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The NEBLINE

July 2009

444 Cherrycreek Rd., Suite A, Lincoln, NE 68528 • (402) 441-7180 • <http://lancaster.unl.edu>

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2009
LANCASTER COUNTY FAIR
AUGUST 5-9



Support 4-H — Volunteer at the Lancaster County Fair!
—see page 9 & 12

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Lancaster County 4-H Council
University of Nebraska-Lincoln
Extension in Lancaster County
444 Cherrycreek Road, Suite A
Lincoln, Nebraska 68528-1507

Lancaster Rural Water District

Providing Water to Acreages and Villages for 35 Years

Tom Dorn
UNL Extension Educator

Following the enactment of the 1967 Rural Water District Act, a group of farm operators in southeast Lancaster County began studying the feasibility of creating a water district. In 1971, the group was able to secure a \$990,000 loan from the Farmers Home Administration to construct phase one of Lancaster Rural Water District No. 1. The initial project, completed in 1974, supplied water to 400 customers.

The rural water system has been expanded over the years. The present boundaries are roughly from Gage Road on the south, to Holdrege Street on the north and from SW 29 Street (Martell) on the west to Road 4 in Otoe County on the east. The district currently has five wells, six elevated storage structures (water towers) plus a half-million gallon ground-level storage tank. There are five booster stations to keep the water pressure at design specifications throughout the distribution system.

Presently, the water district supplies water to 1,575 private customers; each billed individually. They also sell water to the villages of Panama, Bennet and will soon be supplying water to the village of Roca. All of these villages still use their pre-existing water towers and piping systems. The district also supplies customers living in the villages of Martell and Cheney. Neither of these villages has elevated water storage, so depend on the pressure in the rural water district system just like the rural customers.

Much of the growth in the number of individual customers has been due to the ever increasing numbers of acreages throughout the

area. Future projects include building a second half-million gallon above ground storage tank with associated booster pumps and a seventh elevated storage (water tower) to ensure a plentiful supply during peak periods. Plans are moving forward to add another trunk pipeline in an area where additional acreage development is likely.

Eastern Nebraska, including most of Lancaster County, is underlain by a potpourri of strata laid down over several geologic epochs. Much of the groundwater tapped for domestic and livestock use in south-east Lancaster County is in ancient fractured limestone and shale deposits. The water drawn from these deposits tends to have

high levels of calcium and magnesium making the water “hard.” Some groundwater in the area also has high levels of dissolved iron and manganese which, when exposed to air, causes stains on plumbing fixtures, can stain clothes and imparts bad taste to the water.

The main reason the water district was formed was to provide better quality water than people can find beneath their own property. The location and depth of the wells supplying water to the water district are carefully chosen to provide the highest water quality possible. The wells are drilled into a sandstone formation which lies deeper than, and is hydraulically separated from, the aquifer tapped by most domestic wells.

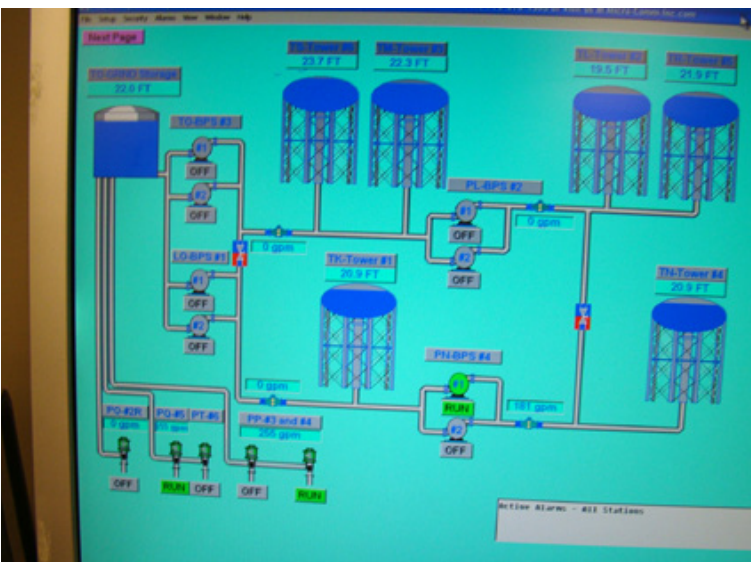
Water quality is closely monitored. Water samples from each well are sent to the Nebraska State Health Laboratory on a regular schedule. Tests to detect coliform bacteria (an indication of contamination by human or animal waste) are taken three times a month. Since first coming on-line, the water has been of such high



500,000 gallon ground-level storage tank



Pumps at one of five booster stations



Computerized monitoring system

Photos by Tom Dorn



One of six elevated storage structures (water towers)

purity, there has never been a time when the water had to be treated with chlorine to control bacteria in the water delivered by the water district.

Samples are also taken on the schedules set by the State Health Lab to monitor the concentration of heavy metals (lead, copper and arsenic). Tests to monitor levels of calcium, chloride, nitrate-nitrogen, fluoride, iron, total hardness, manganese, sodium, pH and sulfate also are taken and analyzed by the state health lab on a prescribed schedule. Tests also scan for trace levels (parts per million or parts per billion) of certain agricultural

pesticides or chemical families of pesticides.

The headquarters of Lancaster Rural Water District No. 1 is in Bennet at 310 Fir Street. For more information, go to www.lrawd1.com or call 782-3495.

FOR MORE INFORMATION

For University of Nebraska-Lincoln resources about water issues, go to:
• UNL Water Web site at <http://water.unl.edu>
• UNL Extension in Lancaster County at <http://lancaster.unl.edu/ag/water.shtml>

Watch for Blister Beetles in Alfalfa

Alfalfa producers should be on the alert for blister beetles (*Epicauta spp.*) as they prepare for the next cutting. Blister beetles feed on a plant's flowers and leaves, but usually cause little damage. They can create a serious problem, however, for the animals that consume them. Blister beetles contain a lipid (fat) soluble blistering agent called cantharidin, which causes blisters on skin tissue upon contact and can severely irritate an animal's digestive tract, especially horses.

Adult blister beetles vary in size and color but can be recognized by elongated, narrow, cylindrical and soft bodies. When viewed from above, they have a constriction behind the head where it attaches to the narrowed anterior end of the thorax. Several species of blister beetles are common to Nebraska and pose varying degrees of problems. In Nebraska, the gray, black and three-striped blister beetles are most common. The three-striped is long, slender, brown and yellowish-gray with yellowish stripes. The gray is a larger beetle that is 9/16-inch



Gray, black and three-striped blister beetles, all of which are toxic to horses and some other animals to varying degrees. Increased numbers of blister beetles in the second and third cuttings of alfalfa could pose problems for horses and livestock.

to 11/16-inch long. The gray coloring is due to a thick covering of hair. The black blister beetle is the largest of the three species. It is more robust and is 5/8-inch to 7/8-inch long.

Adult blister beetles can generally be found in alfalfa through the second and third cuttings and some years into the fourth cutting. Horses are particularly susceptible to blister beetle poisoning. Part or all of a horse's digestive tract can be severely irritated, leading to secondary infections and bleeding. Cantharidin is absorbed and excreted through the kidneys, thus irritation of the kidneys, ureter, urinary

bladder and urethra could be followed by secondary infections and bleeding. The substance also lowers serum calcium levels and causes damage to heart muscle tissue.

Researchers estimate the minimum lethal dose of cantharidin is about one milligram per kilogram body weight of a horse. The lethal dose for cattle may be as low as 0.5 milligram per kilogram body weight. Consequently, a few beetles with a high cantharidin level would kill a small horse, but quite a few with a low level would be required to kill a larger horse. About 1,700 black blister beetles would be needed to kill an 825-pound horse, but

only 120 three-striped blister beetles. However, only 40 three-striped blister beetles would kill a 275-pound colt. As little as four to six grams of dried beetles can be fatal to a horse.

Management

Toxicosis by blister beetles is related to simultaneous cutting and crimping of hay when beetles are present. If hay is cut with a sickle bar or rotary mower and not crimped, the beetle can leave the hay after it is cut. If the beetles are not allowed to escape, the trapped beetles die and are incorporated into the hay.

Scout fields, particularly in border areas, for the pres-

ence of blister beetles and if found, treat with a short residual insecticide before cutting. Insecticides approved for use on alfalfa can be found on the UNL Department of Entomology Web site.

When selecting a pesticide, read the label to determine harvest restriction intervals. Kansas State University doesn't recommend blister beetle treatment because the dead beetles, which are still toxic, remain in the field. Other recommendations include not using crimpers on hay intended for horses and cutting alfalfa in the bud stage because blooms attract blister beetles.

It is difficult to eliminate the possibility of blister beetles in alfalfa, but carefully examining the hay being fed to horses may help detect their presence.

FOR MORE INFORMATION

University of Nebraska-Lincoln Extension "Insecticide Recommendations for Blister Beetles in Alfalfa" online at <http://entomology.unl.edu/instabls/alfbbshtles.shtml>

Use of Copper Compounds to Control Algae in Farm Ponds

Copper has been used for many years as an effective algacide in farm ponds, livestock water tanks and nurse tanks used by farmers as a source of water for mixing pesticides. This article will discuss the use of copper to control algae in farm ponds.

It is vitally important to accurately identify whether the problem is indeed algae when attempting control measures. I often get calls wanting to know how to kill "algae" in a pond, but after a short conversation, I discover the caller actually has aquatic weeds, not algae. Copper, in the concentrations that can be used in a pond will have no effect on higher plants and would be a waste of time and money.

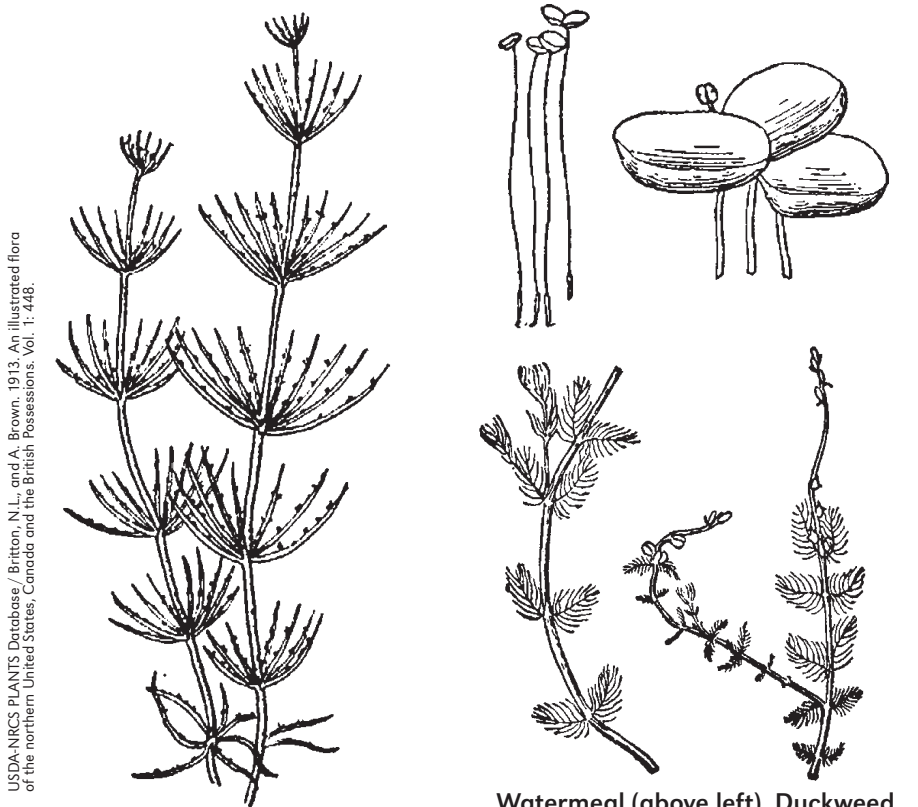
The three most common types of algae are single-celled (planktonic) algae, filamentous algae and higher algae (Chara).

Single celled algae is too small to see individually. They turn the water a uniform green color. Plants most often mistaken for single-celled algae are Duckweed and Water milfoil. These are small multi-celled plants that float on the surface and are pushed from one side of the pond to another by the wind.

Common filamentous algae are: *Spirogyra* spp. — slimy and green; *Cladophora* spp. — cotton mat type; and *Pithophora* spp. — horsehair-clump type.

Nitella spp. and *Chara* spp. (also called muskgrass) are large green algae that are anchored to the bottom but do not extend above the surface. Chara are stem-like, with thin, leaf-like structures, often confused with seed plants. When crushed, Chara produces a musky odor. Higher plants often confused with Chara are pond Naiad and Coontail. See *Aquatic Plants and Their Control* from Kansas State University in the reference list below.

According to: *Managing Iowa Fisheries, Use of Copper Compounds in Aquatic Systems* (see reference list below), only a thin line separates effective algae-treatment levels from



Chara (also called muskgrass) is a higher algae. Copper is an effective algacide.

Watermeal (above left), Duckweed (above right) and Water milfoil (below) are NOT algae. These floating plants respond poorly to copper algacides.

Dosage rates for copper sulfate are listed below, by alkalinity level:

0-40 ppm	DO NOT USE
40-60 ppm	0.33 ppm
60-90 ppm	0.5 ppm
90-200 ppm	1.0 ppm
Above 200 ppm	2.0 ppm

The maximum copper sulfate dosage rate is 2.0 ppm. One (1.0) ppm equivalencies are as follows:

- 0.0038 grams per gallon,
- 0.0283 grams per cubic foot,
- 0.0000624 pounds per cubic foot,
- 1.0 milligrams per liter, and
- 2.7 pounds per acre-foot.

For example: the maximum dosage rate for a half-acre pond with an average depth of 10 feet, would be calculated as follows.

Volume = 0.5 acre x 10 feet = 5 acre-feet

Maximum dosage = 2.7 pounds/ppm per acre-foot x 2 ppm = 5.4 pounds per acre-foot.

Maximum pounds of copper sulfate = 5.4 pounds/acre-foot x 5 acre-feet = 27 pounds.

lethal overdoses to fish. And not all fish are equally tolerant of copper sulfate for example, the compound is highly toxic to salmonoids (trout and salmon). This fact sheet is designed to explain when and how to use copper in aquatic systems and which precautions to take before using it.

Copper comes in several readily water-soluble forms, the cheapest and most commonly used of which is copper sulfate (cupric sulfatepentahydrate). This form is available as either a crystal or a powder and is known as "bluestone" or "powder blue." When copper sulfate is bought from a commercial manufacturer of copper, the percentage of copper in the formula should be carefully noted. The following dosage rates assume 25% metallic copper.

Several companies market copper

in chelated liquid and crystal forms. Chelated copper compounds stay in solution longer than copper sulfate does, tend to control algae better and seem safer to fish. Chelated copper compounds will have higher initial costs than copper sulfate. Dosage rates of copper compounds depend upon both manufacturer instructions and chemical type (liquid or granular).

Determination of Dosage Rates

Determine dosage rates before using any type of copper treatment. First, measure the total alkalinity, (NOT the hardness of your water), in parts per million (ppm); and the pH, since the toxicity of copper to fish increases as the total alkalinity and pH decrease.

If total alkalinity is less than 40 ppm, copper treatments are not recommended because of the risk to fish. Algae control in waters with high alkalinity levels (greater than 250-300 ppm) can be improved by use of chelated copper compounds.

Copper sulfate in waters with high total alkalinity levels will settle before algae is completely controlled. Alkalinity is variable especially in eastern Nebraska, so if you do not know the concentration, find out before treating with copper.

Sources: Managing Iowa Fisheries, Use of Copper Compounds in Aquatic Systems — Iowa State University at <http://www.extension.iastate.edu/Publications/PM1352I.pdf> and Aquatic Plants and Their Control — Kansas State University at <http://www.oznet.ksu.edu/library/crpls2/c667.pdf>

Two-Spotted Spider Mites



Leaves of plants infested with two-spotted spider mites have distinct pale-yellowish blotches.



The under surfaces of infested leaves have silken threads. Pictured are adult mites on webs.

Don Janssen
UNL Extension Educator

Injury

Tiny mites suck plant juices from the leaves of many vegetable crops, causing a discoloration of leaves due to the loss of chlorophyll. Leaves of infested plants have distinct pale-yellowish blotches. As the mite population increases, the entire leaf turns brown, dries and drops from the plant. The under surfaces of infested leaves have silken threads spun across them, often forming large webs over the plant. Plants lose vigor, leaves drop off and the plants die eventually.

Description

Adult mites have eight legs, are very small (1/60 of an inch in length), are oval and range in color from the clear to light yellow to brownish orange. Two

dark spots can be seen on the back of the adult. The eggs are spherical, a shiny pale yellow, attached to the underside of the leaves and can be seen with a hand lens. Newly hatched larvae are very small and can have only six legs. These develop into the nymph stages, which have eight legs and become adults shortly thereafter. The entire life cycle from egg hatch to adult depends on the temperature and can range from 40 days at 55 degrees F to 5 days at 75 degrees F.

Habits

Two-spotted mites overwinter as adults in soil, on tree bark and in similar sheltered places. They become active in early-spring but usually reach peak abundance in mid- to late-July during hot, dry weather. Mites attack nearly all vegetable plants and are readily seen on beans, cucurbits, eggplant, tomato and potato.

Nonchemical Control

1. Mow weeds around the garden border to reduce the mite population.
2. Wash mites off the plants with a soap and water solution applied under sufficient pressure to break the webs. Or, wash the plants with water, using a garden hose

Chemical Control

1. Excessive use of the insecticides carbaryl (Sevin) kill beneficial mite predators, allowing mite populations to increase rapidly. Insecticidal soap and either pyrethrin or kelthane may be used in your spray tank to reduce a mite population buildup.
2. Thorough coverage of leaves, especially the undersurfaces, is necessary to obtain good control.
3. Read and follow all label directions. Observe the proper days' wait before harvest for each particular crop.

Water Conservation at Home Begins in the Bathroom, Laundry Room

Sharon Skipton
UNL Water Quality Educator
Shirley Niemeyer
UNL Housing and Environment Specialist

To conserve water in the home, start with the largest water users. The toilet, shower, bath and washing machine account for two-thirds of the water used in an average household.

About 20 percent of toilets leak. Put a few drops of food dye in the tank. After 15 minutes if color appears in the bowl, there is a leak that should be repaired. Typically, the toilet flapper needs replaced.

A toilet installed prior to 1993 may use up to seven gallons of water per flush. Newer toilets use 1.6 gallons per flush. Pressure and vacuum assisted and jet action toilets were designed to improve waste removal.

Toilet dams, 1.6 gallon flappers or water-filled plastic containers can be installed in older toilet tanks, but reduced flow can affect flushing. About three gallons of water in the tank may be needed to flush properly. Avoid bricks that crumble and affect operation.

Older showers can use as much as six to eight gallons of water per minute fully opened. As of 1994, shower heads use no more than 2.5 GPM. A quick shower usually draws less water than a bath. If using a bath, use lower bathtub levels.

Adjust water level of the washing machine to the laundry load size and soil. Typically, less water will be used to wash fewer full loads than several small loads.

Look for the EnergyStar label and amount of water used for washing machine tub capacity. Some washers sense the load size, soil of water, fabric and adjust the water level. High pressure rinses to spray clothes during the rinse cycle reduce water consumption. Adjustable water level settings allow the ability to choose the level for the load.



Harvesting Rainwater Helps Conserve Water and Save Money

What Are They?

A rain barrel is any above ground container modified to receive, store and distribute rooftop runoff for non-drinking uses. The typical size of a rain barrel is 55 gallons. The main components of a rain barrel are a connection to the downspout, a filter to prevent mosquitoes from entering, a faucet to allow for regulated usage and an overflow pipe to divert the excess water.

What Are the Benefits of Rain Barrels?

- Rain water is naturally soft, oxygenated and more acidic than tap water.
- Rain water is free of chlorine, fluoride, salts and other minerals from tap water.
- Saves water for dry spells.
- Reduces runoff and storm-water pollution.
- Can reduce your water bill, especially in the summer.

How Can the Water Collected be Used?

The rainwater collected can be used to water lawns and gardens or wash cars and bicycles. Rainwater collected within the barrel is safe for plants because the typical minerals and pollutants trapped in the rainwater are filtered out by plant roots. Rainwater collected in the rain barrel is not for



drinking; rainwater is more acidic than tap water and may contain particulate matter from air pollution.

How Much Do They Cost?

Rain barrels cost anywhere from \$20 to \$300. The fancier the rain barrel, the more the cost. Costs can be reduced if the barrel is installed by the homeowner. In the summer, lawn and garden watering account for 40% of average household

water usage. By adding a rain barrel, the need for municipal water is reduced. According to the US Environmental Protection Agency, a rain barrel can potentially save most homeowners about 1,300 gallons of water during the peak summer months.

Are There Different Colors, Designs, and Types of Rain Barrels?

Rain barrels come in essentially any design or style. However, most regular rain barrels are usually black or blue plastic. Since only a 1/2 inch rainfall on a 160 square foot roof will fill a 55 gallon rain barrel, some people choose to get a tandem barrel (2 barrels at 1 downspout) or another barrel at a different downspout.

What Type of Maintenance is Required?

The barrel will require periodic cleaning. A safe cleaning solution is 2 teaspoons of castile soap and 2 teaspoons of vinegar per gallon of water or 2 teaspoons of lemon juice per gallon of water. In the winter, the barrel will need to be emptied and disconnected from the downspout.

Source: City of Lincoln Watershed Management: Education Web site

FOR MORE INFORMATION

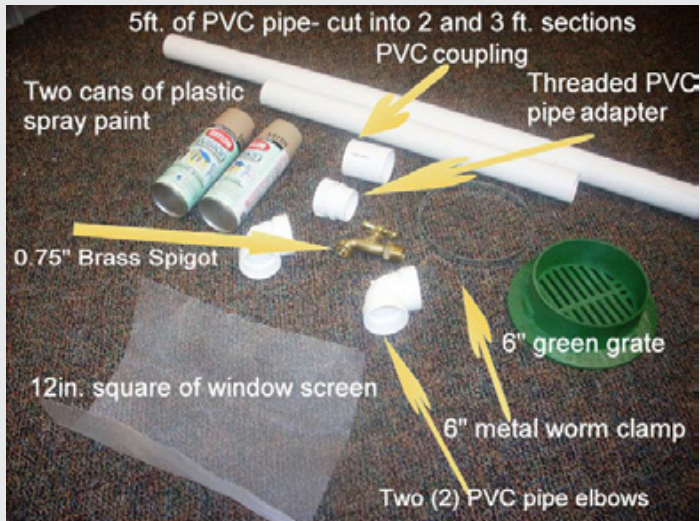
The City of Lincoln Watershed Management Web site has information about:

- Where to Buy a Rain Barrel
- How to Make Your Own Rain Barrel
- Artistic Rain Barrel Program
- Rain Barrel Classes

Go to <http://lincoln.ne.gov> and type keyword "rain barrel"



Next time you visit City Hall, view the rain barrel display.



Shown above are the parts needed to build a rain barrel. The City of Lincoln Web site has step-by-step instructions.

If you are interested in purchasing a used, food-grade plastic barrel, contact Keep Nebraska Beautiful - Materials Exchange Program at 486-4622.



By Alice Henneman, UNL Extension Educator

Skillet Zucchini with Chopped Tomatoes

Preparation Time: 10 minutes • Number of Servings: 4
Cups of Fruits and Vegetables Per Person: 1

- 1 teaspoon whipped light butter*
- 1 cup chopped onion
- 4 small (6-in) zucchini, thinly sliced
- 2 medium tomatoes, chopped
- freshly ground pepper



In a large nonstick skillet, melt margarine over medium heat; add onions and cook, stirring until softened. Add zucchini and cook for 2 minutes. Add tomatoes and cook for 3 to 5 minutes or until zucchini is tender-crisp. Season to taste with pepper.

*Alice's notes: If you don't have whipped light butter, substitute a teaspoon of vegetable oil.

Source: Centers for Disease Control and Prevention Fruits and Veggies Matter Web site at <http://www.fruitsandveggiesmatter.gov/index.html>

Tuna Pasta Salad

Makes 4 servings, about 1 1/2 cups each

- 2 cups macaroni, uncooked
- 2 (6.5 ounce) cans water-packed tuna
- 1/2 cup zucchini, chopped
- 1/4 cup carrots, sliced
- 1/3 cup onion, diced
- 1/4 cup salad dressing, mayonnaise-type

Cook macaroni according to package directions. Drain. Drain tuna. Wash vegetables. Chop zucchini; slice carrots into thin slices; dice onions. Mix macaroni, tuna and vegetables together in mixing bowl. Stir in salad dressing. Chill until ready to serve.

Alice's Notes: Drain and rinse the pasta under cold, running water until cool. To allow flavors to blend, chill the salad for about a half hour to an hour before serving.

Source: Recipes and Tips for Healthy, Thrifty Meals, U.S. Dept. of Agriculture, Center for Nutrition Policy and Promotion, at www.cnpp.usda.gov/Publications/FoodPlans/MiscPubs/FoodPlansRecipeBook.pdf

Lemon Rosemary Zucchini

Makes 4 servings

- 1 tablespoon extra virgin olive oil
- 1 medium yellow bell pepper, diced
- 2 teaspoons finely minced fresh rosemary
- 2 cups chopped zucchini (2 medium)
- 1-3 teaspoons freshly squeezed lemon juice, or to taste
- Salt and freshly ground black pepper, to taste

In medium non-stick skillet, heat olive oil over medium heat. Add yellow pepper and rosemary and sauté 2 minutes. Add zucchini and salt and pepper, to taste. Continue to saute for another 4 to 5 minutes or until zucchini is just tender. Remove from heat and stir in lemon juice.

Nutritional Information: Per serving: 46 calories, 3 g total fat (<1 g saturated fat), 4 g carbohydrate, 1 g protein, 1 g dietary fiber, 6 mg sodium.

Source: American Institute for Cancer Research (www.aicr.org) and featured in the revised edition of *The New American Plate*.

Beef & Parmesan Pasta

Makes 4 servings

- 1-1/2 pounds ground beef
- 1 can (14 to 14.5 ounces) ready-to-serve beef broth
- 1 can (15.5 ounces) Italian-style diced tomatoes, undrained
- 2 cups uncooked bow tie pasta
- 2 cups sliced zucchini (1/4-inch)
- 3/4 cup grated Parmesan cheese

Brown ground beef in large nonstick skillet over medium heat 8 to 10 minutes or until beef is not pink, breaking up into 3/4-inch crumbles. Remove from skillet with slotted spoon; set aside. Pour off drippings. Combine broth, tomatoes and pasta in same skillet, pushing pasta into liquid; bring to a boil. Reduce heat to medium; simmer, uncovered, 15 minutes, stirring frequently. Stir in zucchini; continue cooking 5 minutes or until pasta is tender. Return beef to skillet. Stir in 1/2 cup of the cheese; heat through. Sprinkle with remaining 1/4 cup cheese before serving.

Source: Kaiti Roeder, RD, Nebraska Beef Council and Cattlemen's Beef Board and National Cattlemen's Beef Association - Beef, It's What's for Dinner. For more recipes made with zucchini, enter the word "zucchini" in the recipe search feature at www.nebeef.org/recipe_search.asp and at www.beefitswhatsfordinner.com

Alice Henneman
UNL Extension Educator

Got zucchini?
Whether purchasing or picking zucchini — choose firm, slender zucchini with a bright green color and free of wrinkled skin and soft spots. For best quality, harvest zucchini when it is young and tender, 6 to 8 inches long and about 2 inches in diameter. As zucchini gets longer and bigger around, it becomes tougher and develops more seeds. These larger zucchini can be used to make zucchini bread; scoop out seeds and pulp with the tip of a spoon.

Store unwashed zucchini in perforated plastic bags in the crisper drawer of the refrigerator; wash zucchini just before preparation. "You can either purchase perforated plastic bags or make small holes with a sharp object in unperforated plastic bags (about 20 holes per medium-size bag)," according to the Postharvest Technology Research and Information Center, Department of Pomology, University of California, Davis (<http://homeorchard.ucdavis.edu/FVStorage.pdf>). For best quality, use zucchini within three to four days. Wash the zucchini just before preparation. Zucchini makes a quick

addition to meals as it doesn't have to be peeled!

Before you try to give your zucchini away, here are some suggestions plus **four recipes**:

Quick Tricks with Zucchini

The Produce for Better Health Foundation at www.fruitsandveggiesmatters.org suggests:

- Slice, marinate (try balsamic vinegar) and grill a variety of vegetables including zucchini, asparagus, green onions, eggplant, and mushrooms. They're delicious!



- Cut up veggies like carrots, zucchini and potatoes. Add them to your favorite meatloaf or soup recipes.
- Take your favorite lasagna recipe and try adding different combinations of your favorite vegetables between the layers: mushrooms, spinach, broccoli, carrots, zucchini, onions or eggplant. Be creative.
- Additional tips include:
 - Add raw zucchini to lettuce and pasta salads.

Correction

Please note: the address for St. Paul United Church of Christ Farmers' Market should be 1302 "F" Street (runs Tuesdays through Sept. 8, 4:30-7:30 p.m.).

Fruits Are Good Source of Nutrients

Helping limited-resource families learn to prepare nutritious and safe foods while stretching their food dollars.

Ashley Keller
UNL Dietetic Intern
Karen Wobig
UNL Extension Educator

Do you struggle with adding fruit to your diet? With many fruits in season during the summer, now is a great time to start making sure you get the two cups of fruit recommended each day.

Adding fruit to an entrée is one idea. Examples of fruit in season that are easy to add to entrées are apricots, blueberries, cherries, mangos, strawberries and raspberries. These fruits can create a wholesome, savory entrée your whole family will enjoy.

Fruits, which are low in fat, also contain fiber, essential vitamins and minerals, phytochemicals and antioxidants. They are a great way to get the nutrients we need for our bodies to function properly, but with fewer calories. The following chart contains a few of the most common vitamins and minerals found in fruits.

VITAMIN/MINERAL	FUNCTION	FRUITS
Potassium	Lowers blood pressure, aids in normal heart function and stops fat from building and clogging arteries	Banana, avocado, apricot, prune, orange juice, cantaloupe and honeydew
Fiber	Maintains good bowel movements, decreases blood cholesterol and helps reduce risk of heart disease	Raspberry, pear, apple, dried fig, blueberry, strawberry, banana, orange and raisins
Vitamin C	Essential for health of body tissues, strengthens immune system and aids in the body's ability to heal itself	Strawberry, kiwi, orange, cantaloupe, honeydew melon, watermelon, lemons and limes
Folate	Important for production of red blood cells; especially important during pregnancy to help prevent birth defects	Orange, strawberry, cantaloupe and other melons
Vitamin A	Promotes vision, growth and bone development; good for skin and mucous membranes that protect the body's organs; stimulates immunity	Watermelon, mango, apricot, cantaloupe and peaches

Grilled Chicken with Fresh Mango Salsa

(Serves 4)

- 4 boneless, skinless chicken breast halves
- salt and freshly ground black pepper to taste
- 1 tablespoon olive oil
- 1/4 - 1/2 teaspoon garlic powder
- 1 teaspoon ginger
- 2 mangos, peeled, seeded and diced
- 2 tablespoons cider vinegar
- 1/4 cup chopped fresh cilantro

Rub chicken breast halves with salt and pepper. Place in skillet or on grill. Cook 10 to 15 minutes on each side, until no longer pink and juices run clear. Remove from heat, set aside and keep warm. Place oil in skillet. Using medium heat, sauté garlic, ginger and mangos for 3 to 4 minutes, until mangos are tender. Pour in the cider vinegar. Stir in cilantro and remove from heat. Spoon over the cooked chicken to serve.

FAMILY & COMMUNITY EDUCATION (FCE) CLUBS

President’s View — Bonnie’s Bits

Bonnie Krueger
FCE Council Chair

“July 4th” — the only holiday of the month — is a time for picnics, parades and family fun. Independence Day is a day to honor the birthday of the United States of America



and the signing of the Declaration of Independence of 1776. Fly your flags and if you are at a parade and the flag goes by salute or put your hand over your heart to show respect to our



veterans and military men and women to thank them for our freedom we have in America. Play “Smarter than a 5th Grader” with your children for more knowledge of our country and flag. Have a fun day, but a safe one. God Bless America.

FCE News & Events

FCE Council Meeting June 22

The June FCE Council meeting is Monday, June 22, 7 p.m. at the Lancaster Extension Education

Center. The program will be “Re-Connecting Children and Families with Nature” presented by McKenzie Barry, environmental specialist at the Lower Platte South NRD. Entries for the Heritage

Skills Contest should be brought to this meeting. Categories are sculpture, fiber arts (articles made of thread), scrapbooking and photography. All FCE members are invited to attend.

Lancaster County Association for Family and Community Education presents
SIZZLING SUMMER SAMPLER

Thursday, July 9 • 6 to 9 p.m.
Light Supper at 6 p.m.

Lancaster Extension Education Center
444 Cherrycreek Rd, Lincoln

Cost \$10. Make checks payable to FCE Council.
Send reservation and check by July 1 to:
Clarice Steffens, 11804 S. 5 Street, Roca, NE 68430

Program
MUSICAL ENTERTAINMENT
presented by Anne Bremer

WHY WE LAUGH

How cultural, social and generational differences affect the perception of what is funny
presented by Richard Kimbrough

This presentation made possible by the Nebraska Humanities Council

ASIAN CLOTH WRAPPING TECHNIQUES
Pojagi (Korean) and Furoshiki (Japanese) wrapping techniques will be demonstrated
presented by Sheila Green

Guests welcome!



by Lorene Bartos, UNL Extension Educator

Environmental and Energy Saving Tips When Washing Dishes

- Follow the directions on the label and use only as much detergent as is necessary to clean your dishes.
- Scrape away food residues and heavy grease prior to washing.
- Presoak cooked-on soils to minimize the amount of detergent and elbow grease needed.
- Accumulate dishes, rather than running hot water for a few items. Soaking will soften food soils.
- Wash in a sink or dishpan of suds, rather than under running water, even for a few dishes. Or, turn off the water while you scrub.
- Rinse by dipping each item in a pan of water, or by racking dishes and spray-rinsing. Avoid running water continuously for rinsing.
- Let the dishes air dry, rather than using cloth or paper towels that you would have to launder or toss away.
- Recycle dishwashing detergent containers when empty.

Summer Safety Tips

- One of the best ways to stay safe this summer is to **wear a helmet** and other safety gear when biking, skating and skateboarding, and when riding scooters, all-terrain vehicles and horses. Studies on bicycle helmets have shown they can reduce the risk of head injury by as much as 85 percent.
- Use layers of protection to prevent a **swimming pool** tragedy. This includes placing barriers completely around your pool to prevent access, using door and pool alarms, closely supervising your child and being prepared in case of an emergency.
- Never bring **charcoal grills** indoors. Burning charcoal produces deadly carbon monoxide. When cooking outdoors with a gas grill, check the air tubes that lead into the burner for any blockage from insects, spiders or food grease. Check grill hoses for cracking, brittleness, holes, and leaks. Make sure there are no sharp bends in the hose or tubing. If you ever detect a leak, immediately turn off the gas at the tank and don't attempt to light the grill until the leak is fixed. Newer grills and propane tanks have improved safety devices to prevent gas leaks.
- Make sure your **home playground** is safe. Falls cause 60 percent of playground injuries, so having a safe surface is critical. Concrete, asphalt or packed dirt surfaces are too hard. Use at least nine inches of wood chips or mulch.
- Use softer-than standard **baseballs**, safety-release bases and batting helmets with face guards to reduce baseball-related injuries to children.
- If you are a soccer mom or dad, beware that movable **soccer goals** can fall over and kill children. Make sure the goal is anchored securely at all times and never allow anyone to climb on the net or goal framework or hang from the cross bar. Remove nets when the goals are not in use.
- To prevent serious injuries while using a **trampoline**, allow only one person on at a time and do not allow somersaults. Use a shock-absorbing pad that completely covers the springs and place the trampoline away from structures and other play areas. Kids under six-years-old should not use full-size trampolines.
- Don't allow a game of **hide-n-seek** to become deadly. CPSC has received reports of numerous suffocation deaths involving children who crawled inside old cedar chests, latch-type freezers and refrigerators, iceboxes in campers, clothes dryers and picnic coolers. Childproof old appliances, warn children not to play inside them.
- If summer plans include **camping** and you want heat inside your tent or camper, use one of the new portable heaters equipped with an oxygen depletion sensor (ODS). If oxygen levels start to fall inside your tent or camper, the ODS automatically shuts down the heater before it can produce deadly levels of carbon monoxide (CO). Do not attempt to use alternative sources of heat or power to warm a tent or camper. Traditional camping heaters, charcoal grills, camping lanterns and gas generators also can cause CO poisoning.
- Install **window guards** to prevent children from falling out of open windows. Guards should be installed in children's bedrooms, parents' bedrooms and other rooms where young children spend time. Or, install window stops that permit windows to open no more than four inches. Also, keep furniture away from windows to discourage children from climbing near windows.

Source: U.S. Consumer Product Safety Commission

Learn the Signs/Act Early Autism Awareness

You know the milestones that mark a child's development—pointing at objects, smiling and playing with others. **Many parents do not know these milestones are important indicators of a child's developmental health.** To ensure children reach their full potential, the Nebraska Act Early State Autism Team has partnered with the Centers for Disease Control and Prevention to promote the “Learn the Signs/ Act Early” campaign aimed at educating parents and care providers about the milestones that mark a child's healthy development and early warning signs of autism and other common developmental disorders.

The CDC has developed a variety of FREE campaign materials you can order on-line and distribute to the families. Materials list milestones for every stage and age of development and provide information on resources. All materials have information in both English and Spanish on the same flier.

- Give the appropriate milestones fact sheet to parents at the start of the school year, or when a child has a birthday.
- Use the attractive display pocket to distribute milestone cards in your office or waiting area.
- Give the fact sheets out as checklists and send them home with parents. Encourage them to watch their children and meet

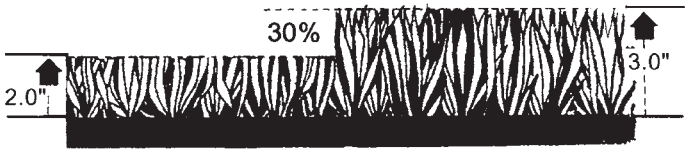
with you to talk about their development.

- Include information from the fact sheets in a newsletter to parents or on bulletin boards in your center or classroom. Materials and shipping are FREE! Materials may be ordered at <http://wwwn.cdc.gov/pubs/birthdefects.aspx>. Materials may also be viewed or downloaded at <http://www.cdc.gov/ncbddd/actearly/downloads.html>.

For more information about the campaign, contact Kelli Ellerbusch with the Munroe-Meyer Institute at the University of Nebraska Medical Center, (402) 559-4892 or e-mail kellerbusch@unmc.edu.
Source: Kelli Ellerbusch, Nebraska 4-H Alerts

Tips to Make Your Yard and Community a Safer, Healthier Place

- Meet Your Yard** — Learn about the soils, plants, climate and wildlife around your home.
- Be Plant Perfect** — Avoid invasive plants and those not adapted to local conditions. Perfect plants are suited to their location requiring less water, fertilizer, pruning and pesticides.
- Be Water Wise** — Water lawns only when needed, but to the depth of the root zone. Consider replacing irrigated turf with drought tolerant ground covers.
- Be a Pest Pro** — Identify pests correctly. This allows for the most appropriate control method.
- Police Pollution** — Prevent fertilizer, pesticides and animal waste from entering water sources or wastewater systems.
- Be Well Read** — Read the label, its the law. Keep children and pets away from pesticides. Store and dispose of pesticides according to label instructions.
- Go Native** — Create wildlife habitat at home using native plant species. Remove invasive plants that may threaten or destroy native habitat.
- Make a Pile** — A compost pile recycles grass clippings, leaves and other organic material. It is a great natural fertilizer too.
- Recycle Your Lawn** — Leave the grass long when mowing and leave the clippings in place. This saves water and fertilizer. Never mow more than one third of the height of the grass.



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

This information was adapted from the Environmental Guidelines for Responsible Lawn Care and Landscaping as developed by the members of the Lawns and Environment Initiative (L&E). To learn more about the development of the Environmental Guidelines for Responsible Lawn Care and Landscaping and the L&E Initiative go to www.lawnsandenvironment.org

There is Still Time to Control Bagworms in Early July

Bagworm larvae hatched in early June and have been feeding on plant material for nearly a month. They are about half of their mature size and may be hard to see in leafy plant material. Take a walk through your landscape and check all your landscape plants, especially spruce and junipers.

If you find an outbreak of bagworms, chemical control may be needed. *Bacillus thuringiensis* is available at nurseries and garden centers as Dipel or Thuricide. Other insecticides currently

labeled for bagworm control include acephate, carbaryl, cyfluthrin, malathion and permethrin. Affected plants must be thoroughly covered with the insecticide so the insects ingest it as they are feeding. Be sure to read and follow all label directions.

If you have a large infestation in your evergreen trees or shrubs, do not delay in controlling the bagworms. Feeding by mature caterpillars slows in August before pupation into adults, so chemical control in late



Young larva



Mature larva

Laure Stepanek, Nebraska Forest Service, UNL

Soni Cochran, UNL Extension in Lancaster County

summer and fall is not effective. By that time, your valuable landscape plants are already severely damaged by the maturing bagworms.

— Mary Jane Frogge, UNL Extension Associate

FOR MORE INFORMATION

Additional photos and video are online at <http://lancaster.unl.edu/hort> and color brochures are available at the extension office.

Use Local Firewood to Prevent Spreading Invasive Insects

Forestry experts are urging campers to purchase locally harvested firewood at their destination to prevent spreading invasive insects. Highly destructive, exotic insects such as emerald ash borer are frequently spread through the transport of infested firewood. Once introduced to new areas, these pests quickly become established and threaten local tree resources. By purchasing locally-harvested firewood and burning all wood on site, campers can help minimize this risk.

Emerald ash borer was recently found near LaCrosse, Wisconsin, just 300 miles from Nebraska. Foresters want to keep emerald ash borer out of Nebraska as long as possible. By encouraging people to purchase locally-harvested firewood at their destination is one of the best defenses against this pest being brought to Nebraska.

In states where emerald ash borer has been detected, the movement of firewood is regulated by state departments of agriculture and federal agencies. Currently, firewood quarantines exist in Illinois, Indiana, Maryland, Michigan, Missouri, Ohio, Pennsylvania, Virginia, West Virginia, Wisconsin and New York. In Canada, quarantines are in effect in Ontario and Quebec. While there are currently no mandates in Nebraska, people are being asked not to transport firewood.

Emerald Ash Borer

Emerald ash borer is a non-native, invasive insect that attacks and kills all North American ash species, including green ash, which is native to Nebraska, white, black and autumn purple ashes, all of which are popular landscape



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Emerald ash borer is a bright, metallic green insect with a flat back. Adults are about a half inch long.

trees. The beetle disrupts the tree's ability to transport water and nutrients. In Nebraska, there are an estimated 37 million ash trees growing in towns and cities, as well as forests and conservation plantings.

Symptoms of emerald ash borer include winding tunnels just under the bark, 1/8-inch, D-shaped exit holes on the trunk, as well as canopy loss, usually from the top down. Ash trees infested with emerald ash borer also may have sprouts growing from the roots or trunk of the tree. Other symptoms include vertical splitting in the bark on the trunk and increased woodpecker activity. The insect itself is bright, metallic green with a flat back. Adults are typically 1/2-inch long.


Since October 2007, state forestry agencies in Kansas, Nebraska, North Dakota and South Dakota have been working together to prepare for the arrival of invasive species, such as emerald ash borer, in

the Great Plains by assessing the region's tree resources, determining and addressing the potential impacts of invasives to those resources, creating public awareness of invasives and promoting species diversity. The project, the Great Plains Tree and Forests Invasives Initiative, is funded by a U.S. Forest Service grant and matching state funds.

For more information about identifying ash trees and emerald ash borer, visit <http://www.nfs.unl.edu> or <http://www.emeraldashborer.info>. For more information about the national effort to prevent the spread of invasive species through firewood movement, visit <http://www.dontmovefirewood.org>.

Those who suspect emerald ash borer in their trees, should contact the Nebraska Department of Agriculture at (402) 471-2394 or the National Emerald Ash Borer Hotline at (866) 322-4512.

Source: Nebraska Forest Service



Garden Guide

THINGS TO DO THIS MONTH

By Mary Jane Frogge, UNL Extension Associate

Many plants are easily propagated by layering. Verbenas, euonymus, English ivy and climbing roses are a few plants that will root if the stems are fastened down and covered with soil.

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.

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.

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.

Tall flowers should be staked to prevent damage by wind. Use stakes which are large enough to support the plant but are not too conspicuous. Use soft twine or twist ties to secure.

Snapdragons should be pinched back after blooming to promote a second flush of growth.

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.

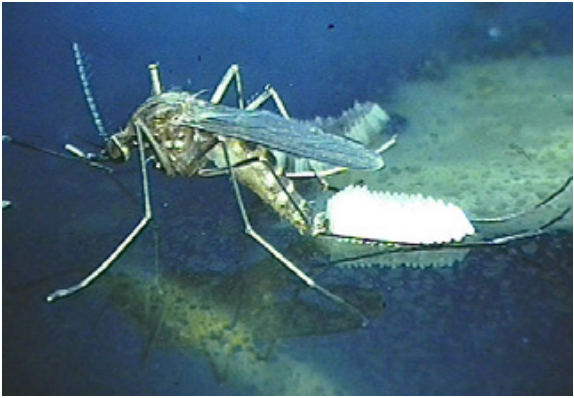
For fall harvest of lettuce, radish, carrots, beets, turnips, kale and spinach, sow seeds in late July to early August.

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.

Check the soil moisture of container-grown vegetables and flowers daily. As the temperature rises, some plants may need water twice a day.

Continue attracting insect-eating birds to the garden area by providing them with a fresh water source.

Help Reduce Mosquito Populations



Mosquito laying eggs.



Jars of rain water containing mosquito larvae

Soni Cochran
UNL Extension Associate

Mosquitoes are one of the most important insect pests affecting the health of humans and domestic animals worldwide. They can transmit a number of disease-causing organisms to humans and animals. The diseases include encephalitis (this includes the West Nile virus), dengue fever, filariasis, yellow fever and malaria. Encephalitis and dengue are potential threats in the United States. Mosquitoes also transmit heartworm in dogs and encephalitis in horses.

All mosquitoes need water to complete their life cycle so a pest problem can develop just about anywhere water collects. Construction sites, drainage ditches, waste lagoons and even tire ruts by the side of a road can create breeding sites for mosquitoes. Around homes, birdbaths, boats, old tires, soda cans, plant pots, knot holes in trees all collect water and become potential mosquito breeding sites.

You can help reduce mosquito populations by eliminating or properly maintaining potential breeding sites:

- Check flower pots and other containers for excess water.
- Flush out the water in bird-baths and fountains every few days.
- Store boats, canoes and other

- objects in a way they don't collect rainwater.
- Remove water that collects in depressions like tarps cover equipment or hay. Rinse off water collecting on backyard trampolines or other play items.
- Keep rain gutters free of leaves and debris.
- Keep swimming pools and backyard ponds properly maintained.
- Watch for drainage problems in yards and playing fields.
- Repair leaky pipes and outside faucets.
- Empty water containers for pets and check livestock watering troughs and tanks.
- Correct or report drainage problems in ditches along public or private.
- Farmers should check irrigation re-use pits and areas where drainage from irrigation or heavy rains drain to roadside ditches.
- Homeowners should make sure screens covering windows and screen doors are in good condition.

When mosquitoes are present, limit your outdoor activities and protect yourself. Older people or people with compromised immune systems are most likely to be at risk from severe complications from mosquito-borne illnesses like West Nile Virus.

If going outside, wear light-colored clothing. It is less attractive to mosquitoes and

should be worn to cover most of the skin. Repellents should be used; however, some people, especially small children, may be sensitive to repellents. The Centers for Disease Control (CDC) recommends two "conventional" repellents (DEET; picaridin) and two "biopesticide" repellents (oil of lemon eucalyptus; IR3535). For more information about active ingredients in these repellents go to <http://www.cdc.gov/ncidod/dvbid/westnile/repellentupdates.htm>. Follow label directions before using any repellent.

Insecticides can be used as residual sprays for mosquitoes resting in shrubs, flowers and trees. There are products suitable for use in backyard ponds or other aquatic habitats. These include *Bacillus thuringiensis* (Bt). Bt is not harmful to fish or other wildlife and is available for purchase in local lawn and garden centers, farm supply stores and more.

Protect your dog by putting him on a preventative heartworm medicine. For horses, contact your veterinarian for vaccines for the encephalitis stains. There are no vaccines available for humans.

FOR MORE INFORMATION

UNL Extension has a additional resources about mosquitoes and their control online at <http://lanaster.unl.edu/pest>

University of Nebraska-Lincoln Extension presents

Insect Photography Workshop



Jon Williams, 2008 Workshop Attendee

Saturday, June 27
9:30 am–3 pm

Spring Creek Prairie Audubon Center,
11700 SW 100 St., Denton

Do you like nature photography? Do you like to be outdoors? Need a new hobby? Come to a workshop that focuses on close-up digital photography of insects.

Presenter: Jim Kalisch,
UNL Department of Entomology

Topics include camera features/settings, basics of close-up photography, lighting, getting insects to cooperate and much more. In a feature called, "How Did You Get That Shot?," we will also examine some of the great photos taken by last year's attendees.

The educational program will take place in the morning. In the afternoon, attendees will be able to roam the prairie searching for that special photo. If you decide to stay, please bring a sack lunch; we will provide beverages.

Cost of this workshop is \$30/person or \$40/couple who can share a reference book. It is expected attendees will have a basic understanding of photographic principles, but need help taking good close-up photos. Ages 14-18 must be accompanied by a parent/guardian.

If you are interested in this workshop,
call 441-7180 to see if there is still space.

First Report of Grass-Carrier Wasp in Nebraska Since 1920

A Lincolnite found debris composed of dried grasses, tree cricket wings and legs and cocoons found between screen and storm windows this spring. It was identified to be the work of an unusual wasp not recorded in Nebraska since 1920. This "grass-carrier" wasp belongs to the family Spicidae, genus *Isodontia*. It gets its name because of its odd nesting habits. The female wasp fills nest cavities with grasses and other plants.

In nature, nests are located in hollow stalks or stems of plants, galleries in wood, abandoned bee galleries and in vertical clay banks or bluffs. Today, most people find them in the sliding tracks of windows or in the space that is left between the screen or storm window and the house window frame.

The adult wasps emerge from their cocoons in early summer, mate and the female locates a suitable nest site. She



Debris from a grass-carrier wasp's nest

collects blades of grass and grass and hay stems to line the nest cavity. The wasp flies through the air with the blades trailing beneath her. She lands at the hole and enters, pulling the blades in behind her. After the nest is prepared, she hunts for tree crickets (i.e., *Oecanthus* sp.), paralyzes them with her sting and transports them to

the nest. The wasp lays eggs on the tree crickets and the larvae feed on the paralyzed prey. Full-grown larvae spin papery cocoons when mature. There is one generation per year and the overwintering stage is the prepupal larva within the cocoon.

Like other spicid wasps, grass-carrier wasps are solitary



Nests contain dried grass, tree crickets and cocoons.

which means each nest is the effort of an individual female. Solitary wasps do not aggressively defend their nests. They are capable of stinging, but only if harassed or handled.

No special controls for grass-carrier wasps are necessary and chemical treatment is not necessary. Discard the nests as they are discovered (usually

when cleaning windows or changing screen windows). Prevent future nesting by plugging outdoor gaps and openings leading to interior cavities.

Sources: Iowa State University: <http://www.ipm.iastate.edu/ipm/iin/node/144> and Penn State: <http://www.ento.psu.edu/extension/factsheets/grasswasp.htm>



4-H District Speech & PSA Contest Results

Sixteen Lancaster County 4-H’ers participated in the Southeast District Speech and Public Service Announcement (PSA) Contest and three participated in the Northeast District Contest. District Contest winners in the senior division in Speech and PSA advance to the State Contest which will be held during the Nebraska State Fair. Congratulations to all the participants! The following youth earned purples in their division – the top five in each division received medals.

- Senior Speech — Erica Peterson
- Intermediate Speech — Ann Greff (medal), Molly Noel
- Junior Speech — Alyssa Catt, Ivy Dearmont, Samantha Leyden
- Novice Speech — Brady Papineau, Emma Noel
- Senior PSA — Spencer Farley (medal), Erica Peterson (medal), Jessica Stephenson (medal)
- Intermediate PSA — Jaime Stephenson (medal), Charlotte Tvrdy (medal), Holly Hillebran
- Junior PSA — Kailee Brown (medal), Samantha Leyden (medal), Brody Zabel

4-H Presentations Workshop, June 25

There will be a 4-H Presentations Contest workshop on Thursday, June 25, 6 p.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln. Attend this workshop to prepare for the Presentations Contest held Saturday, July 18 (open to all 4-H’ers 8–18). This free workshop will teach youth and volunteers about the three presentation classes, give tips on how to be a great presenter and help with presentation ideas! MUST preregister by calling 441-7180 by June 23. Note: a new handout, “4-H Presentations Contest—Procedures and Guidelines” has been developed and is available at <http://lancaster.unl.edu/4h/Fair> and at the extension office.

Clothing Level 2 Workshop, July 7 & 14

Attention 4-H Clothing Level 2 project members! A hands-on workshop will be held Tuesdays, July 7 and 14, 6:30–8:30 p.m. at Bernina Sewing Center located in Hancock Fabrics, 6800 P St., Lincoln. Participants will learn how to make a simple dress for the Lancaster County Fair 4-H Clothing Level 2 project. Cost is \$20 plus pattern and supplies. Pre-register before July 6 by calling Bernina at 464-0266.

Free Sewing Help on Wednesdays

Lancaster County 4-H and Bernina Sewing Center are partnering to provide 4-H members free expert sewing help Wednesdays from 6:30–8:30 p.m. Youth are welcome to bring their sewing machine and 4-H projects. There are classroom machines available for rental, too. The Bernina Sewing Center is located inside Hancock Fabrics, 6800 P St., Lincoln.

Ak-Sar-Ben 4-H Expo Entries Due Aug. 9

The 82st Ak-Sar-Ben 4-H Youth Livestock Exposition will be held Sept. 22–27 at the Qwest Center in Omaha. Categories of this 4-H only competition are dairy, feeder calf & breeding beef, horse, market beef, market broilers, meat goats, market lamb, market swine and breeding swine. Exhibitors must be at least 10 years of age by Jan. 1. Registrations are due to extension staff by Sunday, Aug. 9 (may give to them at the Lancaster County Fair). For more information, entry forms and tentative schedule, go to www.rivercityroundup.org

Donated Sewing Machine to a 4-H’er

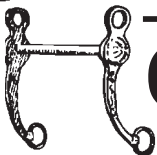
Kath Conroy, a 4-H clothing superintendent, is graciously donating a brand new Bernette sewing machine to one Lancaster County 4-H youth. 4-H’ers who would like to be considered to receive the sewing machine should submit a paper describing the clothing projects they have done in the past and plan to do in the future as well as why they think they should be the one youth to receive it. All papers should be sent to Tracy Kulm, Lancaster Extension Education Center, 444 Cherrycreek Road., Ste. A, Lincoln, NE 68528. Deadline has been extended to July 17.

4-H Washington D.C. Group Has Five Openings

Five more spots have opened up for the June 2010 4-H Citizenship Washington Focus (CWF) group. Any Lancaster County youth age 14–18 can join CWF, a summer citizenship program which culminates in a nine-day, intensive trip to Washington D.C. and New York. CWF delegates learn about the democratic process and their role as citizens. Youth who sign up now are able to start earning funds through organized fund-raising. A \$100 deposit is needed to reserve your spot. For more information, contact Deanna Karmazin at 441-7180.

4-H Pre-Fair Dog Workshop, June 26

There will be a Pre-Fair Dog Workshop on Friday, June 26, 9 a.m.–Noon at the Lancaster Extension Education Center. The free workshop will help 4-H members prepare for the Lancaster County Fair 4-H Dog Show. Topics include obedience, showmanship and agility. Dogs are welcome. You must preregister by June 22 by calling 441-7180.



HORSE BITS

County Fair 4-H Horse Entry Forms Due July 8

All County Fair Horse Entry Forms are due in the extension office by Wednesday, July 8. NO LATE ENTRIES will be accepted. Reminder — you must have passed all Walk-Trot or Level I Horsemanship requirements and have all forms turned into the extension office before July 8 to show at the County Fair. You must have passed Level II to participate in off-the-horse roping classes. Bareback Equitation requires passing Level III.

Horse Course Challenge, July 28

For a second year, the 4-H Horse Course Hippology Challenge will be a part of the Lancaster County Fair. The Challenge will be held Tuesday, July 28, 9:30 a.m.–Noon at the Lancaster Extension Education Center. There will be two age divisions, Elementary (ages 8–11) and Junior/Senior (12–19). All Lancaster County 4-H’ers are welcome and encouraged to participate! All test questions will come from the e-mail Horse Course. Elementary will be from lessons 4, 5, 10, 11 and lessons 27 through 41. Junior and Senior test questions will come from lessons 1, 2, 4, 5, 7, 9, 10, 11, 12, 13, 14, 18 and 27 through 41. The testing will include identification stations and a written test. If you did not sign up for the e-mail course, but would like to participate in the challenge, e-mail mcruckshank2@unl.edu to have the lessons e-mailed to you. Preregister by July 24 by calling 441-7180 or e-mailing mcruckshank2@unl.edu. Premiums and ribbons will be awarded at the fair. Top 10 ribbon placings, Reserve and Grand Champion trophies will be awarded at 4-H Horse Awards Night.

Special Needs Horse Show, Aug. 8

The Lancaster County Fair will hold two horse riding classes for special needs youth on Saturday, Aug. 8. There will be a mounted obstacle class, assisted and a mounted obstacle class, non-assisted. Classes are open to all riders ages 8 to 18. Riders need not be enrolled in 4-H. Attire should be consistent with tack (English or Western). However, competitors must wear an ASTM/SEI approved helmet. Participants must provide their own horse and any special equipment needed such as mounting ramps, etc. Participants may show out of a stall or off a trailer. Riders may sign up for one class only. Class size will be limited to eight riders each. To sign up call Marty at 441-7180. Sign-up deadline is July 8.

County Fair Dress Code Western Attire:

Shirts and blouses must be all white, including button, thread, etc., with convertible collars (one that is meant to be folded at the seam) and long sleeved. Tuxedo, turtleneck or other stand-up collars are not permitted. No national, county or club emblems, medals, etc., permitted. Shear, see-through or form-fitting blouses are inappropriate and not permitted. The bottom line — the traditional “pearl snap” western shirt or a white cotton oxford-type shirt are permitted. Plain, dark-blue denim jeans must be worn. No fringe is allowed nor are jeans that button down the side. A Western hat or a safety helmet must be worn. Hats and helmets are optional in the speed events. A belt, tie, 4-H armband (left arm above the elbow) and riding boots must be worn. Boots with waffle-type tread greater than or equal to 1/8” will not be allowed in riding classes. The judging event requires a long-sleeved white shirt with 4-H armband or the short-sleeved white 4-H T-shirt, blue jeans, belt and boots. A tie must be worn with the long-sleeved shirt.

English Attire:

1. Helmet — ASTM approved helmet required in all jumping classes.
2. White or light colored shirt with stand up collar — can be long or short sleeves or sleeveless. If the weather is extremely hot, the judge may waive the jacket. In which case, the white or light colored shirt or a short sleeved polo shirt in any color is acceptable.
3. Armband — left arm above the elbow — must be worn with long or short sleeves or sleeveless.
4. Broach or pin for collar
5. Jacket
6. Breeches
7. Belt if breeches have loops
8. Long boots or half chaps with a paddock boot or garter straps with paddock boots are acceptable!

Upcoming Level Testings

Attention all Lancaster County 4-H horse riders: all riding skills level tests must be done in group testings! All testing will be held at the Lancaster Event Center – Pavilion 3. Dates and times are as follows:

- Tuesday, June 23, 6:30 p.m. — sign up by June 16
- Tuesday, July 7, 6:30 p.m. — sign up by June 30
- Saturday, Sept. 26, 9:00 a.m. — sign up by Sept. 18

Sign up with Marty at 441-7180 or mcruckshank2@unl.edu

State 4-H Horse Show

The Fonner Park State 4-H Horse Show and Exposition will be held July 12–16 at Fonner Park in Grand Island. Information is online at www.animalscience.unl.edu/extension/equine/4H/districtstateshows.html

Health Papers

A 14-day health certificate will be required.

Policy on Horse Drugs

No 4-H horse exhibitors and/or owners shall exhibit a horse at the Fonner Park State 4-H Horse Exposition that has been given any manner whatsoever, internally or externally, a narcotic, stimulant, depressant, analgesic, local anesthetic or drug of any kind or description within 24 hours before the first scheduled event of each show day (8 a.m.). Horses on prescribed treatment of phenylbutazone and/or aspirin-like products must file a statement in the 4-H Horse Show office before the horse can be shown. This statement must describe the treatment reason and be signed by an accredited DVM. One or more class winners and one or more horses in the same class may be tested on Tuesday, Wednesday or Thursday by the Test Committee.

2009

LANCASTER COUNTY FAIR

AUGUST 5–9

LANCASTER EVENT CENTER • 84TH & HAVELOCK • LINCOLN

The Lancaster County Fair Book has complete information about entering exhibits or participating in contests. Fair Books are available at the extension office and online at <http://lancaster.unl.edu/4h/Fair>. Most of the following information is compiled from the Fair Book.

Change in Premium Payouts Procedure

All 4-H & FFA animal exhibitors will receive premium payouts as they exit the show arena. Participants in 4-H contests held DURING the county fair will receive their premium payout at the contest.

Premium payouts for all static exhibits and 4-H contests held PRIOR to the fair (such as Speech or Bicycle Safety) must be picked up on Sunday, Aug. 9, Noon–4 p.m. in the Fair Board Office. Premiums will not be paid out after 4 p.m. on Sunday, Aug 9. With proper identification, parents, guardians, 4-H club leaders, FFA chapter advisors will also be permitted to pick up and sign for exhibitor premiums. No checks will be issued! No changes or corrections will be made on premium amounts after 14 days.

NEW! New this year, gate admission tickets will be required at the Lancaster County Fair. The extension office will have gate admission tickets FREE, available July–Aug. 9.

Contest Information

Junior Life Challenge Contest, July 11

The junior division Life Challenge will be held Saturday, July 11 at 9:30 a.m. at the Lancaster Extension Education Center. Open to all 4-H'ers ages 8–11 (need not be enrolled in a specific project). Contest questions will be based on the following 4-H manuals: Youth in Motion, Sewing for Fun, Road to Good Cooking, The Sitter, Becoming Money Wise and ESI (EntrepreneurShip Investigation): Discover the E-Scene. Review packets are available at the extension office. Preregister by July 10 by calling 441-7180.

Presentations Contest, July 18

This year's presentation contest will be Saturday, July 18 beginning at 9 a.m. at the Lancaster Extension Education Center. Open to all 4-H'ers ages 8–18. There are three methods in which 4-H'ers may present: 1) presentation using LCD projector; 2) presentation using posters; or 3) multimedia presentation. See Fair Book page 35 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 10.

Horticulture Judging Contest, July 23

The Horticulture Judging Contest will be held Thursday, July 23, 10 a.m.–Noon at the Lancaster Extension Education Center. Open to all 4-H'ers ages 8–18 — need not be enrolled in a horticulture project. Study material is available from extension. Youth choose which of the following portions of the contest to participate in: Tree Identification, Grass & Weed Identification and Horticulture Judging Contest. Preregistration is not required — enter the day of contest.

Style Revue Judging, July 29 Public Style Revue, Aug. 5

Style Revue judging will be Wednesday, July 29 starting at 8 a.m. The public Style Revue is Wednesday, Aug. 5, at 7 p.m. (both revues will be held 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 20.

Table Setting Contest, Aug. 6

Table Setting Contest will be Thursday, Aug. 6, 5 p.m. at Lancaster Event Center, Exhibit Hall. Open to all 4-H'ers ages 8–18. 4-H'ers use their creativity to plan a healthy menu, set a table and present their table setting to a judge. A handout is available from the extension office or online at <http://lancaster.unl.edu/4h/Fair>. All participants are strongly encouraged to read the handout. Must preregister by July 20 by contacting the extension office (there is no entry form).

“How to” Handouts

Handouts detailing how to exhibit in 4-H at the Lancaster County Fair are available at <http://lancaster.unl.edu/4h/Fair> and extension office:

- Overview of Exhibiting in 4-H at Lancaster County Fair
- How to Enter 4-H Contests at Lancaster County Fair
- How to Enter 4-H Static Exhibits at Lancaster County Fair
- Animal Requirements for County Fair, State Fair and Ak-Sar-Ben



New in 4-H at County Fair

See the Fair Book for detailed information about each of the following:

- Entrepreneurship has been replaced with **ESI: EntrepreneurShip Investigation** classes (see p. 40) based on the new curriculums developed by Nebraska 4-H:
 - Unit 1—ESI: Discover the E-Scene
 - Unit 2—ESI: The Case of ME
 - Unit 3—ESI: Your Business Inspection
- **Style Revue** has added a Clothing Level 2 class for robes, pajamas, etc. (see p. 36)
- **Clothing** now has a class for aprons (see p. 45).
- **Llama/Alpaca Show** after being on hold for two years, the llama show is back as a Llama/Alpaca show with separate classes for llamas and alpacas. Pack classes also have been added (see p. 61).
- **Swine Show** now includes a Breeding Gilt class and a Babe Contest. Breeding Gilt classes will be broken into divisions by size. Babe Contest is a fun class where exhibitor and hog may dress in costume or show off tricks or abilities, etc. (see p. 61).
- There is now a **Meat Goat Show** in addition to the Dairy Goat Show (see p. 60).
- **Horse Hunter Show**—Hunter is a term used for the controlled, balanced, rhythmic manner in which the horse completes the course of jumps (see p. 63).
- The former Horse and Pony Halter Show in the Western Horse Show is now divided into two shows: **Hunter/Saddleseat Horse Halter Show** in the English Show for Hunter/Saddleseat horse type and Horse and Pony Halter Show in Western Horse Show for stock type horses and ponies. A horse may be entered in only one halter class.

Changes for Horticulture Exhibits

Changes have been made in the Horticulture area. Please keep these changes in mind when you are preparing your exhibits for the Lancaster County Fair.

1. Containers for flower exhibits will not be provided. Exhibitor must provide own container. Please have containers be the appropriate size for your flower exhibit. Make sure the container will not tip over when the flowers are put inside. The container will not be judged.
2. Paper plates for vegetables and fruit exhibits will not be provided. Exhibitor must provide sturdy, white paper plates.
3. Exhibits need to be ready to enter when you arrive at the fair. There will not be a preparation area to prepare your exhibits.
4. Entry cards must be completely filled out before arriving at the fair.

Entomology

4-H Entomology should have been included in the Fair Book. A Fair Book Entomology Addition is available at <http://lancaster.unl.edu/4h/Fair> and the extension office.

Photography Forms Online

4-H County Fair photography data tag forms parts A & B are now available as a fill-in PDFs online at <http://lancaster.unl.edu/4h/Fair>

Animal Entries Due July 8

All 4-H & FFA county fair animal entry forms are due to extension by Wednesday, July 8 4:30 p.m. or postmarked by July 8. No late entries will be accepted! **One Livestock Entry Form MUST be completed for each exhibitor** entering livestock (beef, dairy, bucket calf, goats, sheep, swine). Bedding fees (\$6/head) for beef, dairy and bucket calves are being collected 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>

Volunteers Needed

Adults *and* youth are needed to help during the Lancaster County Fair. If you can help, please contact the extension office at 441-7180. Help is especially needed in the following areas:

- **Static exhibit set-up days** on Thursday, July 30 at 6:30 p.m. (pizza will be served) and Saturday, Aug. 1 at 8 a.m. (doughnuts will be served) in the Lincoln Room
- **During judging of static exhibits** on Tuesday, Aug. 4 in Lincoln Room
- **Teen tour guides are needed for Fair Fun Day** for child care groups on Friday, Aug. 7 at 9:30 a.m. and 1 p.m.
- **Lil' Green** mascot and escorts on Friday, Aug. 7 for 1 or 2 hours shifts between 5:30–9 p.m. To be inside, should be age 14+, 5'3"–6'3" and waistline 38" or less.

Food Booth Training, July 30

The 4-H food booth at the county fair is the primary fundraiser for Lancaster County 4-H Council. **New this year, 4-H Clover Kitchen will be located in the Exhibit Hall (see back page).** 4-H Council asks clubs to help by staffing a 3–4 hour shift at the Clover Kitchen. At any given time, 3–5 youth (age 9 & up) are needed with 2 adults supervising. Youth gain practical experience handling food safely and counting change. They also gain life skills, such as responsibility, critical thinking and social skills. For more information, call Robin Ambroz-Hollman at 540-2736. ALL food booth volunteers are STRONGLY ENCOURAGED to attend the training on Thursday, July 30, 6–7 p.m. at the Lancaster Event Center, Exhibit Hall. Learn about food safety, customer service and volunteer responsibilities.

Static Exhibit Check-In Monday, Aug. 3, 4–8 p.m.

Static exhibits do not preregister, but MUST be physically checked in during Static Exhibit Check-in on Monday, Aug. 3 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.

Interview Judging, Aug. 4

Interview judging is Tuesday, Aug. 4 starting at 9 a.m. in the Lincoln Room. 4-H'ers have the opportunity to talk to judges about their fair 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 37 of the Fair Book for project areas which have interview judging. Members, parents or leaders can **call the extension office at 441-7180 to sign up members for a five-minute time slot—preregister between July 6 and 31.** If slots are still available, may sign up during Static Exhibit Check-in on Monday, Aug. 3, 4–8 p.m.

Clover Kids Show & Tell, Aug. 8

All Clover Kids, youth age 5-7 by January 1, 2009, are invited to show & tell their 4-H exhibits at the Lancaster County Fair, Saturday, Aug. 8, starting at 1 p.m.

Clover Kids Show & Tell is held in the Lincoln Room at the Lancaster Event Center. Youth are also invited to do a skit or song at this time. See page 33 of the Fair Book for more information. To register, call 441-7180 by July 31, or sign up at the static exhibit area Monday, Aug. 3, 4–8 p.m.

Children Learn About Money By Using Money

Research has shown children learn the most about money from their parents. They watch parents spend or save money every day. They also hear their parents talk about money directly or indirectly. Children also learn about money by using it themselves.

Children see what their parents and older adults do with money and they start to understand how their parents feel about it. In turn, this influences how children feel about money. Do parents spend all their money before it's earned? If so, this may make it hard to teach children about limited resources, planning for spending and the value of saving. Or do parents save every cent they earn? This attitude may make it hard for children to see money is a tool, not a goal in and of itself, and can make it difficult for children to spend even for necessities.

It's important to discuss the family's financial situation

with children at a level appropriate for their age. Encourage children to participate in family financial discussions. Communicate about money one-on-one as the opportunity comes up. Help children understand they need to buy things they need before things they want.

When talking about money and saving with children, encourage them to set goals that can realistically be reached in the near future. For example, saving money for a new camera is more realistic than saving for retirement at a young person's age because retirement is so far in the future. Remember, kids live in the present.

Also, be reassuring when talking to children about money. If they discover the house they live in is not completely paid for, they may worry. Assure them the family is able to make the monthly payments and they will not be out in the street by morning.

Ideas for actual activities to be done with children to help them learn about using money are described below. Choose activities appropriate for the child's age and interests:

- **Play store.** Use play money and price a variety of items to help children practice using money.
- **Make three banks** from jars, boxes or other containers. One bank would be for money to share, a second for cash to spend and a third for savings.
- **Develop a simple savings plan** for something they wish to buy. Create a storybook with younger children. Ask them to draw a picture of something they want to buy. On the next page, ask them to draw the amount of money they think it will take to buy the item. On the third page have them draw how they are going to find the money they need. On the final page, have them draw



something showing when they actually will be able to buy the item they want.

- **Comparison-shop together** for an item they want to buy or for a major item for the family.
- **Allow children to make simple cash transactions at the store.** Talk about the experience when they are done.
- **Discuss the family's**

money heritage with extended family, such as grandparents or aunts and uncles, using questions about the family's financial history.

- **Play a values clarifications game.** Place the sign "Agree" on one wall and the sign "Disagree" on another wall. Read statements about financial options to children and ask them to move closer to the sign they feel represents what they value for each statement. After they move, ask them to explain the choice they made.
- **Have a money discussion** with children. Ask them about figures of speech, such as saving for a rainy day or money doesn't grow on trees, and what they mean.

Source: Leanne Manning, UNL extension educator; Carla Mahar, UNL extension educator; Kathy Prochaska-Cue, Ph.D., UNL extension family economist

EXTENSION NEWS

4-H Interns Assist During Summer



(L-R) Jessalyn Schrock, Kaelea Edwards and Jami Rutt

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, County Fair and other activities.

- **Kaelea Edwards** assists Marty Cruickshank with the horse, poultry and rabbit areas (this is Kaelea's first summer as a 4-H intern).
- **Jami Rutt** assists Tracy Kulm with Clover College, county fair static exhibits and contests (this is Jami's fifth summer as a 4-H intern).
- **Jessalyn Schrock** assists Deanna Karmazin in the livestock areas (this is Jessalyn's third summer as a 4-H intern).

Pollution Prevention Intern

The Partners in Pollution Prevention (P3) program is a 12-week internship program which is part of a University of Nebraska–Lincoln biological systems engineering class. This summer, P3 intern **Mike McKinney**



Mike McKinney is a Partners in Pollution Prevention intern

is working at the UNL Extension in Lancaster County. Mike will visit small businesses to conduct waste assessments, research and then provide a detailed report on how to conserve resources. As another part of his internship, Mike will be working on some dry weather storm water monitoring for the City of Lincoln to help screen for illicit dumping. More information about the P3 program is online at www.p3.unl.edu

UNL Extension Recognizes St. Elizabeth Regional Medical Center as Partner in Excellence in Team Programming Award

A few months ago, University of Nebraska–Lincoln Extension presented a statewide **Excellence in Team Programming** award to the "Parents Forever and Kids Talk About Divorce" extension team. In Lancaster County, Extension Educator Maureen Burson is part of the statewide team.

UNL partners with professionals and agencies throughout Nebraska, including Saint Elizabeth Regional Medical Center in Lincoln, to most effectively provide statewide programming.

Since January 2008, Nebraska legislation mandates education for parents who are experiencing divorce or custody issues. Classes have been mandated by the District Court of Lancaster County since 1999. This is the 10th year UNL Extension and St. Elizabeth's has partnered to teach monthly "Parents Forever and Kids Talk About Divorce" classes in Lincoln.

To recognize St. Elizabeth's contributions,



UNL Extension Assistant Dean Richard Koelsch (at right), presented Extension Excellence in Team Programming Awards to Saint Elizabeth Regional Medical Center staff.

UNL Extension Assistant Dean Richard Koelsch recently presented Extension Excellence in Team Programming Awards to the following St. Elizabeth staff: Jan Madsen, Natalie Bodfield, Barb Green, Helen Kampfe, Shane Kennett, Janet Kurtenbach and Anita Schaepe. These professionals team up with Maureen

Burson to co-teach "Parents Forever and Kids Talk About Divorce."

In addition to teaching classes, Jan Madsen and Helen Kampfe have provided leadership for Children of Parents Experience Divorce (COPED), a Lancaster County Coalition composed of eight agencies which provide parenting education.

Environmental Leadership Awards

The Environmental Leadership Awards presented by the Lincoln-Lancaster County Health Department honor businesses, organizations and individuals who have demonstrated environmental stewardship and dedication to sustaining and improving our environment. Recipients of the 2008 Environmental Leadership Awards included:

- **University of Nebraska-Lincoln Partners in Pollution Prevention (P3) program** — *Education category.* P3 is an outreach assistance program operated by the UNL College of Engineering and UNL Extension. UNL Extension in Lancaster County has sponsored P3 interns since the program's inception in

1997 (see article at left). More information about the P3 program is online at www.p3.unl.edu

- **Burdette and Virginia Piening** — *Agriculture category.* In addition to farming, Virginia works in the UNL Extension in Lancaster County office providing support for the Nutrition Education Program. Congratulations!

EXTENSION CALENDAR

All programs and events will be held at the Lancaster Extension Education Center unless otherwise noted.

June

- 20 Composting Demonstration, Pioneers Park Nature Center's**
backyard composting demonstration area **10 a.m.**
- 22 Family Community Education (FCE) Council Meeting** **7 p.m.**
- 23 Guardian/Conservator Training** **5:30–8:30 p.m.**
- 23 4-H Horse Level Testing, Lancaster Event Center, Pavilion 3** **6:30 p.m.**
- 25 Parents Forever/Kids Talk About Divorce** **5:30–9:30 p.m.**
- 25 4-H Presentations Workshop** **6 p.m.**
- 26 4-H Dog Workshop** **9 a.m.–Noon**
- 27 Insect Photography Class, Spring Creek Prairie Audubon**
Center, 11700 SW 100 St., Denton **9:30 a.m.–3 p.m.**
- 29–30 4-H PASE/Life Challenge, UNL East Campus**

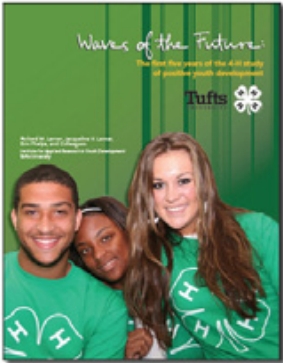
July

- 7 4-H Horse Level Testing, Lancaster Event Center, Pavilion 3** **6:30 p.m.**
- 8 All 4-H/FFA County Fair Animal Entries Due to Extension**
- 9 Family Community Education (FCE) Sizzling Summer**
Sampler **6–9 p.m.**
- 9 4-H Rabbit VIPS Committee Meeting, Lancaster Event Center,**
4-H Office **7 p.m.**
- 10 Extension Board Meeting** **8 a.m.**
- 11 4-H Junior Life Challenge** **9:30 a.m.**
- 12 State 4-H Hippology, Fonner Park, Grand Island**
- 12–16 State 4-H Horse Show, Fonner Park, Grand Island**
- 18 4-H Presentations Contest** **9 a.m.**
- 21 Guardian/Conservator Training** **1:30–4:30 p.m.**
- 23 4-H Horticulture Judging Contest** **10 a.m.–12 p.m.**
- 28 4-H Horse Course Challenge** **9 a.m.**
- 29 County Fair 4-H Style Revue Judging, Lancaster Event Center,**
Exhibit Hall **8 a.m.**
- 30 4-H Food Booth Training, Lancaster Event Center,**
Exhibit Hall **6–7 p.m.**

National 4-H Study of Positive Youth Development

New research shows that youth development programs like 4-H play a special and vital role in the lives of America's young people. According to The 4-H Study of Positive Youth Development (PYD), youth have the capacity to thrive when presented with the resources for healthy development found in families, schools, and communities--regardless of background, socioeconomic status, race, or gender.

Researchers at the Institute for Applied Research in Youth Development at Tufts University with contribution by land-grant universities, surveyed more than 4,400 youth in grades 5-8 and 2,800 of their parents in the first four years of this longitudinal study. Those surveyed lived in rural, suburban, and urban areas in 34 states and were from a variety of racial, ethnic, and religious backgrounds.



in 4-H for at least one year by eighth grade were **3.5 times** more likely to contribute to their families, themselves and their communities.

- Eighth graders who participated in 4-H programs at least twice per month had greater confidence and higher grades and were **1.6 times** more likely to plan to go to college.
- Eighth graders who participated in 4-H programs at least twice per month also **scored higher on civic identity and engagement measures** and had a greater ability to express opinions on community issues, help neighbors, and bond with adults and teachers.

The 4-H Study of PYD finds that youth involved

in high-quality, structured out-of-school programs are more likely to develop the five C's the longer they participate. The study also found that the most important developmental assets associated with PYD is human: the caring, committed adults who work with youth on projects that make a difference in their communities. Youth development programs like 4-H, which provide optimal opportunities for positive youth development, **reduce likelihood of youth to engage in risk behaviors** such as underage drinking, smoking, bullying, and vandalism.

The study also confirms that **4-H youth are leaders, achieve higher marks in school, and contribute to self and society — all which help to strengthen the communities in which they live.**

To learn more about the study, go to <http://4-h.org>

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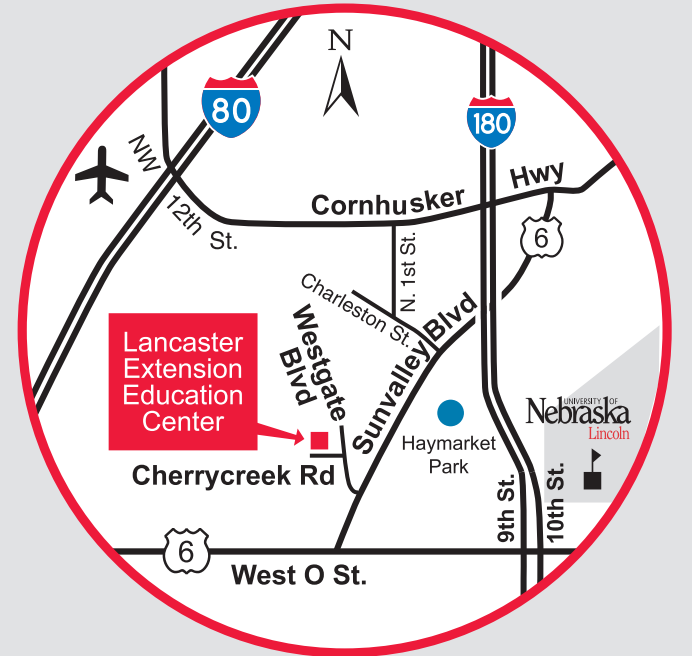
Extension is a Division of the Institute of Agriculture and Natural Resources at the University of Nebraska–Lincoln cooperating with the Counties and the United States Department of Agriculture.

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Lancaster Extension Education Center Conference Facilities
444 Cherrycreek Road, Lincoln



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

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Extension Educators	Extension Technologist
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THE NEBLINE

THE NEBLINE is published monthly (except December) and mailed to more than 11,000 households in Lancaster County.

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July

Linda Meyer

Lancaster County 4-H is proud to announce Linda Meyer as winner of July's "Heart of 4-H Award" in recognition of outstanding volunteer service. Linda has been organizational leader of the Rokeby Dairy 4-H club for 10 years (her husband Ron is a co-leader). They present 4-H judging practices and workshops pertaining to dairy cattle, poultry and rabbits. The couple also hosts 4-H farm tours and nature tours. For several years, Linda has also been Saline County 4-H volunteer, serving as a project leader and 4-H Council member.



"I was a third generation 4-H'er," says Linda. "I have reaped the many benefits of being involved in the 4-H program and I enjoy sharing my life experiences with others while helping them gain new skills and create positive experiences of their own. My favorite experiences is helping others and watching their faces lights up after a job well done or after learning a new skill. I'm also amazed at the lifelong friends that are made through 4-H. Many great memories are created."

Linda also volunteers with Ag Awareness Festival, FFA, Ag in the Classroom, Farm Safety Day camp and the American Dairy Association/Dairy Council.

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

Nominate your favorite 4-H volunteer by submitting the form available online at <http://lancaster.unl.edu/4h> or at the extension office. Nominations of co-volunteers welcome.

Volunteer at 4-H Clover Kitchen
Help Raise Money for 4-H and Have Fun!

The 4-H Clover Kitchen concession stand at the county fair is the primary fundraiser for Lancaster County 4-H Council. A non-profit organization, 4-H Council financially supports several 4-H programs and activities such as:

- Achievement Night
- College and camp scholarships
- Support for state and national contest registrations
- 4-H promotional activities

4-H Council asks clubs to help by staffing a 3-4 hour shift at the 4-H Clover Kitchen. At any given time, 3-5 youth (age 9 & up) are needed with 2 adults supervising. Youth gain practical experience handling food safely and counting change. They also gain life skills, such as responsibility, critical thinking and social skills.

New name!
New location!
See map below



Choose a Shift

Days	Shifts each day
Tuesday, Aug. 4	7:30-11:30 a.m., 11:15 a.m.-3:15 p.m. or close
Wednesday, Aug. 5	8:30-11:30 a.m., 11:15 a.m.-3 p.m., 2:45-5:30 p.m., 5:15-8:15 p.m. or close
Thursday, Aug. 6	8:30-11:30 a.m., 11:15 a.m.-3 p.m., 2:45-5:30 p.m., 5:15-8:15 p.m. or close
Friday, Aug. 7	8:30-11:30 a.m., 11:15 a.m.-3 p.m., 2:45-5:30 p.m., 5:15-8:15 p.m. or close
Saturday, Aug. 8	7:30-11:30 a.m., 11:15 a.m.-3 p.m., 2:45-5:30 p.m. or close
Sunday, Aug. 9	7:30-11:30 a.m., 11:15 a.m.-3:15 p.m. or close

To Sign Up

Contact Robin Ambroz-Hollman at 540-2736. Confirmation of schedule will be sent to participating groups. If you or your club are unable to work at the designated time, find a replacement.

Training, July 30

All volunteers are **STRONGLY ENCOURAGED** to attend a concession stand training on Thursday, July 30, 6-7 p.m. at the Lancaster Event Center, Exhibit Hall

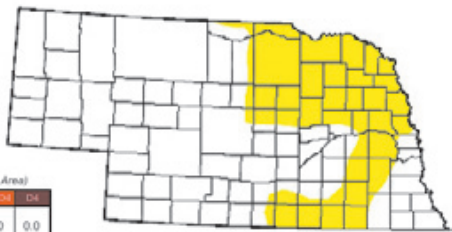
Can You Guess It?



Did you guess it? Find out at <http://lancaster.unl.edu>
Did you guess it from the June NEBLINE?
Computer Keyboard

U.S. Drought Monitor Map

As of June 9, most of Lancaster County was abnormally dry



Drought Conditions (Percent Area)							
	None	D0	D1	D2	D3	D4	D5
Current	72.1	27.9	0.0	0.0	0.0	0.0	0.0
Last Week (6/2/2009 map)	61.2	38.8	0.0	0.0	0.0	0.0	0.0
3 Months Ago (3/11/2009 map)	89.0	11.0	0.0	0.0	0.0	0.0	0.0
Start of Calendar Year (1/1/2009 map)	89.8	10.2	0.0	0.0	0.0	0.0	0.0
Start of Water Year (11/1/2008 map)	83.0	17.0	0.0	0.0	0.0	0.0	0.0
One Year Ago (6/10/2008 map)	77.1	22.9	10.0	4.9	0.0	0.0	0.0

Intensity:
D0 Abnormally Dry
D1 Drought - Moderate
D2 Drought - Severe
D3 Drought - Extreme
D4 Drought - Exceptional
D5 Drought - Catastrophic

For the most recent map, visit <http://www.drought.unl.edu/dm>

Source: National Drought Mitigation Center, University of Nebraska-Lincoln

2009
LANCASTER COUNTY FAIR
LANCASTER EVENT CENTER • LINCOLN

