NEBLINE, July 2014

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4-H Table Setting Contest is a Fun Way to Learn Nutrition, Setting a Table, Presenting and More!

Vicki Jedlicka
UNL Extension Assistant

4-H youth — do you want to have fun planning for a party? 4-H parents — would you like your children to learn how to plan a nutritious meal, set a table and present to a judge? Consider the Lancaster County 4-H Table Setting Contest, which is open to all 4-H’ers ages 8–18 — need not be enrolled in a specific project.

The contest will be held during the Lancaster County Super Fair on Friday, Aug. 1, 5 p.m. at the Lancaster Event Center, 34th & Havelock (Exhibit Hall — use east entrance). Preregister by Monday, July 21 by contacting the Extension office at 402-441-7180. There is no entry form.

Participants are assigned a set-up and judging time. Scheduled times are mailed to participants about a week prior to the fair. Judging area is closed to the public and family. The public may view all the tables after judging is completed (approximately 7:45–8:15 p.m.).

Jennifer Smith, superintendent of the contest, says, “Every year, I am absolutely amazed by the creativity that is on display. This contest is like a triathlon for 4-H’ers. As they present to the judge, their speaking skills combine with knowledge of nutrition and food handling.”

Overview

Members choose a category: Birthday, Casual, Formal or Picnic. Members must bring a card table for the display (except for the picnic category, in which an appropriate blanket or other covering is placed on the floor). Participants select a theme and display one place setting, including table covering, dishes, glassware, silverware, centerpiece and menu. They do not bring or prepare food. Participant’s attire should fit their theme.

Youth have five minutes to present their table setting to the judge. Participants should explain the ideas behind the theme, menu items and table setting techniques. 4-H’ers need to describe the food, including general ingredients and basic preparation. The top exhibit in each category and age division will be on display in the Lincoln Room during the remainder of the Super Fair.

What 4-H’ers Say They Like

Several 4-H’ers at last year’s Table Setting Contest were asked what they like about the contest. Following are some of their replies.

“I like the Table Setting competition because you can test your creativity while learning a lot about food preparation and table setting etiquette. Also, I’ve made some friends because of this competition. It’s so much fun. You learn a lot of ideas. Over the years, I’ve done every category,” said Eric Vander Woude.

“I really like doing Table Setting because it is something I can use the rest of my life. Learning about MyPlate helps you learn about nutrition. Learning how to set the table is useful. I highly recommend the contest to anyone,” said Julia Stephenson.

“My favorite part is finding all the things to go on the table because I like to pick out things and to design things. I made my costume and my tablecloth. This is probably my fourth year doing this,” said Courtni Heckert. Her mother added, “This is Courtni’s favorite thing to do at the fair, hands down.”

“I like getting interviewed by the judges because you get to get their opinion,” said Patti Thompson.

“I think it is a good experience talking to the judges and presenting your table so that when you grow up it’s easier to give presentations for your job or college,” said Madelaine Polk.

“Over the years, my favorite part was coming up with different table setting themes and creative names for foods with that theme,” said Paige Borcherding.

“You can make things out of the things you have at home and they can be really different. You can think outside the box. I like looking at the other tables that kids do to see the ideas they have,” said Katie Borcherding.

“I find setting up a table fun and I like making the stuff to put on the table,” said Riley Peterson.

“Table Setting is really fun even if it’s a lot of work. It all pays off when you get to show off your work,” said Grace Spaulding.

“I think it’s how good we can all use our creativity on our tables and how we can use these skills we learn in our future,” said Honororia Clarke.

How To Set a Table

The purpose of a place setting (also called a table covering) is to make the act of eating easier. A proper place setting provides the necessary utensils in convenient positions for use. A place setting consists of a combination of flatware, dishes, glasses and linens which are appropriate for the foods served.

Below are two illustrations of place settings: one formal and one informal.

FOR MORE INFORMATION

A how-to handout, “4-H Table Setting Contest Procedures and Guidelines,” is available online at http://lancaster.unl.edu/4h/Fair and at the Extension office. All participants are strongly encouraged to read the handout.

FORMAL PLACE SETTING

Cloth napkin placement may vary.

INFORMAL PLACE SETTING

These are general guidelines. For non-formal categories, placement may vary. Let your creativity go!

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Know how. Know now.
Q: Which fruits will ripen if they are picked?
A: Apricots, bananas, cantaloupe, kiwi, nectarines, peaches, pears, plantains and plums continue to ripen after they’re picked. Avocados, which are technically a fruit, will also continue to ripen.

Q: How can I keep cut fruit from turning brown?
A: Keep cut fruits, such as apples, pears, bananas and peaches, from turning brown by coating them with an acidic juice such as lemon, orange or pineapple juice. Or use a commercial anti-darkening preparation with fruits, such as Fruit-Fresh®, and follow the manufacturer’s directions.

Another method to prevent browning is to mix them with acidic fruits like oranges, tangerines, grapefruit and other citrus fruits or pineapple. Prepare the acidic fruit(s) first. Then, cut the other fruits, mixing them with the acidic fruit(s) as you prepare them.

Cut fruits as close to serving time as possible. Cover and refrigerate cut fruit until ready to serve. Refrigerate peeled/cut fruits and vegetables so they are at room temperature no longer than 2 hours, TOTAL time.

Q: Is it safe to can my own salsa recipe?
A: Here’s what the National Center for Home Food Preservation advises:
Salsas typically are mixtures of acid and low-acid ingredients; they are an example of an acidified food and appropriate for boiling water canning if the final pH of all components is less than 4.6. If the mixture has less acidity, it would need to be treated as a low-acid canned food and require sufficient research to eliminate a botulism risk as a canned food. If it is acid enough for boiling water canning, the actual proportions of ingredients and preparation method will help determine what the canning process time should be. So there is no way to tell someone how to can a homemade salsa without having detailed knowledge of the recipe, procedures used in preparation, and acidity and consistency of the final product.

The proportions of your tomatoes, peppers, herbs and other vegetables will greatly influence what the safe canning process should be. At this time, we can only recommend that you can your own recipes as safe for boiling water canning, and we ourselves, do not offer a pressure-canning process for a low-acid salsa.

Your recipe could be frozen for long-term storage, but you will need to determine if you like the texture and flavor after freezing and thawing; there likely will be changes in both texture and seasoning. I would try a small batch the first time for freezing. Many times herbs and spices are better tasting when added fresh after freezing and thawing, at serving time.

Please do not experiment with canning your own recipe, as this is intended and no endorsement by the University of Nebraska–Lincoln is implied.

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New Nebraska 4-H Curriculum Teaches Youth About Safety When Home Alone

University of Nebraska–Lincoln Extension’s new 4-H Curriculum On Your Own and OK (4H6600) serves as an excellent tool to teach youth ages 8–12 about safety when home alone. The goal of this curriculum is to educate parents and youth on the importance of family communication in providing a safe home environment.

The first lesson, “Are You Ready?” is intended for youth and parents thinking about when the child is ready to be home alone.

“Who’s There?” the second lesson, helps youth identify proper action/steps in communications and how to avoid getting into dangerous situations while communicating. Lesson three, “Where To?” focuses on mapping out specific routes, talking to strangers, establishing a routine and knowing Code Words. Prepared,” the fourth lesson, helps students understand proper procedures for emergency situations.

The fifth lesson, “Snack Attack,” focuses on kitchen safety and provides youth with recipes for simple snacks. Lessons include:

• An introduction with lesson instructions
• Adult guide with information for parents and leaders.
• Youth assessments.
• Together activities for role playing & group discussions.

Terrific Tips and Tricks for Those Situations that Seem to Stick (4H6610) is a culminating activity for youth and parents to complete together after learning the information presented in On Your Own and OK. This activity is included at the end of On Your Own and OK and as a separate download for families to purchase to make their own On Your Own and OK guide.

Each template corresponds to a lesson in On Your Own and OK and reinforces the material in the resource guide. Youth and adults work together to decorate and assemble the templates provided, while discussing how youth can have fun and be safe while they are on their own.

Is My Child Ready?

Parents are legally responsible for their children’s welfare until they reach adulthood. Under some circumstances, a parent can be charged with neglect for leaving children unattended or left with under-aged children, including siblings. Check your state law!

Unfortunately, there is no magical age when youth develop the maturity and good sense needed to stay alone. However, there are some signs that can help you decide if your child is ready or not.

• Youth has indicated willingness to stay home alone.
• Youth is showing signs he or she can be responsible.
• Youth is aware of the needs of others.
• Youth is able to get ready for school on time.
• Youth can solve problems on his or her own.

Rules

When developing rules for what youth can and cannot do while home alone, it is important to involve them in the process. Youth will respond positively to a long list of activities they can do. They may feel stifled with a long list of activities they cannot do. Try to keep the list of activities they cannot do to only the most important rules. For example: using the internet, leaving the house, answering the door or telephone, and using the stove to make a snack.

Parent-Child Communication is Essential!

If you and your child decide they are ready for self-care, the next step is giving youth some guidelines. Involve youth in decisions that affect them. If you understand the reason for the rules and participate in developing the rules, they are more likely to follow them!

Below is an example of a list of activities youth can and cannot do while home alone:

What I Can Do

1. Watch 30 minutes of TV
2. Do my homework
3. Read a book
4. Complete an art project
5. Make a snack not using the stove
6. Talk to Katie or Marie on the phone for 30 minutes

What I Cannot Do

1. Use the Internet
2. Leave the house
3. Play outside
4. Have friends over

Fruit or Berries: Soak in 1 quart warm water, 1 teaspoon liquid dish detergent and 1 tablespoon white vinegar for 15 minutes. Rinse. If stain remains, sponge with alcohol, rinse and launder. If color stain remains, launder using chlorine bleach if safe for fabric or use an oxygen bleach.

Perspiration: Pretreat with an enzyme presoak. Apply detergent to stain and launder. Fresh stains: To restore color, apply ammonia. Rinse with water and launder. Old stains: to restore color, apply white vinegar. Rinse with water and launder.

Catspur: remove excess with a dull knife. Soak in cool water for 30 minutes. Work liquid dish detergent into the stain and launder in warm or hot water and chlorine bleach if safe for fabric. If stain remains, soak 30 minutes in enzyme presoak. Rinse and launder.

Chocolate: Sponge with solvent or treat with prevash stain remover. Rinse. Apply liquid dish detergent to stain. Launder using hot water and chlorine bleach if safe for fabric. If stain remains, soak 30 minutes in enzyme presoak. Rinse and launder. OR bleach chocolate stains with hydrogen peroxide. Rinse with water and wash as usual.

Remember to always read the care labels, follow laundry instructions and test removal products in an inconspicuous area before laundering.

“Ask Lorene,” a monthly newsletter from UNL Extension in Lancaster County, 444 Cherrycreek Road, Suite A, Lincoln, NE 68528; email bartos1@unl.edu; or phone 402-441-7180.

Save the Date: Stepping On Workshop to Reduce Falls, Sept. 8- Oct. 20

What is Stepping On? Stepping On is a program that has been researched and proven to reduce falls in older people. It consists of a workshop that meets for two hours a week for seven weeks. Workshops are led by a health professional and a peer leader — someone who, just like you, is concerned about falls. In addition, local guest experts provide information on exercise, vision, safety and medications.

Aging Partners and University of Nebraska–Lincoln Extension will present the workshop on Mondays, Sept. 8- Oct. 20, 1–3 p.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln. Call 402-441-7495 to register. $3 per class suggested contribution. You’ll learn exercises and strategies to help prevent you from falling.

ASK LORENTE

Lorense Bartos, UNL Extension Educator

Family outings and celebrations keep families busy during the summer months. It is important to take precautions to have fun and safe activities.

• With the Fourth of July approaching there are some steps everyone should take to have a safe holiday.

The National Council of Fireworks Safety gives the following tips:

• Adults should supervise all fireworks activities.
• Never give fireworks to young children.
• Always purchase fireworks from reliable sources.
• Use legal fireworks.
• Follow label instructions carefully.
• Never point or throw fireworks at anything.
• Use fireworks outdoors in a clear area away from buildings and vehicles.
• Never carry fireworks in your pocket or shoot them in metal or glass containers.
• Light them one at a time then move back quickly.

• Don’t experiment with homemade fireworks.
• Observe local laws and use common sense.

Other summer safety tips:

• Make sure your family emergency kit is up-to-date and ready in case of emergency.
• Drink plenty of water during the summer to prevent dehydration.
• Take precautions with food when grilling or on a picnic.
• Never leave food out more than two hours and keep cold foods cold.
• Review what to do in case of severe weather. Make sure family members know the difference between a watch and a warning. A watch means dangerous weather is right for severe weather. A warning means dangerous weather is threatening the area.

Have a safe and fun summer.

Lorense Bartos, UNL Extension Educator

FAMILY LIVING

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Nebraska Ag Incomes in 2013

Paul C Hay
UNL Extension Educator

Here is some of the summary of the Nebraska Agricultural Income comments from Tina Barrett, Nebraska Farm Business Association. 2013 would have looked like a good year if it had followed 2005 and 2006, but it was a disappointment for many after the highs of the past two or three years. Nebraska growers have a positive perspective to keep in mind as we look forward. If you consider the amount of net worth that has been amassed in just the past ten years, a year or two of slow growth or modest loss is not the worst thing. What you have done with the prior years profits, how you change your spending habits in the future and your level of exposure to debt, all play into whether or not you can afford to ride out the next few years without major changes to your operation. Most operations have taken advantage of the various loan programs and favorable tax laws to update most or all of their major equipment. If the farm economy continues to be on a tight margin, most operations do not need to look at spending a considerable amount on new equipment. This is different for the operations which financed the new line of equipment and still have five to seven years of payment commitments. While over 15 percent of the farms have debt obligations that are over 50 percent, there are also more than 20 percent of the operations that have zero (or virtually no) debt. These operations have room in their financing portfolio to withstand some debt addition over the next few years, if needed. We hope to light how quickly things can change and how quickly those changes could be translated into significant changes to the operation. For successful continuation, farms need to be aware of their financial situation. Planning is the proactive approach that lets you make decisions rather than just dealing with what has already happened. Net farm income dropped $55 percent in 2013. Prices for grains appear to have dropped to trading ranges quite a bit below the highs of 2011 and 2012. There was a significant jump in farm income from government payments largely from 2012 ACRE payments. We were fortunate in our area and we garnered a significant portion of those payments. Many farmers are in a good position to deal with a few leaner years. Recent profits were used to update machinery and improve the farm equity position. A few have pushed the envelope of debt and are going to be challenged to adjust operation expenses to find dollars to meet obligations. There are no great changes in the expense mixtures. Reducing costs means using management to trim a little bit from 20 or so expense items. The expense items which are area specific, such as fertilizer, land, machinery-fixed costs and purchased feed costs. Allocations for family living expenses are also a significant and difficult area to face reductions. Production costs appear to be in the $4.50 per bushel range for corn and the $1 per bushel range for beans. Marketing skill is going to increase in importance just to maintain the average price levels to the look to the next couple of years. Production skill and keeping expenses in line are still the most important factors in finding your way to profit. Our communities, schools, local governments, main streets, non-farm land owners and agricultural service companies are all going to feel the impact of the weaker agricultural market situation. These entities also face stern challenges in static to lower income projections.

2014 Custom Rate Survey Results Now Available

The 2014 Nebraska Farm Custom Rate survey results are now available from a University of Nebraska—Lincoln Extension farm management specialist says. These surveys, conducted every two years, consist of two parts, said Roger Wilson, farm management specialist in the Institute of Agriculture and Natural Resources. Part I contains 110 spring and summer operations dealing with tillage, fertilizing, planting, spraying and waste handling. Part II contains 46 harvesting and 14 miscellaneous operations. The survey is sent to people who have been identified as doing custom farm work, Wilson said. The USDA has divided the state into eight crop-reporting districts. Results from the surveys are tabulated for each of these districts as well as the whole state. The rates are published online in UNL Extension Circularch 2013 Nebraska Farm Custom Rates – Part I" (EC223) at http://go.unl.edu/ekv, and “2014 Nebraska Farm Custom Rates – Part II” (EC326) at http://go.unl.edu/03m. The rates can also be accessed via the CropWatch website at http://cropwatch.unl.edu/economics/customrates or the Department of Agricultural Economics website at http://agoeconomics.unl.edu/resource.html. Printed copies are available for $3.75 at http://marketplace.unl.edu.

Four results are provided for each operation: the number reporting, the average rate of those reporting, the range of replies and the most common rate charged, Wilson said. A minimum of three replies are required for each operation or the results are not reported. Rates were compared between 2012 and 2014 for the three operations where there were a large number of responses. Combining soybeans was the third operation where rates between 2012 and 2014 were compared. The average rate increased from $29.54 per acre in 2012 to $31.41 per acre in 2014. The most common rate remained $30 per acre for both years. These three operations were chosen because there were 70 or more responses to them, Wilson said. "It is interesting that in each case, the average went from being less than the most common rate to be greater,” he said. "This indicates there is a reluctance to raise rates by a large number of operators even though average rates are increasing.”

Source: UNL Institute of Agriculture and Natural Resources News Service

Cover Crops for Vegetable Growers

<table>
<thead>
<tr>
<th>Cover Crop</th>
<th>Aliases</th>
<th>Properties</th>
<th>Comments Pro/Con</th>
<th>Growth Habit</th>
</tr>
</thead>
<tbody>
<tr>
<td>Crimson clover</td>
<td></td>
<td>Nitrogen source</td>
<td>Good for underseeding, easy to kill by tillage or mowing</td>
<td>Upright, semi-upright</td>
</tr>
<tr>
<td>Hairy vetch</td>
<td>winter vetch</td>
<td>Nitrogen source</td>
<td>Tolerates low fertility, wide pH range, cold or fluctuating winters</td>
<td>Upright</td>
</tr>
<tr>
<td>Red clover</td>
<td></td>
<td></td>
<td>Grows well on marginal land</td>
<td>Upright</td>
</tr>
<tr>
<td>Sweet vetch</td>
<td></td>
<td></td>
<td>Good seed to plant. Soilbuilder, no loose seeds</td>
<td>Upright</td>
</tr>
<tr>
<td>White clover</td>
<td>white dutch ladino</td>
<td>Erosion fighter</td>
<td>Can be invasive, survives tillage</td>
<td>Prostrate, semi-upright</td>
</tr>
<tr>
<td>Annual ryegrass</td>
<td>Italian ryegrass</td>
<td>Erosion fighter, Weed fighter</td>
<td>If mowing, leave 3–4” to ensure regrowth</td>
<td>Upright</td>
</tr>
<tr>
<td>Barley</td>
<td></td>
<td></td>
<td>Soilbuilder, Erosion fighter</td>
<td>Upright</td>
</tr>
<tr>
<td>Buckwheat</td>
<td></td>
<td></td>
<td>Can be harder than rye to incorporate if mature.</td>
<td>Upright</td>
</tr>
<tr>
<td>Oats</td>
<td></td>
<td></td>
<td>Sets seed quickly.</td>
<td>Semi-upright</td>
</tr>
<tr>
<td>Radish</td>
<td>oilseed, Daikon, forage radish</td>
<td>Soil loosen</td>
<td>Winter kills at 25°F; cultivars vary widely.</td>
<td>Upright</td>
</tr>
<tr>
<td>Rye</td>
<td>winter, cereal, or grain rye</td>
<td>Soil builder. Erosion fighter, Weed for cover crop, past fighter</td>
<td>Can become a weed if left at the wrong stage.</td>
<td>Upright</td>
</tr>
<tr>
<td>Sorghum-sudan grass hybrid</td>
<td>sudox</td>
<td>Soil builder, soil loosen, Past fighter</td>
<td>Mature, frost-killed plants become quite woody.</td>
<td>Upright</td>
</tr>
<tr>
<td>Wheat</td>
<td></td>
<td></td>
<td>Mature, frost-killed plants become quite woody.</td>
<td>Upright</td>
</tr>
</tbody>
</table>

Improving the crumbliness of the soil is important for vegetable grower, and buckwheat is very effective. Those seedling roots are exuding a special carbohydrate (mucopoly saccharides) that sticks soil particles together to form a good crumb.

Vegetable harvest for commercial growers is in full swing by July. As crops are harvested rather than leave fields empty and all weeds to take over, consider improving your soil by planting a cover crop. Many cover crops are best established in late summer or early fall. Cover crops offer many benefits, including:
- suppressing weeds,
- fixing nitrogen,
- preventing soil erosion,
- reducing surface soil crusting,
- breaking hard pan layers,
- improving soil aggregation,
- increasing organic matter, and
- suppressing diseases and insects.
CornPreYield provides a great online tool to help vegetable growers choose the right cover crop for their needs. "Cover Crops for Vegetable Growers" at https://covercrops.cropsci.cornell.edu/decision-tool.php. Growers specify the cover crop’s desired purpose, seeding rate, time of seeding, and Cornell’s tool suggests the best choices. At right are two quick reference charts excerpted from a larger one including the past seeding rate for common cover crops that work well in Nebraska. Additional information on each plant type and seed sources are available on the Cornell University website above.

<table>
<thead>
<tr>
<th>Cover Crop</th>
<th>Best Established</th>
<th>Min, Germination Temperature</th>
<th>Depth</th>
<th>Seeding Rate</th>
</tr>
</thead>
<tbody>
<tr>
<td>Crimson clover</td>
<td>Late Summer, Early Summer</td>
<td>58°F</td>
<td>1/2–1 1/2</td>
<td>1/8 lb/acre 2–3</td>
</tr>
<tr>
<td>Hairy vetch</td>
<td>Early Fall, Early Spring</td>
<td>60°F</td>
<td>1/2–1 1/2</td>
<td>1/8 lb/acre 2–3</td>
</tr>
<tr>
<td>Sweet clover</td>
<td>Spring, Summer</td>
<td>41°F</td>
<td>1/4–1 1/2</td>
<td>1/8 lb/acre 2–3</td>
</tr>
<tr>
<td>White clover</td>
<td>Late Winter, Early Spring</td>
<td>40°F</td>
<td>1/4–1 1/2</td>
<td>1/8 lb/acre 2–3</td>
</tr>
<tr>
<td>Annual ryegrass</td>
<td>Early Spring, Late Summer, Early Fall, Fall</td>
<td>45°F</td>
<td>1/2–1 1/2</td>
<td>1/8 lb/acre 2–3</td>
</tr>
<tr>
<td>Barley</td>
<td>Early Winter, Spring</td>
<td>34°F</td>
<td>1/2–2</td>
<td>1/8 lb/acre 2–3</td>
</tr>
<tr>
<td>Buckwheat</td>
<td>Spring to Late Summer</td>
<td>50°F</td>
<td>1/2–1 1/2</td>
<td>1/8 lb/acre 2–3</td>
</tr>
<tr>
<td>Radish</td>
<td>Spring to Late Summer</td>
<td>45°F</td>
<td>1/2–1 1/2</td>
<td>1/8 lb/acre 2–3</td>
</tr>
<tr>
<td>Rye</td>
<td>Late Summer, Fall</td>
<td>34°F</td>
<td>1/2–2</td>
<td>1/8 lb/acre 2–3</td>
</tr>
<tr>
<td>Sorghum-sudan grass hybrid</td>
<td>Late Spring, Early Hybrid</td>
<td>65°F</td>
<td>1/2–1 1/2</td>
<td>1/8 lb/acre 2–3</td>
</tr>
<tr>
<td>Wheat</td>
<td>Late Summer, Fall</td>
<td>38°F</td>
<td>1/2–2</td>
<td>1/8 lb/acre 2–3</td>
</tr>
</tbody>
</table>
Great Plants of the Year 2014

The goal of the Great Plants program is to bring superior ornamental landscape plants into gardens to meet the challenging growing conditions of the Great Plains.

Tree of the Year
Liriodendron tulipifera, tuliptree

Leaves and flowers are large and tulip shaped. Yellow-green flowers with orange base, bloom May into June. Foliage turns bright yellow in fall. Coned-shaped fruit persists into winter. Prefers most fertile soil in full sun. Grow 62-90 feet tall.

Conifer of the Year
Abies koreana, Korean fir


Shrub of the Year
Callicarpa dichotoma, purple beautyberry

Abundant blooms and drought tolerant. Grows 2-3 feet tall. 

Perennial of the Year
Rudbeckia fulgida var. speciosa, showy black-eyed susan

Showy fall display of violet berries on arching branches. Full sun or part shade. Yellow fall foliage. Grows 3-5 feet tall.

Many plants are easily propagated by layering. Verbenas, euonymus, English ivy and climbing roses a few plants that will root if the stems are fastened down and covered with soil. A brown or grayish cast over a lawn can be caused by a dull or improperly adjusted mower blades that shred grass rather than cut it. For fall harvest of lettuce, radish, carrots, beets, turnips, kale and spinach, sow seeds in late July to early August. A garden needs one inch of rain or water each week. Early morning is the best time to water. Evening watering is less desirable because plant leaves that remain wet through the night are more susceptible to fungus diseases. Mulch plants to reduce water losses and improve yields. Cutting flowers is best done with sharp shears or a knife which will help avoid injury to the growing plant. A slanting cut will expose a larger absorbing surface to water and will prevent the base of the stem from resting on the bottom of the vase. It is best to carry a bucket of water to the garden for collecting flowers, rather than a cutting basket. Cut back and fertilize delphinium and phlox to encourage a second flowering. Store pesticides in a safe place in their original containers, away from children and pets. Use pesticides carefully in your garden. Read the labels and follow the directions. The warnings and precautions are for your protection.

Certain pesticides have a waiting period of several days between the time of the last spray and harvest. Read and follow directions on all labels before applying to your vegetable crops. Wash all produce thoroughly before use. Control mosquitoes by eliminating all sources of stagnant water. Divide and transplant bearded iris using the vigorous ends of the rhizomes. Discard the old center portion. Cut the leaves back to about six inches. Continue to make successive plantings of crops like beans and sweet corn to provide a continuous harvest until fall. A small garden will produce a large quantity of vegetables if replanting is done throughout the summer.

Are You Already Using Integrated Pest Management (IPM) Around the Home?

Soni Cochran
UNL Extension Associate

A gentleman came in the Extension office the other day to have a spider identified. He was concerned it was a brown recluse. Fortunately, it was a wolf spider — a harmless accidental invader. What does that mean? It means this particular spider came into the home by accident and wasn't likely to survive. By having the spider correctly identified, he saved time, money and pesticide exposure. After learning his good fortune, he asked, "Well, what all purpose sprays should we routinely use around the house?" My answer is, "None." We highly recommend an Integrated Pests Management (IPM) approach. By following the principles of IPM, you don't need to routinely spray pesticides around your home.

By using an IPM approach, you'll save money, reduce your exposure to unnecessary pesticides.

What is Integrated Pest Management (IPM)?

IPM is an effective, cleaner and greener way to manage pests around your home. Pests need food, water and shelter to survive. One of the most important keys to IPM is to learn what pest you have and what it needs to be able to survive. Your local extension office can be a terrific resource to help you identify your pest and learn what will work best to manage the pest.

Let's take a look at some common IPM techniques. You may already be using these:

Start by Keeping Pests Outside by Excluding Them

• Block entry to your home by caulking around windows, making sure weather-stripping and door sweeps fit securely, and plug or patch holes. Keep window and door screens in good repair. Caps on chimneys and screens on vents can keep out larger animals like raccoons, squirrels and birds.
• If you have leaks or rotted wood on your home, make repairs immediately.

Keep Your Yard Managed and Trimmed

• By keeping your property maintained, you'll help reduce pest populations outdoors. Fewer pests outdoors, can mean fewer pests indoors.
• Trim trees and shrubs so they don't touch your home. Don't give pests easy access to your home.
• Wood mulch looks great and serves an important function, but it can also harbor pests like cockroaches. If you use mulch around your homes foundation, and are having a problem with pests, trying pulling back mulch a few feet from the house.

Keep the Inside of Your Home Clean and Uncluttered

• Put food away immediately after cooking or when finished with a meal. Wash your dishes. Pests have no problem taking advantage of food we leave out. Sanitation is key to pest control.
• Chatter should be removed or kept at a minimum. A cluttered home can provide a nice habitat for pests.

Use Pest Traps

If you think you have a pest problem or want to monitor pests, use a pest trap like a mouse glue board or "roach motel." Place the sticky traps in locations like under the kitchen/bathroom sink, in a laundry room, by the refrigerator and in a utility room. Check the traps routinely.

Glue board traps (at left) are better for catching insects than glue trap traps (right).

If you catch something on the trap, you can bring it to the Extension office for identification. Each pest caught on a sticky trap is also one less pest in your home. For larger mammals, you can work with a pest control professional to exclude and if needed, the animal can be trapped and removed.

FIND MORE INFORMATION
UNL Extension in Lancaster County has information on pests found in and around the home at https://lancaster.unl.edu/pest.
State Fair 4-H Foods Event
New this year — a State Fair 4-H Foods Event will be held during the Nebraska State Fair. Only two people of any age may enter, and both must be at least 10 years old by Jan. 1, 2014. Youth will create a menu, prepare one food item, set up a table, choose a theme, label foods with nutrition and food-safety information and display the food during an interview with a judge. Entrance fee is $23 per team, or $11 per person. St. Jude Children’s Research Hospital will be the beneficiary of the fair. For more information, contact Tracy at 402-441-7180 for more information no later than Aug. 5.

Donated Sewing Machine To Go To a 4-H’er
This is the sixth year Kath Conney, a 4-H clothing superintendent, and her husband, Mike, are graciously donating a brand new sewing machine to one Lancaster County 4-H youth. All interested 4-H youth should submit a paper describing the clothing projects they have done in the past and plan to do in the future. Also explain why they should be the youth to receive the machine. All papers should be sent to Tracy, Lancaster County Extension, 444 Cherrycreek Road, Ste. A, Lincoln, NE 68528.

4-H Horse Show Entries Due Aug. 3
The Ak-Sar-Ben 4-H Stock Show will be held Sept. 25–28 at the CenturyLink Center in Omaha. Categories of this 4-H only competition are dairy, feeder calf & breeding beef, market beef, market broilers, meat goats, lamb, market swine, rabbit and dairy steer. Stock Show exhibitors must be at least 10 years of age by Jan. 1.

State Fair 4-H & FFA Animal Entries Due Aug. 10
4-H & FFA animal exhibitors ages 10–18 are eligible to participate at the Nebraska State Fair regardless of county placing. This year, 4-H/FFA youth and their families will be responsible for making their own livestock, cattle, and horse entries online for the Nebraska State Fair. This means Lancaster County Extension staff will not be collecting State Fair entries or entry fees during county fair. Entries will be due Aug. 10.

Jacksonville, July 12
Due to popular request, Hunter’s Pride 4-H Club will hold another 4-H Jumping Clinic instructed by Carine Stava on Saturday, July 12 at the Lancaster Event Center — Pavilion 3. Students will get ½ hours of quality instruction per group of 4 or 5 riders, and all experience levels are welcome and encouraged! Groups will be separated by experience level. Students will be coached on the basics and fundamentals of safety and will be taught how to ride courses based upon which mates are offered. Premiums and ribbons will be awarded by July 3 with payment. More information and registration form is at http://lancaster.unl.edu/4h/jumpingscienceJuly14.pdf. Call 402-890-6291 with questions.

State Fair 4-H Horse Show
The Fonner Park State 4-H Horse Exposition will be held July 13–17 at Fonner Park in Grand Island. Information is at http://go.unl.edu/statefairhorse.

Health Papers
A 14-day health certificate and a Coggins Test will be required for a horse to be shown at the Fonner Park State 4-H Horse Show. Hillcrest Animal Clinic will offer two Health Certificate/Coggins Testing Clinics at a reduced rate for 4-H’ers. Cost for the health certificate will be $10 per trailer and the coggins test is $20 per horse. Locations and times are:

- Salt Creek Wranglers, Thursday, June 20, 6 p.m.
- Hillcrest Clinic, Wednesday, June 26, 5–6:30 p.m.

Policy on Horse Drugs
No 4-H Horse exhibitors and/or owner shall exhibit a horse at the Fonner Park State 4-H Horse Exposition that has been given, in any manner whatsoever, internally or externally, and/or with the use of any substance, regents, antiscorbutic, analgesic, local anesthetic, or drug of any kind or prescription within 24 hours before the first scheduled show or race.

Jumping Challenge
For sixth year, the 4-H Horse Course Hippology Challenge will be a part of the Lancaster County Super Fair. The challenge will be held Friday, July 27, 9:30 a.m. at the Lancaster Extension Education Center. There will be three age divisions, elementary (8–11) junior (12–14) and senior (15–19). Premiums and ribbons will be awarded. Top ten placings and Reserve and Champion trophies will be awarded at the 4-H Horse Awards Night on Thursday, Oct. 2.

Horse Course Challenge, July 27
For the sixth year, the 4-H Horse Course Hippology Challenge will be a part of the Lancaster County Super Fair. The challenge will be held Friday, July 27, 9:30 a.m. at the Lancaster Extension Education Center. There will be three age divisions, elementary (8–11) junior (12–14) and senior (15–19). Premiums and ribbons will be awarded. Top ten placings and Reserve and Champion trophies will be awarded at the 4-H Horse Awards Night on Thursday, Oct. 2.

Super Fair 4-H Horse Entry Forms Due July 1
All Lancaster County Super Fair Horse Entry Forms are due in the extension office by Monday, July 1. NO LATE ENTRIES will be accepted. Reminder — you must have a 4-H membership level II or III. Horsemanship requirements and all forms turned into the extension office before July 1 will be entered in the fair.

You must have passed Level II to participate in on-the-horse roping classes. Roping Class I requires a performance on Level III. Extreme Versatility is open to all riders with a level IV and seniors with a level III. Disciple Rail requires a level III or IV — junior and senior participants only.

Thank You Donna Bundy
The Lancaster County 4-H Volunteers in Programming Services (VIPS) Committee would like to thank Donna Bundy for her many years of service as superintendent of the 4-H Dog Show at the Lancaster County Super Fair. A 4-H volunteer for over 20 years, Donna was superintendent for most of those years and leader of the Canine Companions club. She has been instrumental in finding equipment to borrow for the dog show, as well as setting up the equipment safely. Donna will continue volunteering for the 4-H Dog Program, but is helping train a new superintendent. Donna’s dedication to the dog program is remarkable. Her guidance over the years has helped to shape the dog show into what it is today. Thank you Donna.

Healthy Food Event, July 10
All youth ages 8 and up are invited to participate in a “Fun with Healthy Food!” workshop on Thursday, July 10, 8:30 a.m.–4:30 p.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road. Making healthy food choices can be fun and tasty! Youth will make their breakfast, lunch, supper and more! $10 fee. Register by July 7 with payment. Registration form is available at the Extension office and online at http://go.unl.edu/ndfh.
Volunteers Needed
Adults and youth ages 12 and up are needed to help during the Lancaster County Super Fair.

- The 4-H Corn Hole Speed bowl booth from Wednesday, July 30 through Sunday, Aug. 3 (sign up online at http://go.unl.edu/5bg/fair).
- Static exhibit set-up on Thursday, July 24 at 6:30 p.m. (pizza will be served for volunteers) and Saturday, July 26 at 8 a.m. in the Lincoln Room.
- During judging of static exhibits on Wed., July 30.
- Teen tour guides are needed for Fair Fun Day for child care groups on Friday, Aug. 1 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 at 402-441-7180.

Presentations, July 19
This year’s Presentations Contest will be Saturday, July 19, 9 a.m. at the Lancaster Extension Education Center. Open to all 4-H’ers ages 8-18 (4-H age), see Fair Book page 12 for complete contest information. A handout is available at http://lancaster.unl.edu/4h/Fair and the extension office. All participants are strongly encouraged to read the handout. Must preregister by July 14.

Style Revue Judging, July 22 • Public, July 31
Style Revue judging will be Tuesday, July 22, 8 a.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road. The Public Style Revue will be Thursday, July 31 at 7 p.m. at the Lancaster Event Center, Exhibit Hall. A handout and entry forms are available at the extension office or online at http://lancaster.unl.edu/4h/Fair. Must submit entry forms by July 14.

Static Exhibit Check-In, July 29, 4–8 p.m.
4-H & FFA static exhibits do not preregister, but MUST be physically checked in on static Exhibit Check-In on Tuesday, July 29 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, additional information, recipe cards, data tags, etc. MUST be attached at this time. In the Lincoln Room, exhibits are grouped into the following areas designated by signage: Creative or Kids; Photography, Home Environment; Clothing; Food & Nutrition; Horticulture; and Science, Engineering & Technology. A registration table is set up for each of the above areas — please take project(s) to the appropriate area(s). All static exhibits will be released on Monday, Aug. 4 from 7–11 a.m. Please pick up project(s) at each of the area(s) you have exhibits.

Fair Promotional Special Exhibit
New this year is a special county exhibit: Fair promotional exhibit at the Lancaster County Super Fair. Include information describing exhibit, inspiration for it, etc. Must be checked in with static exhibits, see above.

Interview Judging, July 30
Interview judging is Wednesday, July 30 starting at 9 a.m. in the Lincoln Room. 4-H’ers have the opportunity to talk to judges about their fair static exhibits and share their trials and lessons they learned. 4-H’ers also learn what the judge looks for and how to improve skills. 4-H’ers may interview judge ONE exhibit from each project area. Refer to page 15 of the Fair Book for project areas which have interview judging. Members, parents, or leaders can call the extension office at 402-441-7180 to sign up members for a five-minute time slot — preregister between July 7 and 25. If slots are still available, may sign up during Static Exhibit Check-in on Tuesday, July 29, 4–8 p.m.

Chicken Dinner Fundraiser, Aug. 1
Lancaster County 4-H Council is having a Chicken Dinner on Friday, Aug. 1, 5:30–7:30 p.m. at the Exhibit Hall - Room 2 (during the 4-H Table Setting Contest). Dinner features Rainbow Cane’s chicken fingers and is a fundraiser for 4-H Council. Advance sale tickets can be purchased for $6 at the Extension office before the Super Fair or at the 4-H Corner Stop during the fair. Tickets at the door are $7.

Clover Kids Show & Tell, Aug. 3
All Clover Kids, youth age 5-7 by January 1, 2014, are invited to show & tell 4-H animal exhibits at the Lancaster County Fair, Sunday, Aug. 3, starting at 1 p.m. Clover Kids Show & Tell is held in the Lincoln Room at the Lancaster Event Center. Youth are asked to bring a show & tell item to do a short presentation at this time. See page 10 of the Fair Book for more information. To register, call 402-441-7180 between July 7 and July 25, or sign up at the static exhibit area Tuesday, July 29, 4–8 p.m.

Lancaster County 4-H & FFA Livestock Premium Auction
All 4-H and FFA Fair livestock entry forms are due by extension by Tuesday, July 1, 4:30 p.m. or postmarked by July 1. No late entries will be accepted. One Livestock Entry Form Must be completed for each exhibit entering livestock. Bedding fees ($7/bed) for beef, dairy and bucket calves are charged. Exhibits entered with entry forms — bedding for other animals must be purchased at the fair. Entry forms are available at the extension office or online at http://lancaster.unl.edu/4h/Fair.

Livestock Reminders
• Market beef and breeding heifers check-in separately. Market beef are 10–11 a.m., breeding beef are 11 a.m.–12 noon on Thursday, July 31.
• All registered breeding heifers must have current registration papers and tattoos presented at check-in. If registration papers are not shown at check-in, heifer will be shown as a commercial breeding heifer.
• No swine will be allowed in the wash racks for on or after paint branding, the paint needs time to dry. All hogs must be washed and dry at time of reaching the check-in area.
• Champion junior showman from Sheep, Beef, Swine and Dairy Cattle are eligible for the Elite Showmanship Contest, now in its second year.

Youth Livestock Premium Auction Donations
Please remember to talk with your community businesses to get donations for the fourth annual Lancaster County Youth Livestock Premium Auction. The success of the auction is dependent on 4-H’ers to acquire donations and buyers for the auction to support scholarships for the youth of this county! For more information, call Scott Heinrich, Auction Committee Chair at 402-540-0597.

4-H/FFA Livestock Booster Club Scholarships Due July 5
Applications for the Lancaster County 4-H/FFA Livestock Booster Club $500 college scholarship are due July 5. Open to all Lancaster County 4-H and FFA members, and preference will be given to those who have exhibited production livestock in 4-H or FFA. The application is at the extension office and online at http://lancaster.unl.edu/4h/Fair and http://lancaster.unl.edu/livestock/edug. For more information, contact Colie Meadow at 402-441-7180. Winners will be announced at the Youth Livestock Premium Auction.
EXTENSION NEWS

Two New Nutrition Staff

University of Nebraska–Lincoln Extension in Lancaster County recently hired two new staff members for the Nutrition Education Program (NEP).

Jessica Wolter is an Extension Assistant for the Supplemental Nutrition Assistance Program Education (SNAP-Ed). Previously, Jessica worked as an Extension Assistant for Douglas/Sarpy Counties NEP in Omaha.

In Lancaster County, Jessica will coordinate NEP’s School Enrichment program for 1st, 4th and 5th grades. NEP works with qualifying Lincoln elementary schools to deliver nutrition kits containing materials for hands-on educational experiences to classrooms. Jessica will present hand washing and food preparation activities in those classrooms as well.

Emily Schuckman is an Extension Assistant for the Expanded Food and Nutrition Education Program (EFNEP). She will be working with limited resource families with one or more children and pregnant mothers. Emily will teach nutrition and food safety lessons for a variety of programs in Lancaster County, including Cornhusker Women, Infants, and Children (WIC).

Emily grew up in Norfolk, Neb. She attended the University of Nebraska-Lincoln and earned a Bachelor of Science in Nutrition, Exercise and Health Science; and a Master of Science in Leadership Education. Additionally, Emily is a certified Group Exercise Instructor, Personal Trainer and is a Physical Activity in Public Health Specialist. Previously, she worked as a Wellness Educator for the University Health Center at UNL.

EXTENSION CALENDAR

All events will be held at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln, unless otherwise noted.

June

24 4-H Horse Level Testing, Lancaster Event Center - Amy Countryman

26 Co-Parenting for Successful Kids Class

30 4-H Horse Incentive Program Ends

June 30–July 1 Premier Animal Science Events (PASE)/FCS Life Challenge, UNL East Campus

July

1 All 4-H/FFA Lancaster County Super Fair Animal Entries Due to Extension

1 4-H Horse Level Testing, Lancaster Event Center - Amy Countryman

5 4-H/FFA Livestock Booster Club Scholarships Due July 5

10 Healthy Food Workshop - 8:30 a.m.-4:30 p.m.

10 Extension Board Meeting

12 4-H Horse Jumping Clinic, Lancaster Event Center - Pav. 3

13–17 State 4-H Horse Show, Fonder Park, Grand Island

15 Guardian/Conservator Training

15 4-H Horse Incentive Program Forms Due to Extension

19 4-H Presentations Contest

22 4-H Style Revue Judging

24 4-H Food Booth Training, Lancaster Event Center - Lincoln Room

27 4-H Horse Course Challenge

29 4-H & FFA Static Exhibit Check-In for Lancaster County Super Fair, Lancaster Event Center - Lincoln Room

30 4-H Static Exhibit Interview Judging, Lincoln Event Center - Lincoln Room

July 31–Aug. 9 Lancaster County Super Fair (4-H/FFA Exhibits & Events)

Fresh Herbal Food Program at Pioneers Park Nature Center

The Pioneers Park Nature Center will hold a program for adults, “Fresh Herbal Food,” on Saturday, July 22, 11 a.m. to 1 p.m. at the Prairie Building. Fee is $10 per person. Register by July 30 by calling 402-441-7895. Middle Eastern cuisine has fantastic vegetarian dishes that are healthy and very flavorful. Learn how easy it is to prepare delicious recipes using fresh herbs and a few key ingredients. Recipes to sample will include falafel, hummus, tzatziki and more.

EXPERIENCE: What's in a name?

4-H District Speech/PSA Results

The 2014 4-H Southeast District Speech and Public Service Announcement (PSA) contest was held in May at UNL East Campus. The top five in each division received medals. Medal winners in the senior divisions advance to the State Contest which will be held during the Nebraska State Fair. The following Lancaster County 4-H’ers earned purple ribbons.

Speech Contest:

• Junior division — Grace Spaulding, Sadye Daniel
• Intermediate — Megan Lange (medal)
• Senior — Sheridan Swotek (medal)

Public Service Announcement Contest:

• Junior division — John Boesen (medal), Riley Peterson (medal)
• Intermediate division — Nate Becker (medal)

4-H’s Focus on Safety in Bicycle Contest

Several youth participated in the 2014 4-H Bicycle Safety Contest on June 7 at the Lancaster Extension Education Center. Part of the Lancaster County Super Fair, the contest consists of a bike inspection and bicycle riding skills events. Top winners were Taylor Yakel (senior champion), Valerie Grass (senior reserve champion), Ryan Yakel (junior champion) and Dylan Lindgren (junior reserve champion). More photos are online at www.flickr.com/photos/unlextence/sets.

Super Fair Volunteer Opportunities

The Lancaster County Super Fair will be held July 31–Aug. 9 at the Lancaster Event Center, 848 & Havelock in Lincoln. Volunteers ages 18 and up are needed to help with a variety of events during the fair. Shifts are two or more hours. Volunteers receive a free T-shirt. For more information, call Trudy Pedley at 402-441-6545.

4-H State Fair Volunteers

The Nebraska 4-H program is seeking volunteers. A list of 4-H volunteer opportunities and sign up information is online at http://4h.unl.edu/nebraskastatefair/volunteer. If you have questions, contact Cathy Johnston at 402-472-1762.

Start Your Story at Nebraska

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Lancaster County Years of Service

Recently, a Lancaster County employee at University of Nebraska–Lincoln Extension in Lancaster County was recognized for years of service to Lancaster County: Pam Branson, Clerk, Typist II, recognized for 40 years of service.

4-H Interns Assist During Summer

Each year, student interns join the 4-H staff at the University of Nebraska-Lincoln Extension in Lancaster County and provide much needed assistance during the summer for contests, Lancaster County Super Fair and other activities.

• Rachel Pickrel assists Tracy Anderson with Clover College, county fair static exhibits and contests. Rachel is a student at Nebraska Wesleyan University where she is majoring in musical theater and minoring in business, marketing and music. This is her third summer as a 4-H intern. Rachel was a 4-H member in Lancaster County for 10 years.

• Erica Peterson assists Cole Meador in the livestock areas. Erica just finished her second year at UNL where she is majoring in ag education leadership with a minor in animal science with an emphasis on beef. This is her second summer as a 4-H intern. She was a 4-H member in Lancaster County for 10 years.