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The NEBLINE, September 2011

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4-H Helps Build Successful Scientists

Maureen Burson
UNL Extension Educator

The Lancaster County community has a rich history of benefiting from the scientific contributions of 4-H alumni and members. 4-H has always been strong in teaching plant, animal, and consumer sciences through land grant, research-based universities such as University of Nebraska-Lincoln. National 4-H has now set a goal to educate one million new scientists by 2013 in science, engineering, and technology. Beth Birnstihl, associate dean and associate director of University of Nebraska-Lincoln Extension and Nebraska State 4-H administrator says, “Development of youth over the next five to 10 years could be paramount to how society is able to handle global issues. The solution to issues like water conservation and finding renewable fuels start with inspiring youth to explore the science world.

“We don’t know what jobs are going to be created in the next five years, but we don’t even know what jobs are going to be created in the next two or three, but we are confident technology and all the basics around Science, Technology, Engineering, and Math (STEM) are going to be key for those jobs,” she says.

According to the National 4-H Council Web site, America faces a future of intense global competition with a startling shortage of scientists. In fact, only 18% of U.S. high school seniors are proficient in science (NAEP 2005) and a mere 5% of current U.S. college graduates earn science, engineering, or technology degrees compared to 66% in Japan and 59% in China.

The 4-H program emphasizes higher education and currently, 96% of Nebraska 4-H members go on to post-secondary education. Birnstihl attributes the success of the Nebraska 4-H program to three things: getting kids excited, having a good curriculum, and having volunteers that nurture members’ interests.

Here are the stories of a few 4-H alumni, whose career paths mirror thousands of current successful scientists. These alumni attribute 4-H experiences as creating a foundation of scientific discovery and problem solving.

Dr. Don Weeks
Maxcy Professor of Agriculture and Natural Resources in the Biochemistry Department at UNL

In 1963 Don Weeks, a national 4-H horticulture and leadership award winner, helped present the “4-H Report to the Nation” to President Kennedy and business leaders from across the country. In 2005, UNL and Monsanto Company signed an exclusive licensing agreement to develop crops tolerant to the broadleaf herbicide dicamba. This agreement is based on discoveries by UNL biochemist Don Weeks and colleagues. They have identified a gene that can make dicamba-sensitive crops such as soybeans tolerant to the widely used herbicide. Today, UNL has several U.S. and foreign patents on this discovery. The technology has been licensed to Monsanto and should be available to farmers in the near future.

Don, an Indiana 4-H member for 12 years, says, “Without the first-hand exposure to plants, animals, and the environment afforded by my 4-H projects, I may not have been intrigued by the biological sciences underlying biology. If it had not been for monetary awards and scholarships available to me through 4-H, it is likely I would not have been able to attend a first-class university like Purdue.

Don says, “Gardening was one of my prime projects along with beef, electricity, and several wildlife related projects. Junior Leader activities were among my most valuable experiences in 4-H.”

“My local 4-H leader, John D. Turner, was a great influence in my life. He urged all the members of our club to not only do well with their individual 4-H projects, but, more importantly, strongly encouraged all of us to assume leadership roles. As a result, many of our club members have gone on to successful careers that they could not have imagined growing up in a poor area of rural America in the mid-20th century. Without the guidance and encouragement of John Turner and other county and state 4-H leaders, I would not have developed the degree of confidence and successful goal-oriented attitude I have today.”

Dr. Weeks says “Helping to discover the molecular mechanisms by which life is made possible is one of the most fascinating and enjoyable efforts I can imagine.”

see SCIENTISTS on page 10

Dr. Gail (Thurber) Rohlfing
says the communication skills she learned through 4-H (above: practicing for a demonstration) help her as a dentist (left).

Nebraska 4-H Offers Many Science-Related Opportunities

Choose a curriculum area and explore the endless 4-H project opportunities!
• Animal Science (includes Beef, Companion Animals, Veterinary Science)
• Family and Consumer Science (includes Human Development, Clothing and Textiles, Consumer Management)
• Environmental Education and Earth Sciences (includes Conservation, Engineering, Forestry, Wildlife)
• Healthy Lifestyles Education (includes Food and Nutrition, Physical Fitness)
• Plant Science (includes Crop Production, Horticulture)
• Science, Engineering, and Technology (includes Aerospace, Computers, Electricity, 4-Wheelin’, Robotics, Small Engines, Woodworking, Welding, Wind Energy)

Find out more about 4-H projects and curriculum at http://4h.unl.edu.

4-H National Youth Science Day, Oct. 5

On Oct. 5, millions of young people across the nation will become scientists for the day during the fourth annual 4-H National Youth Science Day (NYSD). NYSD brings together youth, volunteers, and educators from the nation’s 109 land-grant colleges and universities to simultaneously complete the National Science Experiment. 4-H National Headquarters and National 4-H Council are pleased to reveal the 2011 National Science Experiment is Wired for Wind, an in-depth look at renewable energy technologies in the form of wind power.

Developed by the University of Nebraska-Lincoln and the UNL Extension program, this three-tiered experiment will help 4-H young people to enhance their science, engineering, technology, and applied math skills.

For more information, go to http://www.4-h.org/4-h-national-youth-science-day/registration.
Fall Landscape Webinar Series in September

University of Nebraska–Lincoln Extension will present a webinar series in September, “Autumn Leaves Lunch & Learn.” Each Wednesday from 12:05-12:55 p.m., right from your desk at work or home, you can learn how to manage your fall landscape.

• Sept. 7 — Fall Planting & Overseeding
• Sept. 14 — Overwintering Summer Blooming Bulbs
• Sept. 21 — Fall Bulb Planting
• Sept. 28 — Putting the Garden to Bed

You must pre-register for each program, and will need a computer with Internet access and sound to participate. During each program, you can view, listen, and chat with the speakers. Once you have registered, you will receive the program handout and login information via email.

Program fee: is $10 per program or $30 for the entire program series. Register online at http://marketplace.unl.edu/extension.

Stressed Fruit Trees Get Sticky

Have you noticed any gum oozing from cherry tree branches and trunks? It’s called gummosis, a sign that your tree is under some sort of stress. That’s right, trees can get stressed! Gummosis is not a disease but can be associated with disease or insect damage to the tree. Gummosis is most common on stone fruit trees such as plums, peaches, nectarines, and cherries.

Gummosis is often associated with cankers, which are sunken lesions on trunks, branches, or twigs. Cankers may be caused by mechanical injuries (such as lawnmowers or pruning), insects, winter damage, sunscald, herbicide injury, and various fungal or bacterial infections. In response to these stresses or injuries, a sticky amber ooze or gum is exuded from these lesions. With time, cankers may become more obvious, as branches swell or form corky growths on the margins. Severe damage or infections may cause wilting of leaves and eventual death of fruit-bearing wood.

Insects, such as peach tree borers, feed under the bark, creating wounds and tunnels on the inner bark. As a result, branches exude gum through wounds. Fungal pathogens may also infect cherry trees and cause cankers between the trunk and scaffold limbs. These fungi are usually opportunistic and colonize plants when their defenses are low. On the other hand, bacterial cankers can sometimes become a serious disease in orchards. Bacteria colonize leaf surfaces and enter the tree via wounds, creating oozing cankers and girdled limbs. Sometimes entire limbs may wilt, and leaves and fruit may show spots.

In summary, cherry gummosis is the plant’s reaction to stress. Pathogens or insects may be involved, but the best way to prevent gummosis is by taking an integrated management approach. Avoid unnecessary mechanical injuries to your tree and prune under dry weather conditions. Provide a good growing site (well-drained soils) for your tree and a balanced fertilization program to promote vigorous growth. Also, practice good sanitation by pruning and destroying cankered limbs.

Source: Iowa State University

September is Important for Fertilizing Cool-Season Turfs

With the slightly cooler temperatures, we are approaching the most important time to fertilize all cool season grasses in north central United States. Of the total annual nitrogen (N) applied to a cool season turf, 60–75% (or more) of it should be applied between Labor Day and the last mowing. The September fertilization is crucial on all turf areas regardless if it is a lawn, athletic field, or golf course green, tee, or fairway. Fertilization in mid-September encourages the production of new tillers and/or rhizomes and stolons that will increase turf density. Fertilization in September also encourages rooting and production of storage products that will help the plant survive the stresses of winter and next year’s growing season. This is especially true for areas thinned by this summer’s weather. Almost all turf areas should be fertilized with 1 pound N/1,000 square feet, using a fertilizer with 25–50% of the nitrogen as slow release (sulfur or polymer-coated urea, urea formamide, or natural organics).

Some recent research suggests higher N rates can be used with fertilizers containing even more slow release nitrogen, which may minimize the need for typical late-October or November applications (the N in this September application may release over 6–8 weeks or more). This would be very useful on low-maintenance areas where labor is limiting. The next most important fertilization is near the last mowing later in the fall.

Source: University of Nebraska-Lincoln, Agronomy and Horticulture Department.
Garlic is a popular vegetable, and is very easy to grow in Nebraska. Without garlic, many dishes would lack the flavor and character that make them favorites. Fortunately, garlic is relatively easy to grow in the home garden. The most difficult decision may be deciding what kind of garlic to plant since there are over 100 cultivars available from specialty suppliers! According to University of Minnesota Extension, in their publication “Growing Garlic in Minnesota,” garlic can be a profitable crop for vegetable growers with average yields of 8,000-10,000 pounds per acre, and prices ranging from $5–$10 per pound at farmer’s markets. Garlic produces well in Nebraska. Softneck varieties are usually planted in October or very early spring, using individual cloves or the small bulbils found on topset stalks, and fall or very early spring planting is recommended because dormant cloves and young garlic plants must be exposed to cold temperatures of 32–50°F for one to two months to start bulb formation.

Kinds of Garlic

Choosing which type of garlic to grow many be your most difficult decision! But the most important thing to keep in mind is, not to plant garlic you purchased at the grocery store. There are two main types of garlic — softneck and hardneck. Each has several distinct sub-groups and cultivars. Hardneck garlic, Allium sativum subsp. ampeloprasum, produces a woody flower stalk and also is known as “papery” garlic. Because it produces clusters of bulbs after the most flavorful silver skin. Many hardneck types tend to produce large underground bulbs made up of a few large cloves and yield best when planted in the fall. Softneck varieties have shown yields will increase if the flower heads are removed before the bulb is formed. When removed, the young, tender flower stems can be harvested and used for stir-frying or other dishes. If left to grow, the bulbs, which are about the size of a popcorn kernel, can be eaten or planted. If bulbs are used for propagation, it will take 2–3 years to produce a full-sized bulb. Bulbs can also be planted for garlic greens.

Softneck garlic, A. s. subsp. sativum, does not form a woody stalk but has flexible leaves that can be braided. Bulbs of softneck types usually have more individual cloves and yield higher than hardneck types. Softneck types are generally better adapted to a wide range of climates. They can be spring-planted with more success than softneck garlic but are less commonly grown. Garlic connoisseurs say softneck cultivars lack the subtle flavor differences found in hardneck cultivars.

Purple stripe garlic, Allium ampeloprasum, is not a true garlic, but is actually a bulbil and a few cloves.

Garlic Preparation

Garlic grows best in well-drained, friable loam soils that are fertile and high in organic matter. If your soil is high in clay, add organic matter to break up clay particles for better drainage. Organic matter will help sandy soil hold more water. Like onions, garlic needs a steady and fairly high level of moisture in the soil while growing, but they have shallow, coarse roots that are not as efficient at nutrient uptake as other crops. When preparing the soil for planting, apply 3–4 pounds of 10-10-10 fertilizer per 100 square feet (or follow soil test recommendations) and spread 1–3” of organic matter such as chopped leaves, dry grass clippings, compost or sphagnum peat over the soil surface. Use a spading fork to turn over and break up the soil and begin mixing in the organic matter. A rototiller can also be used to prepare the soil, but remember over-tilling can destroy the soil structure. When incorporating organic matter that must be decayed, such as dry leaves and grass clippings, it is best to do it a few weeks before planting so soil microbes will have a chance to start breaking it down. When the lower 1/3 of the leaves are yellow, dig or pull a few plants to check the development of the bulb. If the bulbs have segmented into cloves that can be separated, it is time to harvest. If the bulbs haven’t yet segmented, leave the remaining plants for a week or two and then check them again. When mature, each bulb should be fully segmented and covered by a tight outer skin.

After pulling, lay the bulbs on screens in the shade or in a well-ventilated room to cure, protecting them from moisture. Bulbs should be cured for 2–4 weeks at 75–90°F and low humidity. If you want to braid your softneck crop, allow the tops to wilt for 2–3 days and then braid them tightly and allow them to finish curing. Tight braids are necessary since the stems will continue to shrink as they dry. If not braided, trim the tops to about 1/2” long and roots to 1/4” after the bulbs have cured. If there is moisture in the stem when you trim the tops, continue to cure the bulbs for a few more days, then check again. Softneck garlic usually takes longer to cure because there are more layers of cloves in each bulb. Leave the outer covering on to reduce moisture loss and mechanical damage. Store garlic in mesh bags so that there is good air circulation around the bulbs.

Additional information on growing garlic:


Harvesting

Fall-planted garlic is ready to harvest from late-June to mid-July so reduce watering and let plants dry down a week or so before harvest. The outer bulb covering disintegrates fairly quickly and the bulbs will shatter if they are not harvested at their peak, so carefully monitor their development. When the lower 1/3 of the leaves are yellow, dig or pull a few plants to check the development of the bulbs. If the bulbs have segmented into cloves that can be separated, it is time to harvest. If the bulbs haven’t yet segmented, leave the remaining plants for a week or two and then check them again. When mature, each bulb should be fully segmented and covered by a tight outer skin. After pulling, lay the bulbs on screens in the shade or in a well-ventilated room to cure, protecting them from moisture. Bulbs should be cured for 2–4 weeks at 75–90°F and low humidity. If you want to braid your softneck crop, allow the tops to wilt for 2–3 days and then braid them tightly and allow them to finish curing. Tight braids are necessary since the stems will continue to shrink as they dry. If not braided, trim the tops to about 1/2” long and roots to 1/4” after the bulbs have cured. If there is moisture in the stem when you trim the tops, continue to cure the bulbs for a few more days, then check again. Softneck garlic usually takes longer to cure because there are more layers of cloves in each bulb. Leave the outer covering on to reduce moisture loss and mechanical damage. Store garlic in mesh bags so that there is good air circulation around the bulbs.

Additional information on growing garlic:


Trends for Nebraska Towns (TNT) makes funding and technical assistance available to improve species diversity and to foster better planting and maintenance practices for trees and associated landscapes. Projects must include the planting of large-maturing trees and must demonstrate high-quality and sustainable tree planting and care practices. Projects should also help conserve water and improve stormwater.

TNT program is not available to fund trees on individual homeowner’s property or street tree. If you are interested in coordinating a neighborhood wide tree-planting project we suggest working through your neighborhood association or local government to apply for a TNT grant. Private properties that qualify for TNT funding include properties such as nature centers, non-profits, parochial schools, etc. if they demonstrate clear public benefit.

• Projects should emphasize the planting of large-maturing trees (those exceeding 40” in height or spread). Other landscape plantings that benefit trees can be included in project applications.

• Projects can be on public or private property, but all projects must provide clear public benefit.

• Approximately $75,000 in grant funds is available. The maximum funding request is $10,000.

• A minimum 50% match is required for all projects (grant funds will not pay for more than 50% of the total project value). Any other funding source is eligible for matching funds. Donated and in-kind goods and services ARE allowed toward the required match.

• TNT is funded by the Nebraska Environmental Trust (NET), a beneficiary of the Nebraska Lottery.

• Application deadline: October 1, 2011.

Contact Kendall Weyers at kweyers2@unl.edu or (402) 472-6693.

Download the grant application and instructions at http://nfs.unl.edu/ReTree/Treesfornebraskatowns.pdf.
Foil-Baked Veggies

These are so easy to fix! Prepare them on the grill or in the oven.
1. Toss together such veggies as sliced peppers, onions, carrots, sugar snap peas, mushrooms, zucchini, and broccoli/cauliflower florets with a little olive oil, salt, and pepper. Add a few springs of fresh herbs, such as rosemary and thyme, if desired.
TIP: Choose veggies for which a range of textures from tender-crisp to almost roasted are acceptable to you. This is easier than trying to open the foil packet and check their degree of tenderness.
2. Transfer veggies to individual pieces of heavy-duty aluminum foil, large enough to fold the ends and sides together tightly to seal.
3. Grill over medium high heat about 15-20 minutes; or grill about 8-10 minutes on high heat. Turn once.
4. OR - place packets on a cookie sheet and bake in a preheated 400°F oven. Bake for about 20-30 minutes. Place packet just above the middle of the oven on a cookie sheet. Turn once.
5. Open carefully as steam will come out. Cut open foil packets with a sharp knife and carefully fold back the foil so the steam can escape. Serve directly from packet.

Plant Sources of Food Provide Many Benefits

As home food preservation, especially canning, climbs in popularity, the number of Web sites and online chats on the topic have increased. The advice is sometimes based on what grandmother did or personal opinion. Thanks to the Internet, there is the potential for food misinformation to go viral! Canning might be considered an art as well as a science. As such, people often want to let their creative side take over! They create their own recipes, they improvise regarding equipment and supplies, and they may make decisions based on half-truths.
If you’re a beginning canner or even an advanced canner, see how up-to-date you are on canning before you get out the boiling water canner or pressure canner.

Question: Is it safe to can green beans in a boiling water canner? (a) No (b) Yes
Answer: (b) No. The canning method is improved for a food based on the pH of food. Foods are divided into two main categories: those that contain acid (called “acid foods”) and those that have very little or no acid (called “low acid foods”).
Acid foods are foods that contain enough acid to prevent the growth of the bacteria that cause botulism poisoning. Low acid foods contain very little or no acid.

Acid foods (pH less than 4.6) include: generally all fruits, tomatoes, meats, poultry, seafood, soups, and mixtures of acid and low acid foods (for example, spaghetti sauce — meat, vegetables, and tomatoes).

There are two approved methods of canning foods at home:
• Boiling Water Canning (212°F at sea level) is used for acid foods.
• Pressure Canning (at least 240°F) is used for low acid foods (and mixtures of acid and low acid foods)

As green beans are a vegetable and a low-acid food, they must be canned with a pressure canner. When vegetables are pickled by the addition of vinegar, according to an up-to-date, tested canning recipe from a reliable source, they can be canned in a boiling water canner.

Pressure canning is the ONLY safe method for canning low acid canned foods. When canned under pressure, temperatures higher than the boiling point of water can be reached. These higher temperatures (like 240°F) are necessary to destroy spores of bacteria that cause botulism, a very deadly type of food poisoning. Temperatures high can only be reached in a pressure canner.

Question: Which of the following should be added to acidify tomatoes during the canning process? (a) freshly squeezed lemon juice (b) Vinegar, 5% acidity (c) Commercially bottled lemon juice (d) Citric acid (e) All of the above (f) b, c, d
Answer: (f) To ensure safe acidity in whole, crushed, or juiced tomatoes, add two tablespoons of bottled lemon juice or 1/2 teaspoon of citric acid per quart of tomatoes. For pints, use one tablespoon bottled lemon juice or 1/4 teaspoon citric acid. Acid can be added directly to the boiling or boiling-water broths. Add sugar to offset acid taste, if desired. Four tablespoons of a 5 percent acidity vinegar per quart may be used instead of lemon juice or citric acid. However, vinegar may cause undesirable flavor changes. These same directions apply to green tomatoes. The acidity in fresh lemon juice is variable, depending on the variety and harvest conditions. Bottled lemon juice is produced to consistent acidity standards and is used for acidifying home-canned tomatoes.

NOTE: When a procedure in a recipe from USDA for canning tomatoes offers both boiling water and pressure canning options, all steps in the preparation or procedure are still required even if the pressure processing option is chosen. This includes acidification.

Boiling Water Canning

Boiling water canning is used for low-acid foods (and mixtures of acid and low-acid foods).

Example: Vegetable Rice Skillet

1 can (15 oz.) kidney, black or garbanzo beans, drained and rinsed
1 can (14.5 oz.) stewed tomatoes
2 cups mixed vegetables, frozen
1 cup water
3/4 cup brown rice, uncooked
1/2 teaspoon dried thyme or dried dill weed
1 can (10-3/4 oz.) tomato soup
Hot sauce (optional)
Shredded cheese (optional)

In a large pot, stir together beans, tomatoes, vegetables, water, rice, and thyme or dill weed. Bring to a boil. Reduce heat, cover, and simmer for 20-25 minutes or until the rice is tender. Stir a few times while cooking. Add more water if mixture becomes too dry. Stir in tomato sauce. Bring to a boil. Let simmer for 2-3 minutes more. Serve with hot sauce and cheese, if desired.


**FAMILY & COMMUNITY EDUCATION (FCE) CLUBS**

**President’s View**

Irene Colborn
FCE Council Chair

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**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 FCE Education Center, Red Cross will present the program. Salt Creek Circle Club will host the meeting.

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**CANNING QUIZ**

**CANNING QUIZ**

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**FAMILY & COMMUNITY EDUCATION (FCE) CLUBS**

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**Parenting for School Success**

In many ways, parents are the most important teachers children will ever have. You, the parents, are the first teacher your children will ever meet — by watching you, talking to you and interacting with you.

Research conducted by the University of Minnesota shows there are six factors that are important in helping child learn. These are...

- **Expectations** — Children learn better when parents have clear and reasonable expectations.
- **Structure** — Children learn better when parents provide a regular routine.
- **Learning** — Children learn better when they have opportunities outside of school.
- **Support** — Children learn better when parents regularly give them support and praise.
- **Relationships** — Children learn better when they feel safe and accepted at home and at school.
- **Modeling** — Children learn better when parents and other adults set a good example.

Source: University of Minnesota Extension

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**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, fluorescent fixtures and capacitors from old appliances. You can dispose batteries, antifreeze, or ammunition.
- APPOINTMENT ONLY. Call (402) 441-8021.

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**Usable Latex Paint Exchanges**

Two usable latex paint exchanges will be held at the ECOStores at 530 West P Street. Call (402) 477-4586 for details.

**Remember the importance of canning at different altitudes:**

- **Above 1,000 feet:** 15 lb.
- **1,200 to 1,700 feet above sea level:** 15 lb.
- **1,800 to 2,300 feet above sea level:** 15 lb.
- **2,400 to 3,000 feet above sea level:** 16 lb.
- **3,100 to 3,700 feet above sea level:** 17 lb.
- **3,800 to 4,300 feet above sea level:** 18 lb.
- **4,400 to 5,000 feet above sea level:** 19 lb.
- **5,100 to 5,700 feet above sea level:** 20 lb.

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Source: University of Minnesota Extension
Controlling Winter Annual Broadleaf Weeds in Cropland

Winter annual broadleaf weeds such as shepherd’s purse, field pennycress, pennycress, shepherd’s purse, and tansy may be found in Nebraska. These weeds may be found in or around the bin or in contaminated seed. They bolt quickly, flower, and before you know it, they are flowering, so is less likely to receive post-emergent control measures to winter. Through proper management of aeration, you can manipulate grain temperature. Since insects are “cold-blooded,” they are not active much below 50°F, and grain cooling can be particularly important in reducing insect reproduction. Condensation of moisture in the grain mass is prevented by slow cooling and gradual reduction of the gradient between the grain mass temperature and the outside (ambient) temperature. A bin of 19% moisture corn with a starting temperature of 75°F can lose a full market grade in about five days if the aeration system shuts down, allowing the grain to heat and deteriorate. Electrical system maintenance before harvest can prevent costly downtime. Wiring for fans and electrical other components should be inspected for corrosion and cracked, frayed, or broken insulation. Exposed wiring should be run waterproof, dust-tight conduit. Avoid kinking the conduit, and make sure all connections are secure.

Mice often nest in control boxes where they are protected from predators. They can strip insulation from wires for nest material and their utensils sometimes cause corrosion on electrical components. If rodent damage is found, clean and repair or replace damaged wiring, relay, and other electrical equipment. Then seal over knockouts and other openings that may permit rodents to enter the system. Fans, heaters, transitions, and ducts should be checked for corrosion and other damage. Remove any accumulated dust and debris from the vanes, fans, ducting, and allow for its use by the last deceased spouse. Consequently, if they sell the property for $800,000, they will have a $19,000 basis. Consequently, if they paid $19,000 for land in 1920, but it is worth more than $5 million, the unused portion of their exemption can be given to the heir to the property would only receive a $3 million step-up basis. An estate was proofed by plugging holes, sealing bins, caulking, and making general repairs. Atrazine is not labeled for fall application and is flowering, so is less likely to receive post-emergent control measures to winter.
Environmental Focus

The Beetles are Coming...the Beetles are Coming!
Barb Ogg
UNL Extension Educator

Those of us who grew up in Nebraska and other northern states look forward to changing seasons and cooler temperatures of fall and winter (although I must admit, winters today seem much longer than when I was a youngster). After a summer of struggling with ticks, mosquitoes, and chiggers, it seems unfair to have to deal with insects which feed on us during the rest of the year. We humans have a natural aversion to insects that feed on us. Insect bites can be itchy and make us uncomfortable, but a better reason to dislike biting insects is, some of them transmit disease organisms when they feed. The most important disease vectors worldwide are mosquito; we are fortunate, malaria, yellow fever, or dengue fever are not a problem in the U.S. And, despite concern about West Nile encephalitis, relatively few people in Nebraska have been adversely affected the last few years.

Ticks, mosquitoes, and chiggers live outdoors and people are exposed to these bites when they spend time outside. People can also bring in outdoor biting arthropods by using insect repellents, staying away from infested locations, or staying indoors during times when biters are active.

% of other biting insects, like head lice and bed bugs, are so closely connected with humans, they live on our bodies or in our houses. Others, like fleas, are associated with domesticated pets. Because these biters live where temperatures are warm, they are not affected by changing seasons or outdoor temperatures. Yes, there are some insects which are year-round blood suckers.

Head Lice vs. Bed Bugs

Many people confuse head lice and bed bugs. Both of these species are ectoparasites (which means they live on the outside of our body, rather than inside) and feed on blood. Both of these species are resistant to pyrethroid insecticides and can be challenging to control. But head lice and bed bugs live in different circumstances, which means the methods of control are different as well.

Head Lice

Head lice are found on the head, usually close to the scalp. They must feed frequently (every hour or two). Female head lice lay eggs on individual hairs which become active and often come inside the house. They spend time outside. People are active. They must feed frequently (every hour or two). Female head lice lay eggs on individual hairs. These eggs, or nits, are very small. They are tan in color and attach to hair shafts. These must be removed with a nit comb. An electronic comb will go in the middle of a nit and remove it. This is called “bagging” the lice.

Nutrition

Head lice are not a problem in the U.S. And, because they live on our bodies or in our homes, we are fortunate malaria, relatively few people have been affected by this disease organism when they feed. The cost of an electronic comb is around $30.

Bed Bugs

Bed bugs do not live on the human body, although they can hide and be transported on clothing and other personal items. Bed bugs are a neat parasite which means they live in the area around where people spend time, especially near where they sleep. Scientists have shown most bed bugs live within 5-10 feet of the bed, although a few bed bugs will live farther away. Those distant bugs can make infestations hard to eradicate. The only way to get rid of bed bugs is to get rid of the box springs. Because bed bugs are resistant to pyrethroid insecticides, a do-it-yourself approach is unlikely to work very well. This is why I generally recommend working with a pest control professional who has successfully eradicated bed bugs. The cost of bed bug eradication can be considerable. Most bed bug infestations require at least two or three treatments and some may need more if the infestation is severe or there are clutter problems.

Would it be Better to Have Head Lice or Bed Bugs?

Yes, I have actually been asked this question. Neither one of these insects has been shown to be a disease vector so that isn’t a consideration.

My answer is... it would be much better to have head lice. Because bed lice live on the head, it is easier to control them than it is to control bed bugs found in many places around the head. A nit comb is very inexpensive, reusable, and combing can be done by family members. No chemical treatments are needed. Getting rid of head lice with a nit comb is not complicated, but takes time and persistence.

Tips for Non-Toxic Cricket and Spider Control

Current indications show we will have large numbers of crickets and spiders invading homes this fall. The best way to prevent entry into homes is to seal entry points, like cracks and crevices, with caulking. However, it is difficult to seal all entry points.

To eliminate crickets and spiders that have found their way into the house, I suggest using sticky traps (crossbars work great) in the corners of rooms. To catch a “sitting” cricket, put a sticky trap along the ceiling in the middle of a glue board and place the glue board near where the cricket is hiding. The cricket will be attracted to the cornmeal and get caught in the glue board.

—Barb Ogg, UNL Extension Educator

The multicolored Asian lady beetle (MALB), Harmonia axyridis, is a well-established predatory insect in many parts of the United States, including Nebraska. By outcompeting native lady beetle populations, the MALB successfully controls aphids, scale insects, and other soft-bodied insect pests in garden and field crops. Despite its beneficial status during the summer, this insect becomes a serious nuisance pest to homeowners during the fall, winter, and early spring.

Problems with MALB begin during late summer when they aggregate in large numbers around entry points of an overwintering site. In their native lands, the Asian lady beetle would normally overwinter in cracks and crevices of ledges, cliffs, and rock outcroppings. In the U.S., the preferred overwintering site has become individual homes. Studies have shown Asian lady beetles are attracted to the southwest sides of buildings. Homes or buildings

Adult bed bugs are 3/8-1/4 inch long and reddish brown (highly magnified view above). (At right, approximate size).

Adult head lice (highly magnified view above) are 1/10 to 1/8 inches long and tan to gray. (At right, approximate size)
Lancaster County 4-H is proud to announce Carol Wolf as winner of September’s “Heart of 4-H Award” in recognition of outstanding volunteer service. Carol has volunteered with 4-H for 11 years in many capacities: 

- leader of the Pacsetter 4-H club (a Nebraska 4-H Club of Excellence) 
- superintendent of the 4-H Western Horse Show at Lancaster County Fair Super Fair 
- member of Horse VIPS (Volunteers in Program Service) Committee 
- helps run horse shows, including pre-districts, and has judged horse shows 
- helps bring horses to judging contests 

“Lancaster County has an awesome program,” she says. “The leadership and extension agents have improved the programs and expanded to so many disciplines. The parents, children, and families are fun — positive relationships that last a lifetime! My favorite experience as a 4-H volunteer was watching my children embrace the 4-H experience that I enjoyed in my youth, making 4-H a family tradition!”

Lancaster County 4-H thanks Carol for donating her time and talents. Volunteers like her are indeed the heart of 4-H!

State Fair 4-H Tickets

Get ready for fun at the 2011 Nebraska State Fair, Friday, Aug. 26 through Monday, Sept. 5 at Fonner Park in Grand Island! For a schedule of 4-H at the state fair, results, and more, go to http://4h.unl.edu/ nebraskastatefairbook.

The Lancaster County extension office is selling $4 exhibitor tickets on a first come, first served basis. These can be purchased at the office at 444 Cherry creek Road (cash or check only, no credit cards). Exhibitor tickets are for 4-H’ers and their immediate family only.

Public gate admission will be $8, with $3 days Aug. 29–31, and $1 for 4-H’ers. Children 1–3 will be $3 every day and children 5 and under will be free every day.

General parking on the fairgrounds is free this year.

Ak-Sar-Ben 4-H Horse Show, Sept. 17–8

The Ak-Sar-Ben 4-H Horse Show will be held on Sept. 17–23 at the CenturyLink Center in Omaha. A 4-H veterinary health check is required within 15 days of the exhibition date. For more information, go to www.rivercityrodeo.com.

Ak-Sar-Ben 4-H Stock Show, Sept. 22–25

The 84th Ak-Sar-Ben 4-H Stock Show will be held Sept. 22–25 at the CenturyLink Center in Omaha. More than 2,000 4-H families from an eight state area participate in this all 4-H Expo. Categories of this 4-H only competition are dairy, feeder calf, breeding heifers, market beef, market broilers, meat goats, market lambs, market swine, and rabbits. For more information, go to www.rivercityrodeo.com.

Schedule of Events

SATURDAY, SEPT. 17
- Roping, Pole Bending, Barrel Racing 3:30 p.m.
- SUNDAY, SEPT. 18
- English classes: 8:30 a.m. Western classes: 2 p.m.
- THURSDAY, SEPT. 22
- Market Dairy Steer Show: 5 p.m.
- Ak-Sar-Ben Rodeo: 7 p.m.
- FRIDAY, SEPT. 23
- Dairy Show: 7:30 p.m.
- 1st Round Fitting Contest: 11 a.m.
- Feeder Calf Show: 2 p.m.
- Meat Goat Show: 3 p.m.
- Ak-Sar-Ben Rodeo: 7 p.m.

Horse Awards Night, Oct. 6

Mark your calendars! The annual Lancaster County 4-H Horse Awards Night will be Thursday, Oct. 6, 7 p.m. at the Lancaster Event Center. All-around awards, Herdsmanship, Top County Fair Judging buckets and ribbons, and a few surprise awards! Come help celebrate the outstanding accomplishments of the 2011 Lancaster County 4-H horse show! More details to follow.
Top Static Exhibits

**PLANT SCIENCE**
Horticulture Contest: Anne Greff
Tree Identification Contest: Mary Dowd

**PRESENTATION**
Senior Presenter & Premier Presenter: Jacob Rushman
Junior Presenter: Addison Wanzer

**STYLE REVUE**
Grand Ch Style Revue: Sadie Hammond
Res Grand Ch Style Revue: Renae Sieck
Grand Ch Shopping in Style: Renae Sieck
Clothing 1: Make One/Buy One: Sarah Albin
Clothing 2: Make One/Buy One: Jessica Albin
Attention Shoppers: Chloe Hammond
Recycled Garment: Miranda Gunnerson

**TABLE SETTING**
Junior Picnic: Valerie Gabel
Junior Casual: Eric Vander Woode Jr
Junior Birthday: Sophia Swanson
Junior Formal: McKenzie Kapperman
Senior Picnic: Emily Steenbach
Senior Casual: Liza Christensen
Senior Birthday: Victoria Garza
Senior Formal: Madeline Gabel

**Top Animal Exhibits**

**BEEF**
Ch Supreme Breeding Heifer: Renae Sieck
Res Ch Supreme Breeding Heifer: Kylie Gana
Ch Supreme Feeder: Renae Sieck
Res Ch Supreme Feeder: Caytlin Wallback
Grand Ch Market Heifer: Caytlin Wallback

**MEAT GOAT**
Grand Ch Meat Steer: Brett Heinrich
Res Grand Ch Market Steer: Brandon Sieck
Ch Senior Showmanship: Brandon Sieck
Ch Intermediate Showmanship: Bayne Sieck
Town Liemanen
Ch Junior Showmanship: Kylee Gana

**DARK CATTLE**
Grand Ch & Senior Holstein - Cow: 3 Year Old: Liza Christensen
Grand Ch & Res Senior Jersey - Dry Cow: Liza Christensen
Ch Junior Showmanship: Ben Rice
Ch Intermediate Showmanship: Liza Christensen
Ch Junior Senior Showmanship: Kaleb Kempkes

**BUCKET Calf**
Ch Bucket Calf Junior Division:
Jordan Nielsen
Res Ch Bucket Calf Junior Division: Rachael Lange

**DIARY GOAT**
Ch Junior Showmanship: William Keex
Ch Overall Oberhashi Goat: Tyler Allhans
Ch Overall Saanen Goat: Joshua Henshaw
Ch Overall Oberhashi Goat: Adam Lib
Ch Junior Showmanship: Corianna Kubcek
Ch Mini Goat Showmanship: Susana Blight

**SHEEP**
Res Grand Ch Market Lamb: Brett Heinrich
Res Ch Grand Market Lamb: Madelyn Scott
Ch Supreme Breeding Ewe: Alexis Spath
Ch Senior Showmanship: Kasie Bruss
Ch Intermediate Showmanship: Logan Sieck
Ch Junior Showmanship: Riley Scott

**SWINE**
Ch Overall Market Swine: Brett Heinrich
Res Ch Overall Market Swine: Brett Heinrich
Ch Senior Showmanship: Nicolette Larsen
Ch Intermediate Showmanship: Trevor Spalth
Ch Junior Showmanship: Caitlyn Wallbrecht

**TOP CONTEST AWARDS**

**BICYCLE**
Senior Ch: James Gries
Res Senior Ch: Jessica Stephenson
Junior Ch: Thaddeus Fonck

**LIFE CHALLENGE**
Senior Ch: Sherida Swatke
Res Senior Ch: Abbie Spencer
Junior Ch: Emma Larke
Res Junior Ch: Valerie Griess & Lucy Polk

**FOOD AND NUTRITION**
Specimen Plant: Kyle Hurl

**CONSERVATION & WILDLIFE AND FORESTRY**
Conservation and Wildlife Exhibit: Thari Nelson
Forestry Exhibit: Abigail Babcock

**HOUSEHOLD PETS**
Ch Level 2 Beginning Agility A: Cassie Scheideler
Ch Level 1 Pre-beginning Agility A: Ivy Dearmont
Ch Trophy Showmanship: HopeEllen Hering
Ch Advanced Showmanship: Paige Roach
Ch Trophy Showmanship: HopeEllen Wehling

**HORSE**
Ch Western Senior Showmanship: Bailee Peters
Ch Western Junior Showmanship: Bailey Peterson
Ch Western Elementary Showmanship: Olivia Wennstedt
Ch English Showmanship: Chelsea Beach
Ch English Junior Showmanship: Morgan Chippew
Ch English Elementary Showmanship: Cindy Franke
Ch Groom & Care: Kenz Hayes
Res Groom & Care: Aubrey Hayes
Grand Ch Halter Pony: Ashley Colburn
Res Grand Ch Halter Pony: Katelyn Wolf
Res Grand Ch Stock Horse ages 4 & up: Bailey Peterson
Grand Ch Stock Horse ages 4 & up: Ivy Dearmont
Grand Ch Aged Horse Ages 15 & up: Blake Preston
Res Grand Ch Aged Horse Ages 15 & up: Alex Meyer
Grand Ch 2 & 3 year old Horse: Brittany Albers
Res Grand Ch 2 & 3 year old Horse: Alex Scheideler
Grand Ch, Reserve Saddleseat Horse Ages 4 & up: Ashley Bradbury
Res Grand Ch, Saddleseat Horse Ages 15 & up: Alyxus Fobbe
Res Grand Ch Aged Hunter/Saddle Horse Ages 15 & up: Anna Wehling
Grand Ch 2 & 3 year old Hunter/ Saddleseat Horse: Brittany Albers

**POLLUTRY**
Best of 4-H Poultry Show: Joe Aberg
Ch Overall Poultry Pet Class: Carol Nabiity
Ch Senior Showmanship: Spencer Peters
Ch Junior Showmanship: Bayne Sieck

**RABBIT**
Best Fancy Breed: Kaya Green
Best Commercial Breed: Hannah Bellinghausen
Rabbit All-Around Showman Award Ch: Kaya Green

**RABBIT**
All-Around Showman Award Res Ch: Hannah Bellinghausen
Senior Showmanship: Jessica Stephenson
Intermediate Showmanship: Jaime Stephenson
Junior Showmanship: Sam Schuster

**DOG**
Ch Obedience: Beginning A: Mason Franke
Ch Obedience: Beginning B: Logan Kosta
Ch Obedience: Novice: HopeEllen Wehling
Ch Beginning Showmanship: Elii Wennstedt
Ch Intermediate Showmanship: Cassie Peterson
Ch Advanced Showmanship: Paige Roach
Ch Trophy Showmanship: HopeEllen Wehling
Ch Level 1 Pre-beginning Agility A: Ivy Dearmont
Ch Level 2 Beginner Agility A: Cassie Meyer
Ch Level 3 Intermediate Agility: HopeEllen Wehling

**CAT**
Best in Show: Samantha Duffy

**4-H/FFA COMPLETE RESULTS**
4-H/FFA complete results and photos are online at http://lancaster.unl.edu/4h
**SCIENTISTS continued from page 1**

**Dr. Gail (Thurber) Rohlfing**
Board Certified Pediatric Dentist and Co-owner of Spokane & Rohlfling Pediatric Dentistry

Dr. Gail (Thurber) Rohlfing, a Lancaster County 4-H member from 1974–1984, enjoys working with children to make what some people think of as a scary experience into a fun and exciting trip to the dentist. Rohlfing’s practice is located in Greenboro, NC. Her favorite 4-H project, 4-H clothing construction, led to a BS degree from UNL in Textile Science degree, followed by a DDS from the University of Nebraska, and a MS in Pediatric Dentistry from North Carolina Chapel Hill.

Rohlfing says, “Leadership, communication, public speaking, and self-confidence are skills acquired through 4-H which help my career. My parents taught me a strong work ethic and I was able to achieve anything I wanted to achieve. Extension professionals lights like Dr. Lillian and Dr. Bob Bunker encouraged me to stretch my abilities and try new things.”

“I enjoyed my participation as the 1983 State Leadership winner to National 4-H Congress in 1984. The opportunity to see the United States and meet other 4-H’ers from around the country inspired me to see the world.”

Rohlfing says, “My career in dentistry came from my interest in the math and science field but also incorporates my artistic side.”

**Jill Jank, MS, RD, LMNT**
Registered Dietitian in Private Practice (24 years)

Jill Jank, a Lincoln County Nebraska 4-H alumni, finds it most rewarding to see the health of clients improve and see they are feeling better. Jank says “4-H foods gave me a solid foundation. At UNL, one of my favorite classes was food science. Although I realize the need for standardized recipes, I adapt nearly every recipe personally use. I help my clients adapt them when they have special needs.”

**Joshua Olson**
Technology Architect, ADVANCE Perspective (Medical Software)

“4-H leadership taught me about taking on responsibility, planning, seeing a project through, record keeping, organizing my thoughts, handling money, and getting along with others. I’ve used my parliamentary procedure skills while serving as President of Nebraska Dieretic Association. I’ve done a lot of work in public policy for my professional association and 4-H served as a foundation required to speak to lawmakers and rally other RD’s to get involved in advocating for sound public policy in food and nutrition.”

Jank credits her mother, Eleanor Grabouksi, for her patience while four children were baking at the same time prior to fair, and her dad’s support of purchasing added ingredients when money was short. He liked eating “the do-overs.”

**Dr. Pat Mcinteer and Dr. Kelly Stich**
Doctors of Veterinary Medicine and owners of Hillcrest Animal Clinic

“Dr. Pat Mcinteer and Dr. Kelly Stich give their time and expertise to Lancaster County 4-H members in so many ways,” says Marty Cruickshank, Extension Associate. “They help 4-H’ers prepare for national demonstration contests by sharing accurate and current medical information. Routinely, they provide discounted equine health checks so members are eligible to show their horses.”

Dr. Pat Mcinteer enjoys the variety of being a veterinarian. He says “4-H is different and there is always something new to learn and stimulate me.” He and his wife Dr. Kelly Stich focus on equine and small animal medicine and surgery. As a 4-H member in Richardson County, equine events were Pat’s favorites. He credits 4-H for his work ethic. “Not every part of 4-H was all fun and games. It involved work and sweat, but in the end it was worth it. The same has proven true with my education and career. My parents provided me with everything necessary to participate as well as encouraging me to work hard and do my best.” Pat earned his BS in Animal Science from UNL and his DVM from Kansas State University.

Kelly, a 4-H member from Dorchester and UNL graduate, earned a DVM from Kansas State. She completed a two year residency at Texas A&M and is board certified in veterinary reproduction. Kelly is also a veterinary chiropractor offering adjustments for horses and dogs.

**Marcela Lopez**
UNL Sophomore, Fashion Merchandising

Ten year Dawson County 4-H member, Marcela Lopez says, “If it weren’t for 4-H I would not be going to UNL. Andrea Nisley [extension educator] has been there for me since she taught me how to sew when I was eight. I was very shy before 4-H but helped me open up at a young age. Spanish was my first language so I didn’t feel comfortable speaking. I gained confidence by modeling my 4-H projects in front of public at a young age. Competing in the state fair was so exciting.”

In high school, Marcela participated in the UNL Big Red Textile Design Camp and lived on campus for a week. She was a National Make It With Wool winner and also represented Nebraska at the National 4-H Conference in Washington D.C. this past spring. “We had a chance to share how 4-H has impacted our lives. For Nebraska Congressmen to listen to us was amazing,” she says. Marcela’s major, UNL Fashion Merchandising, integrates the application of management principles, the science of chemistry, and the perspective of history in a rich, challenging learning environment. State-of-the industry software including inventory control information systems, spreadsheets, and 3D Visual Merchant prepare students for a career in a technology-dominated workplace.

**Spencer Farley**
UNL Freshman, Honors Program & Computer Science Major; Software Developer Apprentice, Nebraska Global

Spencer Farley sees software as a puzzle with near infinite possibilities. “As an apprentice at Nebraska Global, I get to solve puzzles that make people’s lives easier. Nebraska Global has a wealth of people who are willing to take the time to teach me new things and walk me through problems to help me understand them.” Nebraska Global is a venture capital fund that invests in startup software companies in order to build a vibrant, competitive technology environment in Nebraska.

As a 12 year Lancaster County 4-H member, Spencer says “Having interview and speaking skills from 4-H gave me confidence in obtaining my apprenticeship with Nebraska Global. Working on a team and pitching products and project ideas requires the ability to see SCIENTISTS on next page
4-H Teen Council Invites New Members!

The Lancaster 4-H Teen Council is a leadership organization for youth in grades 7–12. Meetings are held the second Sunday of each month at 3 p.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln. 4-H Teen Council members:

- participate in several community service activities
- plan, set up, and facilitate the annual 4th and 5th grade Lock-In
- are involved in other leadership activities

The next meeting will be Sunday, Sept. 11 at 3 p.m. For more information or to join, call Tracy at (402) 441-7180.

SCIENTISTS continued from preceding page clearly communicate ideas. Also, my various leadership roles in 4-H have helped me work with groups in an orderly and encouraging manner.

His favorite 4-H experiences include a woodworking project in which he made stools and a cooking project creating kransekake (Norwegian celebration cake). He also coordinated leadership activities or by conducting science on site. Hours activities or by conducting science on site. Hours

The Make It With Wool deadline is Oct. 29. The Make It With Wool offers youth and adults the opportunity to promote the beauty and versatility of wool fabric and yarn. Personal creations in sewing, knitting, crocheting, spinning and weaving of wool fabric, yarn is encouraged. Categories are Preteen, Junior, Senior, Adult, and Made for Other Home Accessories. The District III contest will be held in Lincoln on Saturday, Nov. 19. Entry deadline is Oct. 29. For more information, call Tracy at (402) 441-7180.

Experience the Power of Red

An open house for high school students and their families

Saturday, Nov. 12

9 a.m.–2 p.m. • Nebraska East Union

- Learn more about how we prepare students for careers in everything from animals to plants, soil to climate, golf to business, mechanization to leadership, food to forensic science
- Meet current students, faculty and staff
- Experience East Campus
- Register for a scholarship and other cool prizes

To register or more information, (800) 742-8800, ext. 2541 or go to http://casnr.unl.edu/openhouse
Registration deadline: Nov. 4

The Nebline

The Nebline is published monthly (except December). Mailed to more than 12,000 households in Lancaster County and can be read online at http://lancaster.unl.edu/nebline. The Nebraska Library Commission’s Talking Book and Braille Service records the Nebline for individuals with a visual or physical condition or a reading disability who lacks use of regular print. For more information, go to www.nlc.nebraska.gov/tbbs or call (402) 471-4038 or (800) 742-7691.

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Can You Guess It?

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

Did you guess it from the July Nauna?
The answer was: Flooded Road Near Pickrel, Nebraska

Lancaster Extension Education Center
444 Cherrycreek Road, Lincoln

Tuesday, Oct. 4
6 p.m.

Prizes!

4-H Kick Off

Come Find Out How to Join 4-H!
• Help form a new 4-H club
• Be an independent member
• Join an existing 4-H club (limited availability)
• Participate in 4-H activities such as camps

4-H is a community of young people across America who are learning leadership, citizenship and life skills.

(402) 441-7180 • lancaster.unl.edu/4h

University of Nebraska—Lincoln Extension 4-H Youth Development program is open to all youth ages 5–18

Learn about 4-H!