Youth Develop Life Skills at Hands-On Clover College

Held each June, Lancaster County 4-H Clover College is four days of hands-on workshops. It follows the 4-H tradition of youth development through learning-by-doing. Youth learn hands-on skills and life skills such as communication, critical thinking, and confidence. Clover College is also an opportunity for youth to create projects to exhibit at the county fair.

Clover College started in 1996 with eight workshops. This year marks the 15th annual Clover College, which has grown to 51 workshops and 741 total class registrations! The heart of Clover College — as with 4-H — are the adult volunteers who teach and assist with the classes. Many teen 4-H’ers also volunteer as helpers. This year, nearly 70 volunteers helped make Clover College a success! Thank you to everyone involved!

What Kids Say About Clover College

Ellen (13 years old) — “It gives you more skills that you might not learn at home or a club activity. I like that you learn things that you can take to the fair and that you can use in everyday life. I just learned how to make rolls and other breads and how to shape them, so I got good practice and I’m going to make some for my family. I liked Floral Fun a whole lot — it was really great. I wouldn’t be able to find that anywhere else.”

Joshua (12 years old) — “I look forward to coming here every year and participating in the events and making things to enter at the fair. My favorite class has probably been Rocketry where we build and launch off rockets. I learn all sorts of things. I built my first rocket and I made different projects using recycling objects. It’s just a great learning experience.”

Sheridan (12 years old) — “It’s like the second best week of the whole year. The first best is obviously Christmas and my birthday — Clover College is second best. I learned how to make a hooded towel. I’m going to enter some baking at the county fair. I learned how to make a tea ring and if I use too much flour and it gets too stiff, then the dough isn’t any good. Honestly, all of the classes are my favorite!”

Adam (9 years old) — “I love Clover College because it has so many fun classes, and you learn a lot and you just have fun. I learned for rockets you have to put wadding in it or the motor will blow off the nose cone too early and then it will blow up. My favorite class was the Fishing Fun because I love to fish.”

Lily (8 years old) — “I like it because you can learn about a lot of different things and I think they’re really fun. In Animal Adventures, I’ve learned about the different things that you can make from animal skins. And that goats, sheep, and cows all produce milk. My favorite class is probably Archery. I’ve always wanted to learn to use a bow and arrow, and I thought it was really fun.”

What Instructors Say

James Walla (taught four-day Clover Chess Tourney) — “Clover College is a unique, rewarding opportunity for both instructors and children. The classes encourage exploration, specialization, and cooperation. Teaching Clover College is one of the most wonderful things I do. My only regret is that one week is not nearly enough!”

Jen Smith (taught Fantastic First Aid and Frosting Fun) — “As an instructor, my goal is to give kids a chance to be immersed in a FUN, creative, and hands-on learning workshop in which they gain skills for life. It amazes me the type of questions that are asked throughout class and the imagination of the kids. I guess I just love watching them learn!”
Alfalfa can produce more protein per acre than any other crop in Nebraska. Up to 100 percent of the protein needs of most livestock can be supplied by alfalfa, in addition to large amounts of vitamins, minerals, and energy.

Besides being an excellent livestock feed, alfalfa improves the soil by adding nitrogen and organic matter, improving water infiltration, improving soil structure, and providing excellent erosion control. All these attributes make alfalfa a highly desirable crop for many farms and ranches. Proper seeding and maintenance practices when establishing alfalfa stands. Poor seeding management will decrease chances of developing a productive alfalfa stand. High yields of good quality forage can result only from well-established, properly-managed, productive stands of alfalfa.

Select a suitable soil. Alfalfa thrives on deep, well-drained loam, silt loam, or clay loam soils with a pH between 6.2 and 7.5. Sandy soils can produce excellent yields of alfalfa when properly fertilized and irrigated. Avoid poorly-drained soils or those with high organic matter. Both poor drainage and high organic matter can reduce alfalfa stands and will not survive under permanently wet conditions. Alfalfa is also poorly suited for saline or shallow soils.

Alfalfa can be seeded either in spring or fall in eastern Nebraska. Whether it is best to establish new stand in the spring or fall extends depends on factors such as planting date, variety, and location. There are several established by when the lease began in the year following the lease for corn crop. This reflects the high level of soil organic matter required for alfalfa establishment. In sandy soils, alfalfa has not been grown on this land, but a few plants have survived. However, 10–15 pounds of nitrogen/acre applied at planting time often improves plant vigor and establishment. If planting cannot be completed by that time, it is best to wait for another season.
Stable Flies Plague People, Pets, and Livestock

Barb Ogg
UNL Extension Educator

The stable fly is a nuisance fly which inflicts painful bites to feed on blood. It can be found in yards and other shaded areas and in rural and urban settings. To help you resolve wildlife problems. These publications can be picked up at the extension office or can be found on the Web at http://lancaster.unl.edu/pest/.

Urban Pest Birds: Controlling Damage

This guide acquaints the characteristics, habits, and management of house sparrows, starlings, and pigeons. These three birds are invasive, non-native species in Nebraska. They are not covered by the Federal Migratory Bird Treaty Act of 1918. This means you are free to control these three bird species using methods described in this publication. Before starting any type of control, make sure you correctly identify the birds. Photos are included in this publication to help you identify the birds:

- **Invasive House Sparrows** can be easily confused with native species of sparrows. Native Nebraska sparrows are beneficial and will be mentioned in this publication. These include chipping sparrow, grass-hopper sparrow, song sparrow, and house sparrow.
- **Pigeons** are different than mourning doves. Both are found in urban and rural areas. Mourning doves are native to Nebraska and are a beneficial bird.
- **Starlings** can be easily confused with native black birds found in Nebraska including red-winged black bird, yellow-headed black bird. Do not feed starlings as they do not need feeding. They are often observed picking at spilled birdseed or garbage in the yard.

**Chemicals:**
- Use of pesticides is usually not the best method of managing stable fly, but there are situations where it may be helpful.
- Residual insecticides can be applied to outdoor surfaces where flies rest, such as the outside surfaces of barns, stables, doghouses, and fences. Note: stable flies are most attracted to surfaces painted white.
- Advanta® (Bayer HealthCare), is a product tested on dogs against stable flies. After about four weeks of use, it has been shown to repel stable flies. This product also protects dogs against mosquitoes, ticks, and fleas.
- People may be able to get some repellency against stable flies by using repellents containing DEET and permethrin. Spray lower legs where stable flies are likely to feed. You may need to use products with higher percentages of active ingredients.

**Other suggestions:**
- Wear long pants and socks will help prevent stable fly bites. Dave Keith, former UNL extension entomologist, suggested when you should wear dark colored socks (rather than white ones).
- Spraying the outside of buildings with a horsefly spray will also help.

**Control:**

**Eliminate breeding sites:**
- It seems too simple, but scat tering breeding material regularly to dry it out is the most effective method of control. This will deny the fly maggots a moist breeding site.
- Turn piles of compost to encourage rapid decomposition.
- Do not dump lawn clippings in piles after mowing.
- Clean up after pets, remove pet waste twice a week to prevent fly development. Put feces in plastic bags and put them in the trash.

**Mothballs are Pesticides – Use Safely**

Barb Ogg
UNL Extension Educator

Mothballs and moth crystals are used to prevent damage to clothing from carpet beetles, clothes moths, and webworms in yards. These products contain either naphthalene or para-chlorobenzene (PC).

- At room temperature, these active ingredients are mild fumigants, which means they produce a gas which may be somewhat toxic to fabric pests.
- Of the two, PDB is more toxic to insects, but PDB can also damage plastics, including plastic storage boxes and plastic buttons. The damage can occur from direct contact or from vapors. Naphthalene does not damage plastics, but will corrode metal. In moist conditions, naphtha lene may also discolor fabric. Information on the label will provide precautions and proper usage of the product. Mothballs and crystals are considered to be pesticides. As pesticidal products, they have an EPA registration number and must be used according to the directions on the label. Use restrictions on the product label include:
  - Only use to control clothes moths and carpet beetles.
  - Only use in clean, tight-fitting containers.
  - Do not use in containers that allow evaporation or escape to outdoor rooms.
  - In some inexplicable reason, some unthinking people believe moth balls kill mice and other animals. Mothballs cannot be used:
    - in attics to get rid of bats, squirrels, raccoons, and other animals,
    - in perennial beds and gardens to prevent rabbit feeding,
    - in yards or basements to get rid of ants.

Mothballs will not be effective for these off-label uses. It is also a violation of Federal Law to use this product in a manner inconsistent with its labeling. The Nebraska Department of Agriculture Pesticide Program regulates pesticide applications, including the inappropriate use of mothballs. At least one Lincolnite was observed recently picking up mothballs he had earlier missed killing with a bird that takes off.
How to Wash Fresh Produce

Fruits and vegetables are an important part of a healthy diet. Your local grocery stores and farmers markets carry an amazing variety of fresh fruits and vegetables that are both nutritious and delicious. As you enjoy fresh produce, it’s important to handle these products safely in order to reduce the risks of foodborne illness. Follow these directions from the U.S. Food and Drug Administration washing fresh produce.

When preparing any fresh produce, begin with clean hands. Wash your hands for 20 seconds with warm water and soap before and after preparation.

- **Cut away any damaged or bruised areas** on fresh fruits and vegetables before preparing and/or eating. Produce that looks rotten, should be discarded.
- **All produce should be thoroughly washed before eating.** This includes produce grown conventionally or organically at home, or produce purchased from a grocery store or farmer’s market. Wash fruits and vegetables under running water just before eating, cutting, or cooking.
- **Even if you plan to peel the produce before eating, it is still important to wash it first.**
- **Washing fruits and vegetables with soap or detergent or using commercial produce washes is not recommended.**

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

**Drying produce** with a clean cloth towel or paper towel may further reduce bacteria that may be present.

**What About Pre-washed Produce?**

- **Many precinct, bagged, or packaged produce items like lettuce are pre-washed and ready to eat. If the package indicates the contents have been pre-washed and ready to eat, you can use the product without further washing.**
- **If you do choose to wash a product marked “pre-washed,” and “ready-to-eat,” be sure to use safe handling practices to avoid any cross-contamina- tion. Wash your hands for 20 seconds with warm water and soap before and after handling the product and wash the produce under running water just before preparing or eating.**

*Source: FDA, http://www.fda.gov/Food/ResourcesForYou/Consumers/ucm142999 (accessed July 1, 2010).*

Stretch Your Food Dollar With Eggs

Foods must be handled properly to prevent foodborne illness. Keep eggs refrigerated to make sure they are safe to eat. Use them within 3–4 weeks after purchase. It is best to store them in their original carton and keep them in the coldest part of the refrigerator. Throw away eggs that are cracked or leaking. Eggs should be cooled until they are firm.

Enjoy preparing the following recipe which has 16 grams of protein and costs about 80 cents per serving.

---

**Pesto Rice**

Makes 6 servings

<table>
<thead>
<tr>
<th>1/4 cup chopped basil</th>
<th>2 tablespoons chopped walnuts</th>
<th>1 tablespoon olive oil</th>
<th>1 garlic clove</th>
<th>2 teaspoons Parmesan cheese</th>
<th>1 teaspoon lemon juice</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/2 teaspoon salt</td>
<td>1/4 teaspoon ground black pepper</td>
<td>cup chopped tomato</td>
<td>3 cups cooked rice</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Combine basil, walnuts, oil, garlic, cheese, lemon juice, salt, and pepper in blender. Blend until smooth. Combine pesto with tomato and rice, chill.

**Recipe courtesy of USA Rice Federation - www.usarice.com**

**Saucy Linguine Scramble**

Makes four 1/2-cup servings.

<table>
<thead>
<tr>
<th>3 cups cooked linguine or spaghetti pasta, hot (about 4 ounces dry)</th>
<th>6 eggs</th>
<th>1/4 cup milk</th>
<th>1/4 cup taco sauce</th>
<th>1 tablespoon finely chopped sun-dried tomatoes (optional)</th>
<th>1 teaspoon dried basil leaves</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/8 teaspoon pepper</td>
<td>2 small tomatoes, chopped</td>
<td>1 small zucchini, quartered, and sliced</td>
<td>1/4 cup sliced, pitted ripe olives</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Cook pasta according to package directions, and drain. While pasta is cooking, beat eggs, milk, taco sauce, cheese, dried tomatoes (if desired), basil, and pepper in a medium bowl until blended. Pour drained pasta in large nonstick skillet and add egg mixture. Mix well. Cook over medium heat, tossing gently, until eggs begin to thicken, about 10 minutes. Add tomatoes, zucchini, and olives. Continue cooking until eggs are thickened but still moist, about 3 minutes.

*Recipe obtained from www.incredibleeggs.org*

**Weighing the Evidence in Diet Ads**

Flip through a magazine, scan a newspaper, or channel surf and you see them everywhere: Ads promising quick and easy weight loss without diet or exercise. Wouldn’t it be nice if — as the ads claim — you could lose weight simply by taking a pill, wearing a patch, or rubbing a cream? Too bad claims that are almost always false.

Doctors, dieticians, and other experts agree the best way to lose weight is to eat fewer calories and increase your physical activity so you burn more energy. A reasonable goal is to lose about a pound a week. For most people, that means cutting about 500 calories a day from your diet, eating a variety of nutritious foods, and exercising regularly.

When it comes to evaluating claims for weight-loss products, the Federal Trade Commission (FTC) recommends a healthy portion of skepticism. Before you spend money on products promising fast and easy results, weigh the claims carefully. Don’t waste your money on products that make any of the following statements:

**“Lose weight without diet or exercise!”**

Achieving a healthy weight takes work. Take a pass on any product promising miraculous results without the effort.

**“Lose weight no matter how much you eat of your favorite foods!”**

Beware of any product claiming you can eat all you want of high-calorie foods and still lose weight. Losing weight requires sensible food choices. Filling up on healthy vegetables and fruits can make it easier to say no to fattening sweets and snacks.

**“Lose weight permanently! Never diet again!”**

Even if you’re successful in taking the weight off, permanent weight loss requires permanent lifestyle changes. Don’t trust any product promising once-and-for-all results without ongoing maintenance.

**“Block the absorption of fat, carbs, or calories!”**

Doctors, dieticians, and other experts agree there’s simply no magic non-prescrip- tion pill that will allow you to block the absorption of fat, carbs, or calories. The key to curbing your cravings for those “downfall foods” is portion control. Limit yourself to a smaller serving or a slimmer slice.

**“Lose 30 pounds in 30 days!”**

Losing weight at the rate of a pound or two a week is the most effective way to take it off and keep it off. At best, products promising lightning-fast weight loss are false. At worst, they can ruin your health.

**“Everybody will lose weight!”**

Your habits and health concerns are unique. There is simply no one-size-fits-all product guaranteed to work for everyone. Team up with your health care provider to design a personalized nutrition and exercise program suited to your lifestyle and metabolism.

**“Lose weight with our miracle diet patch or cream!”**

You’ve seen the ads for diet patches or creams claiming to melt away the pounds. Don’t believe them. There’s nothing you can wear or apply to your skin that will cause you to lose weight.

*Source: Federal Trade Commission. For more information, visit the FTC’s Web site at www.ftc.gov/bcp/edu/pubs/healthy/p0504.htm*
President’s View — Irene’s Items

Irene Colborn
FCE Council Chair

George Gershwin’s song—“Summertime, an
the livin is easy, etc.”—I don’t know about
but the summer is going
fast. Even though I am
alone, I still freeze fruits and
vegetables when available, and
I do can tomatoes. I don’t like
canned tomatoes
from the store. I hope you have
planned trips with your family. I went
to California in
May and we had a
family picnic in June here
in Lincoln. So my
next trip will prob-
ably be the State
FCE Convention in
September at Grand
Island. I hope many of you will
make plans to attend. I understand
the registration
information will be coming
out in late July.
I want to thank many of
you who attended the Sizzling
Summer Sampler. I appreciate the support
you have afforded to
make the scholarship
available again.

FCE News & Events

Leader Training, Sept. 28
The FCE and Community Leader Training Lesson “Purchasing ‘Green’—What Does It Really Mean?” will be held Tuesday, Sept. 28, 1 p.m. at the Lancaster Extension Education Center, 444 Cherry creek Road, Lincoln. Extension Educator, Lorene Bartos will present the lesson. This lesson will help consumers learn about the concept of purchasing ‘green’ to save energy and resources. Participants will learn how to determine if products are indeed green or just part of the hype and if switching to green products is a smart way to protect the environment.

If you are not an FCE member and would like to attend, call Pam at 441-7180, so informational packets can be prepared.

Council Meeting, Sept. 27
The next FCE Council meeting will be Monday, Sept. 27, 1 p.m. at the Lancaster Extension Education Center. The business meeting will include election of officers and State Convention Reports. Program details will be in the next issue of Nebraska FCE News. All FCE members are invited to attend.

2010 State Convention
The 2010 State FCE Convention will be held in Grand Island, Sept. 17–19. Details will be sent out the end of July. FCE members are encouraged to attend as Lancaster County will be hosting the 2011 State Convention in Lincoln.

Re-organizational Packets
Presidents of FCE clubs can pick up their packets to reorganize for 2011 the last week of August. There are October deadlines within the packet. If you have questions, call Lorene or Pam at 441-7180.

Sizzling Summer Sampler
The Family & Community Education (FCE) Sizzling Summer Sampler held on July 8 was a success with 125 FCE members and friends in attendance.

Lona Thompson (right) demonstrated “Scarves Tied Simply.”

Focusing on the Positives of Family Members to Solve Problems

Focusing on the positive qualities of family members and encouraging them to succeed can help build stronger relationships.

Instead of focusing on negative qualities, family members should try to think positive thoughts about one another. Otherwise, family members could get stuck in a path of negative thought leading them to think worse and worse of their counterparts. When people begin to think negatively, they see everything in a negative light and problems remain unfixed.

For example, when children receive bad test grades, it is very easy for angry parents to confront their children and begin to think even worse things, such as, “My children do bad in school because they are lazy and do not work. They have such bad table manners, too.” These negative thoughts come across in attitude and tone of voice, and the children may also begin to think negative thoughts, which lower self-esteem and prevents improvements.

Family members may have good intentions when they confront each other, but people often shut down when approached in a negative way. The issue then remains unresolved because family members cannot communicate.

Whenever thinking negative thoughts about family members, try to think on their positive qualities. For example, maybe child is bad in tests, but they always on time and ready. Once these positive qualities are found, tell them to family members. Compliments help build self-esteem and are important in creating any positive relationship.

Thinking positively comes across in tone of voice and attitude, which makes family members more open to conversation. Once this positive environment is established, offer to help family members with problems.

Negativity will cause more problems than it fixes. Positively approaching issues and working on them together helps build any relationship, whether it's between parent and child or boyfriend and girlfriend.

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August Blooming Perennial Flowers

Are most of your early summer perennial flowers done blooming for the year? Wouldn’t it be nice to have a selection of perennials that bloomed late in the summer? There are many attractive August blooming perennials available, and many bloom up until frost. Maybe next year you can add a selection of late summer blooming perennials to your flower garden.

---Mary Jane Frogge, Extension Associate

<table>
<thead>
<tr>
<th>COMMON NAME</th>
<th>COLOR</th>
<th>HEIGHT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Black Eyed Susan</td>
<td>Yellow</td>
<td>2-3 ft.</td>
</tr>
<tr>
<td>Lavender Cotton</td>
<td>Yellow</td>
<td>1 ft.</td>
</tr>
<tr>
<td>Goldenrod</td>
<td>Yellow</td>
<td>3 ft.</td>
</tr>
<tr>
<td>Meadow Rue</td>
<td>Lavender</td>
<td>3-5 ft.</td>
</tr>
<tr>
<td>Obedient Plant</td>
<td>Pink</td>
<td>2-4 ft.</td>
</tr>
<tr>
<td>Asters</td>
<td>Pink, red, purple</td>
<td>3-4 ft.</td>
</tr>
<tr>
<td>Sedum</td>
<td>Pink, red, white</td>
<td>2-3 ft.</td>
</tr>
<tr>
<td>Turtlehead</td>
<td>Pink</td>
<td>3 ft.</td>
</tr>
<tr>
<td>Helium</td>
<td>Yellow</td>
<td>3 ft.</td>
</tr>
<tr>
<td>Hosta</td>
<td>Lavender</td>
<td>1-3 ft.</td>
</tr>
<tr>
<td>Red Hot Poker</td>
<td>Red/Yellow</td>
<td>3 ft.</td>
</tr>
<tr>
<td>Gayfeather</td>
<td>Rose, purple</td>
<td>1-2 ft.</td>
</tr>
</tbody>
</table>

FOR MORE INFORMATION
A YouTube video is online at [http://lancaster.unl.edu/hort/bagworms.shtml](http://lancaster.unl.edu/hort/bagworms.shtml) and a color brochure is available on the web site and at the extension office.

Running Out of Time for Bagworm Control

Mary Jane Frogge
UNL Extension Associate

Bagworms have been feeding on landscape plant material for several weeks now. If you have an infestation, the bags and damage should be very noticeable at this time.

Insecticide applications applied now in late summer when bagworms are larger, will be less effective in controlling them. Bifenthrin will work in early August. Use the higher dosage rate. Bifenthrin is also an irritant. It causes bagworms to move around, exposing them further to the insecticide.

By mid-to late-August, chemical control is no longer effective, since most bagworms will have stopped feeding and pupated in their bags.

Sign up for Free E-mail Horticulture Newsletter

HortiUpdate is a FREE e-mail newsletter from the University of Nebraska–Lincoln Extension which provides timely information to the lawn and landscape industry. This e-mail includes current lawn and landscape problems with control recommendations and a seasonal ‘To Do’ list. To subscribe, go to [http://extensionhorticulture.unl.edu](http://extensionhorticulture.unl.edu).

Garden Guide

THINGS TO DO THIS MONTH

By Mary Jane Frogge, UNL Extension Associate

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

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

Check deciduous trees for fall webworm. Use a broom or rake to get them out of small trees.

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

Hand-pick bagworms from your evergreen and deciduous trees.

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

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

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

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

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

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

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

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

Do not add weeds with mature seed heads to the compost pile. Many weed seeds can remain viable and germinate next year when the compost is used.
The Lancaster County Fair is now the Lancaster County Super Fair with 10 BIG days of family fun!

Gate admission tickets will be required!

Get gate admission tickets FREE at 19 convenient locations in Lancaster County.

A ticket is good for gate admission for 1 person on any day Aug. 5–14.

A limited number of carnival wristbands are available for $15! For more information, go to www.superfair.org

Carnival with more than 25 rides!

FREE Interactive Game Experience

FREE Petting Zoo

Every Day!

Open Class exhibits and events are open to anyone! For information how to participate, go to www.superfair.org.
Everyday, August 6
4-H/FFA Exhibitors Breakfast presented by Capital City Kiwanis (Entertainment Tent) ................................................................................................................................. 7:40 am
Capital City Kiwanis Breakfast (Concession Stand in Business Center) ................................................................................................................................. 7:11 am
4-H/FFA Svine Show (Pavilion 1 - West Area) .................................................................................................................................................................................. 8 am
4-H Western Horse Show 1 ........................................................................................................................................................................................................ 8 am
4-H/FFA Static Exhibits on Display (Lincoln Room) ............................................................................................................................................................... 9 am–9 pm
Commercial Vendors (Multipurpose Area) ........................................................................................................................................................................... 9 am–9 pm
Petting Zoo (Attractions Zone) .................................................................................................................................................................................................. 9 am–9 pm
Interactive Game Experience (Attractions Zone) ...................................................................................................................................................... 9 am–9 pm
Bingo (Attractions Zone) .............................................................................................................................................................................................................. 9 am–9 pm
Farmers Market (Attractions Zone) ...................................................................................................................................................................................... 9 am–9 pm
Fair Fun Day — For Child Care Groups, By Invitation (Exhibit Hall - Room 1) .......................................................................................................................... 9:30 am
4-HFFA Dairy Exibit-Show/Quiz Bowl (Pavilion 1 - East Arena) ............................................................................................................................................................ 9 am–9 pm
Racing Pigs (Attractions Zone) ...................................................................................................................................................................................................... 9 am–9 pm
Show Times 10 am, 2 pm, 4 pm, 6 pm, 8 pm, 10 pm .............................................................................................................................................................................. 8–8:45 am
Fair Fun Day — For Child Care Groups, By Invitation (Exhibit Hall - Room 1) .......................................................................................................................... 9:30 am
Pots Overboard (Attractions Zone) ...................................................................................................................................................................................................... 9 am–9 pm
Demolition Derby on Display (182 Motorsports Complex) ..................................................................................................................................................... 7 pm
Aerosmith Tribute Band — Draw the Line — Admission $5 (Entertainment Tent) .................................................................................................................. 7 pm

SATURDAY, AUGUST 7
Open Class Dairy Goat Check-in (Pavilion 1) ....................................................................................................................................................................................... 7 am
Bedding Available from Farrier Office (Pavilion 2 - Enter from Courtyard) .......................................................................................................................... 7–9 am
Capital City Kiwanis Breakfast (Concession Stand in Business Center) ............................................................................................................................. 7:11 am
Open Class Dairy Goat Show (Pavilion 1 - West Area) .................................................................................................................................................. 8 am
4-H Western Horse Show 2 — Bareback Equitation/ Western Pleasure/ Western Horsemanship (Army Countryman Arena) ........................................................................................................ 8 am
4-H Rabbit Market/Breed/Fur Show (Pavilion 1 - Walkway) ................................................................................................................................................... 8 am
4-H Dog obedience/Showmanship/Pet Class/Cause/Contest/Creative Kennel Contest (Check-in/Hall) ............................................................................. 8 am
4-H Cat Check-in and Vet Check (Business Center - Nebraska Room) ............................................................................................................................. 8–8:45 am
4-H Dog obedience/Showmanship/Pet Class/Cause/Contest/Creative Kennel Contest (Check-in/Hall) ............................................................................. 8 am
4-H Cat Check-in and Vet Check (Business Center - Nebraska Room) ............................................................................................................................. 8–8:45 am
4-H Diesel Show (Pavilion 1 - East Arena) ........................................................................................................................................................................ 8 am
4-H/FFA Static Exhibits on Display (Lincoln Room) ............................................................................................................................................................... 9 am–9 pm
Commercial Vendors (Multipurpose Area) ........................................................................................................................................................................... 9 am–9 pm
Petting Zoo (Attractions Zone) .................................................................................................................................................................................................. 9 am–9 pm
Interactive Game Experience (Attractions Zone) ...................................................................................................................................................... 9 am–9 pm
Bingo (Attractions Zone) .............................................................................................................................................................................................................. 9 am–9 pm
Farmers Market (Attractions Zone) ...................................................................................................................................................................................... 9 am–9 pm
4-H Rabbit Showmanship Show (Pavilion 1 - Walkway) ................................................................................................................................................... 10 am
4-H Dog Agility Check-in (Exhibit Hall) .................................................................................................................................................................................. 8–8:45 am
4-H Dog Agility Show (Exhibit Hall) .................................................................................................................................................................................. 8–8:45 am
4-H Dog Creative Kennel Contest (Exhibit Hall) ................................................................................................................................................................. 8–8:45 am
4-H Rabbit S爱吃/U Sink Tank (Attractions Zone) ...................................................................................................................................................... 8–8:45 am
Racing Pigs (Attractions Zone) ...................................................................................................................................................................................................... 8–8:45 am
Show Times 2 pm, 4 pm, 6 pm, 8 pm, 10 pm .............................................................................................................................................................................. 8–8:45 am
Troupe Siceroe Bellydancers (Entertainment Tent) ....................................................................................................................................................... 8–8:45 am
Pots Overboard (Attractions Zone) ...................................................................................................................................................................................................... 8–8:45 am
Show Times 3 pm, 5 pm, 7 pm ...................................................................................................................................................................................................... 8–8:45 am
4-H Cats Released (Business Center - Nebraska Room) ..................................................................................................................................................... 8–8:45 am
Cookie Eating Contest — Preregister at 4-H Information Booth (Entertainment Tent) ......................................................................................................... 8–8:45 am
4-H Hajing/Working Horse Check-in (Pavilion 2 - Arena) ................................................................................................................................................... 8–8:45 am
Bedding Available from Farrier Office (Pavilion 2 - Enter from Courtyard) .......................................................................................................................... 8–8:45 am
**SUNDAY, AUGUST 8**

- **Open Class Rabbit Check-in (Exhibit Hall)** by 7 am
- **Open Class Dairy Goat Check-in (Pavilion 1)** by 7 am
- **Building Available from Farmer Office (Pavilion 2 - Enter from Courtyard)** by Noon
- **Capital Kiwanis Breakfast (Concession Stand in Business Center)** by 7 am
- **Antique Truck Pull (Muhlbach Motorsports Complex)**
- **Open Class Dairy Cattle Show (Pavilion 1)**
- **4-H Horse Roping (Working Ranch Show 2)**
- **Western Riding/Reining (Army Countryman Arena)**

**MONDAY, AUGUST 9**

- **4-H/FFA Static Exhibits Released**
  - **Note:** 4-H & FFA members will be able to check-in **Open Class Exhibits Only** when 4-H/FFA Static Exhibits are Released to **Lincoln Room**.
  - **7–11 am**
- **Capital Kiwanis Breakfast (Concession Stand in Business Center)**
  - **7–11 am**
- **Commercial Vendors (Multipurpose Arena)**
  - **9 am–9 pm**
- **Antique Tractors on Display (Tractor Lane)**
  - **9 am–9 pm**
- **Racing Zoo (Attractions Zone)**
  - **9 am–9 pm**
- **Interactive Game Experience (Attractions Zone)**
  - **9 am–9 pm**
- **Bingo (Attractions Zone)**
  - **9 am–9 pm**
- **Farmers Market (Attractions Zone)**
  - **9 am–9 pm**
- **Open Class Beef Feeder Calf Check-in (Pavilion 1)** by Noon
- **Open Class Sheep Check-in (General Walkway between Pavilions 1 & 2)** by Noon
- **Mutton Busting and Kids Ranch Rodeo**
  - **Contests for youth 10 & under.**
  - **Must preregister by going to www.superfair.org or www.kzkx.com**
  - **2 pm, 4 pm, 6 pm, 8 pm**
- **Racing Pigs (Attractions Zone)**
  - **Show Times 2 pm, 4 pm, 6 pm, 8 pm**
- **Pots Overboard (Attractions Zone)**
  - **Show Times 3 pm, 5 pm, 7 pm**
- **Carnival (Attractions Zone)**
  - **5 pm–Midnight**
- **National Barrel Horse Association Barrel Racing (Army Countryman Arena)**
  - **5 pm–Midnight**

**TUESDAY, AUGUST 10**

- **Capital Kiwanis Breakfast (Concession Stand in Business Center)**
  - **7–11 am**
- **Commercial Vendors (Multipurpose Arena)**
  - **9 am–4 pm**
- **Petting Zoo (Attractions Zone)**
  - **9 am–9 pm**
- **Interactive Game Experience (Attractions Zone)**
  - **9 am–9 pm**
- **Bingo (Attractions Zone)**
  - **9 am–9 pm**
- **Farmers Market (Attractions Zone)**
  - **9 am–9 pm**
- **Open Class Swine Check-in (Pavilion 1)** by Noon
- **Open Class Livestock Exhibits Entry Check-in for Horticulture — Vegetables, Fruit, Pests**
- **Food Baskets, Garden Displays, Square Crowns (Lincoln Room)**
  - **1–8 pm**
- **Racing Pigs (Attractions Zone)**
  - **Show Times 2 pm, 4 pm, 6 pm, 8 pm**
- **Pots Overboard (Attractions Zone)**
  - **Show Times 3 pm, 5 pm, 7 pm**
- **Open Class Static Exhibits on Display (Lincoln Room)**
  - **9 am–4 pm**
- **4-H Poultry Check-in (Pavilion 1)** by Noon
- **Open Class Beef Cow/Calf Check-in (Pavilion 1)**
  - **5–7 pm**
- **Open Class Commercial Beef Check-in (Pavilion 1)**
  - **5–7 pm**
- **Open Class Swine Show (Pavilion 1)**
  - **5 pm–Midnight**
- **Bush Tractor Pullers • Admission $10 (Muhlbach Motorsports Complex)**
  - **7 pm**

**WEDNESDAY, AUGUST 11**

- **Open Class Dressage Horse Check-in (Pavilion 2 - Horse Show Office)**
  - **7 am**
- **Capital Kiwanis Breakfast (Concession Stand in Business Center)**
  - **7–11 am**
- **Open Class Poultry Show (Pavilion 1 - Walkway)**
  - **9 am–4 pm**
- **Open Class Static Exhibits on Display (Lincoln Room)**
  - **9 am–9 pm**
- **Commercial Vendors (Multipurpose Arena)**
  - **9 am–9 pm**
- **Antique Tractors on Display (Tractor Lane)**
  - **9 am–9 pm**
- **Petting Zoo (Attractions Zone)**
  - **9 am–9 pm**
- **Interactive Game Experience (Attractions Zone)**
  - **9 am–9 pm**
- **Bingo (Attractions Zone)**
  - **9 am–9 pm**
- **Farmers Market (Attractions Zone)**
  - **9 am–9 pm**
- **Open Class Dressage Horse Show (Pavilion 3)**
  - **9 am**
- **Open Class Beef Cattle Other Breed Check-in (Pavilion 1)**
  - **by Noon**
- **Open Class Commercial Beef Check-in (Pavilion 1)**
  - **by Noon**
- **Racing Pigs (Attractions Zone)**
  - **Show Times 2 pm, 4 pm, 6 pm, 8 pm**
- **Pots Overboard (Attractions Zone)**
  - **Show Times 3 pm, 5 pm, 7 pm**
- **Commercial Vendors (Multipurpose Arena)**
  - **9 am–9 pm**
- **Open Class Swine Show (Pavilion 1)**
  - **5 pm–Midnight**
- **Bush Tractor Pullers • Admission $10 (Muhlbach Motorsports Complex)**
  - **7 pm**
**THURSDAY, AUGUST 12**

<table>
<thead>
<tr>
<th>Event</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Open Class Exhibitors Breakfast presented by Capital City Kiwanis (Entertainment Tent)</td>
<td>7–8:30 am</td>
</tr>
<tr>
<td>Capital City Kiwanis Breakfast (Concession Stand in Business Center)</td>
<td>7–11 am</td>
</tr>
<tr>
<td>Open Class Static Exhibits Entry Check-in (by Horticulture — Cat, Flowers, Herbs)</td>
<td>8 am–7 pm</td>
</tr>
<tr>
<td>Open Class Dressage Horse Show (Pavilion 3)</td>
<td>8 am–3 pm</td>
</tr>
<tr>
<td>Open Class Arena Driving Trail Show (Army Countryman Arena)</td>
<td>9 am</td>
</tr>
<tr>
<td>Open Class Static Exhibits on Display (Lincoln Room)</td>
<td>9 am–9 pm</td>
</tr>
<tr>
<td>Commercial Vendors (Multipurpose Arena)</td>
<td>9 am–9 pm</td>
</tr>
<tr>
<td>Antique Tractors on Display (Tractor Lane)</td>
<td>9 am–9 pm</td>
</tr>
<tr>
<td>Petting Zoo (Attractions Zone)</td>
<td>9 am–9 pm</td>
</tr>
<tr>
<td>Interactive Game Experience (Attractions Zone)</td>
<td>9 am–9 pm</td>
</tr>
<tr>
<td>Bingo (Attractions Zone)</td>
<td>9 am–9 pm</td>
</tr>
<tr>
<td>Farmers Market (Attractions Zone)</td>
<td>9 am–9 pm</td>
</tr>
<tr>
<td>Open Class Hereford Cattle Check-in (Pavilion 1)</td>
<td>by Noon</td>
</tr>
<tr>
<td>Open Class Simmental Cattle Check-in (Pavilion 1)</td>
<td>by Noon</td>
</tr>
<tr>
<td>Open Class Beef Check-in (Pavilion 1)</td>
<td>after Noon</td>
</tr>
<tr>
<td>Open Class Miniature Horse Check-in (Pavilion 2 – Horse Show Office)</td>
<td>after Noon</td>
</tr>
<tr>
<td>Racing Pigs (Attractions Zone)</td>
<td>Show Times 2 pm, 4 pm, 6 pm, 8 pm</td>
</tr>
<tr>
<td>Pets Overboard (Attractions Zone)</td>
<td>Show Times 3 pm, 5 pm, 7 pm</td>
</tr>
<tr>
<td>Open Class Arabian &amp; Morgan Check-in (Pavilion 2 – Horse Show Office)</td>
<td>after 3 pm</td>
</tr>
<tr>
<td>People’s Choice Salute Car show Entry Check-in (Lincoln Room)</td>
<td>4–10 pm</td>
</tr>
<tr>
<td>Open Class Angus Show (Pavilion 1)</td>
<td>5 pm</td>
</tr>
<tr>
<td>Open Class Sheep Show (Pavilion 1)</td>
<td>5 pm</td>
</tr>
<tr>
<td>Carnival (Attractions Zone)</td>
<td>5 pm–Midnight</td>
</tr>
<tr>
<td>People’s Choice Salsa Contest Judging + 1 $1 judging/tasting fee (Lincoln Room)</td>
<td>6–8 pm</td>
</tr>
<tr>
<td>Floral Design Demonstration by Southeast Community College Senior Student Council (Lincoln Room)</td>
<td>6–8 pm</td>
</tr>
<tr>
<td>Open Class Short horn (Pavilion 1)</td>
<td>6:30 pm or following Angus Show Jewelry and Beerdwork Demonstration by Andi Peterson (Lincoln Room)</td>
</tr>
<tr>
<td>Monster Trucks • Admission charged (Mulhahb Motorsports Complex)</td>
<td>7 pm</td>
</tr>
<tr>
<td>Praxten Band (Entertainment Tent)</td>
<td>9 pm–Midnight</td>
</tr>
</tbody>
</table>

**FRIDAY, AUGUST 13**

**U-Stop Day at the Fair (Corporate Tent) • Noon–9 pm**

<table>
<thead>
<tr>
<th>Event</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Capital City Kiwanis Breakfast (Concession Stand in Business Center)</td>
<td>7–11 am</td>
</tr>
<tr>
<td>Open Class Llama Show (Pavilion 1)</td>
<td>8 am</td>
</tr>
<tr>
<td>Open Class Arabian &amp; Morgan Horse Show (Army Countryman Arena)</td>
<td>8 am</td>
</tr>
<tr>
<td>Open Class Llama Show (Pavilion 1)</td>
<td>8 am</td>
</tr>
<tr>
<td>Open Class Beer Goat Show (Pavilion 1)</td>
<td>9 am</td>
</tr>
<tr>
<td>Open Class Static Exhibits on Display (Lincoln Room)</td>
<td>9 am–9 pm</td>
</tr>
<tr>
<td>Commercial Vendors (Multipurpose Arena)</td>
<td>9 am–9 pm</td>
</tr>
<tr>
<td>Antique Tractors on Display (Tractor Lane)</td>
<td>9 am–9 pm</td>
</tr>
<tr>
<td>Petting Zoo (Attractions Zone)</td>
<td>9 am–9 pm</td>
</tr>
<tr>
<td>Interactive Game Experience (Attractions Zone)</td>
<td>9 am–9 pm</td>
</tr>
<tr>
<td>Bingo (Attractions Zone)</td>
<td>9 am–9 pm</td>
</tr>
<tr>
<td>Farmers Market (Attractions Zone)</td>
<td>9 am–9 pm</td>
</tr>
<tr>
<td>$1,000 Cinnamon Roll Contest Entry Check-in (Lincoln Room)</td>
<td>10 am–Noon</td>
</tr>
<tr>
<td>Open Class Dog Agility Check-in (Exhibit Hill)</td>
<td>11 am</td>
</tr>
<tr>
<td>Open Class Dog Agility Check-in (Exhibit Hill)</td>
<td>11 am</td>
</tr>
<tr>
<td>Open Class Dog Obedience Show (Exhibit Hall)</td>
<td>Noon</td>
</tr>
<tr>
<td>Open Class Dog Agility Show (Exhibit Hall)</td>
<td>Noon</td>
</tr>
<tr>
<td>Open Class Llama Show (Pavilion 1)</td>
<td>Noon</td>
</tr>
<tr>
<td>Open Class Static Exhibits on Display (Lincoln Room)</td>
<td>Noon</td>
</tr>
<tr>
<td>Commercial Vendors (Multipurpose Arena)</td>
<td>Noon</td>
</tr>
<tr>
<td>Antique Tractors on Display (Tractor Lane)</td>
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<tr>
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<tr>
<td>Interactive Game Experience (Attractions Zone)</td>
<td>Noon</td>
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<tr>
<td>Bingo (Attractions Zone)</td>
<td>Noon</td>
</tr>
<tr>
<td>Farmers Market (Attractions Zone)</td>
<td>Noon</td>
</tr>
</tbody>
</table>

**SUNDAY, AUGUST 15**

**Open Class Pinto Horse Show (Pavilion 3) • Noon–9 pm**

<table>
<thead>
<tr>
<th>Event</th>
<th>Time</th>
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</thead>
<tbody>
<tr>
<td>Open Class Arabian &amp; Morgan Horse Show (Army Countryman Arena)</td>
<td>8 am</td>
</tr>
<tr>
<td>Open Class Static Exhibits Released (Lincoln Room)</td>
<td>9 am–1 pm</td>
</tr>
</tbody>
</table>

**Public events and exhibits are listed in bold.**

**Capital City Kiwanis Salsa Contest • Noon–9 pm**

**Saturday, August 14**

**U-Stop Day at the Fair (Corporate Tent) • Noon–9 pm**

<table>
<thead>
<tr>
<th>Event</th>
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</thead>
<tbody>
<tr>
<td>Capital City Kiwanis Breakfast (Concession Stand in Business Center)</td>
<td>7–11 am</td>
</tr>
<tr>
<td>Open Class Arabian &amp; Morgan Horse Show (Army Countryman Arena)</td>
<td>8 am</td>
</tr>
<tr>
<td>Open Class Llama Show (Pavilion 1)</td>
<td>8 am</td>
</tr>
<tr>
<td>Open Class Beer Goat Show (Pavilion 1)</td>
<td>9 am</td>
</tr>
<tr>
<td>Open Class Static Exhibits on Display (Lincoln Room)</td>
<td>9 am–9 pm</td>
</tr>
<tr>
<td>Commercial Vendors (Multipurpose Arena)</td>
<td>9 am–9 pm</td>
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<tr>
<td>Antique Tractors on Display (Tractor Lane)</td>
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<td>9 am–9 pm</td>
</tr>
<tr>
<td>Bingo (Attractions Zone)</td>
<td>9 am–9 pm</td>
</tr>
<tr>
<td>Farmers Market (Attractions Zone)</td>
<td>9 am–9 pm</td>
</tr>
<tr>
<td>$1,000 Cinnamon Roll Contest Judging (Lincoln Room)</td>
<td>1 pm</td>
</tr>
<tr>
<td>Carnival (Attractions Zone)</td>
<td>1 pm–Midnight</td>
</tr>
<tr>
<td>Capital City Danceshack, Home of the Capital City Cloggers (Entretertainment Tent)</td>
<td>2 pm</td>
</tr>
<tr>
<td>Pets Overboard (Attractions Zone)</td>
<td>Show Times 1 pm, 3 pm, 5 pm, 7 pm</td>
</tr>
<tr>
<td>Racing Pigs (Attractions Zone)</td>
<td>Show Times 1 pm, 3 pm, 5 pm, 7 pm</td>
</tr>
<tr>
<td>Open Class Pinto Horse Check-in (Pavilion 2 – Horse Show Office)</td>
<td>after 3 pm</td>
</tr>
<tr>
<td>Red Cross Blood Drive (In Front of the Multipurpose Arena)</td>
<td>4–9 pm</td>
</tr>
<tr>
<td>Doeden Swingy Country Dancers (Entertainment Tent)</td>
<td>5 pm</td>
</tr>
<tr>
<td>Nebraska Cattlemen’s Team Penning (Penning 3)</td>
<td>5 pm</td>
</tr>
<tr>
<td>Nebraska Cattlemen’s Team Penning (Penning 3)</td>
<td>5 pm</td>
</tr>
<tr>
<td>Open Class Pinto Horse Show (Pavilion 2 – Horse Show Office)</td>
<td>after 3 pm</td>
</tr>
<tr>
<td>Red Hott Band (Entertainment Tent)</td>
<td>7 pm</td>
</tr>
<tr>
<td>Monster Trucks • Admission charged (Mulhahb Motorsports Complex)</td>
<td>7 pm</td>
</tr>
<tr>
<td>Colgate Country Showdown • Admission $5 (Entertainment Tent)</td>
<td>7 pm</td>
</tr>
<tr>
<td>Red Hott Band (Entertainment Tent)</td>
<td>9 pm–Midnight</td>
</tr>
<tr>
<td>Open Class Static Exhibits Released</td>
<td>9 pm–10:30 pm</td>
</tr>
</tbody>
</table>

**The Lancaster County Agricultural Society (Inc.) (Fair Board) thanks all our community partners!**
The answer was: Spyrogyra green algae

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

http://lancaster.unl.edu

Urban Agriculture

Page 7
August 2010

Japanese Knotweed

Japanese knotweed is listed as one of the world’s 100 worst invasive species. It has been planted as an ornamental and has spread to wild area in both the eastern and western United States. It forms thick, dense colonies which crowd out any other herbaceous species and invades steams making it difficult to control. Now is the time to be on the look out for this plant and control all sites before it expands its invasion. Contact your weed control office to report sightings. In Lancaster County, call the Lancaster County Weed Control Authority at (402) 441-7817.

What Does it Look Like?

Japanese knotweed, native to Japan, is an herbaceous perennial that forms large clumps 3–10 feet high. It reproduces by seed and spreads by large, extensive rhizomes. The stout stems are hollow and bamboo-like, and persist into the winter. The flowers are greenish white and appear in summer. The fruiting calyx is wing-angled and the seeds are shiny black/brown.

What Habitats are Threatened by This Plant?

Knotweed thrives in a wide variety of habitats. In Japan, it grows on volcanic soils high in sulphur and with a pH of less than 4. In the United States, it has been observed growing in a variety of soil types, including silt, loam, and sand with a pH range of 4.5–7.4. Primarily, knotweed is found in moist sites, but also has been reported growing in dry sites. Knotweed’s distribution is affected by light. It is found primarily in sunny sites; growth and abundance are depressed in shady sites. It spreads primarily along river-banks, and grows in wetlands, waste places, along roadways, and other disturbed areas.

How Does This Plant Spread?

Japanese knotweed’s primary mode of reproduction in the United States is through extensive rhizomes that can reach 16–20 ft. in length. Dispersal can occur naturally when rhizome fragments are washed downstream by currents and deposited on banks. More commonly it is dispersed when humans transport soil as fill dirt.

Where is This Plant Found in the United States?

In North America, Japanese knotweed is widely found in the east, from Nova Scotia and Newfoundland to North Carolina, and in much of the Midwest and the coastal areas of Washington and Oregon.

How Can This Plant be Controlled?

Do not use this plant in the landscape. Once Japanese knotweed is established, it is extremely difficult to eradicate. Control small patches by digging out the entire plant, including tiny pieces of rhizome, which can regrow. Control larger infestations with persistent cutting throughout the growing season and/or repeated use of glyphosate herbicide, such as Roundup. Follow label directions when applying any herbicide. More than one growing season probably will be required to completely eradicate all but the smallest stands.

Source: Lower Platte Weed Management area and Bowman’s Hill Wildflower Preserve

Take the “Waste” Out of Yard Waste

Routine lawn and yard maintenance is usually on every homeowner’s to-do list. Keeping the lawn green and free of weeds can become a neighborhood goal, with everyone competing for the title of “best kept lawn.” Reducing the resources and minimizing waste in a landscape should be another worthy goal. Reducing yard “waste” is the route more people are taking, while finding more satisfaction in routine yard care at the same time. Here’s how you can reduce yard “waste” and transform it into yard “wealth.”

Use Organic Mulches

Recycle leaves, wood chips, grass clippings, and other yard trimmings as mulch to retain soil moisture, reduce weed growth, moderate daily and seasonal soil temperatures, and reduce soil erosion.

Plant Ground Covers

Reduce impractical lawn areas (steep slopes, shady areas, low spots) that keep them moist and cool. Less lawn means fewer grass clippings. It also can reduce the amount of pesticide, and fertilizer use.

Direct Downspouts into Planting Beds or Lawns

Reduce runoff from downspouts directed onto paved surfaces which can contribute pollutants to lakes and streams. Redirect the precipitation to a natural moist and cool area.

Try Natural Landscaping

Naturalize at least a portion of your yard to reduce maintenance, grass clippings, pesticide and fertilizer usage. Enjoy the alternative attributes as your property contributes to a richer ecosystem.

Making and Using Compost Tea

Using compost tea was part of farming techniques centuries ago, when animal manures were steeped in water and the resulting liquid was poured around plants. Some changes in the method of production have currently given the tea idea a new twist.

Compost tea can improve soil quality by increasing the numbers of beneficial soil organisms. Plants depend on soil microorganisms for help with gathering and incorporating nutrients in their roots. Plants can’t take up all the nutrients they need for growth. They must rely on tiny organisms to convert the nutrients into forms they can use. Compost teas contain substantial quantities of microorganisms, which are released into the soil when the tea is added around plants.

A backyard gardener can make a simple compost tea. Start by covering a high quality (fully decomposed) compost with tap water at a ratio of 1 part compost to 6 parts water. If your water system contains added chlorine, allow the water to sit out overnight to remove the chlorine. If your water system contains added chlorine, allow the water to sit out overnight to remove the chlorine. If your water system contains added chlorine, allow the water to sit out overnight to remove the chlorine. If your water system contains added chlorine, allow the water to sit out overnight to remove the chlorine. If your water system contains added chlorine, allow the water to sit out overnight to remove the chlorine.

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Laura Hardesty
Lancaster County 4-H is proud to announce Laura Hardesty as winner of August’s “Heart of 4-H Award” in recognition of outstanding volunteer service. A 4-H volunteer for eight years, Laura is the organizational leader of the Silver Spurs Club, a member of the Horse VIPS Committee, and Superintendent of the Western Horse Show – 3 (Working Pleasure, Western Riding, and Reining) at the Lancaster County Super Fair. She helps with horsemanship level testing, show coordination, and ring practice. She has also been involved with the EquiRiders club.

“I love kids and I love horses,” Laura says. “My favorite experience as a 4-H volunteer is watching 4-H kids improve skills and gain knowledge each year.”

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

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 Tractor Supply Company (TSC) located at 9000 Amber Hill Ct., Lincoln. The 4-Hers will be selling fresh produce and learning how to safely handle, store, and prepare foods. There will be a variety of fresh vegetables, fruits, and prepackaged foods available. We will be selling fresh produce such as squash, cucumbers, and tomatoes. There will be information available about food safety and healthy eating.

4-H’ers Test Family and Consumer Sciences Skills at Life Challenge

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

- The county senior Life Challenge contest was held May 22. Dylan Hoover was awarded the Grand Champion rosette.
- The county junior Life Challenge contest was held July 10 and Valerie Griess was awarded the Grand Champion rosette.

Congratulations to the two Lancaster County senior teams who competed in the Livestock Judging contest during the state Premier Animal Science Events (PASE) held at UNL East Campus on June 28–29. Team 1 (Matthew Grimes, Rachel Johnson, Taylor Johnson, and Chandler Kramer) placed 4th overall, 3rd overall in beef, 3rd overall in sheep, 13th overall in swine, and 4th overall in原因! Other participants were Cody DeWald, Justine Nelson, Erica Peterson, and Trevor Sparr. Roger Bell coached both teams. There were 45 senior teams from across the state.

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- The state Life Challenge contest for seniors was held at UNL East Campus on June 28–29. Four Lancaster County Teams participated. Angelica Hoover, Dylan Hoover, and Jessica Stephenson received 5th place out of 26 teams in the Design Challenge. Helen Dowd, Angelica Hoover, Dylan Hoover, and Jessica Stephenson received 3rd place out of 27 teams in the Food and Nutrition Challenge. Other participants were Ceirra Austin, Charles Dowd, Mary Dowd, Maddie Gabel, Victoria Garza, Anne Greff, Antonio Hoover, Joshua Hoover, Molly Noel, Paige Roach, Jaime Stephenson, and Sheridan Swotek.

HORSE BITS

Countdown 4-H Horse Judging Contest, July 24
The Lancaster County Super Fair 4-H Horse Judging Contest will be held on Saturday, July 24, 9 a.m. at the Salt Creek Wranglers Arena, 4300 S. Coddington Ave., Lincoln. Open to all 4-H’ers — need not be enrolled in a horse project. May enter day of contest. The horse judging contest may consist of four classes of four horses, two halter and two performance, to be judged by 4-H members in the elementary, junior, and senior age divisions. Top entry in each age division wins a belt buckle to be presented at Horse Awards night!

In the afternoon, there will be a family fun afternoon with wacky and fun horse games. 4-H’ers must participate in the challenge to be part of the horse fun events. Parents, leaders — everyone can participate! Bring your horse; however, not all games will be done on a horse, so there will be opportunities for all! For more information, go to http://lancaster.unl.edu/4h/

District Horse Results
A District 4-H Horse show was held in Lincoln at the Lancaster Event Center on June 10. Many Lancaster County 4-H’ers competed in the Lancaster County districts, and a few competed at the North Platte districts. Congratulations to all 4-H’ers who participated! Below are the Lancaster County purple ribbon, medal, and trophy winners. Complete results are online at http://4h.unl.edu/disthorseshow.

Senior English Pleasure
Hannah Scow (Medal), Alyssa Heusinger, Becky Hutchins

Junior English Pleasure
Katlin Luebbe, Bailee Peters, Mackenzie Wolfe

Senior English Equitation
Danielle Hardesty (1st Medal), Ashley Dansberger, Alyssa Heusinger, Ashley Wiegand

Junior English Equitation
Vanessa Butterfield, Marissa Corson, Katlin Luebbe, Bailee Peters, Hannah Ronnau, Bailee Sobota

Senior Western Pleasure
Cheslea Beach (Trophy @ North Platte), Brooke Preston, Hannah Sass

Senior Western Pleasure
Mckenzie Beach (Trophy @ North Platte), Ashley Anderson, Josie Ang, Bailey Peterson, Hannah Ronnau, Heather Welch

Senior Western Horsemanship
Blake Preston (1st Medal), Hannah Sass (2nd Medal), Elise Edgar, Abbie Heusinger, Becky Hutchins, Brooke Preston, Kelsey Wolf

Junior Western Horsemanship
Mckenzie Beach (Trophy @ North Platte), Ashley Anderson, Josie Ang, Kylie Goering, Anna Heusinger, Sydney Scow

Junior Reining
Bailey Vogler

Senior Barrel Racing
Alex Christen, Abbie Heusinger

Junior Barrel Racing
Nicole Finkner (Trophy), McKaniza Beach


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Horse Course Challenge, July 27
For a second year, the 4-H Horse Course Hippology Challenge will be a part of the Lancaster County Super Fair. The Challenge will be held Tuesday, July 27, 9 a.m. – Noon at the Lancaster Extension Education Center. There will be two age divisions, Elementary (ages 8–11) and Junior/Senior (12–19). All Lancaster County 4-H’ers are welcome and encouraged to participate! All test questions will come from the e-mail Horse Course. The testing will include identification stations and a written test. If you did not sign up for the e-mail course, but would like to participate in the challenge, e-mail mcruicks @unl.edu to have the lessons emailed to you. No preregistration required. Premiums and ribbons will be awarded at the fair. Top 10 ribbon placings, Reserve and Grand Champion trophies will be awarded at 4-H Horse Awards Night.
Livestock Auction on Sunday, Aug. 8, 6 p.m. 
Raffle tickets will sell for $5 each with the proceeds going to help build a base for the new county fair livestock area. To ensure this auction will be a success, adults and youth are needed to help during the fair. To attend the training on Thursday, July 29, 6–7 p.m. at the Lancaster Event Center at 441-6545. If slots are still available, may sign up during Static Exhibit Check-in on Thursday, Aug. 5, 5-7 p.m. Contact the Lancaster Event Center at 441-6545.

Volunteers Needed
Adolescents and youth are needed to help during the fair. To attend the training on Thursday, July 29, 6–7 p.m. at the Lancaster Event Center at 441-6545. A handout is available from the extension office or online at http://lancaster.unl.edu/4h/Fair. All participants are strongly encouraged to read the handout. Must register by July 26 by contacting the extension office (there is no entry form).

Get ready for fun at the 2010 Nebraska State Fair, Friday, Aug. 27 through Monday, Sept. 6 at Fonner Park in Grand Island! For a schedule of 4-H on the state fair and more, go to http://4h.unl.edu/programs/statefair

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

Animal Entries Due
July 26
4-H & FFA animal exhibitors 10–18 are eligible to participate at the Nebraska State Fair regardless of county fair placing. State Fair 4-H & FFA animal entry forms are due to Lancaster County 4-H staff no later than Monday, July 26. Note: this is an earlier deadline than what was published in last Nuncio! Forms are available online and at the extension office. Registration fees must be included with entries.

Join the Fun at the State Fair as a Volunteer!
The Nebraska 4-H program is seeking volunteers to help with exhibit entry day, judging, and serving as 4-H exhibit building hosts and greeters. Volunteers will be needed for the main and expanded events throughout the fair. State Fair 4-H volunteers will receive a fair pass for the day(s) they volunteer. Volunteers can sign up by completing the 4-H Volunteer Interest Form available at the extension office, or online at http://4h.unl.edu. A complete list of volunteer opportunities is available on the site. If you have questions about being a 4-H volunteer at the Nebraska State Fair, please contact D’Ette Scholtz, Hall County Extension Educator, at (308) 385-5088 or dscholtz2@unl.edu.
Learn About Animals at the Fair

BEEF CATTLE

<table>
<thead>
<tr>
<th>Male</th>
<th>Neutered male</th>
<th>Bull</th>
<th>Steer</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female before having a baby</td>
<td>Female after being a mom</td>
<td>Cow</td>
<td>Calf</td>
</tr>
<tr>
<td>Information</td>
<td>A cow is pregnant for 285 days. A baby calf weighs about 80 to 100 pounds when it is born. There are over 16 breeds of beef cattle.</td>
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</table>

DAIRY CATTLE

<table>
<thead>
<tr>
<th>Male</th>
<th>Neutered male</th>
<th>Bull</th>
<th>Steer</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female before having a baby</td>
<td>Female after being a mom</td>
<td>Cow</td>
<td>Calf</td>
</tr>
<tr>
<td>Information</td>
<td>A cow is pregnant for 285 days. A baby calf weighs about 80 to 100 pounds when it is born. Bucket calves are taken care of and bottle fed by people. A cow produces approximately 1,000 gallons of milk each year.</td>
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</tbody>
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SHINE PIGS (HOGS)

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<thead>
<tr>
<th>Male</th>
<th>Neutered male</th>
<th>Boar</th>
<th>Borrower</th>
<th>Gift</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female before having a baby</td>
<td>Female that is a mom</td>
<td>Sow</td>
<td>Piglet</td>
<td></td>
</tr>
<tr>
<td>Information</td>
<td>Sows are pregnant for 114 days — that is 3 months + 3 weeks + 3 days. A sow usually has 8-12 piglets in a litter. A piglet weighs about 2 pounds at birth. In six months a hog gains around 240 pounds. Pork is the #1 meat eaten around the world. China is the largest producer of pork and the U.S. is the second largest. Sows and boars usually live 4 to 5 years. Some may live longer. In fact, some pigs have lived as long as 15 years! There are eight major breeds of hogs in the U.S. The four most common breeds at the county fair are the Hampshire, Spot, Duroc, and the Large White.</td>
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</table>

SHEEP

<table>
<thead>
<tr>
<th>Male</th>
<th>Neutered male</th>
<th>Buck</th>
<th>Wether</th>
</tr>
</thead>
<tbody>
<tr>
<td>Baby</td>
<td></td>
<td>Lamb</td>
<td></td>
</tr>
<tr>
<td>Information</td>
<td>Wool is the “fuzzy” hair on the sheep. The wool from one sheep is called fleece. One Owens produces 2 to 30 pounds of wool each year. When you shear the wool off of a lamb it is called unprocessed wool. All the bales at the county fair are already sheared. Sheep are usually sheared once a year. Mostly eat grass, clover, weeds, and other plants. A sheep weighs around 140 pounds at the county fair.</td>
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GOATS

<table>
<thead>
<tr>
<th>Male</th>
<th>Neutered male</th>
<th>Buck</th>
<th>Kid</th>
</tr>
</thead>
<tbody>
<tr>
<td>Baby</td>
<td></td>
<td>Lambs</td>
<td></td>
</tr>
<tr>
<td>Information</td>
<td>A doe usually has 2 kids each year. Favorite foods of goats are hay, grass, corn, and oats. Most dairy goats are good pets. They are very tame and can be led using a dog collar. On a world wide basis, more people drink goat’s milk more often than cow’s milk. Goat milk is very sweet. It is easy for your body to digest.</td>
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</table>

Check Out These Resources at Lincoln Libraries

These books, videos, and more are available at all Lincoln County Libraries

BOOKS

- Cows by Sara Swan Miller (j636.234)
- Cattle by Ann Larkin Hansen (j636.2)
- Claraebell: Making Milk and So Much More by Chris Patrick (j636.234)
- Pig by Jules Olds (j636.4)
- Pigs by Gail Gibbons (j636.4)
- Life on a Pig Farm by Judy Wolffman (j636.6)
- Sheep by Sara Swan Miller (j636.3)
- Woolly Sheep and Hungry Goats by Alton Fowler (j636.3)
- Goats by Ann Larkin Hansen (j636.39)
- Goats by Sara Swan Miller (j636.39)
- Living with Dorothy Hirsharh Patent (j599.636)
- Living with Emilea L. Upton (j599.636)

- Chickens by Sara Swan Miller (j636.3)
- Ducks by Ann Larkin Hansen (j636.5)
- Chickens by Gail Gibbons (j636.6)
- Rabbits and, rabbits, and more rabbits! by Gail Gibbons (j636.932)
- Foot to Horse by Jason Cooper (j793.3)
- How Chickens Lay Eggs by Jackie Bue (j636.1)

VIDEOS ON DVD

- Saving the Moms (DVDs), 30 minutes
- Our Feathered Friends: Adventures on a Chicken Farm (DVDj636.5).
- 28 minutes
- Dance with the Animals (DVDj793.3)
- 30 minutes

- Paws, Claws, Feathers and Fins (DVDj636.088)
- 30 minutes
The 4-H Rabbit Club Community Service

In May, members of the Rabbits R Us 4-H Club visited the Lakeview Care Center in Firth. Members brought their rabbits to show to the residents. The club also presented Lakeview with flowers for use in their flower bed  out front. Smiles were all around.

4-H Rabbit Club members and volunteers can submit articles and photos for The Nebline by emailing lancaster@unl.edu or sending them to the extension office.

4-H Rabbit's Focus on Safety in Bicycle Contest

The 2010 4-H Bicycle Safety Contest was held on June 26 at the Lancaster Extension Education Center, Part of the Lancaster County Super Fair, the contest consists of a bike inspection, bicycle riding skills, and a written quiz. Top winners were Anne Greff (senior champion), Antonio Hoover (senior reserve champion), Peter Greff (junior champion) and Michaela Hoover (junior reserve champion).

KIDS MINDS
continued from page 10
geared to first- through fifth-grade is available through Minnesota Public Instruction at http://www.bloomington.k12.mn.us/departments/curriculum/committees/SummerMathReviewBuckets.htm

• Make your vacation or weekend trips educational. Go to fairs, museums, look for fossils or wildlife: see a play at a community theatre; or go to a free community concert.

• Plan activities to keep your child learning and provide structure. Register your child for swim, music or dance, community sports leagues, and summer or day camp. Help kids stay on track socially and keep them physically and mentally active. Call your local city or village parks and recreation department to find out what programs are available in your area. You can also contact your school district to find out what it has scheduled for summer school and other learning opportunities.

Adapted from Bridget Mauchlin, University of Wisconsin Extension, (Extension Parenting)

4-H INSECT ID CONTEST

A new event for the Nebraska State Fair will be a 4-H Insect Identification Contest on Saturday, Aug. 28, 10:30 a.m. Participants must pre-register by contacting the extension office at 411-7180 by July 28. The list of insects as well as other information is online at http://4h.unl.edu/pdf/2010FairBook/InsectID2010-NEL.pdf.
Five Youth Describe Their Experience

Great Opportunity to Learn

On this trip we had the great opportunity to learn more about our country’s history while meeting and having fun with new people. New York City was definitely our favorite destination because we got to experience the ethnic diversity such as visiting a Broadway musical, Times Square, the Empire State Building, Ellis Island, and the Statue of Liberty. This trip required you to be mature, safe, and responsible, but at the same time we had a blast.

—Saige and Sadie Hammond

Unforgettable Time, Fantastic Trip

On the 4-H trip I enjoyed the Navy Pier in Chicago, the sea dog speed cruise was a fun start to an amazing trip. New York City was fast paced with extremely tall buildings and the sun bouncing off all the windows. The Broadway play was hilarious and to see New York City light up at night with all of the big signs made it one of my favorite stops. Washington D.C. was crazy trying to see everything, even though we were there for a long time we probably didn’t even cover a fourth of the history. That place is very educational. So many other stops we made, like Virginia Beach, turned the whole experience into an unforgettable time. The people and sponsors that went on the trip were a lot of fun and we met many new friends. All in all, this was a fantastic trip.

—Amy Keys

I Saw Things I Had Only Read About

On the CWF trip I liked Virginia Beach the most. The biggest body of water I’d ever swam in before was Lake McConaughy. I loved the waves; especially near the shore because they were just breaking, so quite a few of them literally knocked me off my feet and dragged me across the sand. I also really loved Churchill Downs. We didn’t spend too much time there but I had read all of the Thoroughbred series books and they were about racing at Churchill Downs. It was incredible that I was able to actually see the things I had only read about. It was an awesome trip that I’m glad I was able to go on.

—Lisa Trumbley

Experience Like No Other

I got the pleasure of being able to be a part of this years CWF trip and it was an experience like no other. We saw many sites and got to experience what seemed like completely different cultures everywhere we went. I also made great friends on the trip. It was like within the first few days we all grew to be a family and loved being able to experience everything with each other that all of the cities had to offer. On the trip I learned so much about our nation’s history. What impacted me most on the trip were definitely all the war memorials. It makes you realize up close and personal how many lives were affected.

—Lexi Trumbley

On the 4-H trip I enjoyed seeing “The Addams Family” on Broadway. The group then traveled on to Valley Forge to get a first hand experience where George Washington led the forces. Philadelphia was the next stop where they saw the Liberty Bell, Christ’s Church, Betsy Ross House, and stood on the floors of Independence Hall where the Declaration of Independence was signed by our forefathers. Washington D.C. was the next stop where the group spent four days touring all the national monuments, the Smithsonian and Mount Vernon. Most importantly the youth were able to spend time on Capitol Hill with our Nebraska representatives. The youth were able to hear what was going on with the economy, the deficit, and the oil spills. It was very neat to witness the interactions of the youth with their representatives. The highlight was attending the Nebraska breakfast and having Representative Jeff Fortenberry start his talk off by doing the 4-H Pledge. After a busy four days in D.C., the youth were excited for a day of relaxation at Virginia Beach. The group then headed back to their home communities and at the national level. Through sightseeing tours in the living classroom of Washington, D.C. and educational talks with Nebraska congressional representatives, youth learned about the history of our nation, the leaders who have shaped it, and how they can apply the leadership and citizenship skills they have learned when they return home.

The group started out in Chicago to see the Navy Pier and the Willis Building. They then traveled on to Ohio to see the Kentucky Derby and the St. Louis Gateway Arch. The 2010 Lancaster County 4-H CWF Blog is at http://deannacwf.blogspot.com/.

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On the 4-H trip I enjoyed the Navy Pier in Chicago, the sea dog speed cruise was a fun start to an amazing trip. New York City was fast paced with extremely tall buildings and the sun bouncing off all the windows. The Broadway play was hilarious and to see New York City light up at night with all of the big signs made it one of my favorite stops. Washington D.C. was crazy trying to see everything, even though we were there for a long time we probably didn’t even cover a fourth of the history. That place is very educational. So many other stops we made, like Virginia Beach, turned the whole experience into an unforgettable time. The people and sponsors that went on the trip were a lot of fun and we met many new friends. All in all, this was a fantastic trip.

—Amy Keys

I Saw Things I Had Only Read About

On the CWF trip I liked Virginia Beach the most. The biggest body of water I’d ever swam in before was Lake McConaughy. I loved the waves; especially near the shore because they were just breaking, so quite a few of them literally knocked me off my feet and dragged me across the sand. I also really loved Churchill Downs. We didn't spend too much time there but I had read all of the Thoroughbred series books and they were about racing at Churchill Downs. It was incredible that I was able to actually see the things I had only read about. It was an awesome trip that I’m glad I was able to go on.

—Lisa Keys

Great Opportunity to Learn

On this trip we had the great opportunity to learn more about our country’s history while meeting and having fun with new people. New York City was definitely our favorite destination because we got to experience the ethnic diversity such as visiting a Broadway musical, Times Square, the Empire State Building, Ellis Island, and the Statue of Liberty. This trip required you to be mature, safe, and responsible, but at the same time we had a blast.

—Saige and Sadie Hammond

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