The NEBLINE, June 2010

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Markets.

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The NEBLINE

Reasons for Visiting a Farmers’ Market

By Alice Henneman, MS, RD, UNL Extension Educator

T’S FARMERS’ MARKET time again in Lancaster County. Here are 12 great reasons to visit a Farmers’ Market, illustrated with scenes from local Farmers’ Markets.

Find foods not available in a grocery store.

Take home a truly tasty tomato! Recipe for the bruschetta shown at right is on page 4.

Enjoy really fresh sweet corn. Fresh from the field means fantastic flavor!

Purchase a pretty plant you know will grow in Nebraska because it was locally grown in Nebraska.

Meet with a master gardener. University of Nebraska–Lincoln Extension master gardeners are available at some of the Farmers’ Markets. They’ll answer your garden questions and help make your garden grow!

Make memorable meals. The meal at right features toasted sunflower wheat bread with lettuce and smoked bacon cheese; kale sautéed in olive oil with green onions and garlic; purple (graffiti) cauliflower ... all from one of the local Farmers’ Markets!

Have fun with your family and friends. Many Farmers’ Markets feature special events, such as cooking demonstrations, music, festivals, and more.

Get really fresh food that didn’t travel long distances to reach you. Freshly picked produce not only tastes better, but keeps longer, too! Look for the Buy Fresh Buy Local sign used many places to identify locally grown produce.

Buy a beautiful bouquet of locally grown flowers.

Get to know your farmer. Ask questions about how the food was grown, how to cook it, and more.

Support your local economy. If every household in Nebraska spent $10 weekly on Nebraska–Lincoln grown food, $7,008,800 would stay in the local economy EACH week. That’s $364,457,600 per year! (Source: 2006 US Census Bureau, based on 700,880 occupied living units.)

Farmers’ Markets are full of surprises – you never know what you might see!
Online Tool Estimates Economic Feasibility to Repair or Replace Pumping Plants

Tom Dorn
UNL Extension Educator

Use your records to determine the performance of your irrigation pumping plants and estimate the economic feasibility of repair or replacement.

Could your irrigation pumping plant be costing you hundreds or thousands of dollars more per year more than it should be? UNL Extension has a very easy-to-use tool to help you know where you stand using your records of the volume of water pumped, lift from the water source to the surface, and the system pressure, measured at the pump.

The tool is an Excel worksheet called Long Term Pump. It can be found on the irrigation page of the UNL Extension in Lancaster County Web site at http://lancaster.unl.edu/ag/Crops/irrigate.shtml. The direct link is http://lancaster.unl.edu/ag/crops/Long_Term_Pump.xls (note the underscores between the words).

When you access the workbook, you will notice tabs at the bottom of the screen. The initial screen provides instructions for using the worksheet. The active worksheet is on the second tab. The next three tabs show example runs assuming a diesel engine, an electric motor, and a system with no meter installed.

User Inputs

1. Select the energy source for pumping from the drop-down menu.
2. Input the energy price per unit of fuel: ($/gallon, $/kWh, $/Mcf or $/Therm).
3. Select the water meter totalizer units — if no meter, select No Meter and go to Step 4 to input acres irrigated and inches applied per season.
4. Input the pumping water level.
5. Input the system pressure at the pump.
6. Input the total fuel (energy) used per season.

Results

1. The acre-inches of water pumped during the period.
2. The useful work accomplished (water horsepower - hours) (WHr/hr).
3. The performance of the pumping plant (WHP-hr per unit of fuel).
4. The performance rating (expressed as a percentage of the Nebraska pumping plant performance criteria).
5. The potential fuel cost savings if the pumping plant was repaired or replaced to bring the performance up to the Nebraska pumping plant performance criteria.
6. If the user specifies a payback period and the interest rate, the worksheet will calculate the amount of money that could be borrowed to repair or replace the inefficient components, assuming the annual payments will be made using only the anticipated annual energy savings.

Tractor Safety Training for Youth, June 8–9

An intensive two-day tractor/farm safety workshop for 14 and 15 year old youth will be conducted on June 8–9 at the UNL East Campus Tractor Testing Laboratory. The classes run 8 a.m.–5 p.m. each day. The $60 fee includes materials and meals for both days. The curriculum is NSTMOP (National Safe Tractor and Machinery Operation Program) and information can be found at http://www.nstmop.psu.edu/. The NSTMOP includes task sheets covered during the class and will be in their workbook. The task sheets also include information about the driving test.

Day 1 — Participants will undergo a full day of speakers, machinery tours, and classroom training on safety including tractor and ATV roll-over prevention. The day will conclude with testing including a written exam. Only those passing these tests qualify to test on Day 2. Homework will be assigned to hand in the next day.

Day 2 — Speaker, tours, and safety information along with hands-on tractor safety instruction followed by driving tests for students to exhibit their safety competency. Students should be familiar with backing a two-wheel trailer.

Upon completion of the course and passing the tests, the students will receive a certificate exempting them from the federal labor laws (within limits). This certificate completes the driving portion of the DMV Animal Husbandry Permit. Call 821-2151 or 342-5508 for more information and to register for the training.

Certify Hay as Weed Free

Bruce Anderson
UNL Extension Forages Specialist

Are you interested in another market for your hay this year? Maybe you should have it certified as “weed-free.”

Normally, when you think of selling hay, you think of dairy cows, beef cows, feedlots, or horses. But hay also is used to feed wildlife in national parks and as mulch along many roadways or other disturbed soils. Selling hay for use in parks or on roadsidess, though, can be a challenge, especially if your hay needs to cross state lines. That’s because many state and federal agencies will refuse to buy your hay unless they can be guaranteed it does not contain any noxious weeds.

To prevent the spread of noxious weeds via hay, the North American Weed Free Forage Program has been established. This program has been adopted by most state Departments of Agriculture and is implemented in Nebraska by your county Weed Control Authority.

To participate, your forage must be inspected in the field prior to cutting for noxious weeds or other designated weeds. If any are found, the hay still might be able to be certified if prescribed treatments are followed; these treatments will vary depending on the type of weed. Then, if your hay passes, you will receive an inspection certificate verifying the results.

When shipping across state lines, a transit certificate or certification marking must accompany the hay to avoid rejection. Contact your local weed control authority for more details.

Certifying hay as “weed free” can offer other markets for your hay. But act long before cutting or it will be too late.
Nebraska Ticks and Tick-Borne Diseases

Ticks are not insects, but are close relatives of mites and spiders. In Nebraska, the most common tick is the American dog tick (Dermacentor variabilis), also known as the wood tick. The American dog tick is found in almost every county throughout the state. People who live in the southeastern-most counties of Nebraska also encounter the Lone Star tick, (Amblyomma americanum).

Ticks have a life cycle that involves four distinct stages: egg, six-legged larva or seed tick, nymph, and adult. Both the American dog tick and the lone star tick are typical “three-host” ticks. Each feeding stage (larva, nymph, and adult) of three-host ticks must feed and find on a different animal.

Ticks hang on vegetation with their hind legs and extend their front legs out from their body. The ticks grab onto their host with their front legs as they pass by. Then they climb up their host and spend time before settling down to feed. Ticks are sensitive to carbon dioxide which helps them locate their host.

Diseases Transmitted by Nebraska ticks

Rocky Mountain Spotted Fever (RMSF) – This disease is caused by the rickettsia bacteria, Rickettsia rickettii, and transmitted by the American dog tick. It is the most severe and most frequently reported tick-borne illness in the U.S. Although RMSF does occur in the Rocky Mountains, most cases are reported from other states. Twenty cases of RMSF were reported in Nebraska in 2019, 12 of 20 were reported tick-borne illness in the U.S. which the American dog tick (Dermacentor variabilis) is the most common tick in Nebraska

Chigger mites attach themselves to the clothing of people or the fur of passing animals. They prefer constricted locations like sock tops, or waist bands. They do not burrow into the skin or suck blood as many people believe. Instead, chiggers secrete a irritating secret (saliva, hemolymph, gut contents) into the skin causing a rash which expands in concentric circles outward from the tick bite producing a “bulls-eye” effect. Later, the victim may experience flu-like symptoms, like headache, fever, chills, lethargy, and joint or muscle pain. It is a seriously debilitating disease that is untreated and unreported, but is easily treated with antibiotics in its early stages. A visit to a family doctor and a test will determine whether a person has Lyme disease.

Fever (100-102°) or there were 76 cases of Lyme disease reported in Nebraska. However, health experts are unsure whether these cases are actually Lyme disease or a disease called ehrlichiosis. The reason for this uncertainty is because ticks that transmit Lyme disease are not found in Nebraska and the ticks present here have not been shown to vector this disease.

The lone star tick does transmit ehrlichiosis, a disease with symptoms very similar to Lyme disease, including fever, headache, fatigue, and muscle aches. Other symptoms include nausea, vomiting, diarrhea, cough, joint pains, confusion, and occasionally, a rash. Symptoms typically appear after an incubation period of 5–10 days following the tick bite. A diagnosis of ehrlichiosis is based on a combination of clinical signs and symptoms, confirmed through laboratory tests. Ehrlichiosis is white with antibiotics when caught early.

What You Can Do

Reduce exposure to ticks with the following practices:

Cultural. Keep grassy and weedy areas trimmed to reduce harborage for tick hosts.

What Are Chiggers?

Chiggers, also known as “red bugs or jiggers,” are the immature stages of the common red harvest mite. It is only the first (larval) stage of the mite that feeds on people and other passing animals. Chigger mites attach themselves to the clothing of people or the fur of passing animals. They prefer constricted locations like sock tops, or waist bands. They do not burrow into the skin or suck blood as many people believe. Instead, chiggers release a irritating secret (saliva, hemolymph, gut contents) into the skin causing a rash which expands in concentric circles outward from the tick bite producing a “bulls-eye” effect. Later, the victim may experience flu-like symptoms, like headache, fever, chills, lethargy, and joint or muscle pain. It is a seriously debilitating disease that is untreated and unreported, but is easily treated with antibiotics in its early stages. A visit to a family doctor and a test will determine whether a person has Lyme disease.

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Get Healthy Snack Ideas From “Snack of the Week” Handout

Alice Henneman, MS, RD, UNL Extension Educator

Tomoato Basil Bruschetta

Alice Henneman, MS, RD, UNL Extension Educator

This recipe makes approximately 12 pieces of bruschetta, depending on whether you add the topping to the bread or people serve themselves.

Enjoy fresh and flavorful tomatoes in this quick and easy version of a tomato bruschetta recipe! It’s great as a snack or appetizer and is loaded with nutrients.

8 ripe Roma (plum) tomatoes, chopped
2 cloves garlic, minced
1/2 red onion, Spanish onion or sweet onion, chopped
6–8 fresh basil leaves, chopped
2 tablespoons extra-virgin olive oil
Salt and freshly ground black pepper, to taste
1 loaf Italian- or French-style bread, cut into 1/2-inch diagonal slices

Preheat oven to 400°F. Combine tomatoes, garlic, onion, basil, and olive oil in a bowl. Season with salt and freshly ground black pepper, to taste. Set aside.

Arrange bread on a baking sheet in a single layer. Bake about 5–7 minutes until it begins to brown slightly. Remove bread from oven and transfer to a serving platter.

Serve the tomato mixture in a bowl with a serving spoon and let everyone help themselves. Or place some on each slice of bread before serving. If adding the tomato mixture yourself, add it at the last minute or the bread may become soggy.

Alice’s Notes

If you’re short on time, the tomato topping (minus the basil) can be made earlier in the day and refrigerated. Wait until you’re ready to turn on the oven for the bread before chopping and adding the basil. Set mixture aside at room temperature while the bread is toasting.

MyPyramid on My Plate

Ingredients:
1 whole wheat tortilla
2 tablespoons peanut butter
2–3 tablespoons shredded cheese
1 strawberry, washed and dried
2 tablespoons shredded carrots, washed and dried

Directions:
1. Wash your hands.
2. Place the tortilla on a plate.
3. Spread the peanut butter on the tortilla.
4. Sprinkle the cheese around the edges for the hair.
5. Place the two grapes for the eyes.
6. Place the strawberry for the nose.
7. Use the carrots to make a mouth.
8. Now you should see a silly face on your plate that include foods from all 5 food groups on MyPyramid!

Makes 1 MyPyramid face/tortilla

Where to Store Foods in the Refrigerator

Lincoln’s Community CROPS

Community CROPS (Combining Resources, Opportunities, and People for Sustainability) helps families grow food for themselves and the community. Community CROPS was started with one community garden in 2003, and has grown over the years to become a successful organization. CROPS now has 16 community garden sites with more than 200 individual plots, a training farm for larger scale vegetable production, a successful Community Supported Agriculture program, its own Community CROPS Farmers’ Market (see page 1 for dates and location), a regular stand at the Old Cheney Farmers’ Market, and more. For more information about Community CROPS, go to http://communitycrops.org or call 474-9802.

UNL Extension in Lancaster County’s Nutrition Education Program will have a table at the Community CROPS Farmers’ Market this summer. Stop by for free nutrition information, interactive games and food demonstrations!

Some foods that taste best when stored at room temperature include bananas, melons, onions, potatoes, sweet potatoes, tomatoes and winter squashes. Store them in a clean, dry, well-ventilated place, away from direct sunlight and away from areas where meat is prepared.

Some produce can be ripened on the counter, and then stored in the refrigerator. Examples include avocados, kiwi fruit, nectarines, peaches, pears, and plums. Avoid placing produce in a sealed plastic bag on your counter top. This slows ripening and may increase off-odors and decay from the accumulation.

A few additional guidelines:
• The temperature in a refrigerator should be 40°F or below. Keep an appliance thermometer in your refrigerator and check it frequently.
• A general rule of thumb for refrigerator storage for cooked leftovers is 3 to 4 days.
• Divide a large pot of food like soup or stew into small portions and put in shallow containers before refrigerating. Divide a large cut of meat or whole poultry into smaller pieces and wrap separately or place in shallow containers before refrigerating.

Nutrition Education Program will offer a number of free nutrition information, interactive games and food demonstrations.

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President’s View — Irene’s Items

Irene Colborn
FCE Council Chair

I’m hoping you have been enjoying the flowering trees this spring, I don’t know when they have been more beautiful. I found a way to use coffee filters. You can use them to sprout seeds. Simply dampen the coffee filter, place seeds inside, fold it and place it into a plastic baggie until they sprout. I sometimes keep seeds from a prior year and that way I know if they are good before I put them in the ground. The heritage skills items should be brought to the June 28 Council meeting so they can be judged to go on to the state convention. The categories are: rug making, hand crafted toys, spinning and weaving, and poetry. Remember to send your check in for the Sizzling Summer Sampler on July 8.

FCE News & Events

June Council Meeting, June 28
The June FCE Council meeting is Monday, June 28, 12:30 p.m. at Staufler’s Restaurant (formerly The Ville Grille), 2701 North 48th Street. We will have lunch and business meeting at the restaurant. Following the meeting we’ll visit the Food Bank of Lincoln, 4840 Doris Bair Circle, Suite A. Bring a can of food for the Food Bank. Entries for the Heritage Skills Contest should be brought to this meeting. All FCE members are invited to attend.

Basket Raffle at Sizzling Summer Sampler
Clubs and individuals are reminded baskets are needed for the Scholarship Raffle at the Sizzling Summer Sampler (SSS). Each year a $400 scholarship is awarded to a college student majoring in Family and Consumer Science or a health occupation. Tickets for the raffle will be available at the SSS.

June is Home Safety Month
This month is a time for the public to take some simple hands-on steps to create a safer home environment from such leading hazards as falls, fires or burns, and poisonings. The Home Safety Council (HSC) is dedicated to preventing home-related injuries that result in nearly 20,000 deaths and 21 million medical visits on average each year. Here are a few suggestions, courtesy of The Home Safety Council and The Soap and Detergent Association.

- Keep stairs and pathways clear of clutter.
- Promptly wipe up spills and splashed bath water.
- Test the temperature of your hot water. If it is higher than 120°F, turn down the water heater dial.
- Keep all household products in their original packages. Packaging includes useful first aid information in the event of accidental exposure or ingestion.
- Keep all medicines, including vitamins, in their original, childproof containers and store them high up out of children’s reach. Discard all medications and prescriptions that have expired.
- Install child-safe locks on cabinets where house cleaning supplies and medicines are kept. Never assume a cabinet is too high for a curious, climbing toddler.
- Check all smoke alarms to make sure they are in working order.
- Don’t leave cleaning buckets unattended. Even those with a small amount of liquid pose a danger to “top heavy” toddlers. If the child falls into a bucket, it may not tip over and he or she could drown. Even the water in the toilet can be a hazard to toddlers, so make sure all family members remember to close the lid.
- Place throw rugs over a rug-liner or choose rugs with non-skid backs to reduce your chance of falling.
- Post the Poison Control Center phone number (1-800-222-1222) by every land phone in your home and save it on your cell phone.

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Living Well – More Than a Cookbook

Members of the National Extension Association of Family and Consumer Sciences (NEAFCS) have developed and illustrated a book containing delicious, time-tested recipes from across the nation. Also included is a “Recipes for Living” chapter containing research-based information on:
- Healthy Lifestyles
- Living Green
- Home Safety
- Financial Management
- Care of Textiles
- Etiquette

“Today, the critical emphasis on safe, affordable food and a healthy, nutritious diet is evident in every aspect of American life,” said Colleen Hefferan, Administrator Cooperative State Research, Education, and Extension Service. “NEAFCS members have had an extraordinary impact on advancing not only sound nutritional practices, but on sound practices in all aspects of healthful living.”

Living Well — More Than a Cookbook features a designated recipe page for each affiliate with a sidebar describing the significance of the recipe to the state. You will discover a delicious world of adventures in food with over 275 recipes. A nutritional analysis of each recipe includes calories, total fat, calories from fat, carbohydrates, sugar, sodium, and fiber. Other nice extra features in the book are food substitutions, food storage life in refrigerator and freezer, and conversion chart for the amount of fresh produce to purchase.

Living Well — More Than a Cookbook will sell for $29.95. Consumers may buy the book from their local extension offices for $25 including tax. Proceeds from the book sales will be divided between NEAFCS and State Affiliates to support Family & Consumer Sciences educators in their efforts to enhance the quality of life for individuals, families, and communities.

For more information, visit the NEAFCS Web site, at www.neafcs.org. To order a cookbook locally, contact Lorene at 441-7180.
Control Emerging Bagworms in June

Mary Jane Froedge, UNL Extension Associate

Bagworms have been a problem in Lancaster county and surrounding areas for a few years. To control them, it is important to understand their lifecycle and use chemical control at the proper time.

Lifecycle

Bagworm eggs hatch in late-May and early-June. Young bagworms are as small as 1/8-inch long and can be difficult to see. After hatching, the larvae emerge from a hole at the base of the bag and spin down a strand of silk. The tiny insect is often caught by the wind and ballooned to nearby plants. Once a host is found, larvae begin to form a new bag around their body. The larva is a brown or tan caterpillar with black markings. Larvae remain in their protective bag, sticking their head out to feed. Bagworm larvae feed up until late August. The mature larvae then attach their bag to a branch with a strong band of silk and begin to pupate. Adult males emerge in September. They are small, furry gray moths with clear wings. The adult female does not have wings and never leaves the bag. After mating, the male moth dies. The female lays eggs in the bag. The female dies in the bag, mumified around the egg mass that overwinters until the following June.

Chemical Control

Insecticide control needs to be aimed at young larvae in mid to late-June to be effective. Spraying trees and shrubs is expensive. To get the best control for wind breaks or large stands of trees, late-June to early-July is the best time to apply insecticides for bagworm control.

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

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Forests Are More Than Trees

A forest or woodland is more than just a collection of trees. It is actually a complex and dynamic ecosystem obviously including the trees, but also composed of Coreopsis offerings in many garden settings. They make excellent selections for use as edging or rock garden plants. Coreopsis are pest resistant. Leaf spots may be a problem especially in wet years, but they usually don't affect the first bloom. Cut plants back severely after flowering and the new growth will be strong and healthy. The only disadvantage of Coreopsis is the necessity of deadheading. Trim spent flowers off regularly to promote continuous production of new flowers. If not deadheaded, only naked flower stalks will remain above the foliage. Propagation is accomplished through seed, cuttings, or division. Named cultivars should be propagated vegetatively rather than through seed to ensure true identity. Coreopsis can be treated as fall or spring annuals, seeds sown directly in the ground, or started indoors several weeks before the last frost. Usually they compete with desirable plants and can crowd out weeds near the base of plants. They also harbor many insects and diseases. Hand-hoeing is still the best answer. It is inexpensive, quite selective, accurate, effective, and for some, even enjoyable. A great deal of emotional satisfaction can come from viewing a clean, freshly-hoed row of plants which is usually within several minutes. Some pulling usually is necessary to remove weeds and to thin a base of plants. Vegetables may be damaged if weeds get too large before being pulled. Other weed control alternatives are mulching and using herbicides. Mulching controls weeds by keeping light away from seedlings and by providing a mechanical barrier to emergence. It works best against weeds that grow from seed each year. Weeds that break through the mulch are easily spotted and can be pulled from the moist soil. Good mulching materials include compost, straw, leaves, hay, sawdust, wood shaving, bark, paper and plastic sheeting. Use them to vegetate the soil before applying mulches. While straw and leaves may be raked back to feed and water plants, plastic sheeting is fairly permanent once applied. Apply most of the fertilizer before the mulch is put down. At present, herbicides have limited value in home vegetable gardens. They are difficult to use where a wide assortment of vegetables occupies a small space.

Coreopsis: They Bloom and Bloom and Bloom

Perennial flower gardeners really appreciate plants with an extended season of bloom. The perennial flower that immediately comes to mind when thinking of long bloom is Coreopsis. Coreopsis, also called tickseed, possess daisy-like flowers in various shades of yellow to dark gold to almost orange. A newcomer to the numerous Coreopsis offerings is Coreopsis rosea, the only pink form. Flowering of many varieties begins in late spring and continues through most of the summer.

There are several species of Coreopsis to select from offering a range of plant heights from less than 1 foot to almost 4 feet. Although some have a sprawling habit, many are well-behaved, colorful coreopsis that combine perfectly with other flowers. Most Coreopsis are hardy to USDA Hardiness Zone 4. Other advantages include drought tolerance, poor soil adaptability, and durability. They perform best in full sun or light shade. Some favorites include Coreopsis grandiflora (‘Sunrise’ and ‘Early Sunrise’). Both have double flowers and grow to about 2 feet in height. Thread leaf coreopsis (Coreopsis verticillata) has foliage divided into thread-like segments. Golden Showers® grows up to 2 feet tall with bright yellow flowers. ‘Moonbeam’ is probably the most popular cultivar. The 2-foot plant bears numerous soft yellow flowers from late June through October. Zagreb® is a compact, upright plant with flowers in a darker shade of yellow than ‘Moonbeam’. Coreopsis lanceolata and its cultivars have single flowers which are up to 2-1/2 inches across. ‘Brown Eyes’ has a maroon ring near the center of the flower. ‘Goldfinch’ and ‘Baby Gold’ are smaller varieties, each growing only 10 to 16 inches tall.

About 88 percent of Nebraska’s forest land is privately owned; most of it is in need of treatments to improve health and vigor. Nebraska Forest Service foresters are stationed throughout the state to assist landowners manage their forests. For more forestry information or assistance, contact a local Natural Resources Conservation Service, Natural Resources District, NFS District Forestry office, or go to http://www.nfs.fs.fed.us. Source: Dennis Adams, Nebraska Forest Service

Coreopsis grandiflora ‘Early Sunrise’ (large-flowered tickseed)
Coreopsis lancerolata (lanceleaf tickseed)
Coreopsis verticillata ‘Moonbeam’ (threadleaf tickseed)
Coreopsis rosea (pink tickseed)

Coreopsis verticillata (threadleaf tickseed)

These make excellent selections for use as edging or rock garden plants. Coreopsis are pest resistant. Leaf spots may be a problem especially in wet years, but they usually don’t affect the first bloom. Cut plants back severely after flowering and the new growth will be strong and healthy. The only disadvantage of Coreopsis is the necessity of deadheading. Trim spent flowers off regularly to promote continuous production of new flowers. If not deadheaded, only naked flower stalks will remain above the foliage. Propagation is accomplished through seed, cuttings, or division. Named cultivars should be propagated vegetatively rather than through seed to ensure true identity. Coreopsis can be treated as fall or spring annuals, seeds sown directly in the ground, or started indoors several weeks before the last frost. Usually they compete with desirable plants and can crowd out weeds near the base of plants. They also harbor many insects and diseases. Hand-hoeing is still the best answer. It is inexpensive, quite selective, accurate, effective, and for some, even enjoyable. A great deal of emotional satisfaction can come from viewing a clean, freshly-hoed row of plants which is usually within several minutes. Some pulling usually is necessary to remove weeds and to thin a base of plants. Vegetables may be damaged if weeds get too large before being pulled. Other weed control alternatives are mulching and using herbicides. Mulching controls weeds by keeping light away from seedlings and by providing a mechanical barrier to emergence. It works best against weeds that grow from seed each year. Weeds that break through the mulch are easily spotted and can be pulled from the moist soil. Good mulching materials include compost, straw, leaves, hay, sawdust, wood shaving, bark, paper and plastic sheeting. Use them to vegetate the soil before applying mulches. While straw and leaves may be raked back to feed and water plants, plastic sheeting is fairly permanent once applied. Apply most of the fertilizer before the mulch is put down. At present, herbicides have limited value in home vegetable gardens. They are difficult to use where a wide assortment of vegetables occupies a small space.

Proper Irrigation Conserves Water

Automatic irrigation systems can be designed to support zone watering. Zone watering means grouping plants with similar water requirements in the same area of the landscape. Remember that all the shrubs, trees, flowers, and turf in a given irrigation area or zone will receive the same amount of water. The water conserving value of buffalograss will be defeated if it is in the same irrigation area as trees needing more water.

Choose the appropriate irrigation system and then install and maintain it properly. It is estimated that 75–85 percent of plant problems result from overwatering. If you know daily evaportranspiration rates (combined water loss from soil and plant), you can recharge root zones without over or under watering. You can save even more if water emitters distribute water uniformly even when it is windy.

Drip and soaker hose irrigation systems place water on the soil surface in the immediate vicinity of a plants root system, reducing evapotranspiration loss and irrigating only the desired plants. An added bonus of these systems is the reduction in foliar diseases which can accompany sprinklers. These systems best serve trees, shrubs, and flowers. Sprinklers are generally used for turf. If you install a sprinkler system, the rate and uniformity of application must be carefully designed. Plan emitter patterns to fit water output to the shape, soil, infiltration rate, and wind characteristics of your site. If you are using a conventional hose and sprinkler, remember that the location and quality of the sprinkler head determines how efficiently water is delivered.

There is one more consideration: run-off. You want water on the plants, not down the gutter. Careful location of emitters may not be enough to minimize run-off. You may need to reshape land to reduce slopes that encourage water to move too quickly for soil to absorb it. The slope should direct water toward the plants that are high water users and away from hard surface areas such as driveways, walks, and patios. Another way to reduce run-off is to incorporate compost into the soil to improve water infiltration rate and water-holding capacity of the soil.

Hand-Hoeing is Best for Weeding Home Gardens

Weeds are a problem in home gardens just as they are in large fields because they compete with desirable plants for water, soil nutrients, sunlight, and air. They also harbor many insects and diseases. Hand-hoeing is still the best answer. It is inexpensive, quite selective, accurate, effective, and for some, even enjoyable. A great deal of emotional satisfaction can come from viewing a clean, freshly-hoed row of plants with all weeds being pulled. Other weed control alternatives are mulching and using herbicides. Mulching controls weeds by keeping

http://lancaster.unl.edu
The Nebraska 4-H & Youth Newsletter

Free 4-H Horse Seminar, May 25
A free 4-H Horse Seminar on Deworming, Rabies and Body Condition Scoring will be held Tuesday, May 25, 6:30-9 p.m. at the Lancaster Extension Education Center, 444 Cherry Creek Rd. For more information, call 441-7180 or go to http://lancaster.unl.edu.

4-H Horse ID’s Due June 1
4-H horse identification forms for the Lancaster County Super Fair are due in the extension office by Tuesday, June 1. Late ID forms will NOT be accepted. Please take the time to fill forms out completely and thoroughly. Draw your horse’s markings on the picture as accurately as you can. Also, be sure to indicate the horse’s color on the drawing. ID forms can be picked up at the extension office.

State 4-H Hippology and Judging Forms Due June 1
Hippology and judging entry forms for the State 4-H Horse Exposition at Fonner Park are due to the extension office by Tuesday, June 1. Contest entry forms are available at the extension office or online at http://lancaster.unl.edu/4h. All entry fees will be paid by the 4-H Council. For more information and contest rules go to http://lancaster.unl.edu/extension/4h/4H/4Hinc/4Hdiforms.htm.

4-H Judging Clinics
Upcoming 4-H Horse judging clinics:
- Pitzer Ranch, Ericson, NE on May 26, 8:30 a.m. Contact Steve Niemeyer at (308) 346-4200.
- Hansen Show Horse Stables, Gretna, NE, June 24, 8:30 a.m. Contact Monte Stauffer at (402) 444-7804 for more information.

County Fair 4-H Judging Contest, July 2
The Lancaster County Super Fair 4-H Horse Judging Contest will be held on Saturday, July 24 at the Salt Creek Wranglers Arena. It will be held in conjunction with a Horse Family Fun Night! More details TBA. Please put it on your calendar.

4-H Riding Level Tests, June 22 & 29 & July 6
Group level testing will be held 6 p.m. at the Lancaster Event Center - Pavilion 3. Please contact Steve Niemeyer at (308) 346-4200 at least one week in advance of the test to reserve a spot. Call Deanna at 441-7180 or dkarmazin2@unl.edu.

New 4-H Point Awards

4-H Produce Market on Saturdays
This summer, a 4-H produce market will open on Saturdays from 12-2 p.m. at the parking lot of TracSouth Supply Company (TSC) located at 9000 Amber Hill Ct., Lincoln. If you are a 4-H member and have fresh produce to sell, contact Lesa Noel at 435-0857 or Tracey Kulm at 441-7180 for more information.

4-H / FFA Animal ID’s and DNA Due June 15
All identifications for 4-H / FFA sheep, goats, swine, breeding cattle, horses, and armbands are required. Forms can be picked up as you can. Also, be sure to indicate the horse’s color on the drawing. ID forms can be picked up at the extension office.

Contact Steve Niemeyer at (308) 346-4200.
Quilt Quest Class Addition

A quilted “accessory” will be allowed in Quilt Quest class 40. It will now read: Class 40: Wearable Art - Quilted clothing or accessory. Must have a recognizable amount of quilting. May include fabric manipulation. Quilting must be done by 4-H'ers. Attach card.

Clothing Level 1 Pattern Suggestions

Contact Tracy for a list of the Clothing Level 1 pattern suggestions or look online at http://lancaster.unl.edu/dh/fair.

Donated Sewing Machine to go to 4-H'er

This is the second year that Kath Conroy, a 4-H clothing superintendent, is graciously donating a brand new Bernette sewing machine to one Lancaster County 4-H youth. All 4-H youth who would like to be considered to receive this brand new sewing machine should submit a proposal telling why they think they should be the one youth to receive this sewing machine. All 4-H youth who are interested in receiving a new Bernette sewing machine should contact Kath Conroy at 467-2536. For more information, contact Mary Jane at 411-780, Tracy Kulm, Lancaster Extension Education Center, 444 Cherrycreek Road, Ste. A, Lincoln, NE 68528 by June 30.

Changes and Updates for 4-H Plant Science Contests

Three Plant Science Contests are open to all Lancaster County 4-H’ers. You do not need to be enrolled in a horticulture project. Held before the fair, these contests will be on Wednesday, June 16, 10 a.m. to 12 noon at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln. Pre-registration is not required, enter day of contest. Study material is available online at http://lancaster.unl.edu/hort/youth/4h.html. For more information, contact Mary Jane at 411-780.

4-Day Workshops

4-Clover Chase Tourney

Play in a unique chess tournament. Children play 2 rounds per day, all four days, alternating colors. Times control Game/20. Swed system. Players will be seceded depending on age and ability. Boards, sets, and clocks provided. TUE, JUNE 15, 10-11AM; 12-1PMAGES 8 & up • FEE $10INSTRUCTOR: Jill Greff, 4-H Volunteer

3-Day Workshops

Insect Collecting for Beginners

Learn the most important insect orders and how to make a collector’s kit. You will collect aquatic insects, so come dressed to enjoy the outdoors. WED-FRI, JUNE 16-18, 12:45-2:45PMAGES 10 & up • FEE $15INSTRUCTOR: Barb Olg, Extension Educator

Primitive Rope Making

Learn how to make a rope as it was done in the early 1800’s. Learn techniques using natural fibers found in the woods or prairie. TUE, JUNE 15, 10-11AMAGES 10 & up • FEE $3INSTRUCTOR: BJ Spung, Extension Intern

Money, Money, Money

Learn the basics of balancing and how to save money wisely. WED, JUNE 15, 10:15AM-12:15PMAGES 10 & up • FEE $3INSTRUCTOR: Maureen Burson, Extension Educator

Style Revue

Style Revue at county fair will be on June 18, 12:45-2:45PM. Have fun and learn about fashion with this fun workshop and learn styling procedures and practice your modeling. TUE, JUNE 15, 12-2:45PMAGES 8 & up • FEE: None

Crafts, Crafts, Crafts

Create crafts as you master the classics in this fun hands-on workshop. TUE, JUNE 15, 12-2:45PMAGES 8 & up • FEE $5INSTRUCTOR: Extension Intern

You can Draw

Explore figure drawing and still-life drawing. charcoal and charcoal paper will be used. TUE, JUNE 15, 10-11AMAGES 8 & up • FEE $5INSTRUCTOR: Marj. Cruickshank, Extension Associate

Candyland Cottage

Assemble a gingerbread house and decorate it! Bring your imagination dreams. Bring leftover candy to add to the supplies. TUE, JUNE 15, 3-5PMAGES 8 & up • FEE $5INSTRUCTOR: Karol Swetek, 4-H Volunteer

Table Setting Tutorial

Create an awesome centerpiece and learn all you need to know to participate in the table setting contest. TUE, JUNE 15, 3-5PMAGES 8 & up • FEE $4INSTRUCTOR: Karen Clinch, Extension Intern

Savvy Showmanship

Learn the how to’s of showmanship takes to be a top showman with live animals. WED, JUNE 15, 12:45-2:45PMAGES 8 & up • FEE $5INSTRUCTOR: Sarah Lanik-Frain, 4-H Volunteer

Puppet Passion

Get creative and have fun making a sock puppet. WED, JUNE 16, 10:15AM-12:15PMAGES 10 & up • FEE $3INSTRUCTOR: Lianne Garza, 4-H Volunteer

Fantastic First Aid

Fun while learning practical first aid skills and aid kits contents. WED, JUNE 16, 12:45-2:45PMAGES 8 & up • FEE $5INSTRUCTOR: Jennifer Smith, 4-H Volunteer

Make-a-Beaver-Hide 4-H

Learn about bicycle safety, proper equipment, and bicycle 4-H entries. Bring your bike and helmet! WED, JUNE 16, 3-5PMAGES 8 & up • FEE $2INSTRUCTOR: Jill Greff, 4-H Volunteer

Cake Decorating Workshop

Learn the basics of cake decorating and make a basic three-layer cake. TUE, JUNE 15, 3-5PMAGES 8 & up • FEE $5INSTRUCTOR: Maryann Gabest, 4-H Volunteer

Get Fit

Get exercise basics and healthy snack options and recipes. WED, JUNE 16, 3-5PMAGES 8 & up • FEE: NoneINSTRUCTOR: Sarah Lanik-Frain, 4-H Volunteer

Make-a-Zing-Corn

Have an amaizing time learning about popcorn and trying exciting recipes. WED, JUNE 16, 3-5PMAGES 8 & up • FEE $5INSTRUCTOR: Jamil Rutt, 4-H Volunteer

Babysitting Basics

Learn the basic skills needed to be a responsible and creative babysitter. Focus is on activities, making a babysitting report, and raps. THU, JUNE 17, 10-11AMAGES 11 & up • FEE $5INSTRUCTOR: Louise Bartos, Extension Educator

Awesome Aprons

Learn how to cut a pattern, sew and finish a simple apron. Bring one yard of fabric, cotton or Ottawa, also a cotton or Ottawa lining, and matching plaids), 5/8 yd fabric (no stripes or toddler. Fee includes towel and materials. TUE, JUNE 15, 8-10AMAGES 8 & up • FEE: NoneINSTRUCTOR: James Walla, 4-H Volunteer

4-H Volunteer

INSTRUCTOR: Kathy Hansen, 4-H Volunteer

Lancaster County 4-H is proud to announce a Rodney Lelandrar as winner of June 15, “Be a 4-H Clover College Volunteer!” Adult and teens volunteers are needed to help during Clover College! For current class availability, go to http://lancaster.unl.edu/4h/programs/4hvolunteer.

Lancaster Extension Education Center, 444 Cherrycreek Road, Ste. A, Lincoln, NE 68528 by June 30.

June

Lancaster

Rodney Lelandrar

INSTRUCTOR: Lorene Bartos, Extension Educator

INSTRUCTOR: Karen Clinch, Extension Intern

INSTRUCTOR: Jill Greff, 4-H Volunteer

INSTRUCTOR: Kathy Hansen, 4-H Volunteer

INSTRUCTOR: James Walla, 4-H Volunteer

INSTRUCTOR: Soni Cochran, Extension Intern

INSTRUCTOR: Lorene Bartos, Extension Educator

INSTRUCTOR: Maureen Burson, Extension Educator

INSTRUCTOR: Kathy Hansen, 4-H Volunteer

INSTRUCTOR: Karen Clinch, Extension Intern

Be a 4-H Clover College Volunteer!

Adult and teens volunteers are needed to help during Clover College! No experience needed! Volunteer for one session or all four days! If you are interested in this opportunity, contact Tracy Kulm at 441-7180.
Suitable. Not only do young
They are not appropriate for
of 16 and injured over 39,000
Commission (CPSC) report
over five deaths each year.
which you can keep your guests
ATV's, tractors, and ponds are
teach your children about safety.
Take a few extra minutes to
accidents, don't live on farms.
Morgan, UNL safety engineer,
You may be hosting young guests
many children visit family and
http://lancaster.unl.edu
Applications are now being accepted for the Nebraska LEAD
Program and the national 4-H Youth Development Program and the
University of University
The University of Nebraska–Lincoln Extension 4-H Youth Development
Program is offering youth and
parents the opportunity to learn about ATV safety thanks to
grants awarded by National 4-H Council as part of the 4-H ATV Safety Campaign.
The Nebraska LEAD Program is specifically designed for
both men and women involved in production agriculture or
agribusiness. Nebraskans in the general age range of
25–50 who are intent in providing quality leadership for the
two Nebraska Extension and Nebraska agriculture are encouraged to apply.
**Nebraska 4-H ATV RiderCourse Training Program**

**Community Focus**

** Keeping Your Family Safe in Rural Areas **

** ATV – Make Every Ride Safe **

Since 2004, ATV’s have been the leading cause of agricultural fatalities in Nebraska, averaging over five deaths each year. Children 15 and under account for 30 percent of the fatalities. A Consumer Product Safety Commission (CPSC) report released in February 2008 indicates in the U.S., ATV accidents killed 111 children under the age of 16 and injured over 39,000 seriously enough to be taken to the emergency room. Parents can help stop this trend by following and teaching the ATV riders in their families some basic safety techniques.

** ATV’s are not toys.** They are not appropriate for children under six years of age. For children between 6 and 12 years old (50 cc) machines are suitable. Not only do young

Children lack the physical size and strength to operate a motorized vehicle safely, their ability to think through situations, their motor skills, and their perception are not fully developed. ATV’s are difficult to ride and require constant attention to avoid accidents.

Between the ages of 12 and 15, young riders can operate, only mid-size ATV’s. Again, look for manufacturers’ Minimum Age recommendation label. Adult-sized machines should be reserved for teens over 16 who have reached their full physical size.

** Arrange for a training course.** A hands-on training course offers you the opportunity to receive experience operating an ATV under the supervision of a certified instructor. Practicing basic maneuvers on safe terrain gives teens confidence in handling the vehicle under your guidance.

** Helmets save lives – insist on them!** With your children, tell them what you expect to see when they get on them and how to fit them and their style. It is estimated helmets could have saved the lives of about 25 percent of those who died from head injuries in ATV accidents. The risk of head injury without helmet protection is twice as high as when an injured wore a helmet. Don’t let helmets be an option; make them part of using the ATV.

** Absolutely No Passengers!** Most ATV’s are designed for one operator. Their unique handling characteristics require focus and maneuver- ability from the driver. A second person seriously impairs the driver’s ability to shift weight, steer, and control the vehicle.

No paved roads. In Nebraska, the only time an ATV is legally allowed on a paved road is to cross it directly. ATV’s are meant to be used on terrain. The risk of injury to themselves and difficult to control on pavement. While all-terrain vehicles have been well-received by farmers and ranchers, families need to take the time and effort to teach youth how to operate them safely. The biggest risk factors leading to injuries are driver misuse and inappropriate driving behavior, such as excessive speed,操作, following passengers to ride. If you have an ATV, sit down with your children this week and review the rules of the road. They also need to decide the consequences (loss of ATV privileges might be a good one) if the rules are not followed. Make an appointment for a rider course from your local ATV dealer and contact your local UNL extension office for a rider course in your area. If your children visit homes where there is an ATV, you should also discuss your expectations and how your children should handle situations where there are few or no rules — such as no use of helmets or the allowing of passengers on the ATV.

** Tractor Safety is Everyone’s Business**

“Higher, Grandpa, higher!” Glibly shouted 4-year-old Mikey Dobberpohl to his grandfather while he was feeding cattle with a front-end loader on a brisk March day in South Dakota. Mikey loved shadowing his grandfather’s every move at chore time, even on a snow-covered winter day like this one. As he had done many times before, Mikey jumped in the stacked hay. When Mikey was in town, his grandfather drove toward the haystack. Once there, Harlow Dobberpohl turned the tractor. Horrified, he saw Mikey’s body lying in the snow. “I was hoping the soft snow would have cushioned him, but it wasn’t enough,” his grandfather said. Today, the Mikey D. Chapter (of Farm Safety 4 Just Kids) of Conde, SD works fervently to educate local children, youth, and farm families about tractor safety. According to the U.S. Centers for Disease Control and Prevention, annually, in the United States, over 350 fatalities are related to tractor incidents. Thirty percent of farm machinery-related deaths are among children under the age of five. Tractors are essential to modern agriculture, but unfortunately, in the U.S., are identified as the largest hazard on the farm. Roll-over protective structure (ROPS) and seat belts, when worn, are the two most important safety devices to protect drivers from death during tractor overturns. As parents, it is important to both teach and model safe behavior when operating a tractor. When teaching and supervising teens, practice these tips:

- Securely fasten your seat belt in tractors with ROPS or cabs.
- Reduce speed when turning, crossing slopes, and on rough, muddy or slick terrain.
- Avoid slopes that are too steep for safety operation.
- No riders. Riders are allowed only for teaching or supervising purposes.
- Be sure everyone is clear before moving.
- Set brakes and use park locks, if available.
- Remove keys when leaving the tractor.
- Young children should never be allowed to ride along on a tractor. Remember: No extra riders, no injured riders. It can’t get any simpler.

A Tractor Safety Training for youth ages 14 and 15 will be held in Lincoln June 8–9. See page 2 for details.

**Safety Around Ponds**

Drowning ranks second only to motor vehicle mishaps as the most common cause of accidental death for children. Children under age 4 are especially high risk. Even adults are at risk in water muddied by silt, plants, and fish. It takes only a few moments and an inch of water for a child to drown. Small children have been known to drown in 5-gallon buckets. Most drowning, however, occurs when a child is left alone or accidentally falls into a pond or pond. Farm ponds can look inviting, but many times they are deep with a sudden dropoff. A pond filled with water 50 feet deep in seconds. Additionally, weeds growing from the bottom can entangle a person, making it difficult or impossible to return to the surface. If you live close to a pond or irrigation source, take steps this spring to keep your family safe. Begin with these:

- Provide children over 3 years with swimming lessons.
- Fence off ponds and other water areas as feasible.
- Never leave a young child alone in water. A child can drown in the time it takes to answer a phone call.
- Adopt a “swimming buddy” policy for young children.
- Insist on personal flotation devices, such as buoyant vests, cushions or rings.
- Keep swimming equipment near water areas. Purchase a floatation
device or make one from a gallon of plastic bag and attach a rake. Install a safety net near the pond. Tie the loose end of the rope to an anchored detached post or another floating object.
- Teach older children and teens “Reach, Throw, and Wade,” so they do not risk their lives to help a drowning victim.
- Be sure all swimmers know how to get help quickly. Older teens and adults should learn CPR.
- Never swim during storms or thunderstorms. Lightning strikes are three times higher in rural areas than in urban areas and often result in serious injury to those near ponds and irrigation canals.
- Summer and water go together, so help keep your family safe with adult supervision of young children and teaching water safety measures to all family members.

**How much does it cost?**

The ATV Safety Institute 4-H ATV RiderCourse is valued at the ATV Safety Institute (ASI) $75 per person for youth 8–15 years of age and $125 per person for those over 13 years of age. Those individuals who are members of the Nebraska ATV Safety Grant. A small fee may be charged to provide uniform equipment, travel, etc.

**Additional Information**

For more information about the 4-H ATV RiderCourse program, visit Nebraska Extension and other organizations interested, contact Bob Meduna at 624-8064 or rmeduna1@unl.edu or contact Dave Vertner at 727-2775 or davner1@unl.edu.
Lancaster County 4-H’ers Qualify for Regional Speech Contest

The Lancaster County 4-H Speech and Public Service Announcement contest was held April 18. Over 65 Lancaster County 4-H youth competed in this year’s communication events. Top PSAs will be posted online soon.

The top winners will represent our county at the Regional Speech contest on May 27 at University of Nebraska–Lincoln’s East Campus.

Those representing Lancaster County in Speech are: Abbie Swanson, Jessica Stephenson, Caleb Swanson, Anne Greff, Molly Noel, Jaime Stephenson, Sophia Swanson, Alyssa Catt, and Lily Noel.

Those representing Lancaster County in the Public Service Announcement competition are: Rachel Pickerl, Jessica Stephenson, Paige Roach, Alicia Figsaro, Victoria Garza, Alyssa Catt, Caleb Nielsen, and Julia Stephenson.

Explore Career Options at Big Red Academic Camps

The 2010 Big Red Summer Academic Camps are a chance for high school youth to spend time investigating an interest or potential career, explore the UNL campus, meet people from across the state and have lots of fun. Held in June, Big Red Summer Academic Camps features 12 career exploration camps hosted by Nebraska 4-H and UNL faculty members. The camps are residence camps held on the University of Nebraska–Lincoln campus. Housing and food are provided.

After spending several fun-filled days exploring a specific topic such as movie-making or food molecular biology, youth showcase their work at a special “capstone event” which family members are invited to attend. Brochures and registration forms are available at bigredcamps.unl.edu or at the extension office. For more information, call 472-2805; 4-H members are encouraged to apply for a scholarship — application is on the Web site.

University of Nebraska–Lincoln Extension educational programs abide with the nondiscrimination policies of the University of Nebraska-Lincoln and the United States Department of Agriculture. We assure reasonable accommodation under the Americans with Disabilities Act; for assistance contact UNL Extension in Lancaster County at 441-7180.

Extension is a Division of the Institute of Agriculture and Natural Resources at the University of Nebraska–Lincoln cooperating with the Counties and the United States Department of Agriculture.
Nearly 350 Attended Kiwanis Karnival

The University of Nebraska–Lincoln Department of Geosciences will present a History on the Rocks Geology camp June 22–24 for high school students. Youth will examine the ancient history of Nebraska as recorded in world-class fossils and outcrops of rock. Camp includes activities in the UNL State Museum ( Morrill Hall) and a 1-day field trip traveling southeast Nebraska and into northeastern Kansas to examine outcrops and collect fossils. Accommodation will be in dormitories on the UNL campus. Meals and transportation provided. Fee is $15. Registration deadline is June 3. For more information, go to http://4h.unl.edu/pdf/geology-camp.pdf or contact Tracy Frank at frank3@unl.edu or 472-9799.

Virtual Summer Academy: Baking 101

Nebraska 4-H and University of Nebraska–Lincoln faculty members will present a Virtual Summer Academy “Discover Baking 101: Science of Food” on July 12–16 open to all youth grades 7–9. In this exciting, hands-on distance learning opportunity, participants will explore the science of baking cakes, bread, cookies, cream puffs, biscuits, and more. Each day during the week-long experience, youth will spend time online with a UNL faculty member and other Academy participants; they will also complete individual learning activities. Fees are $100 if postmarked by June 15; and $125 if postmarked by July 1. For more information, go to http://4h.unl.edu/kids/virtualacademy.html or contact Tracy Pracheil at 472-9016.

Can You Guess It?

**GOLD level fees are OPTIONAL. In an effort to help more Nebraska youth attend camp, we need your help. You may choose to pay camp fees at the Gold Level, which includes a contribution of 10 percent above the standard fee. The extra 10 percent Gold Fee can be used only for camper scholarships. Thank you for your support.**

**Day camp fees include lunch for one chaperone. Chaperones are encouraged, but not required.**