answers to these questions. Share your answers with an adult.

1. What are some of the items you need in any weather emergency?
2. What are some of the items unique to a particular emergency?
3. If you lived in another part of the world, what other weather emergencies might you face?



State Horse Expo Information

REMEMBER HEALTH PAPERS!

A 14-day health certificate will be required for the 2004 Fonner Park Show. (The Ak-Sar-Ben 4-H Horse Show will require a 30-day health certificate.)

There will be no stall fees or camper hookup fees. Fonner Park is providing most all of the finance necessary for the state expenses, so be sure to thank them and the Grand Island Chamber of Commerce during or after your stay.

For this \$13,000+ financial backing, all exhibitors must clean stalls into the manure pits before leaving. Be sure to bring your own pitchforks, etc. Also, many stalls do not have doors, so you must bring doors, webbing, ropes, etc., to hold your horse in the stall. Most stall doors are 40-45' wide.

Exhibitors shouldn't depend too heavily on hay and wood shaving purchase on the grounds although a limited supply may be available. (MC)

County Judging Teams Get Ready

Lancaster County has two judging teams preparing to go to the Nebraska State Horse Exposition July 12-15 in Grand Island. One team is made up of Mindy Leach, Morgan Marshall, Cassie Krueger, Joanna Duhacheck and their coach Kala Ball. Making up a second team are Gabby Warner, Taylor Holliday, Lyndsy Larson, Nicole Zuhlke and their coach Coleen Warner. Also representing Lancaster County—but on an individual basis—are Katy Cockerill, Melissa Ebeling and Melissa Raisch.

In order to prepare for the state competition the teams are getting experience at judging clinics and camps around the state. At the Pitzer Ranch Clinic, Cassie, Francis Anderson

and Melissa won the team contest. Mindy, Joanna and Morgan got fourth. Cassie won the contest individual. Melissa Raisch judged as an individual and got in the top ten as did Morgan. At a contest held in Seward, Morgan won the contest. Mindy, Cassie and Joanna were in the top ten. At Skyline Ranch in Elkhorn, Joanna won the contest, Morgan got third and Cassie fourth. Awesome dedication, skills and knowledge being shown by both the girls and their coach!

Team 2 participated in the Elkhorn contest. Taylor Holliday won first place and Gabby Warner placed seventh in the intermediate division. What a great start for a first-time team! (MC)



Members of the Lancaster 4-H Council and 4-H Staff convey their heartfelt sympathies to the Lancaster County residents and 4-H families who suffered losses during the recent destructive storms.

Gene Veburg
Gene Veburg, President
Lancaster 4-H Council

Gary C. Bergman
Gary C. Bergman, Unit Leader
UNL Cooperative Extension in Lancaster County

4-H Shooting Sports Recertification to be Offered Sept. 11

The Nebraska 4-H Shooting Sports program will be offering a leader recertification training on Saturday, Sept. 11 at the Eastern Nebraska 4-H Center in Gretna, NE. Leaders who have successfully completed certification training since Oct. 1, 2003, and wish to become certified in an additional discipline are invited to attend. This one-day training gives leaders the opportunity to become certified in one of the following additional disciplines: archery, rifle or shotgun. Registration information will soon be available on the 4-H Shooting Sports Web site at <http://4h.unl.edu/programs/environment/shootingsports/>. (TK)

June



Ellen Chapelle

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

Ellen has been a 4-H volunteer for 35 years. She was a longtime co-leader of the Pioneer Livestock 4-H club with her husband, Gordon. Every spring, the club put on the Pioneer Livestock Show to give new 4-H'ers



experience showing their animals in public. Ellen has been active in the 4-H Livestock Booster Club since it started, helping find sponsors for County Fair livestock awards.

"I like watching the kids grow and learn," she says. "And to see how proud they are when they see the rewards — which are many — for their hard work."

Ellen and Gordon live north of Denton. They are active members of the Nebraska Polled Hereford Association. Their children David and Debra are former 4-H'ers. Ellen's favorite way to relax is spending time with family and friends—especially her seven year old granddaughter Ty!

Congratulations to Ellen! Volunteers like her are indeed the heart of 4-H!

Nominate Your Favorite 4-H Volunteer!

A "Heart of 4-H Award" is given to a Lancaster County 4-H volunteer each month! Nominate your favorite 4-H volunteer or leader by submitting the following form (also available online at lancaster.unl.edu/4h). Nominations of co-volunteers accepted.



I, _____, nominate _____.

Please explain why you are nominating person(s) (use additional paper if needed) _____

Mail to: UNL Lancaster County Extension, 444 Cherrycreek Rd, Ste. A, Lincoln, NE 68528.

EXTENSION HIGHLIGHTS

4-H Interns Assist Extension Staff During Summer



Extension's 4-H interns (L-R) Brenda Fiala and Steve Landon

Each summer, two interns join the 4-H staff at the University of Nebraska Cooperative Extension in Lancaster County and provide much needed assistance for Clover College, the County Fair, contests, workshops and other activities as needed.

Intern Steve Landon is assisting Extension Associate Deanna Karmazin in the livestock areas. Steve is a junior at University of Nebraska-Lincoln, majoring in Diversified Agriculture. Steve grew up on a farm near Greenwood and was a very active 4-H member for 10 years, showing cattle and other projects.

Intern Brenda Fiala is assisting Extension Associate Tracy Kulm in the family and consumer science areas. Brenda grew up in Lincoln, and has been involved with Lancaster County 4-H for nearly 13 years. She was a member for nine years, participating in many projects and club activities as well as 4-H Teen Council and Citizenship Washington Focus. Since then Brenda has volunteered as a Clover College presenter and assistant and a Clover Kids judge. She graduated in May from Hastings College with a degree in elementary education. Brenda will complete her student teaching this fall in Chicago, IL. She is very excited to be working with 4-H youth this summer!

Partners in Pollution Prevention Intern Assists Businesses and Producers

The Partners in Pollution Prevention (P3) program is a 12-week program which is part of a UNL civil engineering class.

P3 intern Amanda Koelling is working at the UNL Cooperative Extension office. Amanda will assist agricultural producers with nutrient management plans

to help them prevent nutrient rich runoff that can be dangerous to water supplies. She will also visit small businesses to assess their work situations, provide research options and a detailed report on how to conserve resources. As another part of her internship, Amanda will provide public education on pollution prevention to various civic groups. She is a senior at the University of Missouri-Columbia, majoring in biological engineering.

The P3 program is in its eighth year. During the first seven years 95 program interns have worked with 229 Nebraska businesses. Based on responses from 43 business participants, following intern recommendations have the potential to each year divert 3.7 million pounds of solid waste from landfills, reduce hazardous waste by 24,500 gallons and save \$561,000. More information about the program is online at www.ianr.unl.edu/p3.



Amanda Koelling

Neighborhood Cleanups Make a Difference

Helen Mitrofanova
Extension Educator

Neighborhood cleanups are one-day events that occur in the spring, summer or fall. Cleanups allow residents to get rid of hard to dispose of items at a lower cost than what they would pay at a transfer station or other private businesses. Working together can make a difference in our neighborhoods and our city.

Your highly visible work not only will boost neighborhood pride, but help fight crime. Time and time again, in cities across our nation, neighborhood crime has dropped after cleanup and beautification efforts. A litter-free flower bed is not just a pretty sight, it is a sign of a community that cares.

Unfortunately, not everyone knows where to begin. We will provide you with the outline which you can use as guidance in organizing your neighborhood cleanup.

1. Find and Organize Volunteers

Gather your neighborhood committee and other key members of your community. At your first meeting, allocate responsibilities among your committee members. You may wish to form different subcommittees that may include the following: *location, volunteer recruitment, refreshments, publicity, site captains, etc.*

2. Choose Sites

Be realistic in choosing sites; do not expect to clean the entire community. Select one or more target areas that can be reasonably done in one day with the number of volunteers you are expecting to recruit. Appoint a site captain for each area you intend to clean.

3. Determine the Needs/Supplies

Prior to the cleanup, evaluate the condition of each site and determine any special needs. Things to look for include: types of trash (loose papers vs. garbage trapped in fences, etc.); junk cars or other large items,

which may require special equipment to move; potentially hazardous materials (chemicals, broken glass, etc.). You will need to consider the following, according to the site chosen:

- Types of tools (rakes, brooms, shovels, etc.)
- Heavy equipment (pay-loader, backhoe, etc.)
- Number of trash bags
- Gloves, maps, first aid kits

Other optional support sources you may seek include:

- Refreshments (coffee, donuts, snacks, lunches)
- Publicity (flyers and posters)
- Restroom facilities

4. Create Partnerships

You may be able to obtain the above materials by securing the cooperation of local businesses, community centers, non-profit organizations and city officials. One neighborhood group in Chicago planned a cleanup; they sought the involvement of the local Boy Scouts and Girl Scouts and several environmentally oriented groups whose roots were outside the community. The result: a big crowd and dramatic difference in the neighborhood appearance.

Consider cooperation with other groups, even if they are not in your neighborhood: school groups, youth organizations, fraternal organizations, ethnic societies, conservation groups, garden clubs, historical societies, labor unions and religious organizations. These organizations always are looking for activities and they can share their successful strategies with you.

5. Publicize the Event

You should contact local media to secure pre-event publicity and day-of-event coverage for the community. You may print newsletters, posters and flyers to recruit volunteers. Hanging a promotional banner over a frequently traveled road two weeks prior to the cleanup will raise interest in your community. It is important to remember to get permission from local authorities before beginning promotional efforts.

6. Planning the Cleanup Day

Secure the use of a cleanup center at or near the sites and plan set-up details. The cleanup center should be stocked with trash bags, tools, refreshments, first-aid kits and other needs. If your sites are spread out and around the neighborhood, you may wish to find a volunteer who can periodically check on all sites in a roving "supply car."

Determine where filled bags will be placed for pick-up by the municipal trucks and notify the public works department of the locations. In determining the schedule of events for the day, please consider the following:

- Registration of volunteers
- Assignment of volunteers to site captains
- Safety lecture by site captains
- Distribution of trash bags/tools
- Cleanup
- Loading of trucks
- Lunch/refreshments after cleanup
- Entertainment

7. Follow-up

If possible, it is always nice to reward every volunteer with some small token of appreciation. You may write thank you letters to key volunteer groups and participated businesses.

In order to preserve the hard work you have done, you may wish to work with the city and community leaders to keep the neighborhood clean via litter prevention and beautification programs.

Research shows people litter for three main reasons. First, they feel no sense of ownership for a property, even a public park. Second, they think someone else will clean up after them. Third, they see litter already accumulated and think a little more will not matter. What is the message for community groups? Clean up the neighborhood and then maintain a litter-free environment with individual and group efforts and continuing community education.

Finally, enjoy a clean community!!!

Source: Based on materials from "Neighborhoods: A Resource and Reference Handbook," Keep Chicago Beautiful Project.

Host 4-H Families Wanted for International Visitors July 24-25

The Mayor's Committee for International Friendship is hosting 18 youth (ages 12 to 18), from Morocco, Lebanon and Egypt, who are participating in "The American Experience: Arab Youth Initiative," sponsored by the U.S. Department of State, Bureau of Education and Cultural Affairs, Youth Programs Division. The State Department would like to have these youth spend a weekend on farms with 4-H families. We would be most pleased if we can find families who would be willing to host one or two students July 24-25 (including overnight). If you would be willing to host one or two of these students, please contact Dolores Mather at 488-4228.

Meetings Scheduled to Discuss Changes to County HVAC and Plumbing Codes

The Lancaster County Board of Commissioners recently updated and adopted the Lincoln Plumbing Code and the Lincoln Heating, Ventilating and Cooling (HVAC) Code, including the licensure requirement for all persons who engage in these trades to be registered as a contractor by the City of Lincoln's Building and Safety Department. The Board has since delayed the licensing requirements until July 1, 2005, and will offer an opportunity for those who are not licensed to be grandfathered.

The County Board and Building and Safety Department will hold two informational meetings to discuss the proposed requirements for grandfathering contractors who do work in Lancaster County. These meetings are scheduled as follows:

Wednesday, July 7 at 7 p.m.

Firth Community Center, 311 Nemaha, Firth

Thursday, July 8 at 7 p.m.

Raymond Woman's Club, Main Street, Firth — across from Post Office.

A public hearing on the requirements will be held on a date to be announced. For more information, please contact Gwen Thorpe, Deputy Chief Administrative Officer at 441-7447. (GB)

EXTENSION CALENDAR

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

JUNE

- 25 4-H & FFA Tractor Operators Contest, *UNL East Campus*
- 26 Acreage Insights: Rural Living Clinics — "Small Scale Animal Production" 9–11 a.m.
- 28 Family & Community Education (FCE) Council Meeting 7 p.m.
- 28–29 4-H PASE/Life Challenge, *UNL East Campus*

JULY

- 8 County Fair 4-H Horticulture/Tree/Grass-Weed Judging Contest 10 a.m.–Noon
- 8 County Fair 4-H Life Challenge (Junior Division Only) 1:30 p.m.
- 8 4-H Citizen Washington Focus (CWF) Meeting 7 p.m.
- 9 Extension Board Meeting 8 a.m.
- 9 County Fair 4-H/FFA Animal Entries Due
- 9 County Fair 4-H Table setting/Bicycle Safety/Presentation/Style Revue Registrations Due
- 9 Pesticide Container Recycling, *Waverly Cooperative* 9 a.m.–3 p.m.
- 11 Dine Out for 4-H/CWF, *Don & Millie's, 5200 S. 56th Street* . . . 11 a.m.–4 p.m.
- 11 4-H Teen Council Meeting 3 p.m.
- 11–15 State 4-H Horse Show, *Fonner Park, Grand Island*
- 13 Family & Community Education (FCE) Sizzling Summer Sampler . . . 6–9 p.m.
- 16 County Fair 4-H Presentations (formerly Demonstrations) Contest . . . 1 p.m.
- 17 Composting Demonstration, *City Yard Waste Composting Demonstration Site, 50th & Colby* 8:30 a.m.
- 23 Pesticide Container Recycling, *Bennet Cooperative* 9 a.m.–3 p.m.
- 24 Acreage Insights: Rural Living Clinics — "Private Drinking Water Systems" 9–11 a.m.
- 25 Salt Creek Wranglers 4-H Silver Dollar Series #3, *Wranglers Grounds* . . 8 a.m.
- 28 County Fair 4-H Style Revue Judging, *Lancaster Event Center* 8 a.m.

IDENTITY THEFT

continued from page 5

lighten the load in your wallet. Once your list is complete, file this list in your personal home filing system. If you are ever a victim of identity theft, you will be glad you did this activity.

Avoid Being a Victim

- To avoid being a victim of identity theft, you need to:
- Check your credit report annually.
- Find out how your personal information will be used.
- Keep your personal information in a secure place.
- Destroy outdated personal information. If it has your name, address, social security number — shred the information.
- Reduce the amount of personal information you carry.

If You Are a Victim

- If you are a victim of identity theft, you need to contact:
- The police department where the identity theft took place and file a complaint.
- The three credit reporting fraud departments
 - Equifax at 1-800-525-6285
 - Experian at 1-888-397-3742
 - Trans Union at 1-800-680-7289
- Close all accounts with banks and credit card companies that were accessed fraudulently or opened by an identity thief.
- Open up new bank accounts with new numbers.

For more information, go to the FTC Web site at www.consumer.gov/idtheft and read *ID Theft — What's It All About?* Remember: An identity thief will use stolen credit cards within 48 hours of taking the wallet. Protect yourself, take a few minutes and inventory your wallet today!

Source: Federal Trade Commission — www.consumer.gov/idtheft/ (LB)

Upcoming Hazardous Waste Collection Days

Residents of Lancaster County can bring household hazardous wastes to the following collection sites in June:

Friday, June 25 from 3–7 p.m.—Union College, parking lot at 52nd & Cooper (3 blocks south of 52 & Calvert).

Saturday, June 26 from 9 a.m.–1 p.m. at Nebraska Wesleyan University, parking lot at 56th & Huntington.

Items you can bring for disposal:

- **HEAVY METALS:** items containing mercury such as thermometers and fluorescent bulbs.
- **SOLVENTS:** mineral spirits, turpentine, paint strippers and thinners, oil-based paints, varnishes, stains, polishes, waxes.
- **PESTICIDES:** weed killers, garden sprays, wood preservatives, pet flea and tick products, roach powder, rat

poisons. You may also bring banned products, like DDT, chlordane, 2,4,5-T, pentachlorophenol, silvex.

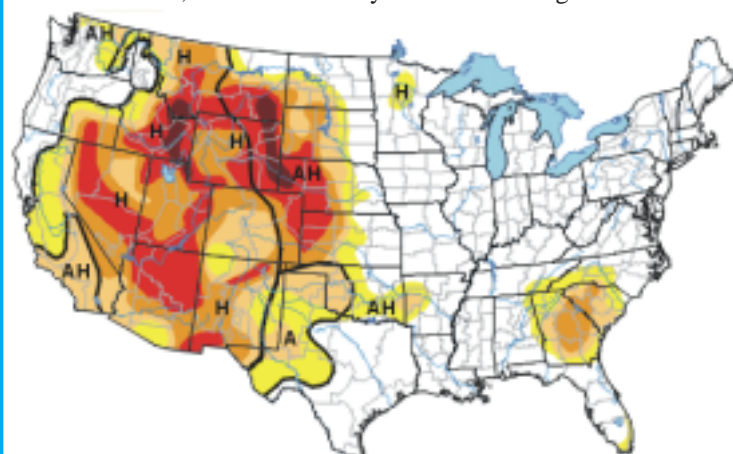
- **PCB'S:** Ballasts from old fluorescent fixtures, small capacitors from old appliances, including radios, motors and televisions.

Leave products in their original container and keep the label intact. If the label is destroyed or unreadable, label the products to the best of your knowledge. Open, leaking or rusted containers should be placed in a clear plastic bag during transport. Do not mix chemicals.

Do not bring latex paint, medicines, explosives, fertilizers or general household trash. Used oil, antifreeze and batteries should be recycled. For more specific information, call the Lincoln-Lancaster County Health Department at 441-8040. (BPO)

Latest U.S. Drought Monitor Map

As of June 15, Lancaster County was not in drought conditions.



Source: National Drought Mitigation Center, University of Nebraska

The NEBLINE



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Main Office

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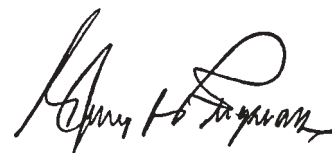
Phone: 441-7180

Web site: lancaster.unl.edu

Fax: 441-7148 • TDD: 441-7180
NUFACTS Information Center: 441-7188
Composting Hotline: 441-7139

All programs and events listed in this newsletter will be held (unless noted otherwise) at:

Lancaster Extension Education Center
444 Cherrycreek Rd. (event rooms posted), Lincoln
Lobby Phone: 441-7170



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Return to:
University of Nebraska Cooperative Extension in Lancaster County
444 Cherrycreek Road, Suite A • Lincoln, Nebraska 68528-1507

Storm-Related Online Resources

University of Nebraska Cooperative Extension in Lancaster County has compiled a wide variety of storm-related resources online at lancaster.unl.edu.

Included is Cooperative Extension information on:

- Guidance for Cleanup Following Tornadoes, Severe Storms
- Inspecting Homes for Structural Damage
- Cleaning Up After Severe Storms: Household Tips & Help
- Storm Damaged Trees: Evaluating Damage
- Assessing Hail, Wind and Flood Damage to Crops
- Family / Parenting Resources for Tough Times
- Weather Safety Information

There are links to other University of Nebraska resources, local government Web sites, local agencies and national resources. A special section for youth include safety games, safety checklists and other fun activities.



Indoor Mold, Dampness Are Linked to Respiratory Problems

You may have heard about the new Centers for Disease Control & Prevention and Institute of Medicine of the National Academies report linking indoor mold and dampness with respiratory problems.

The people that have had recent rain, flooding and tornado damage to their home should be especially cautious about drying out interior structures for several weeks to months BEFORE any materials are replaced covering existing damp wood and other materials. Research has indicated (Red River Flooding, etc.) that without thorough cleaning and drying, cavities and other areas can product mold causing even more damage and repair, and sometimes loss of the house itself.

Scientific evidence links mold and other factors related to

damp conditions in homes and other buildings to asthma symptoms in some asthmatics as well as to coughing, wheezing and other upper respiratory tract symptoms in otherwise healthy people, says the report. The available evidence does not support an association between either interior dampness or mold and the wide range of other health complaints that have been ascribed to them, but the possibility of a link cannot be ruled out.

More information (news release, audio of the news conference, and links to the report) is available online at www.nationalacademies.org/topnews.

Source: Shirley Niemeyer, PhD Extension Specialist/Research Housing and Environment, University of Nebraska Cooperative Extension

Can You Guess It?



Did you guess it? Find out at lancaster.unl.edu

Did you guess it from the June NEBLINE?
The answer was a robin's nest.

Disaster Recovery Assistance from FEMA

The tornadoes, severe storms and flooding that struck Nebraska between May 20 and June 1 resulted in a presidential disaster declaration on May 25 that now extends eligibility for federal and state disaster assistance to 30 counties in Nebraska — including Lancaster County.

Renters, homeowners and businesses of all sizes in Lancaster County are now eligible to register with the Federal Emergency Management Agency (FEMA) to access state and federal disaster relief programs. Call 1-800-621-3362 to register for disaster assistance. The service is available from 8 a.m. to 6 p.m., Monday through Friday. **The deadline to register is July 24, 2004.**

Disaster aid to renters, homeowners and businesses of all sizes generally falls into the following categories:

Disaster Housing may be available for up to 18 months, using local resources, for displaced persons whose residences were heavily damaged or destroyed. Funding also can be provided for housing repairs and replacement of damaged items to make homes livable.

Disaster grants are available to help meet other serious disaster-related needs and necessary expenses not

covered by insurance and other aid programs. These may include replacement of personal property, and transportation, medical, dental and funeral expenses.

Low-interest disaster loans are available after a disaster for homeowners and renters from the U.S. Small Business Administration (SBA) to cover uninsured property losses. Loans may be for repair or replacement of homes, automobiles, clothing or other damaged personal property. Loans are also available to businesses for property loss and economic injury.

Other disaster aid programs include crisis counseling, disaster-related unemployment assistance, legal aid and assistance with income tax, Social Security and veteran's benefits. Other state or local help may also be available.

Assistance Process — After the application is taken, the damaged property is inspected to verify the loss. If approved, an applicant will soon receive a check for rental assistance or a grant. Loan applications require more information and approval may take several weeks after application.

Source: Federal Emergency Management Agency

Building & Safety Department Offering Assistance in Hickman

The City of Lincoln Building and Safety Department has set up an assistance station for the Lancaster County homeowners victimized by the May 22 storms. Building and Safety set up their assistance station in the Hickman City Office in Hickman, 115 Locust (south entrance). Hours of their operation will be every Tuesday and Friday during the month of June from noon until 7 p.m.

Assistance will be offered in the following areas:

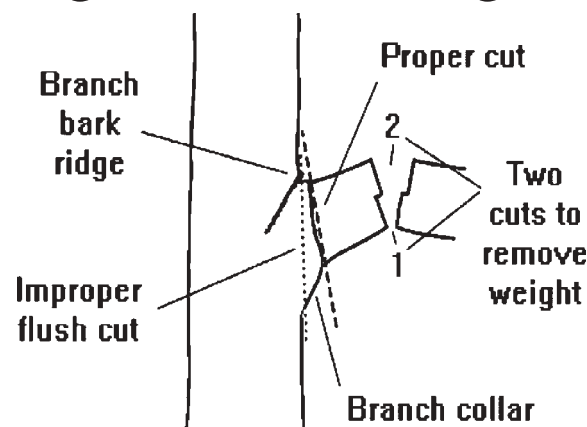
- Discuss building permits
- Discuss remodel project
- Applications for building permits
- Accept building or remodel permit & plans.
- **Schedule inspection of property before construction starts**
- Application for a Temporary County Mobile Home Placement
- Homebuilder information handouts

For more information on the storm relief/cleanup effort, visit the county Web site at lancaster.ne.gov.

Pruning Storm Damaged Trees

For the trees that survive severe storms, the job of repairing them and bringing them back to good health is critical. Before broken branches are removed, they should be examined carefully, and proper pruning methods should be used to minimize the damage from the pruning cuts. Trees too large to handle from the ground should be pruned only by professional arborists.

Safety is the first consideration in removing branches from storm-damaged trees. All branches that are loose should be removed as soon as possible to eliminate the chance of injury or damage if they were to fall. Other branches that are cracked or broken should be removed after the loose branches are gone. Branches that did not break but were bent over may have internal cracks or other hidden damage, especially if these branches have not returned to their original upright positions. These branches may become hazards in the future and should be considered for removal. A branch (or trunk) that was partially stripped of its bark when an attached branch pulled away should be removed if more than a third of the original circumference is lost. These branches will always be structurally weak and may become serious hazards if they are allowed to remain and gain weight.



Pruning cuts should be made so only branch wood is removed and the trunk or supporting stem is not injured. If only branch wood is removed, the wound is smaller, the tree will be able to seal the wound more effectively, and the chance of problems with wood decay will be greatly reduced. To locate the proper place to make a pruning cut, look for the "branch bark ridge" on the upper surface of the union of the branch with the supporting stem. This is a line of bark that has been pushed up as the branch and supporting stem have grown. Some branch unions will not have this if they did not form properly. Instead they will have the branch simply pressing into the supporting stem, forming a sharp V-shaped union. At the base of the branch, and mostly on the underneath side, look also for the "branch collar," which is a slightly swollen area of stem tissue that wraps around the base of the branch. A proper pruning cut begins just outside the branch bark ridge and angles down and

slightly away from the stem, avoiding injury to the branch collar. Do not make flush cuts that remove the branch collar. Wounds created by flush cuts cause substantially more injury to the tree than wounds left by proper pruning. Branches should be pruned using a series of three cuts. Two cuts to remove the weight of the

branch (first under then over the branch), then the final pruning cut. Branches that have pulled away from the trunk should be removed at the bottom of the split. Avoid causing any additional damage to the trunk. Remove any loose bark, but do not cut into bark that is living and still attached.

The only pruning that really should be done at this time is the removal of broken branches. Leave the fine pruning and finishing cuts until late winter or early spring. All pruning cuts will dry out to some degree during the winter. Dieback of the inner bark around a pruning cut can be minimized if the final pruning is left until just before the tree begins to grow in the spring. Never top trees. Topping creates serious hazards and dramatically shortens the life of a tree. Never use paint or wound dressing to cover wounds. These materials do not help the tree and actually interfere with the tree's wound healing process.

Source: Nebraska Forest Service Storm Damage Bulletin No. 3 (MJF)