8-2011

The NEBLINE, August 2011

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For Many 4-H Families, County Fair is Quality Time Together

More than 650 4-H and FFA youth are expected to participate in this year’s Lancaster County Super Fair. County and state fairs are the culmination of the 4-H year, and many youth showcase their projects at the fair.

4-H is a family affair for many families, with siblings ages 5–18 participating in 4-H. Many 4-H parents take vacation time during the fair to help their 4-H children. Fair is an opportunity for parents to spend quality time with their children, and for families to bond together. Grandparents, aunts and uncles, and other relatives often share the experience as well.

University of Nebraska–Lincoln Extension Educator Maureen Burson says, “4-H is unique because of the depth of educational experiences which span a wide range of ages and abilities. Siblings work and learn together with the help of other family members, and share each other’s accomplishments. These experiences pull families together, make them stronger, and create great memories.”

4-H Parents Say...

- **Jill Greff:** “We spend time with extended family at the fair (cousins, grandparents, aunts and uncles) because it is a tradition for us that started back in the 1940s at the Kit Carson County Fair in Burlington, Colo. We also love looking at the 4-H exhibits together and showing each other the creative things we spot. AND, there’s nothing like having grandma console you and give you tips for the future when you find you received a red ribbon on something.”

- **Ann and Dave Pickrel:** “As parents of 4-Hers we have been involved in the county fair/super fair since they were eight years old (close to 11 years now). We make the fair our staycation. We see the results of our projects, and having grandma console you and give you tips for the future when you find you received a red ribbon on something. It’s just better hearing these things from grandma than anyone else in the world.”

- **Mary Ann Gabel:** “Throughout the year, our family is involved in many activities including working on 4-H projects. We enjoy spending time at the Lancaster County Super Fair because we can come together as a family and have fun before school starts. We especially like to walk through the 4-H exhibits, see the results of our projects, and complement each other on a job well done!”

- **Paula Peterson:** “Family is the heart of 4-H, without family involvement 4-H wouldn’t be where it is today. We invite ALL families to come enjoy the fair!”

The Fair Board and Event Center staff work hard to make the Super Fair family-oriented, with many free or low-cost activities for all age groups. We invite ALL families to come enjoy the fair!”

Lancaster County Super Fair is for ALL Families!
Lancaster Event Center Managing Director Ron Snoer says, “The Lancaster County Super Fair has always been a family event. Over the years, I have seen three generations of families participating in 4-H and open class. It is exciting to see kids that I showed with now bringing their families to the fair. The Fair Board and Event Center staff work hard to make the Super Fair family-oriented, with many free or low-cost activities for all age groups. We invite ALL families to come enjoy the fair!”

FOR MORE INFORMATION
- For the Lancaster County Super Fair Schedule & Map (including where to get tickets), see special section.
- For tips to make your time with children enjoyable and educational at the Lancaster County Super Fair, see p. 10.

Strong Families Build Strong Communities, Productive Citizens

Spending time together — quality time in large quantities — has been found to be one of the important steps necessary to achieving a strong family. (See article “Family Time Builds Strengths” on p. 10.)

For ideas and developmentally appropriate ways to support your children’s growth and development while spending time together, see article “Ideas for Family Time” on p. 10.

According to University of Nebraska-Lincoln Extension Family Life Specialist Dr. John DeFrain, recent research 1 organized by the University of Nebraska in 18 countries around the world has clearly demonstrated that strong families worldwide are critical to the health of communities and the development of productive citizens.

Families and communities are linked in a reciprocal, supportive relationship, each helping the other. In essence, strong families are the building blocks of strong communities, and strong communities value family life and have effective educational, health, business, and religious institutions that provide support and services for families.

1 Strong Families Around the World (team of 43 researchers in 18 countries over a four year period).

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SPECIAL SECTION
For ideas and developmentally appropriate ways to support your children’s growth and development while spending time together, see article “Ideas for Family Time” on p. 10.

Lancaster County Super Fair Schedule & Map (including where to get tickets), see special section.

FOR MORE INFORMATION
- For tips to make your time with children enjoyable and educational at the Lancaster County Super Fair, see p. 10.
Some plants “make their own nitrogen.” If a legume (i.e., clovers, soybeans, alfalfa) is colonized by certain strains of Rhizobium bacteria, nodules will form on the plant roots where the bacteria live and thrive. In these nodules, a symbiotic relationship develops between the bacteria and the host plant. The bacteria utilize plant sugars as a source of energy and, in turn, “fix” nitrogen, converting nitrogen gas in the soil into forms of nitrogen that can be used by the plant. Once nodules form, the plant usually receives all of the nitrogen necessary for plant growth from that “fixed” by the bacteria. When planting a legume crop, UNL recommends inoculating the seed with the appropriate strain of Rhizobium bacteria unless the same legume crop has been planted in the field within the last three years. Given the small expense for inoculant, especially as compared to making a nitrogen fertilizer application in the absence of sufficient nodules to supply the needs of the crop, many folks will “play it safe” and inoculate every time they plant a legume.

Other crops, including all grass crops (e.g., corn, sorghum, wheat, forage grasses, etc.) and non-leguminous broadleaf crops (e.g., sunflowers, potatoes, sugar beets, cotton, etc.) are not colonized by nitrogen fixing bacteria and must obtain the nitrogen they need from the soil.

In addition to nitrogen fixed by Rhizobium bacteria, other natural sources are used as a source of nitrogen. These sources include: mineralization of organic matter which releases nitrogen that can be utilized by plants, and nitrogen released as plant residues are broken down in the soil. Animal waste is a good source of natural nitrogen as well. Barnyard or poultry manure and other animal waste products (e.g., bat guano) were used as a source of supplemental nitrogen long before inorganic nitrogen fertilizer came into popular use. Biosolids, a byproduct of the sewage treatment process, are utilized by many farmers in Lancaster County. Manure and biosolids supply nitrogen, phosphorus, and many other nutrients required for plant growth. Repeated applications of manure and/or biosolids also increase soil organic matter levels over time and improve water infiltration and cation exchange capacity in the soil.

Organic Sources of Nitrogen

Composted plant residues, legume crops such as red clover or vetch, are plowed under as green manure and animal wastes are used as a source of nitrogen by organic crop producers.

A small amount of nitrogen (a few pounds per acre per year) is also contributed by rainfall in the form of nitric acid (HNO3), which when dissolved in the water in the soil dissociates into nitrogen and hydrogen ions. The nitric acid is formed when nitrogen and oxygen gases are combined with rainwater by the intense heat of a lightening bolt during a thunderstorm.

Green plants require more nitrogen than any other nutrient with the possible exception of potassium (see Table 1).

TABLE 1. Total Crop Removal, lb/acre of Essential Soil Nutrients by a 150 bushel corn crop

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Removal, lb/acre</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nitrogen</td>
<td>200</td>
</tr>
<tr>
<td>Phosphorus (P)</td>
<td>85</td>
</tr>
<tr>
<td>Calcium (Ca)</td>
<td>42</td>
</tr>
<tr>
<td>Magnesium (Mg)</td>
<td>44</td>
</tr>
<tr>
<td>Sulphur (S)</td>
<td>25</td>
</tr>
<tr>
<td>Zinc</td>
<td>0.15</td>
</tr>
<tr>
<td>Iron</td>
<td>0.10</td>
</tr>
<tr>
<td>Copper</td>
<td>0.05</td>
</tr>
<tr>
<td>Molybdenum</td>
<td>0.03</td>
</tr>
<tr>
<td>Chlorine</td>
<td>unknown</td>
</tr>
</tbody>
</table>

The air we breathe is about 78% nitrogen in the form of N2 gas and about 21% oxygen in the form of O2 gas. The remaining one percent of the atmosphere is a combination of all the other gases, (including carbon dioxide which is the source of carbon used by green plants). Even though there are 33,000 tons of nitrogen in the atmosphere over every acre on earth, the nitrogen gas is so chemically stable, plants cannot directly use it as a nutrient. Plants readily take up and use two forms of soil nitrogen, ammonium (NH4+) and nitrate (NO3-). Other forms of nitrogen must be converted to one of these compounds by natural or artificial means before plants can utilize them. Directly as a source of nitrogen for plant growth.

Anhydrous Ammonia

Anhydrous ammonia (NH3) is produced commercially by reacting nitrogen gas and hydrogen gas. The ammonia is unstable and decomposes to form anhydrous ammonia (NH3) gas and carbon dioxide (CO2). The anhydrous gas is highly reactive to water and reacts to form the ammonium ion (NH4+). If the ammonium ion is in contact with the soil, it is attracted to the negatively charged clay and organic matter particles and is held in the cation exchange complex. Broadcasting urea-based fertilizers without incorporating them with tillage carries the risk of nitrogen loss to the atmosphere by ammonia volatilization. If just enough moisture is present to hydrolyze the urea but not enough to convert it to ammonium and carry it to the soil, the ammonia gas can escape into the atmosphere (volatilize). Volatilization is favored by high soil pH, warm temperatures, wet soils under drying conditions, and crop residue that insulates the urea from the soil. Under extremely unfavorable conditions, urea fertilizer broadcast to the soil surface with no mechanical incorporation can have volatilization losses exceeding 75%. On the other hand, surface-applied urea followed by sufficient rainfall or irrigation to hydrolyze the urea and to incorporate the resulting ammonium into the soil (one-half inch is usually sufficient) will suffer very little volatilization loss.

Phosphorus / Nitrogen Sources

Some fertilizers applied primarily as sources of phosphorus also contain significant levels of nitrogen. Diammonium phosphate (DAP) contains 18% N and 46% P2O5, by weight (18-46-0). Monoammonium phosphate (MAP) is usually formulated as 11-52-0. Other common phosphorus sources that contain nitrogen include 10-34-0 and 11-37-0. If any of these compounds are applied as a source of phosphorus, one should credit the nitrogen contained in these compounds when computing total nitrogen fertilizer to apply.
Harvesting and Storage of Vegetables

Sarah Browning
UNL Extension Educator

Many gardeners grow extra vegetables and fruits for winter storage, but how can you make your produce store for the longest time possible? First, remember good produce storage quality begins at harvest.

Harvest Tips
Avoid physical damage during harvest. Most fruits and vegetables are easily bruised if not handled carefully. When harvesting, treat produce as if it were fine china. Tossing fruits and vegetables into baskets or boxes may not leave visible bruises and damage, but decay will begin under the skin. Seemingly sturdy vegetables such as sweet potatoes are actually quite delicate and will not store well if bruised. Any damaged produce should be used as quickly as possible and not placed with other storage items.

Root crops such as beets, carrots, rutabagas, parsnips, and turnips can be left in the garden until late fall and early winter. A heavy mulch of straw will help prevent the ground from freezing so the roots can be dug when needed. The mulch will also maintain the soil moisture, as it will reduce repeated freezing and thawing. Many people prefer the taste of these root crops after they have been cured, as they tend to become sweeter and milder.

When temperatures drop low enough to freeze the ground under the mulch, finish harvesting the roots. Cut off all but one-half inch of the top and store at 32–40°F in high humidity to reduce shriveling.

Cleaning Produce
Not all produce should be washed after harvest, including onions, garlic, Irish potatoes, and sweet potatoes. Some produce, however, should be washed and dried before storing, including winter squash and pumpkins, along with green and red tomatoes. Commercial packaging houses use sanitizers in packing line water to kill the fungi, bacteria, and yeast that might otherwise cause spoilage. Sodium hypochlorite (liquid laundry bleach, 5–25% concentration) is the most readily available of these sanitizers for home gardeners. Cool produce before washing, then use water a few degrees warmer than the fruits and vegetables to mix up your solution of 4 tablespoons of liquid bleach per gallon of water. This prevents cold wash water from being pulled inside warm fruits along with any pathogens in the wash water. Dip produce in the solution but, do not allow to sit in water. A quick dip is sufficient to remove pathogens.

Curing
Several vegetables benefit from post-harvest curing. Curing ingredients are primarily to control moisture factors: air temperature in the storage area and humidity levels. Different vegetables or fruits have different storage requirements, although three main storage regimens predominate, including 1) cool and dry: 2) cold and dry; and 3) cold and moist.

Cold and dry storage consists of 32–40°F temperatures and 60% relative humidity. In the home, basements are generally cool and dry making this the easiest storage regimen to achieve. However, in the winter with a furnace and dehumidifier running, the humidity may drop below optimum.

If storing vegetables in basements, provide them with some ventilation. Harvested vegetables still “breathe” and require oxygen to maintain high quality. Also, be sure they are protected from rodents. Cool, dry storage is ideal for winter squash and pumpkins.

Cool and dry storage is 32–40°F temperatures and 65% relative humidity. For cold storage items 32°F is ideal, but it is difficult to achieve in the home. For every degree above 32°F, expect a shorter storage life of your produce, as much as 25% for every 10°F increase in temperature. Refrigerator conditions are generally cool and dry, so an extra refrigerator is fine for long term storage of garlic and onions.

Cold and moist storage consists of 32–40°F temperatures and 95% humidity. Root cells provide cold and moist conditions, or try refrigerator storage with the produce in perforated plastic bags to increase humidity. Unperforated plastic bags may result in water condensation inside the bag that leads to the growth of mold and bacteria. Make sure the produce has adequate ventilation or air movement, and if using a root cellar, protect it from rodents. Clean straw, hay, and wood shavings may be used for insulation. Cold and moist conditions are best for the storage of beets, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, kohlrabi, parsnips, radishes, rutabagas, and turnips.

Apples and pears also store best under (30–32°F) and moist (90% humidity) conditions, however, it is best to store apples separately from other produce. Apples give off ethylene gas which speeds the ripening of other produce.

Preparing Onions for Winter Storage
One specific example of vegetable storage is onions. These can be harvested when the tops have fallen over and begun to dry. Do not bend over the tops during the growing season to force the energy into the bulb. This practice reduces the growth of the onions as they will not be able to translocate sugars to the bulb for storage. Cure onions after harvest by spreading them in a single layer on screens in the shade, or in a well-ventilated garage or shed, for one to two weeks or until the tops are completely dry and shriveled. If the bulbs are exposed to full sun, prevent sunscald by allowing their foliage to cover them or by covering them with a light-weight cloth. When the bulbs are dry, they should be trimmed to one-inch lengths. Leave the onions dry outside in a place; they help reduce bruising and shrinkage, and act as an insect barrier.

Do not store any potatoes with nicks or harvest damage. Instead use them for fresh eating as soon as possible. If you’ve picked a peck of tomatoes, you can freeze them after you pick and let them ripen at room temperature. Refrigerator conditions are generally cold and dry, so an extra refrigerator is fine for long term storage of garlic and onions.

Can I Freeze Bell and Sweet Peppers Raw?
Can Tomatoes Be Frozen Raw?
Preparation: Freeze tomatoes in half pint or pint containers with sheets of plastic. It thickens the skin, reducing moisture loss and affording better protection against insect and microbial invasion. Curing is usually accomplished at an elevated storage temperature and high humidity, which should be managed as accurately as possible.

Produce can be cured in home storage areas. A space heater in an enclosed area can provide the needed heat for curing. Humidity can be increased by overlaying containers with sheets of plastic.

Storing Garden Produce
Proper long-term storage of homegrown vegetables and fruits depends primarily on three factors: air temperature in the storage area and humidity levels. Different vegetables or fruits have different storage requirements, although three main storage regimens predominate, including 1) cool and dry: 2) cold and dry; and 3) cold and moist.

Do not store any potatoes with nicks or harvest damage. Instead use them for fresh eating as soon as possible.


NOTE: To make it easier to remove only the amount of frozen bell or sweet peppers needed at one time, freeze sliced or diced peppers in a single layer on a cookie sheet with sides. Transfer to a “freezer” bag when frozen, excluding as much air as possible from the bag. Alice Henneman, MS, RD, UNL Extension Educator

Use only for cooking or seasoning as tomatoes will not be solid when thawed.

TIP: Dip just a few tomatoes at a time into boiling water for 30 seconds to loosen skin. Core and peel. Freeze whole or in pieces. Pack into containers, leaving 1-inch headspace. Seal and freeze.

Can Tomatoes Be Frozen Raw?
Like peppers, tomatoes can be frozen raw. Frozen tomatoes are best used in cooked foods such as soups, sauces, and stews as they become mushy when they’re thawed. The National Center for Home Food Preservation offers these guidelines for freezing tomatoes:

Select firm, ripe tomatoes with deep red color. Wash, cut out stems, cut into strips or rings. Good for use in uncooked foods because they have a crisper texture, or in cooked foods. Package raw, leaving no headspace. Seal and freeze.

Select firm, ripe tomatoes with deep red color. Wash, cut out stems, cut into strips or rings. Good for use in uncooked foods because they have a crisper texture, or in cooked foods. Package raw, leaving no headspace. Seal and freeze.
Cucumbers and tomatoes for refreshing summer meals. Make it earlier in the day when it’s less hot and let the flavors meld in the refrigerator during the heat of the day.

**Cucumber Salad with Tomatoes**

*Servings: 1/4 of recipe • Yield: 4 servings*

- 2 cups diced cucumber
- 1 cup seeded and diced tomato
- 1/4 cup chopped sweet onion
- 2 cups cooked couscous or rice
- 2 teaspoons chopped dried or fresh dill weed
- 1 1/2 cup Italian salad dressing, low-fat

Wash hands. Toss together the cucumbers, tomatoes, onions, couscous (or rice), dill, and salad dressing. Chill for 1 hour. Serve.

**ALICE’S NOTES:**
- I didn’t have any dill when I made this recipe and substituted fresh parsley.
- For added fiber — use whole grain couscous or rice.
- In a hurry? Leave the seeds in the tomatoes … the presence or absence of tomato seeds affects mainly appearance in this recipe. When you remove tomato seeds, you also remove the pulp that surrounds them. In some recipes, this is important as the liquid in the pulp can cause a dish to become too wet or soggy.
- Feel cucumber if it’s skin is tough or bitter-tasting.
- Cool rice or couscous before adding it to the salad. Cool quickly by refrigerating in a shallow container.

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**Food & Fitness Department of Agriculture helps the medicine go down.”**

**ALICE HENNEMAN, MS, RD, UNL Extension Educator**

Summer holidays provide a break from school and work, but we shouldn’t break from being smart about food safety. More care is needed since foodborne illnesses increase during the summer. Bacteria love the hot, humid days of summer, and grow faster than at any other time of the year. At the same time temperatures rise, we’re more likely to leave food unrefrigerated for longer time periods at picnics, barbecues, and during travel. Summer picnics are a great way to enjoy the outdoors and each others’ company. Keep your picnics with family and friends safe and healthy this summer with the following tips.

**Tips to stay food safety savvy on picnics:**

- **Temperature and time.** Keep picnics with family and friends safe this summer by remembering the time permissible for safe foods to sit out side the refrigerator or freezer for two hours to one in tempera ture above 99°F.
- **Hot and cold.** Keep hot food hot and cold food cold on the way to, and throughout your picnics and outdoor gatherings. Holding food at an unsafe temperature is a prime cause of foodborne illness.
- **Food thermometer.** According to USDA research, 1 out of every 4 hamburgers turns brown in the middle before reaching a safe internal temperature. The only way to be sure food is safely cooked is to use a food thermometer to measure the internal temperature. Using a food thermometer keeps you safe from harmful food bacteria and helps avoid overcooking, keeping it juicy and flavorful. Cook hamburgers to an internal temperature of 160°F.
- **USDA recommendations.** USDA has a great tool recommended cooking temperature for all whole cuts (steaks, roasts, and chops) of meat, including pork, beef, lamb, and veal to 145°F and then allowing a 3 minute rest time before carving or consuming. During the 3 minutes after meat is removed from the heat source, its temperature remains constant or continues to rise, which destroys pathogens.
- **Bring non-perishable foods.** Reduce the worry of keeping foods at certain temperatures by limiting the number of perishable foods on the menu. Bring baked potato chips or pretzels instead of potato salad; dried fruit or fruit cups instead of fresh fruit, and other snacks such as trail mix, nuts, or sunflower seeds.
- **Two coolers are better than one.** Bring two coolers to the park or gathering, one for perishable food and one for beverages. Keep perishable foods cool by transporting them in an insulator cooled kept cold with ice or frozen gel packs and open as little as possible.
- **Keep it clean.** During picnics it is important to keep things clean. Check ahead and find out if there’s a source of safe drinking water at your destination. If not, bring water for preparation and cleaning; or pack cool, wet, disposable cloths or moist towelettes, and paper towels for cleaning hands and surfaces.
- **Dangers of cross contamination.** Cross-contamination is the transfer of harmful bacteria to food from other foods, cutting boards, utensils, etc., if they are not handled properly. Cross-contamination during preparation, grilling, and serving food is a prime cause of foodborne illness. Remember to always wash your hands before and after handling food, and use the same planer and utensils for raw and cooked meat and poultry. Include lots of clean utensils, not only for eating but also for serving the safely cooked food.

Picnics are extremely popular all throughout the summer. The “road” to food safety, however, can either be a bumpy one or smooth — depending on what precautions are taken during travel during the summer. Check out [http://food.unl.edu](http://food.unl.edu) for more food, nutrition, and health information.

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**Save Money. Improve Health. Eat Less Sugar.**

Garrett J. Serd
UNL Dietetic Intern
May 23, 2011

From our childhood, we’ve all become familiar with the parable, “A spoonful of sugar helps the medicine go down.” Perhaps too many Americans have taken this simple message to heart. The United States Department of Agriculture (USDA) statistics show the average American consumed 132 pounds of sugar in 2010. This large amount of sugar intake can increase the risk of obesity, heart disease, dental cavities, and other chronic diseases.

Sugar intake can be costly. Last year, the average American paid 74 dollars for sugar. By reducing sugar intake, we can save money and decrease risk for diabetes. Shopping for food products low in sugar can be tricky and sometimes deceptive, especially when shopping on a budget:

- **Refer to the nutrition facts label to find out how much added sugar is in food.**
- **Ingredients ending in the word “sucrose” are forms of sucrose, fructose, dextrose.** Corn syrup, agave nectar, cane juice, honey, and molasses all increase sugar content.
- **Ingredients are listed in descending order.** Choose foods that have sugar ingredients listed near the end. "Reduced fat" foods often have increased amounts of sugar. Always verify the healthfulness of foods by comparing nutrition facts labels.
- **Drink fewer regular soft drinks.** Switch to “diet” soft drinks or drink water with lemon.
- **Keep away from sweetened breakfast cereals.** Have yogurt and fruit or a homemade breakfast smoothie sweetened with fresh or frozen berries.
- **Foods like jelly and ice cream are loaded with added sugars. Look for “all fruit” spreads and “no sugar added” ice cream.**
- **Stick to a healthy diet that consists of plenty of fresh vegetables, fruits, and lean meats.**

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The average American eats 132 pounds of sugar each year. That equals 34 pounds per bag.
FAMILY & COMMUNITY EDUCATION (FCE) CLUBS

President’s View — Irene’s Items

Irene Colborn
FCE Council Chair

One day last week I had a day off (meaning I didn’t have to be any place or anything special to do) so I took my cup of coffee out in the shade and watched the birds and squirrels. I think they harvested all of the mulberries but all of a sudden I heard a “plunk” and a walnut bounced off the garage and into the yard. So now they are after them and then it will be the neighbor’s grapes.

The Sizzling Summer Sampler was a big success this year. We had 139 attend and sold 600 raffle tickets for the 17 baskets and centerpieces. This fund raiser enhances our scholarship fund. I personally want to thank you for all the help and support.

Next on the agenda is our hosting the State Convention in September. Information should be coming to you in the next “Your FCE Speaks.”

“There is no beginning or end… Yesterday is history, Tomorrow is a mystery, Today is a gift.”

FCE News & Events

FCE Leader Training Canceled

The Sept. 28 leader training, “Legally Secure Your Financial Future — Organize, Communicate, Prepare” has been CANCELLED.

FCE Council Meeting

Change in date: The September FCE Council meeting will be Monday, Oct. 3, 1 p.m. at the Lancaster Extension Education Center. Salt Creek Circle Club will host the program.

Save the date: Join the FCE Galaxy of Stars

What: State FCE Leadership Conference
When: Thursday, Sept. 22–Saturday, Sept. 24, 2011
Where: Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln
Who: FCE members
For more info: registration information will be in the next “Your FCE Speaks.”

Sizzling Summer Sampler a Success

The Family & Community Education (FCE) Sizzling Summer Sampler held on July 7 was a success with 139 FCE members and friends in attendance.

Seventeen baskets were raffled off, raising $519 for the FCE Scholarship Fund.

Jennifer Borer of Lincoln (photo at right — on the left) received this year’s FCE scholarship. She is working on her Bachelor of Science in Nursing at the BryanLGH College of Health Sciences in Lincoln. This scholarship will help her achieve her dreams of being a geriatric nurse. Lorena Maxon (right) is chair of this year’s FCE Education and Scholarship committee.

School Success Starts At Home

With a new school year underway, getting off to a good start is vital for children’s attitudes, self-confidence and performance. Parents are their children’s number one teacher and coach. Parents lay the foundation for school success. Here are some strategies:

• Be sure your children get plenty of sleep. Children need adequate rest in order to do well in school.
• Help children maintain good physical and mental health. Create healthy eating habits and time for physical activity. Schedule regular doctor and dental appointments.
• Set a morning and after-school routine and stick with it.
• Designate a place for home-work. Together with your children, arrange a comfortable space conducive to learning.
• Ask your children about their day at school, and interact with them to continue learning at home.

• Show your enthusiasm for education. If you are excited, your children are more likely to feel the same way.
• Share a positive attitude about learning. Your attitude and values play a big role in your children’s education.
• Expect success. Make sure your children know you expect them to do their best.

“These suggestions may seem basic, but research has shown parental involvement in a child’s education is crucial to success,” says University of Illinois Extension Educator Milly Kaiser. “Parents can start by showing a genuine interest and enthusiasm for learning.”


SOME ITEMS YOU CAN BRING FOR DISPOSAL: Thermometers, thermostats containing mercury, solvents, oil-based paint, paint thinner, batteries and stain, old gasoline, transmission fluid, pesticides, (even banned products like DDT), items containing PCB’s (ballasts from fluorescent fixtures and capacitors from old appliances). You can dispose of compact fluorescent light bulbs at these waste collections.

DO NOT: latex paint, electronic TVs, propane cylinders, tires, used oil, batteries, antifreeze or ammunition.

Household Hazardous Waste Collections

These collections are for households only. Only residents of Lincoln and Lancaster County can bring items to collections.

SOME ITEMS YOU CAN BRING FOR DISPOSAL: Thermometers, thermostats containing mercury, solvents, oil-based paint, paint thinner, stripper and stain, old gasoline, transmission fluid, pesticides, (even banned products like DDT), items containing PCB’s (ballasts from fluorescent fixtures and capacitors from old appliances). You can dispose of compact fluorescent light bulbs at these waste collections.

DO NOT: latex paint, electronics, TVs, propane cylinders, tires, used oil, batteries, antifreeze or ammunition.

For more information, call the Lincoln-Lancaster County Health Department at 402-441-8021.

Saturday, August 27 • 9 a.m.–1 p.m.
Veyance Tech, 4021 North 56 Street

Saturday, September 24 • 9 a.m.–1 p.m.
Lincoln Industries, 600 West E Street

Saturday October 15 • 9 a.m.–1 p.m.
Woods Park (31 and J Streets)

Friday, November 18 • 9 a.m.–1 p.m.
Appointment Only. Call (402) 441-8084

Usable Latex Paint Exchanges

Three usable latex paint exchanges will be held at the EcoStores Nebraska at 530 West 5 Street. Call 402-473-3606 for details.

Saturday, Sept. 24 • 9 a.m.–2 p.m.
Saturday, Nov. 12 • 9 a.m.–2 p.m.
Tips to Make Your Yard and Community a Safer, Healthier Place

Meet Your Yard — Learn about the soils, plants, climate, and wildlife around your home.

Be Plant Perfect — Avoid invasive plants and those not adapted to local conditions. Perfect plants are suited to their location requiring less water, fertilizer, pruning, and pesticides.

Be Water Wise — Water lawns only when needed, but to the depth of the root zone. Consider replacing irrigated turf with drought-tolerant ground covers.

Be a Pest Pro — Identify pests correctly. This allows for the most appropriate control method.

Police Pollution — Prevent fertilizer, pesticides, and animal waste from entering water sources or wastewater systems.

Be Well Read — Read the label, it’s the law. Keep children and pets away from pesticides. Store and dispose of pesticides according to label instructions.

Go Native — Create a wildlife habitat at home using native plant species. Remove invasive plants that may threaten or destroy native habitat.

Make a Pile — A compost pile recycles grass clippings, leaves, and other organic material. It is a great natural fertilizer too.

Recycle Your Lawn — Leave the grass long when mowing and leave the clippings in place. This saves water and fertilizer. Never mow more than one third of the height of the grass.

Share the Joy — Whether you have a flaxless lawn or a native landscape, keep your yard safe and well maintained to add beauty and value to your neighborhood.

Source: Growing Green Lawns Organization

Vegetable Gardening in the Fall

Mary Jane Frogge
UNL Extension Associate

By planning and planting a fall vegetable garden, it is possible to have fresh vegetables up to, and even past, the first frosts. Many varieties of vegetables can be planted in mid- to late-summer for fall harvests. Succession plantings of warm season crops, such as corn and beans, and hardy vegetables such as the first killing frost. Cool-season crops, such as broccoli, beets, cabbage, cauliflower, kohlrabi, leaf lettuce, radishes, spinach, turnips, kale, and collards grow well during the cool, fall days and withstand the first hard freeze. For Lancaster County, it is approximately Oct. 10.

You also must know the number of days to maturity for the variety of vegetable you plan to grow. Count the days back from the frost date to figure your planting date.

When planting fall crops, prepare the soil by restoring nutrients removed by spring and summer crops. A light layer of compost or a small application of fertilizer will prepare the soil for another crop. Dry soil may make working the soil difficult and inhibit seed germination during the midsummer period. Plant fall vegetables when the soil is moist after a rain or water the area thoroughly the day before planting. It may be beneficial to spread the seeds over a wider area than when planting spring crops. An organic mulch will help keep the soil cool. Mulching between rows can decrease soil drying. Irrigate when necessary so plants have sufficient moisture during the warm days. Some of the best quality vegetables are produced during the warm days and cool nights of the fall season.

Look ahead to the fall garden, which offers its own satisfaction through its prolonged harvest of fresh vegetables, savings in food costs, and the knowledge you are making full use of your gardening space and season.

Mary Jane Frogge
UNL Extension Associate

Mandevilla is known for its showy flowers and there are about 100 species of this tropical, woody vine. Most species overwinter only in the tropical South. In Nebraska, they can be treated as annuals or grown indoors. They can be brought indoors before the first freeze and treated as a houseplant during the winter months. In the spring, mandevilla can be placed outside after the threat of freezing weather has passed. Mandevilla is great trellised in containers or in hanging baskets.

Indoors, mandevillas need bright indirect sunlight. Provide night temperatures of 60–65°F and day temperatures above 70°F. Plant in a mixture of equal parts peat moss, potting mix, and sand. In spring and summer, fertilize every two weeks.

Outdoors, grow mandevillas in partial shade. They need rich, well-drained soil. Provide a frame, trellis, or stake for support. Pinch young plants to induce bushiness. Since 45–50°F is the minimum temperature tolerated by mandevilla, plants should be moved indoors for the winter. Before bringing them indoors, examine them carefully for pests. Look under the leaves and on the plant stems for insects and their eggs. Remove any diseased or dead leaves by hand. Insect-infested plants can be doused with a forceful spray of water to dislodge the pests, or you can use insecticidal soaps or other appropriate insecticides labeled for use on your plant. The most common pests are mealybugs, scale, whiteflies, and spider mites.

Move the plants to a lighted location where the temperature is above 55°F. Reduce the frequency of watering to coincide with the plant’s rest periods induced by the cooler temperatures and reduced light.

In late winter or early spring before growth begins, prune by removing old, crowded stems and shortening others. Even if mandevilla is pruned almost to the ground, it will bloom the same summer on the new shoots, which develop from the base of the plants.

In Nebraska, Mandevilla can be treated as annuals or grown indoors.

Good vegetables to plant for fall include broccoli, beets, cabbage, cauliflower, kohlrabi, leaf lettuce, radishes, spinach, turnips, kale, and collards.

Compost

2.0

3.0

30%
Super Fair, go to www.superfair.org for a complete entertainment schedule.

### Entertainment

- **Aug. 4 —** No Better Cause (pop/rock): 6:30pm
- **Aug. 5 —** Watermelon Feast: 6:30pm
- **Aug. 6 —** Bush Hawg (rock/hip-hop): 7pm
- **Aug. 7 —** Academy of Rock (rock/hard rock): 2pm
- **Aug. 8 —** Chris Sayre (country/rock): 2pm
- **Aug. 9 —** Chris Sayre (country/rock): 7pm
- **Aug. 10 —** Chris Sayre (country/rock): 2pm
- **Aug. 11 —** Longoria Black Belt Demonstrations: 5pm
- **Aug. 12 —** Longoria Black Belt Demonstrations: 5pm
- **Aug. 13 —** Comedy Legend Gallagher (folk/blue): 7pm

### Other Attractions

- **Aug. 4 —** 3-D Action Racing: 7:30pm
- **Aug. 5 —** Demolition Derby: 7pm
- **Aug. 7 —** Super Fair Antique Car Show: Noon-4pm
- **Aug. 8 —** Mutton Bustin’ and Kids Ranch Rodeo (sponsored by KX 96.9): 6pm
- **Aug. 9 —** Busch Tractor Pulls: 7pm
- **Aug. 10 —** Nebraska 4-H & FFA State Tractor Operator’s Contest: 8am
- **Aug. 11 —** Skate With No Coast Derby Girls and Meet & Greet (skates provided by Skate Zone): 4-8pm
- **Aug. 12 —** People’s Choice Salsa Contest: 6pm
- **Aug. 13 —** $1,000 Cinnamon Roll Contest: 12noon

### Daily Attractions

- **Aug. 4 —** Nebraska Lottery Entertainment Tent and Beer Garden
- **Aug. 5 —** BUSH HAWG
- **Aug. 6 —** Nebraska FarmHouse Association Tractor on Display & Raffle
- **Aug. 7 —** Heart of America Shows Midway Carnival
- **Aug. 8 —** Ag Equipment on Display
- **Aug. 9 —** Great American Duck Race
- **Aug. 10 —** Nebraska 4-H & FFA State Tractor Operator’s Contest: 8am
- **Aug. 11 —** Super Fair Antique Car Show: Noon-4pm
- **Aug. 12 —** Mutton Bustin’ and Kids Ranch Rodeo (sponsored by KX 96.9): 6pm
- **Aug. 13 —** People’s Choice Salsa Contest: 6pm

### Interactive Game Experience

- **Aug. 4 —** People’s Choice Salsa Contest: 6pm
- **Aug. 5 —** Super Fair Antique Car Show: Noon-4pm
- **Aug. 6 —** Mutton Bustin’ and Kids Ranch Rodeo (sponsored by KX 96.9): 6pm
- **Aug. 7 —** Super Fair Antique Car Show: Noon-4pm
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### Other Features

- **Aug. 4 —** No Better Cause (pop/rock): 6:30pm
- **Aug. 5 —** Watermelon Feast: 6:30pm
- **Aug. 6 —** Bush Hawg (country/rock): 7pm
- **Aug. 7 —** Academy of Rock (rock/hard rock): 2pm
- **Aug. 8 —** Chris Sayre (country): 2pm
- **Aug. 9 —** Chris Sayre (country): 7pm
- **Aug. 10 —** Chris Sayre (country): 2pm
- **Aug. 11 —** Longoria Black Belt Demonstrations: 5pm (sponsored by Froggy 98)
- **Aug. 12 —** Longoria Black Belt Demonstrations: 5pm
- **Aug. 13 —** Comedy Legend Gallagher (folk/blue): 7pm

### Weekly Features

- **Aug. 4 —** Nebraska Lottery Entertainment Tent and Beer Garden
- **Aug. 5 —** BUSH HAWG
- **Aug. 6 —** Nebraska FarmHouse Association Tractor on Display & Raffle
- **Aug. 7 —** Heart of America Shows Midway Carnival
- **Aug. 8 —** Ag Equipment on Display
- **Aug. 9 —** Great American Duck Race
- **Aug. 10 —** Nebraska 4-H & FFA State Tractor Operator’s Contest: 8am
- **Aug. 11 —** Super Fair Antique Car Show: Noon-4pm
- **Aug. 12 —** Mutton Bustin’ and Kids Ranch Rodeo (sponsored by KX 96.9): 6pm
- **Aug. 13 —** People’s Choice Salsa Contest: 6pm

### Special Events

- **Aug. 4 —** 3-D Action Racing: 7:30pm
- **Aug. 5 —** Demolition Derby: 7pm
- **Aug. 7 —** Super Fair Antique Car Show: Noon-4pm
- **Aug. 8 —** Mutton Bustin’ and Kids Ranch Rodeo (sponsored by KX 96.9): 6pm
- **Aug. 9 —** Busch Tractor Pulls: 7pm
- **Aug. 10 —** Nebraska 4-H & FFA State Tractor Operator’s Contest: 8am
- **Aug. 11 —** Skate With No Coast Derby Girls and Meet & Greet (skates provided by Skate Zone): 4-8pm
- **Aug. 12 —** People’s Choice Salsa Contest: 6pm
- **Aug. 13 —** $1,000 Cinnamon Roll Contest: 12noon

### Additional Features

- **Aug. 4 —** Nebraska Lottery Entertainment Tent and Beer Garden
- **Aug. 5 —** BUSH HAWG
- **Aug. 6 —** Nebraska FarmHouse Association Tractor on Display & Raffle
- **Aug. 7 —** Heart of America Shows Midway Carnival
- **Aug. 8 —** Ag Equipment on Display
- **Aug. 9 —** Great American Duck Race
- **Aug. 10 —** Nebraska 4-H & FFA State Tractor Operator’s Contest: 8am
- **Aug. 11 —** Super Fair Antique Car Show: Noon-4pm
- **Aug. 12 —** Mutton Bustin’ and Kids Ranch Rodeo (sponsored by KX 96.9): 6pm
- **Aug. 13 —** People’s Choice Salsa Contest: 6pm

### Contact Information

For detailed information about the Super Fair, go to www.superfair.org
**THURSDAY, AUGUST 4**

**Capital City Kiwanis Breakfast: 7-11am**
Bristol Windows Business Center

**4-H/FFA Livestock & Horse Exhibits: 8am-10pm**
Pavilions 1, 2, 3, 4

**4-H/FFA Static Exhibits: 10am-10pm**
Lincoln Room

**4-H/FFA Beech 50th Anniversary: 10am-10pm**
Attractive Zone

**4-H/FFA Horticulture Show: 10am-10pm**
Attractive Zone

**Nebraska Farmhouse House, Tractor on Display & Raffle: 10am-10pm**
Attractive Zone

**4-H Beef & Dairy Show: 10am-10pm**
Attractive Zone

**US Army Vehicles: 10am-10pm**
Attractive Zone

**Bingg Tran’s U-HAFA Vendor Show (Baseball): 10am-10pm**
Attractive Zone

**Berk Durr & Friends Pointball Shooting Gallery: 10am-10pm**
Attractive Zone

**Commercial Vendors: 10am-10pm**
Multipurpose Arena

**Feed Market: 10am-10pm**
Multipurpose Arena

**Nebraska Lottery Entertainment Tent & Beer Garden: 10am-10pm**
Attractive Zone

**Heart of America Shows Carnival: 5pm-12midnight**
Main Parking Lot

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**SCHEDULED EVENTS**

8:00am 4-H Western Horse Show 1 – 1st Western Showmanship/ 1st Western Pleasure / 1st Western Race Riding

9:00am 4-H Cat Show / Quiz Bowl

12:00pm 4-H Poultry Show

2:00pm Daryl’s Racing Pigs

3:30pm The Great American Duck Races

4:00pm 4-H Rabbit Show

5:00pm The Great American Duck Races

8:00pm 4-H Dog Agility Show

9:00pm The Rockerfellers (classic rock)

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**FRIDAY, AUGUST 5**

**Capital City Kiwanis Breakfast: 7-11am**
Bristol Windows Business Center

**4-H/FFA Livestock & Horse Exhibits: 8am-10pm**
Pavilions 1, 2, 3, 4

**4-H/FFA Static Exhibits: 10am-10pm**
Lincoln Room

**4-H/FFA Beech 50th Anniversary: 10am-10pm**
Attractive Zone

**4-H/FFA Horticulture Show: 10am-10pm**
Attractive Zone

**Nebraska Farmhouse House, Tractor on Display & Raffle: 10am-10pm**
Attractive Zone

**4-H Beef & Dairy Show: 10am-10pm**
Attractive Zone

**US Army Vehicles: 10am-10pm**
Attractive Zone

**Bingg Tran’s U-HAFA Vendor Show (Baseball): 10am-10pm**
Attractive Zone

**Berk Durr & Friends Pointball Shooting Gallery: 10am-10pm**
Attractive Zone

**Commercial Vendors: 10am-10pm**
Multipurpose Arena

**Feed Market: 10am-10pm**
Multipurpose Arena

**Nebraska Lottery Entertainment Tent & Beer Garden: 10am-10pm**
Attractive Zone

**Heart of America Shows Carnival: 5pm-12midnight**
Main Parking Lot

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**SCHEDULED EVENTS**

8:00am 4-H Western Horse Show 1 – 2nd Western Showmanship/ Western Pleasure / Western Horsemanship

9:00am Dairy Cattle Clinic

10:00am Dairy Cattle Clinic

12:00pm 4-H/FFA Sheep Show

2:00pm Daryl’s Racing Pigs

3:30pm The Great American Duck Races

4:00pm 4-H Rabbit Show

5:00pm The Great American Duck Races

6:00pm 4-H Horse Show

7:00pm 4-H/FFA Beak & Claws

8:00pm 4-H/FFA Livestock Premium Auction

9:00pm 4-H/FFA Showmanship, Pot Class, Costume Contest

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**SATURDAY, AUGUST 6**

**Capital City Kiwanis Breakfast: 7-11am**
Bristol Windows Business Center

**4-H/FFA Livestock & Horse Exhibits: 10am-10pm**
Pavilions 1, 2, 3, 4

**4-H/FFA Static Exhibits: 10am-10pm**
Lincoln Room

**4-H/FFA Beech 50th Anniversary: 10am-10pm**
Attractive Zone

**4-H/FFA Horticulture Show: 10am-10pm**
Attractive Zone

**Nebraska Farmhouse House, Tractor on Display & Raffle: 10am-10pm**
Attractive Zone

**4-H Beef & Dairy Show: 10am-10pm**
Attractive Zone

**US Army Vehicles: 10am-10pm**
Attractive Zone

**Bingg Tran’s U-HAFA Vendor Show (Baseball): 10am-10pm**
Attractive Zone

**Berk Durr & Friends Pointball Shooting Gallery: 10am-10pm**
Attractive Zone

**Commercial Vendors: 10am-10pm**
Multipurpose Arena

**Feed Market: 10am-10pm**
Multipurpose Arena

**Nebraska Lottery Entertainment Tent & Beer Garden: 10am-10pm**
Attractive Zone

**Heart of America Shows Carnival: 5pm-12midnight**
Main Parking Lot

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**SCHEDULED EVENTS**

8:00am 4-H Miniature Horse Show

8:00am 4-H/FFA Showmanship, Pot Class, Costume Contest

9:00am 4-H Dog Agility Show

10:00am 4-H/FFA Beef Show

11:00am 4-H/FFA Sheep Show

12:00noon 4-H/FFA Livestock Premium Auction

2:00pm 4-H/FFA Miniature Horse Show

3:00pm 4-H/FFA Showmanship, Pot Class, Costume Contest

4:00pm 4-H/FFA Sheep Show

5:00pm The Great American Duck Races

6:00pm 4-H/FFA Showmanship, Pot Class, Costume Contest

7:00pm 4-H/FFA Sheep Show

8:00pm 4-H/FFA Showmanship, Pot Class, Costume Contest

9:00pm 4-H/FFA Sheep Show

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**SUNDAY, AUGUST 7**

**Capital City Kiwanis Breakfast: 7-11am**
Bristol Windows Business Center

**4-H/FFA Livestock & Horse Exhibits: 10am-10pm**
Pavilions 1, 2, 3, 4

**4-H/FFA Static Exhibits: 10am-10pm**
Lincoln Room

**4-H/FFA Beech 50th Anniversary: 10am-10pm**
Attractive Zone

**4-H/FFA Horticulture Show: 10am-10pm**
Attractive Zone

**Nebraska Farmhouse House, Tractor on Display & Raffle: 10am-10pm**
Attractive Zone

**4-H Beef & Dairy Show: 10am-10pm**
Attractive Zone

**US Army Vehicles: 10am-10pm**
Attractive Zone

**Bingg Tran’s U-HAFA Vendor Show (Baseball): 10am-10pm**
Attractive Zone

**Berk Durr & Friends Pointball Shooting Gallery: 10am-10pm**
Attractive Zone

**Commercial Vendors: 10am-10pm**
Multipurpose Arena

**Feed Market: 10am-10pm**
Multipurpose Arena

**Nebraska Lottery Entertainment Tent & Beer Garden: 10am-10pm**
Attractive Zone

**Heart of America Shows Carnival: 5pm-12midnight**
Main Parking Lot

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**SCHEDULED EVENTS**

8:00am 4-H Endurance Horse Show – Hunter/Saddleseat Horse Halter / English Showmanship / English Pleasure / English Hunter / English Pleasure

8:00am 4-H/FFA Dairy Cattle Show

8:00am 4-H/FFA Sheep Show / Costume Contest

8:00am Open Class Rabbit Show

8:00am Super Fair Antique Car Show

11:30am Open Class Dairy Cattle Show

1:00pm 4-H/FFA Sheep Show

1:00pm Big Wheel Race for youth 3-6 (presented by Lancaster County Farm Bureau)

2:00pm Academy of Rock (youth bands) – Nebraska Lottery Entertainment Tent & Beer Garden

2:00pm Daryl’s Racing Pigs

3:00pm Kids Pedal Pull – Free for youth 4-8 & presented by Lancaster County Farm Bureau (check in 2:30pm)

3:00pm The Great American Duck Races

4:00pm 4-H/FFA Sheep Show

4:00pm Daryl’s Racing Pigs

5:00pm 4-H/FFA Livestock Premium Auction

7:00pm CowboyUp Band (top 40 country) – Nebraska Lottery Entertainment Tent & Beer Garden

7:00pm The Great American Duck Races

8:00pm 4-H/FFA Showmanship, Pot Class, Costume Contest

9:00pm 4-H/FFA Sheep Show

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For more information on how to participate, go to www.superfair.org.
Fairgrounds Map

Theme Days
MONDAY, AUG. 8
Military Appreciation Day
TUESDAY, AUG. 9
Older Nebraskans Day
WEDNESDAY, AUG. 10
Safety Awareness Day
THURSDAY, AUG. 11
No Coast Derby Girls Day
FRIDAY, AUG. 12
Hip Hop Day at the Fair

Fairground Rules
• No smoking inside the buildings.
• No bicycles, scooters, ATVs or golf carts allowed in the grounds.
• No dogs allowed in any buildings except as required for special needs or for dog shows.
• Lancaster County Sheriff will be patrolling fairgrounds.
• Parking will be allowed in designated parking areas only.

Campground Rules
• Lancaster Event Center offices first-come, first-served parking.
• No reservations accepted prior to fair.
• Groups planning to park together must pull into campgrounds at same time.
• Cost: $15/day for electrical hookup. Pay upon arrival at the Lancaster Event Center office.
• Youth age 18 and under must be supervised by an adult.

The Lancaster County Agricultural Society, Inc. (LCAS) is a non-profit organization. Founded in 1878, its mission is to promote agriculture, youth and community. LCAS operates the Lancaster Event Center, a public, multipurpose, year-round facility designed to host a variety of local, regional and national events and activities. LCAS is proud to produce an annual community and family-oriented county fair. LCAS is the Lancaster County Agricultural Society, Inc. (LACSA) that operates the Lancaster Event Center. The general office of LCAS is located at the Lancaster Event Center, P.O. Box 79167, Lincoln, NE 68529 • Phone: 402-441-6455 • Web site: http://www.lancastereventcenter.com BOARD OF DIRECTORS: Ron Dowding (President), Jay Wilkinson (Vice-President), Trudy Pedley (Secretary), Karen Rue (Treasurer), Tom Nelson, Eric Mitchell, Kendra Russon, Keith Schumacher, Jim Swanson
The University of Nebraska-Lincoln Extension 4-H Youth Development program is open to all youth ages 5–18. UNL Extension in Lancaster County, 444 Cherryrock Road, Suite A, Lincoln, 68528 • Phone: 402-441-7180 • Web site: http://lancaster.unl.edu
The National FFA Organization is an agricultural education program which applies classroom instruction to hands-on opportunities • Web site: http://www.ffa.org

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Alert: Take Steps Now to Prevent West Nile Virus

Barb Ogg
UNL Extension Educator

Lancaster County residents who live near wetlands or on acreages have been plagued by mosquitoes this summer. The rainfall events in May and June are providing ample breeding sites.

Culex tarsalis, the primary vector of West Nile virus, feeds on resting birds in the spring and early summer, but after breeding season is over, it begins to feed on other mammals, including humans.

Cases of human West Nile encephalitis (virus) show up beginning in July. Most people — about 80% according to the Centers for Disease Control and Prevention — will have few or no symptoms from the bite of an infected mosquito. But, some individuals will develop West Nile fever. Symptoms include fever, headache, tiredness, and body aches, occasionally with a skin rash (on the trunk of the body), and swollen lymph glands. These symptoms show up 3-15 days after the bite of an infected mosquito and may last a few days to a week or two. These symptoms resemble the flu, so many people don’t even go to the doctor.

More serious illness can occur in people of any age. However, people over age 50 and some immunocompromised persons (for example, transplant patients), are at the highest risk of getting severely ill when infected with West Nile virus. The symptoms of West Nile encephalitis include headache, high fever, neck stiffness, stupor, disorientation, coma, tremors, convulsions, muscle weakness, and paralysis. It is estimated approximately one in 150 persons infected with the West Nile virus will develop a more severe form of the disease.

There’s not a very high proportion, but, for those people who develop these symptoms, it can be deadly. At-risk persons who develop any of these symptoms should immediately seek the advice of their doctor.

Measures to reduce mosquito populations around your home are to eliminate breeding and resting sites. Culex tarsalis lay their eggs in shallow pools of warm, sunlit, standing water in tin can or bottle cap containers which hold water to reduce breeding sites. Mosquitoes rest on long vegetation, so reducing vegetation will help eliminate many resting sites around your home.

At-risk persons should avoid being outdoors during times when Culex mosquitoes are active, which is usually in the early morning hours or at dusk. If you cannot avoid mosquitoes, wear long-sleeved shirts with long pants and socks to help prevent bites, and use an insect repellent to prevent mosquito bites. Deet repellents are the most effective. For a list of other repellents, go to http://go.unl.edu/0a2.

Barb Ogg
UNL Extension Educator

In the world of insects, it is usually the male who has to do most of the work to find a mate.

There are a few exceptions, but the goal of most female insects is to choose the suitor who will provide the highest quality genes to her offspring. Various insect groups have specific mate finding strategies. Do any of these strategies seem familiar? You decide.

Love at First Sight: Butterflies. Some use visual clues like bright colors and patterns to find and attract mates. These insects often have excellent eyesight. Male butterflies look for a female with the right color and pattern. Once he has found her, he may also do a special “courtship dance” to attract her. If the female likes the courtship dance, she will allow the male to mate with her.

You Light up my Life: Fireflies. Insects use light to communicate and attract mates. Some fireflies flash to find each other when it’s dark. Each firefly species has a unique sequence of flashes recognized by the opposite sex. The female is usually stationary; it is the male that flies to find her.

pheromone only males of her species can “smell.” The male moth will detect the pheromone at very low concentrations and may fly several miles to find a receptive female. Male moths have thousands of pheromone receptor neurons at the base of their antennae to help them do this.

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Cricket singing in the male cicada’s body. Choruses of male cicadas can be heard in the mid- to late summer. These robust, familiar insects have green to brown bodies with black markings and a whitish bloom on their bodies. Male cicadas cluster high in trees and produce a high-pitched whine using two special vibrating membranes, called tymbals, found on the underside of the first abdominal segment. The sound is amplified in the male cicada’s body.

Choruses of male cicadas can be deafening. Sounds of individual cicadas have been measured to be more than 100 decibels. Both male and female cicadas have hearing organs for hearing. They receive sound via a pair of large, mirror-like membranes, called tympana, which are connected to an auditory organ by a short tendon. These are only a few of the more spectacular mating strategies. The mating strategies of many insects are more subtle and yet to be discovered.
Tammy Wollen
Lancaster County 4-H is proud to announce Tammy Wollen as winner of August’s “Heart of 4-H Award” in recognition of outstanding volunteer service. Tammy has been a superintendent of the 4-H Home Environment areas at the Lancaster County Fair for 11 years. Prior to that, she was leader of a 4-H club in Cass County. Tammy was a 4-H'er herself for many years. She says, “I like being a 4-H volunteer because I enjoy seeing the kids bring in their projects — they are so proud. My favorite part of being a 4-H volunteer is the whole experience: from the kids to judging day and projects going to the state fair. I get to work with some great people at the fair and I look forward to this.”

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

Loup Valley Livestock Classic, Aug. 20–21
The Fifth Annual Show of Champions will be held Aug. 20–21 at the Valley County Fairgrounds in Ord. Grand Champion animals from any eligible county fair are welcome to compete. Register by Aug. 19 (for fairs ending after Aug. 18, entries will be accepted on the day of the show). Informational pamphlets and registration forms are available at the extension office. For more information, contact Cole Meador at (402) 441-7180.

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. Youth 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 July 9. Emma Lanki was awarded the Champion rosette and Lucy Polk was awarded the Reserve Champion rosette.
• The county junior Life Challenge contest was held July 8. The Champion rosette was awarded to Ann Thompson and the Reserve Champion rosette was awarded to Morgan Applethorpe.

The state Life Challenge contest for seniors was held at UNL East Campus on June 27–28. Four Lancaster County Teams participated. Helen Dowd, Emily Steinbach, Jessica Stephenson and Jaime Stephenson received 4th place out of 28 teams in the Clothing Challenge. Helen Dowd, Emily Steinbach, Jaime Stephenson were awarded, “Best Business Concept” in the Entrepreneur Challenge. Other participants were Ceirra Austin, Charles Dowd, Mary Dowd, Maddie Gabel, Victoria Garza, Anne Greff, Holly Hillebran, Molly Noel, Kylee Plager, Paige Rosch, and Sheridan Swotek.

District Horse Results
Many Lancaster county 4-H’ers competed in district competitions held in Hastings, Columbus, and Beatrice. All blue and purple ribbon winners qualify for the State 4-H Horse Show held in Grand Island. Congratulations to all who participated! Below are the Lancaster County purple ribbon, medal, and trophy winners. Complete results are online at http://4h.unl.edu/4hhorseresults.

HORSE BITS
Horse Course Challenge, July 26
For a third 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 26, 9–11 a.m. at the Lancaster Extension Education Center. There will be three age divisions, elementary (6–8), junior (9–14), and senior (15–19). Premiums and ribbons will be awarded at the fair. Top ten placings and Champion and Reserve trophies will be awarded at the 4-H Horse Awards Night on Oct. 6.

All Lancaster County 4-H’ers are welcome and encouraged to attend! No pre-registration required. All test questions will come from the 2010–2011 Hippology Challenge.

Senior Team 1 members were Taylor Johnson, Grant Rathje, Chandler Kramer, and Rachel Johnson. Senior Team 2 participants were Cody Dewald, Trevor Path, Justine Nelson, and Taylor Lienemann.

Intermediate Team participants were; Ashton Cooper (who placed 7th individual overall), Jocie Rathje, Sydni Lienemann, and Charlotte Tvedt.

JUNIOR REINING
Blake Preston (trophy at Columbus)
Mattison Merritt

JUNIOR BARREL RACING
Anna Heusinger (trophy at Hastings),
Morgan Applethorpe, McKenzie Beach,
Jamie Hansen, Rachel Hansen, Bailey Vogler, Heather Welch

SENIOR POLE BENDING
Chelsea Beach (trophy at Beatrice),
Trinity Wenke, Sydney Scow

SENIOR WESTERN HORSEMANSHIP
Chelsea Beach (trophy at Beatrice),
Blake Preston (1st medal), Bailee Peters

SENIOR WESTERN PLEASURE
Nicole Finkner (2nd medal), Chelsea Beach,
Abbie Heusinger

SENIOR BARREL RACING
Anna Heusinger (trophy at Hastings),
Morgan Applethorpe, McKenzie Beach,
Jamie Hansen, Rachel Hansen, Bailey Vogler, Heather Welch

Senior Team 1
1st MEDALIST
Blake Preston (trophy at Beatrice),
Nicole Finkner (2nd medal), Chelsea Beach,
Abbie Heusinger

Senior Team 2
1st MEDALIST
Taylor Johnson, Grant Rathje, Chandler Kramer, Rachel Johnson

Intermediate Team
1st MEDALIST
Ashton Cooper (who placed 7th individual overall),
Jocie Rathje, Sydni Lienemann, and Charlotte Tvedt

SENIOR REINING
Blake Preston (trophy at Hastings),
Candice Lahmers

SENIOR BARREL RACING
Anna Heusinger (trophy at Hastings),
Morgan Applethorpe, McKenzie Beach,
Jamie Hansen, Rachel Hansen, Bailey Vogler, Heather Welch

SENIOR POLE BENDING
Katherine Lloyd (trophy at Hastings),
Chelsea Beach (trophy at Beatrice),
Rhonda Lewis (2nd Medal winner)

Junior Team
1st MEDALIST
Anna Heusinger (trophy at Hastings),
Mackenzie Wolfe (trophy at Columbus),
Jamie Hansen, Alexis Wolfe

For a third year, the 4-H Horse Course Hippology Challenge will be a part of the Lancaster County Fair for 11 years. Prior to that, she was leader of a 4-H club in Cass County. Tammy was a 4-H'er herself for many years. She says, “I like being a 4-H volunteer because I enjoy seeing the kids bring in their projects — they are so proud. My favorite part of being a 4-H volunteer is the whole experience: from the kids to judging day and projects going to the state fair. I get to work with some great people at the fair and I look forward to this.”

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

The 5th Annual Show of Champions will be held Aug. 20–21 at the Valley County Fairgrounds in Ord. Grand Champion animals from any eligible county fair are welcome to compete. Register by Aug. 19 (for fairs ending after Aug. 18, entries will be accepted on the day of the show). Informational pamphlets and registration forms are available at the extension office. For more information, contact Cole Meador at (402) 441-7180.

The 4-H Life Challenge contests focus on Family and Consumer Science project areas. Youth 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 July 9. Emma Lanki was awarded the Champion rosette and Lucy Polk was awarded the Reserve Champion rosette.
• The county junior Life Challenge contest was held July 8. The Champion rosette was awarded to Ann Thompson and the Reserve Champion rosette was awarded to Morgan Applethorpe.

The state Life Challenge contest for seniors was held at UNL East Campus on June 27–28. Four Lancaster County Teams participated. Helen Dowd, Emily Steinbach, Jessica Stephenson and Jaime Stephenson received 4th place out of 28 teams in the Clothing Challenge. Helen Dowd, Emily Steinbach, Jaime Stephenson were awarded, “Best Business Concept” in the Entrepreneur Challenge. Other participants were Ceirra Austin, Charles Dowd, Mary Dowd, Maddie Gabel, Victoria Garza, Anne Greff, Holly Hillebran, Molly Noel, Kylee Plager, Paige Rosch, and Sheridan Swotek.

Many Lancaster county 4-H’ers competed in district competitions held in Hastings, Columbus, and Beatrice. All blue and purple ribbon winners qualify for the State 4-H Horse Show held in Grand Island. Congratulations to all who participated! Below are the Lancaster County purple ribbon, medal, and trophy winners. Complete results are online at http://4h.unl.edu/4hhorseresults.

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Volunteers Needed

Adults and youth ages 12 and up are needed to help during the Lancaster County Super Fair. Help is especially needed in the following areas:

• In the 4-H Corner Stop food booth from Wednesday, August 3, to Saturday, August 7.
• Static exhibit set-up on Thursday, July 28 at 6:30 p.m. and Saturday, July 30 at 8 a.m. in the Lincoln Room.
• During judging of static exhibits on Wednesday, Aug. 3.
• Teen tour guides are needed for Fair Fun Days for child-care groups on Friday, Aug. 5 at 9:30 a.m. and 1 p.m.

If you, someone from your club or an interested volunteer would like to help, contact the extension office.

Food Booth Training, July 28

The 4-H food booth at the county fair is the primary fundraiser for Lancaster County 4-H Council. The 4-H Council requires that clubs help by staffing a 3-4 hour shift at the Corner Stop. For more information, go to http://4h.unl.edu/4h/food. ALL food booth volunteers are STRONGLY ENCOURAGED to attend the training on Thursday, July 28, 6–7 p.m. at the Lancaster Event Center, Lincoln Room. Learn about food safety, customer service, and volunteer responsibilities.

Static Exhibit Check-In

Tuesday, Aug. 2, 4–8 p.m.

Static exhibits do not preregister, but MUST be physically checked in during Static Exhibit Check-in on Tuesday, Aug. 2 between 4-8 p.m. at the Lancaster Event Center, Lincoln Room. An adult — such as a club leader or parent(s) — should assist 4-H members in entering exhibits. All entry tags, materials, call cards, data tags, etc. MUST be attached at this time.

State Fair Parking

The Lancaster County 4-H & FFA Fair Book has complete information about entering 4-H/FFA exhibits and contests. Fair Books are available at the extension office and online at http://lancaster.unl.edu/4h/Fair.

**NEW! 4-H & FFA Parking**

4-H/FFA families can get a free 4-H/FFA car pass from the extension office (available July 5-August 4). Individuals allowing a vehicle to enter the fairgrounds each day August 4–8 and park in designated areas. It does not cover admission for each individual in the vehicle (see exhibitor admission passes). 4-H/FFA families are asked to enter Gate 3.

4-H & FFA Individual Exhibitor Admission Passes — Individual exhibitors will be able to receive an admission pass from the extension office (available July 5–August 4). An individual exhibitor pass allows the exhibitor to enter the fairgrounds each day August 4–13.

General Public Gate Admission — General public gate admission tickets will be available FREE at participating sponsor locations July 1–August 13. Gate admission without the FREE ticket will be $2. Pick up gate admission tickets FREE at Casey’s General Store (over 35 locations), Russ’s Market (6 locations), and SuperSaver (4 locations).

BeeF and Llama Show Time Changes from Fair Book

Note two times have been changed from the printed Fair Book:

• 4-H/FFA Beef Show — Saturday, Aug. 6, Noon
• 4-H Llama/Alpaca Show — Saturday, Aug. 6, immediately following 4-H/FFA Beef Show, not to start before 6 p.m.

Livestock Clinics

4-H/FFA is offering several livestock clinics:
• Sheep Fitting Clinic: Thursday, Aug. 4, 4–7 p.m.
• Cattle Fitting Clinic: Thursday, Aug. 4, 3–5 p.m.
• Swine Fitting Clinic: Thursday, Aug. 4, 4–5 p.m.
• Dairy Clinic: Friday, Aug. 5, 10 a.m.

4-H/FFA Livestock Auction — Buyers Needed

It is with great excitement to announce the Lancaster County Livestock Booster Club is once again holding a 4-H/FFA livestock auction at this year’s fair. It will be Sunday, Aug. 7, 6:30 p.m., in Pavilion 1 — east arena. Proceeds will fund 4-H and FFA member’s future projects and career goals. A portion of all proceeds will be set aside for a scholarship program for local 4-H and FFA members, and another portion will be used to pay additional premiums to breeding animals. To ensure this auction will be a success, we ask you to contact anyone you know who could be a potential buyer or donor and invite them to the auction. To obtain more information, call Scott Heinrich, Auction Committee Chair at (402) 441-7180.

Breeding Heifer Reminder

Reminder to all 4-H/FFA Breeding heifer exhibitors, remember to present registration papers for all heifers at check-in that you are showing as purebreds. If registration papers are not with animal at check-in they will automatically be shown as commercials. No exceptions will be allowed.

BREEDING HEIFER REMINDER

It is especially needed in the following areas:

• Sheep Fitting Clinic: Thursday, Aug. 4, 4–7 p.m.
• Cattle Fitting Clinic: Thursday, Aug. 4, 3–5 p.m.
• Swine Fitting Clinic: Thursday, Aug. 4, 4–5 p.m.
• Dairy Clinic: Friday, Aug. 5, 10 a.m.

4-H/FFA Livestock Auction — Buyers Needed

It is with great excitement to announce the Lancaster County Livestock Booster Club is once again holding a 4-H/FFA livestock auction at this year’s fair. It will be Sunday, Aug. 7, 6:30 p.m., in Pavilion 1 — east arena. Proceeds will fund 4-H and FFA member’s future projects and career goals. A portion of all proceeds will be set aside for a scholarship program for local 4-H and FFA members, and another portion will be used to pay additional premiums to breeding animals. To ensure this auction will be a success, we ask you to contact anyone you know who could be a potential buyer or donor and invite them to the auction. To obtain more information, call Scott Heinrich, Auction Committee Chair at (402) 441-7180.
**Tips for a Fun and Educational Day at the Fair**

- **General Safety**
  - Wear closed toe shoes (no flip flops). It makes the environment safer for you and the children.
  - Bring strollers and/or wagons as a way to keep infants and toddlers in constant sight.
  - Before arriving, apply sun block and insect repellent.
  - Drink lots of water. Identify a meeting spot in case you get separated.

- **Attending Fairs: Precautions Visitors Should Take with Animals**
  - Animals have the right of way.
  - Do not approach animals by pummel. They can kick.
  - Fast movements and loud noises may startle the animals.
  - Do not feed the animals. Do not touch exotic animals, except at designated petting exhibits.
  - Wash your hands with water and soap after any direct contact with animals.
  - Supervise younger children under 5 years during hand washing and petting to make sure they don’t put their hands or other objects into their mouth or the animal’s mouth.
  - Avoid eating in animal exhibit areas. Adapted from: Attending Fairs: Safergating Your Health and Nebraska’s Livestock Industry, Rare Nota, and David B. Smith G3409

- **Educational Experiences**
  - Before the fair, check out books and videos about animals and plants from the library.
  - Review the fair schedule prior to the fair and plan your trip during events which are of interest to your children. For example, if you have a pet cat, watching part of the cat show will be fun and educational for your children.
  - Create your own scavenger hunt or “can you find” game where children identify various animals and plants. Adapt it to the ages of the children. For example, younger children may identify the color of a cow and an older child may be able to identify different breeds.
  - When exploring the garden produce, talk about which are fruits and which are vegetables. Talk about how you use the produce.
  - Identify different flowers which are exhibited at the county fair. Explain the difference between annuals (planted each year) and perennials (come up year after year).
  - Provide a little bit of spending money and teach children how to budget their fair food and entertainment dollars. Help them count change.

- **Creating Memories**
  - Take pictures along the way.
  - Several short visits may work better than one extended visit.

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**FOR MORE INFORMATION**

- University of Nebraska-Lincoln Extension Publication (EB1) “Creating a Strong Family: America’s Strongest Family Inventory” by John DeFrain and Nick Sinnett, online free at [http://go.unl.edu/9b9](http://go.unl.edu/9b9)
- University of Nebraska-Lincoln Extension 2011 calendar of daily activities to help your family spend enjoyable time together, online at [http://go.unl.edu/ykc](http://go.unl.edu/ykc)

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**Community Focus**

**Family Time Builds Strengths**

“Strong families are made, step-by-step,” note family life researchers John DeFrain and Nick Sinnett. “We know that the closer relationships within the family are related to many of the problems in society,” they proclaim. And spending time together — quality time in large quantities — has been found to be one of the important steps necessary to achieving a strong family.

Strong families benefit from shared time because it eases loneliness and isolation, nurtures relationships and creates a family identity,” they explain. Furthermore, strong families understand that communication simply isn’t going to be good unless they have time together.

The debate over “quantity vs. quality” has raged for years but to the families surveyed by DeFrain and Sinnett, “— quantity and quality appear to go hand-in-hand.

The time they spend together needs to be quality time because the families are not exempted from this... opportunities for fun and learning.

“Quality time” can take on a variety of dimensions. Quality time means not only that the entire family is together as a group, but it also requires planning opportunities for one-on-one relationships.

- With all the pressures on today’s families, how do they make time to spend with each other? How do they manage to have weekly family time plus regular, one-on-one time with individual family members?

DeFranc and Sinnett acknowledge that one of the realities of modern life is that many activities and people compete for our attention and time. While strong families are not exempted from this shortage of time, they have learned some creative ways of eking out time to create memories together:

- **Share meals together on a regular basis.** Use this time to share triumphs and tribulations or just to keep up on current events. Use this time as a “family meeting” to plan upcoming events. Or simply use this time to shut each other. Enhance meal time by turning off the television and turning on the answering machine.

- **Work together as a team to get chores done.** Turn lemons into lemonade by using “chores” to teach children important life skills and get the jobs done. Demonstrate skills and work alongside children until they master each task. One mother cherishes this as a child spent drying dishes because it was her opportunity to interact with her mother and sisters.

- **Limit television time.** Many of the strong families surveyed by DeFrain and Sinnett felt television was an interruption that demanded too much attention, so they had strict limits on the use of TV in their homes. Others simply tried to improve the time spent watching television by using it as an opportunity to discuss issues presented through commercials and programming. alike.

- **Participate in community activities together.** With all the commitments facing families today, it should be some relief to know that time spent together need not be spent in isolation! Attending activities at school, 4-H or scouting, as well as church events are all ways that family members can show support for each other. In addition, volunteering as a family to assist with local service projects not only provides another opportunity for families to work and play together, but it lends itself to helping children develop a sense of pride associated with being a contributing member of the community.

**References:**


Written by Debra Schroeder, UNL Extension Educator Reviewed by UNL Extension Educators and Specialists
**Lancaster County Agricultural Society Honors Hall of Fame Recipients, Pioneer Farm Families**

The Lancaster County Agricultural Society honored several award winners at the Lancaster County Super Fair Foundation Fundraising Dinner and Awards Banquet on July 7 at the Lancaster Event Center. For a complete list of winners, go to http://lancastereventcenter.com.

### Hall of Fame

Last year, the Lancaster County Agricultural Society (also known as the Lancaster County Fair Board) established a Hall of Fame. The Hall of Fame formally recognizes individuals who have dedicated time and effort to the Lancaster County Agricultural Society beyond the normal volunteer and have made significant contributions to the establishment, development, advancement, or improvement of the Lancaster County Fair. This year’s honorees are Lorene Bartos of Lincoln and Rod Hollman of Martell. Photo plaques with their biographies will be placed on the official wall of fame at the Lancaster Event Center.

Lorene Bartos developed her passion for 4-H as a young child, and has continued that passion as a University of Nebraska-Lincoln Extension Educator for Lancaster County for 38 years. Lorene has played many roles throughout her years at the extension office and extends her talents to involvement in the Lancaster County Super Fair. Lorene is always willing to help wherever needed, whether it’s serving breakfast, barbeque, or helping in the open class divisions.

Rod Hollman has been involved in 4-H for almost all his life. He has served as superintendent of 4-H and open class, and volunteered for many additional activities at the Lancaster Event Center. Rod has served as a board member of the Lancaster County Ag Society and president. He was on the board when the Lancaster Event Center was developed and built, and served as Interim Manager. He has contributed many volunteer hours over the years and played a vital role in what the Event Center and fair have become today.

### Pioneer Farm Family Awards

For more than 50 years, the Pioneer Farm Family Award has honored farm families in Nebraska whose land has been owned by the same family for 100 years or more. This award is sponsored by the Knights of Ak-Sar-Ben Foundation and the Nebraska Farm Bureau. Each recipient receives an engraved plaque and gatespost marker. This year’s Lancaster County recipients are Burdette Pineling of Lincoln, and Lynnette Nelson of Davy.

(L–R) UNL Extension Educator Lorene Bartos, Fair Board President Ron Dowding, Rod Hollman

Burdette and Virginia Pineling (left) received a Pioneer Farm Family Award (also pictured are their son Troy and grandson Dustin). Virginia recently retired from UNL Extension in Lancaster County.

**Statewide 4-H & FFA Tractor Operators’ Contest, Aug. 10**

4-H and FFA students ages 14 & up and from Nebraska counties will compete for trophies and a $300 CASNR scholarship at the 2011 Nebraska Tractor Operators’ Contest. The contest tests driving and problem-solving skills. It will be held Wednesday, Aug. 10, 8 a.m.–4 p.m. at the Lancaster Event Center near the Midlands Motor Sports Complex during the Lancaster County Super Fair. Rain date is Thursday, Aug. 11. Entrants must register either their 4-H club or FFA chapter. All are welcome to attend.

New for 2011 is an alumni driving demonstration that will be held immediately after the Nebraska 4-H and FFA contest. Demonstration participants must have completed at the state level prior to 2007.

Please register by Aug. 1. No cost. For more information and registration brochure, go to http://tractorcontest.unl.edu or contact Dave Morgan at (402) 472-3951.
4-H Clover College is Hands-On Learning and Fun

Held each June, 4-H Clover College is a four-day series of hands-on workshops for youth presented by University of Nebraska-Lincoln Extension in Lancaster County. Emphasis is on developing life skills through learning-by-doing. This year’s Clover College, held June 14–17 featured 52 workshops and 734 total registrations! A special thank you to the nearly 70 instructors and assistants! More photos are online at http://lancaster.unl.edu/4h.

The 4-H Clover College is Hands-On Learning and Fun

The Exhibit Hall is opened to showcase the (static) exhibits and the 4-H ribbons earned by the youth. The sense of pride and accomplishment is evident on our faces — exhibitors and parents alike. Our family benefits from being together to celebrate each child’s accomplishments, to know their efforts throughout the year are worthwhile and meaningful, culminating in the ‘Big Reveal.’

- **Susan Frohlich:** “County fair has always seemed like our small town within Lancaster County. We are a small town for five days and it is so enjoyable to meet old and new friends.”
- **Jennifer Rawlinson:** “I keep telling our friends that horse activities, including the county fair, are ‘forced relaxation’ for us. We can complain about the hurry-up-and-wait timeline of preparing a horse for a class only to wait, but the benefit is that the three of us are forced to be in one place with nothing to do but talk! We’re very, very lucky that Kate has grandparents and aunts and uncles close by to come and cheer her on at the fair. So, not only does our immediate family have a chance to spend time together, but we also get a chance to catch up with her unoffical fan club.”
- **Jocia Pickrell:** “The best memory I have from the fair is really a tradition our family has that is going to see all the projects after they have been judged when the 4-H exhibit hall opens. We walk around and see what everything has gotten and write it down and take a picture of it with me. It is so exciting to see all the ribbons and know that I did each and every one of them, no matter how long they took to get done! Then we call Grandma and tell her if she isn’t here to see it with us.”
- **Maria Luedtke:** “In our family, when someone is in the show ring, the whole family is along the side line cheering them on. We all work together to take care of the many details which are involved in preparing for the show.”
- **Erica Petersen:** “My favorite memories: Learning how to raise and show cows by working with my dad — it is neat to hear him tell stories about when he showed his cows. Getting to spend time one on one with my grandma while she teaches me how to sew.”
- **Peter Greff:** “I like working with my mom, sister, aunt, and cousins in the 4-H Food Booth because it is fun working together.”
- **Sheridan Swotek:** “Last year, my whole family rearranged their schedule to watch me at Style Revue. I was on stage for call backs and was hoping this would be the year that I would model at the Nebraska State Fair. After hearing my name being called, I was so ecstatic! I also won an essay contest to win a new Bernina sewing machine!!! My family was beaming with excitement and I smiled as several flashes went off (most of the area of my family). This was the best night ever at the fair for me and I was glad my family was there to share it with me.”

4-H Youth Say...

Maddie Gabel: “My favorite memory of the fair is when I watched my little brother and sister compete in the cookie eating contest!”

Peter Greff: “I’ve been in 4-H for four to five years and I’ve learned that if I set goals the outcome is fulfilling. It isn’t the ribbon placing that’s most important, it’s what I learn from the judges and other 4-H’ers. Hopefully, I can pass what I’ve learned on to younger kids and get them involved in 4-H. Funnest part of the fair is our [Rabbits ‘R Us club] Dunk Tank — it rocks!”