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

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

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

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



Lancaster County Super Fair is for ALL Families!

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

FOR MORE INFORMATION

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



4-H Parents Say ...

- **Jill Greff:** “We spend time with extended family at the fair (cousins, grandparents, aunts and uncles) because it is a tradition for us that started back in the 1940s at the Kit Carson County Fair in Burlington, Colo. We also love looking at the 4-H exhibits together and showing each other the creative things we spot. AND, there’s nothing like having grandma console you and give you tips for the future when you find you received a red ribbon on something. It’s just better hearing these things from grandma than anyone else in the world.”
- **Ann and Dave Pickrel:** “As parents of 4-H’ers we have been involved in the county fair/super fair since they were eight years old (close to 11 years now). We make the fair our staycation. We take a week off from work and enjoy all

the fair activities involving our kids and friends we have made over the years! It is so exciting to see the faces of the kids and the parents when the projects they have worked so hard on have received the reward of a ribbon well deserved ... truly a family affair!"

- **Mary Ann Gabel:** “Throughout the year, our family is involved in many activities including working on 4-H projects. We enjoy spending time at the Lancaster County Super Fair because we can come together as a family and have fun before school starts. We especially like to walk through the 4-H exhibits, see the results of our projects, and compliment each other on a job well done!”
- **Paula Peterson:** “Family is the heart of 4-H, without family involvement 4-H wouldn’t be where it is today.

see TIME TOGETHER on back page

Strong Families Build Strong Communities, Productive Citizens

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

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

According to University of Nebraska-Lincoln Extension Family Life Specialist Dr. John DeFrain, recent research¹ organized by the University of Nebraska in 18 countries around the

world has clearly demonstrated that strong families worldwide are critical to the health of communities and the development of productive citizens. Families and communities are linked in a reciprocal, supportive relationship, each helping the other. In essence, strong families are the building blocks of strong communities, and strong communities value families and have effective educational, health, business, and religious institutions that provide support and services for families.

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

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SPECIAL SECTION



SCHEDULE & MAP

Soil Fertility – Nitrogen

Natural Sources of Nitrogen for Plant Growth

Tom Dorn
UNL Extension Educator

Some plants “make their own nitrogen.” If a legume (i.e., clovers, soybeans, alfalfa) is colonized by certain strains of Rhizobium bacteria, nodules will form on the plant roots where the bacteria live and reproduce. Within these nodules, a symbiotic relationship develops between the bacteria and the host plant. The bacteria utilize plant sugars as a source of energy and, in turn, “fix” nitrogen, converting nitrogen gas in the soil into forms of nitrogen that can be used by the plant. Once nodules form, the plant usually receives all of the nitrogen necessary for plant growth from that “fixed” by the bacteria. When planting a legume crop, UNL recommends inoculating the seed with the appropriate strain of Rhizobium bacteria unless the same legume crop has been planted in the field within the last three years. Given the small expense for inoculant, especially as compared to making a nitrogen fertilizer application in the

absence of sufficient nodules to supply the needs of the crop, many folks will “play it safe” and inoculate every time they plant a legume.

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

In addition to nitrogen fixed by Rhizobium bacteria, other natural sources are used as a source of nitrogen. These sources include: mineralization of organic matter which releases nitrogen that can be utilized by plants, and nitrogen released as plant residues are broken down in the soil.

Animal waste is a good source of natural nitrogen as well. Barnyard or poultry manure and other animal waste products (e.g., bat guano) were used as a source of supplemental nitrogen long before inorganic nitrogen fertilizer came into popular use. Biosolids, a byproduct of the sewage treatment process, are utilized by many farmers in Lancaster



Biosolids being applied to a field.

County. Manure and biosolids supply nitrogen, phosphorus, and many other nutrients required for plant growth. Repeated applications of manure and/or biosolids also increase soil organic matter levels over time and improve water infiltration and cation exchange capacity in the soil.

Organic Sources of Nitrogen

Composted plant residues, legume crops such as red clover or vetch, are

plowed under as green manure and animal wastes are used as a source of nitrogen by organic crop producers.

A small amount of nitrogen (a few pounds per acre per year) is also contributed by rainfall in the form of nitric acid (HNO_3), which when dissolved in the water in the soil disassociates into hydrogen and nitrate ions. The nitric acid is formed when nitrogen and oxygen gases are combined with rain water by the intense heat of a lightning bolt during a thunderstorm.

Commercial Nitrogen Fertilizer Sources

Tom Dorn
UNL Extension Educator

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

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

Nitrogen	200
Phosphorous (P_2O_5)	85
Potassium (K_2O)	200
Calcium	42
Magnesium	44
Sulfur	25
Zinc	0.15
Iron	0.10
Manganese	0.08
Boron	0.06
Copper	0.05
Molybdenum	0.03
Chlorine	unknown

The air we breathe is about 78% nitrogen in the form of N_2 gas and about 21% oxygen in the form of O_2 gas. The remaining one percent of the atmosphere is a combination of all the other gases, (including carbon dioxide which is the source of carbon used by green plants). Even though there are 33,000 tons of nitrogen in the atmosphere over every acre on earth, the nitrogen gas is so chemically stable, plants cannot directly use it as a nutrient. Plants readily take up and use two forms of soil nitrogen, ammonium (NH_4^+) and nitrate (NO_3^-). Other forms of nitrogen must be converted to one of these compounds by natural or artificial means before plants can utilize them directly as a source of nitrogen for plant growth.

Anhydrous Ammonia

Anhydrous ammonia (NH_3) is produced commercially by reacting nitrogen gas (N_2) from the atmosphere in the presence of a catalyst with steam and with methane (natural gas, CH_4). The tonnage of anhydrous ammonia used in agriculture is greater than any other form of nitrogen fertilizer due to its lower cost



Anhydrous Ammonia being applied to a field.

per pound of nitrogen and its relative nutrient density (82% nitrogen by weight) which keeps the transportation cost per ton of nitrogen as low as possible.

Anhydrous ammonia is a gas at normal temperatures and atmospheric pressure, but converts to the liquid state when sufficiently pressurized. The need for pressurized containers and additional personal safety precautions reduces some of the advantages for anhydrous ammonia over more easily handled forms of nitrogen. All other forms of inorganic commercial nitrogen fertilizer are derived from anhydrous ammonia. They are more expensive per pound of nitrogen because of the additional processing steps involved in their manufacture and greater transportation costs because they have lower nutrient density (pounds of nitrogen per pound of product) than anhydrous ammonia. These other forms of nitrogen fertilizer have advantages in terms of personal safety and ease of storing, handling, and application which make them attractive to many farmers in spite of the higher cost per pound of nitrogen.

Urea and Urea - Ammonium Nitrate

Urea ($\text{CO}(\text{NH}_2)_2$) is produced by combining anhydrous ammonia (NH_3) with carbon dioxide (CO_2). (Carbon dioxide (CO_2) is a byproduct of the anhydrous ammonia production process. It is produced by combining oxygen from the air (O_2) with the carbon atom that remains after stripping the hydrogen from the methane molecule). Fertilizers which contain urea and urea-ammonium nitrate (UAN) solution are the most

widely-used nitrogen fertilizers in Nebraska after anhydrous ammonia. Dry pelletized urea is popular as a nitrogen fertilizer compared to other forms because of its relatively high nitrogen content (46% of the total weight is nitrogen), good storage and handling properties, and widespread availability.

Urea-ammonium nitrate (UAN) is made by dissolving urea and ammonium nitrate in water. This results in an aqueous solution usually containing 28% nitrogen by weight (a more concentrated product containing 32% is also available in some locations). Liquid UAN solution is popular because of the versatility of a liquid fertilizer source, as well as widespread availability. The urea form of nitrogen cannot be utilized directly by plants. It must first be converted to the ammonium form by chemical processes in the soil.

Ammonium, in turn, may be directly used by the plant or converted to the nitrate form by microbiological processes in the soil. The conversion of urea ($\text{CO}(\text{NH}_2)_2$) to ammonium (NH_4^+) occurs in a two-step process. When the urea combines with water (hydrolyzes), it forms ammonium carbonate ($(\text{NH}_4)_2\text{CO}_3$). Ammonium carbonate is unstable and decomposes to form ammonia gas (NH_3) and carbon dioxide (CO_2). The ammonia gas produced is chemically identical to anhydrous ammonia. If the ammonia gas is in physical contact with water, it reacts to form the ammonium ion (NH_4^+). If the ammonium ion is in contact with the soil, it is attracted to the negatively charged clay and organic matter particles and is

held in the cation exchange complex.

Broadcasting urea-based fertilizers without incorporating them with tillage carries the risk of nitrogen loss to the atmosphere by ammonia volatilization. If just enough moisture is present to hydrolyze the urea but not enough to convert it to ammonium and carry it to the soil, the ammonia gas can escape into the atmosphere (volatilize). Volatilization is favored by high soil pH, warm temperatures, wet soils under drying conditions, and crop residues that insulate the urea from the soil. Under extremely unfavorable conditions, urea fertilizer broadcast to the soil surface with no mechanical incorporation can have volatilization losses exceeding 75%. On the other hand, surface-applied urea followed by sufficient rainfall or irrigation to hydrolyze the urea and to incorporate the resulting ammonium into the soil (one-half inch is usually sufficient) will suffer very little volatilization loss.

Phosphorus / Nitrogen Sources

Some fertilizers applied primarily as sources of phosphorus also contain significant levels of nitrogen. Diammonium phosphate (DAP) contains 18% N and 46% P_2O_5 by weight (18-46-0). Monoammonium phosphite (MAP) is usually formulated as 11-52-0. Other common phosphorus sources that contain nitrogen include 10-34-0 and 11-37-0. If any of these compounds are applied as a source of phosphorus, one should credit the nitrogen contained in these compounds when computing total nitrogen fertilizer to apply.

Harvesting and Storage of Vegetables

Sarah Browning
UNL Extension Educator

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

Harvest Tips

Avoid physical damage during harvest. Most fruits and vegetables are easily bruised if not handled carefully. When harvesting, treat produce as if it were fine china. Tossing fruits and vegetables into baskets or boxes may not leave visible bruises and damage, but decay will begin under the skin.

Seemingly sturdy vegetables such as sweet potatoes are actually quite delicate and will not store well if bruised. Any damaged produce should be used as quickly as possible and not placed in winter storage.

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

When temperatures drop low enough to freeze the ground under the mulch, finish harvesting the roots. Cut off



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

all but one-half inch of the top and store at 32–40°F in high humidity to reduce shriveling.

Cleaning Produce

Not all produce should be washed after harvest, including onions, garlic, Irish potatoes, and sweet potatoes.

Some produce, however, should be washed and dried before storing, including winter squash and pumpkins, along with green and red tomatoes. Commercial packing houses use sanitizers in packing line water to kill the fungi, bacteria, and yeast that might otherwise cause spoilage. Sodium hypochlorite (liquid laundry bleach, 5.25% concentration) is the most readily available of these sanitizers for home gardeners.

Cool produce before washing, then use water a few degrees warmer than the fruits

and vegetables to mix up your solution of 4 tablespoons of liquid bleach per gallon of water. This prevents cold wash water from being pulled inside warm fruits along with any pathogens in the wash water. Dip produce in the solution but, do not allow produce to sit in water. A quick dip is sufficient to remove pathogens.

Curing

Several vegetables benefit from post-harvest curing. Curing heals or suberizes injuries from harvesting operations. It thickens the skin, reducing moisture loss and affording better protection against insect and microbial invasion. Curing is usually accomplished at an elevated storage temperature and high humidity, which should be managed as accurately as possible.

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

Storing Garden Produce

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

Cool and dry storage consists of 50–60°F temperatures and 60% relative humidity. In the home, basements are generally cool and dry making this the easiest storage regimen to achieve. However, in the winter with a furnace and dehumidifier running, the humidity may drop below optimum.

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

Cold and dry storage is 32–40°F temperatures and 65% relative humidity. For cold storage items 32°F is ideal, but is difficult to achieve in the home. For every degree above 32°F, expect a shorter storage life of your produce, as much as 25% for every 10°F increase in

temperature. Refrigerator conditions are generally cold and dry, so an extra refrigerator is fine for long term storage of garlic and onions.

Cold and moist storage consists of 32–40°F temperatures and 95% humidity. Root cellars provide cold and moist conditions, or try refrigerator storage with the produce in perforated plastic bags to increase humidity. Unperforated plastic bags may result in water condensation inside the bag that leads to the growth of mold and bacteria.

Make sure the produce has adequate ventilation or air movement, and if using a root cellar, protect it from rodents. Clean straw, hay, and wood shavings may be used for insulation. Cold and moist conditions are best for the storage of beets, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, kohlrabi, parsnips, radishes, rutabagas, and turnips.

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

FOR MORE INFORMATION

For specific curing and storage conditions for many common fruits and vegetables, refer to UNL Extension NebGuide “Storing Fresh Fruits and Vegetables” (G1264) available at the extension office or online at <http://go.unl.edu/jtn>.

Preparing Onions for Winter Storage

One specific example of vegetable storage is onions. These can be harvested when the tops have fallen over and begun to dry. Do not bend over the tops during the growing season to force the energy into the bulb. This practice reduces the growth of the onions as they will not be able to translocate sugars to the bulb for storage.

Cure onions after harvest by spreading them in a single layer on screens in the shade, or in a well-ventilated garage or shed, for one to two weeks or until the tops are completely dry and shriveled. If the bulbs are exposed to full sun, prevent sunscald by allowing their foliage to cover them or by covering them with a light-weight cloth. When the tops are dry, they should be trimmed to one-inch lengths. Leave the onions dry outer skins in place; they help reduce bruising and shrinkage, and act as an insect barrier.



Onions must be cured until the necks are dry and papery to prevent storage rot.

Store onions in shallow boxes, mesh bags, or hang them in old nylons in a cold, dry, well-ventilated room. Or, the tops may be left untrimmed and braided together. Temperatures close to 32°F will give the longest storage. Products prone to absorb odors or flavors should not be stored near onions.

Can I Freeze Bell and Sweet Peppers Raw?

If you’ve picked a peck of peppers and have too many to eat, try freezing them. Peppers are one of those foods that can be quickly frozen raw without blanching them first. The National Center for Home Food Preservation (NCHFP), hosted by the University of Georgia Cooperative Extension Service, offers these guidelines on freezing bell and sweet peppers raw: Select crisp, tender, green or bright red pods. Wash, cut out stems, cut in half, and remove seeds. If desired, cut into 1/2-inch



strips or rings. Good for use in uncooked foods because they have a crisper texture, or in cooked foods. Package raw, leaving no headspace. Seal and freeze.

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

—Alice Henneman, MS, RD,
UNL Extension Educator

Can Tomatoes Be Frozen Raw?

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

Select firm, ripe tomatoes with deep red color. Wash and dip in boiling water for 30 seconds to loosen skins. Core and peel. Freeze whole or in pieces. Pack into containers, leaving 1-inch headspace. Seal and freeze.



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

TIP: Dip just a few tomatoes at a time into the boiling water or the water temperature may be lowered too much to remove the skins without overheating the tomatoes. Place hot tomatoes in a colander and rinse under cold water to make them easier to handle. A knife with a serrated edge works best for cutting tomatoes.

—Alice Henneman, MS, RD,
UNL Extension Educator



Alice Henneman, MS, RD, UNL Extension Educator

This cool-as-a-cucumber salad is loaded with cucumbers and tomatoes for refreshing summer meals. Make it earlier in the day when it's less hot and let the flavors meld in the refrigerator during the heat of the day.

Cucumber Salad with Tomatoes

(Serving Size: 1/4 of recipe • Yield: 4 servings)



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

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

Source: SNAP-Ed Connection Recipes at <http://recipefinder.nal.usda.gov> — adapted from: Don't Play With Your Food: Spring and Summer Cookbook, Arizona Nutrition Network

ALICE'S NOTES:

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

Picnics: Stay Food Safety Savvy!

Lisa Franzen-Castle, RD, PhD
Nutrition Specialist
Alice Henneman, RD, MS
UNL Extension Educator

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

Tips to stay food safety savvy on picnics:

- Temperature and time.** Keep picnics with family and friends safe this summer by remembering the time perishable food can be left outside the fridge or freezer drops from two hours to one in temperatures above 90°F.
- Hot and cold.** Keep hot food hot and cold food cold on the way to, and throughout your picnics and outdoor gatherings. Holding food at an unsafe temperature is a prime cause of foodborne illness.
- Food thermometer.** According to USDA research, 1 out of every 4 hamburgers turns brown in the middle before reaching a safe internal temperature. The only way to be sure food is safely cooked



Photo courtesy of Cattlemen's Beef Board & National Cattlemen's Beef Association

is to use a food thermometer to measure the internal temperature. Using a food thermometer keeps you safe from harmful food bacteria and helps avoid overcooking, keeping it juicy and flavorful. Cook hamburgers to an internal temperature of 160°F.

- USDA recommendations.** USDA has revised its recommended cooking temperature for all whole cuts (steaks, roasts, and chops) of meat, including pork, beef, lamb, and veal to 145°F and then allowing a 3 minute rest time before carving or consuming. During the 3 minutes after meat is removed from the heat source, its temperature remains constant or continues to rise, which destroys pathogens.
- Bring non-perishable foods.** Reduce the worry of keeping foods at certain temperatures by limiting the number of perishable foods on the menu. Bring baked potato chips or pretzels instead of potato salad; dried fruit or fruit cups instead of a fruit salad; and other snacks such as trail mix, nuts, or sunflower seeds.
- Two coolers are better than one.** Bring two coolers to the park or gathering, one for perishable food and one for beverages. Keep perishable foods cool by transporting them in an insulated cooler kept cold with ice or frozen gel packs and open as little as possible.
- Keep it clean.** During picnics it is

important to keep things clean. Check ahead and find out if there's a source of safe drinking water at your destination. If not, bring water for preparation and cleaning; or pack clean, wet, disposable cloths or moist towelettes, and paper towels for cleaning hands and surfaces.

- Dangers of cross contamination.** Cross-contamination is the transfer of harmful

bacteria to food from other foods, cutting boards, utensils, etc., if they are not handled properly. Cross-contamination during preparation, grilling, and serving food is a prime cause of foodborne illness. Remember to always wash your hands before and after handling food, and don't use the same platter and utensils for raw and cooked meat and poultry. Include lots of clean utensils, not only for eating but also for serving the safely cooked food.

Picnics are extremely popular all throughout the summer. The "road" to food safety, however, can either be a bumpy one or smooth — depending on what precautions are taken handling meals as we travel during the summer. Check out <http://food.unl.edu> for more food, nutrition, and health information.



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Save Money. Improve Health. Eat Less Sugar.



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

Garrett J. Serd
UNL Dietetic Intern
Mary Abbott RD
Extension Associate

From our childhood, we've all become familiar with the parable, "A spoonful of sugar helps the medicine go down." Perhaps too many Americans have taken this simple message to heart. The United States Department of Agriculture (USDA) statistics show the

average American consumed 132 pounds of sugar in 2010. This large amount of sugar intake can increase the risk of obesity, heart disease, dental cavities, and other chronic diseases.

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

- Refer to the nutrition facts label to find out how much added sugar is in food.
- Ingredients ending in the word "ose" are forms of sugar (sucrose, fructose, dextrose). Corn syrup, agave nectar, cane juice, honey, and molasses

all increase sugar content.

- Ingredients are listed in descending order. Choose foods that have sugar ingredients listed near the end.
- "Reduced fat" foods often have increased amounts of sugar. Always verify the healthfulness of foods by comparing nutrition facts labels.
- Drink fewer regular soft drinks. Switch to "diet" versions or drink water with lemon.
- Keep away from sweetened breakfast cereals. Have yogurt and fruit or a homemade breakfast smoothie sweetened



The average American eats 132 pounds of sugar each year. That equals 33 four-pound bags.

- with fresh or frozen berries.
- Foods like jelly and ice cream are loaded with added sugars. Look for "all fruit" spreads and "no sugar added" ice cream.
- Stick to a healthy diet that consists of plenty of fresh

the sugar content on nutrition facts food labels and incorporating simple strategies into your daily eating plan, you will be able to reduce the amount of sugar in your diet and be on the road to better health.

vegetables, fruits, and lean meats.

- Sweeten naturally when possible. Use spices such as cinnamon, cloves, allspice, ginger, and nutmeg. Enhance flavor by using the zest from an orange or lemon. Buy plain yogurt and add dried or fresh fruit to sweeten the taste.

By looking for

FAMILY & COMMUNITY EDUCATION (FCE) CLUBS

President's View — Irene's Items

Irene Colborn
FCE Council Chair

One day last week I had a day off (meaning I didn't have to be any place or anything special to do) so I took my cup of coffee out in the shade and watched the birds and squirrels. I think they harvested all of the mulberries but all of a sudden I heard a "plunk" and



a walnut bounced off the garage and into the yard. So now they are after them and then it will be the neighbor's grapes. The Sizzling Summer Sampler was a big success this year. We had 139 attend and sold 600 raffle tickets for the 17 baskets and centerpieces. This fund raiser



enhances our scholarship fund. I personally want to thank you for all the help and support. Next on the agenda is our hosting the State Convention in September. Information should be coming to you in the next "Your FCE Speaks." "There is no beginning or end... Yesterday is history, Tomorrow is a mystery, Today is a gift."

FCE News & Events

FCE Leader Training Canceled

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

FCE Council Meeting

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

Save the date: Join the FCE Galaxy of Stars

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

Sizzling Summer Sampler a Success



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



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



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



UNL Extension Educator Sarah Browning presented "Great Plants for Nebraska"



Dorothy Applebee presented "From Beethoven to Rap"



Lorene Bartos, UNL Extension Educator

Go Green When Doing Laundry

- Use the recommended amount of laundry detergent, and fabric softener.
- Follow fabric care labels and instructions when doing laundry — use the right amount of water and heat when washing and drying.
- Watch packaging when purchasing laundry products. Buy concentrated products and recycle containers.
- Set the washer at the right water level for the size of load that is being washed.
- Consider line drying clothes to conserve energy.

School Success Starts At Home

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

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

day at school, and interact with them to continue learning at home.

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

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

Source: University of Illinois Extension, Milly Kaiser, August 2008.

Household Hazardous Waste Collections

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

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

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

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

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

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

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

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

Usable Latex Paint Exchanges

Three usable latex paint exchanges will be held at the EcoStores Nebraska at 530 West P Street. Call 402-477-3606 for details.

Saturday, Sept. 24 • 9 a.m.–2 p.m.
Saturday, Nov. 12 • 9 a.m.–2 p.m.

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

- Meet Your Yard** — Learn about the soils, plants, climate, and wildlife around your home.
- Be Plant Perfect** — Avoid invasive plants and those not adapted to local conditions. Perfect plants are suited to their location requiring less water, fertilizer, pruning, and pesticides.
- Be Water Wise** — Water lawns only when needed, but to the depth of the root zone. Consider replacing irrigated turf with drought-tolerant ground covers.
- Be a Pest Pro** — Identify pests correctly. This allows for the most appropriate control method.
- Police Pollution** — Prevent fertilizer, pesticides, and animal waste from entering water sources or wastewater systems.
- Be Well Read** — Read the label, it's the law. Keep children and pets away from pesticides. Store and dispose of pesticides according to label instructions.
- Go Native** — Create 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.



Compost



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.

Source: Growing Green Lawns Organization

Growing Mandevillas

Mary Jane Frogge
UNL Extension Associate

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

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

Outdoors, grow mandevillas in partial shade. They need rich, well-drained soil. Provide a frame, trellis, or stake for support. Pinch young plants to induce bushiness.

Since 45–50°F is the minimum temperature tolerated by mandevilla, plants should be moved indoors for the winter. Before bringing them indoors, examine them carefully for pests. Look under the leaves and on the plant stems for insects and their eggs. Remove any diseased or dead leaves by hand. Insect-infested plants can be doused with a forceful spray of water to dislodge the pests, or



Mary Jane Frogge, UNL Extension in Lancaster County

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

you can use insecticidal soaps or other appropriate insecticides labeled for use on your plant. The most common pests are mealybugs, scale, whiteflies, and spider mites.

Move the plants to a lighted location where the temperature is above 55°F. Reduce the frequency of watering to coincide with the plant's rest

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

Vegetable Gardening in the Fall

Mary Jane Frogge
UNL Extension Associate

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

To determine the time to plant a particular vegetable for the latest harvest, you need to know the average date of the

first hard freeze. For Lancaster County, it is approximately Oct. 10.

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

When planting fall crops, prepare the soil by restoring nutrients removed by spring and summer crops. A light layer of compost or a small application of fertilizer will prepare the soil

for another crop. Dry soil may make working the soil difficult and inhibit seed germination during the midsummer period. Plant fall vegetables when the soil is moist after a rain or water the area thoroughly the day before planting. It may be beneficial to soak the seeds overnight before planting.

An organic mulch will help keep the soil cool. Mulching between rows can decrease soil drying. Irrigate when necessary so plants have sufficient moisture during the warm days. Some of the best quality vegetables are produced during the warm days and cool nights of the fall season.

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



Texas AgriLife Extension Service

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



Garden Guide

THINGS TO DO THIS MONTH

By Mary Jane Frogge, UNL Extension Associate

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

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

Hand pick bagworms from your evergreen and deciduous trees.

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

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

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

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

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

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

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

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

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

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

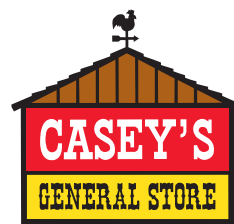
Do not add weeds with mature seed heads to the compost pile. Many weed seeds can remain viable and germinate next year when the compost is used.

Gotta be there! ^{SUPER} FAIR LANCASTER COUNTY

August 4–13, 2011
Lancaster Event Center
 84th & Havelock, Lincoln • 402-441-6545

For detailed information about the Super Fair, go to www.superfair.org

Single day, per person
Gate admission \$2
 Pick up gate admission tickets **FREE** at these locations



Over 35 locations in Lincoln and Lancaster County



Because Quality Matters

6 locations in Lincoln



4 locations in Lincoln

SCHEDULE & MAP

FREE shuttle service between parking lots and main buildings!

FREE parking!



FREE entertainment!



Nebraska Lottery Entertainment Tent and Beer Garden

Here are the highlights. Go to www.superfair.org for a complete entertainment schedule.



- FREE!**
- Aug. 4 —** No Better Cause (pop/soul/funk): 6:30pm
 The Rockerfellers (classic rock): 9pm
 - Aug. 5 —** Watermelon Feed: 4:30pm
 Chris Sayre (folk/blues): 5pm
 3D In Your Face ('80s hair band): 9pm
 - Aug. 6 —** Bush Hawg (country/rock RCA recording artist) (sponsored by Froggy 98): 8pm
 - Aug. 7 —** Academy of Rock (youth bands): 2pm
 CowboyUp! Band (top 40 country): 7pm
 - Aug. 8 —** Chris Sayre (folk/blues): 2pm
 Longoria Black Belt Demonstrations: 5pm
 Sam & Tom Acoustic Entertainment (acoustic rock): 7pm
 - Aug. 9 —** Chris Sayre (folk/blues): 2pm
 Capital City Cloggers: 5:45pm
 Daniel Christian Music (pop/rock/folk): 7:30pm
 - Aug. 10 —** Chris Sayre (folk/blues): 2pm
 Longoria Black Belt Demonstrations: 5pm
 Loose Rooster (classic rock): 7pm
 - Aug. 11 —** The String Beans (children's & kids' music): 3pm
 Alli & I (acoustic pop): 5pm
 SwitchBak (rock/country): 9pm
 - Aug. 12 —** Hip Hop Day at the Fair: 1pm
 - Aug. 13 —** Comedy Legend Gallagher "A Smashing Good Time" (sponsored by 92.9 The Eagle): 8pm



Daily Attractions

A to Z Exotic Animal Petting Zoo & Pony Rides

FREE petting zoo includes a wide variety of exotic animals! Pony rides throughout the day.

Interactive Game Experience

FREE! Try your hand at over 15 different game ports with outdoor-themed games.

Antique Tractors on Display

From the UNL Lester F. Larsen Tractor Test and Power Museum

Ag Equipment on Display

Nebraska FarmHouse Association Tractor on Display & Raffle

Heart of America Shows Midway Carnival

A variety of rides, games, and food booths for all age groups! New rides arriving 2nd weekend! Special all-you-can-ride wristband sessions: weekdays 5–11pm; weekends 1–5pm / 6–11pm Wristbands \$20 in advance at Lancaster Event Center office, \$25 during fair

Great American Duck Race

Learn how to race Mallard Ducks. Up to 16 participants in each of five races per day.

Daryl's Racing Pigs

Cheer on your favorite racing pigs! Four shows per day.

Bingo Tent (Lincoln Dominators Baseball Club)

Bork Dork & Friends Paintball Shooting Gallery

U.S. Army Vehicles

H3 Hummer, Rock Wall, and the Orange County Chopper built in 2005



FREE!



FREE!



FREE!



FREE!



FREE!

Other Attractions

- Aug. 4 —** Figure 8 Races: 7pm
- Aug. 5 —** Demolition Derby: 7pm • New this year, Compact Car Derby!
- Aug. 7 —** Super Fair Antique Car Show: Noon–4pm
 Big Wheel Race: 1pm **FREE!**
 Kids Pedal Tractor Pull Contest: 3pm **FREE!**
- Aug. 8 —** Mutton Bustin and Kids Ranch Rodeo (sponsored by KX 96.9): 6pm **FREE!**
- Aug. 9 —** Bush Tractor Pulls: 7pm
 National Barrel Horse Association Barrel Racing: Exhibition 5:30pm, Competition 7pm
- Aug. 10 —** Nebraska 4-H & FFA State Tractor Operator's Contest: 8am
- Aug. 11 —** Skate With No Coast Derby Girls and Meet & Greet (skates provided by Skate Zone): 4–8pm **FREE!**
- Aug. 11-13 —** AGC (Associated General Contractors) Construction Learning Center: 10am–10pm • Exhibits include hands-on activity stations, heavy equipment simulators, mini excavator competition, Lego building center, etc. **FREE!**
- Aug. 12 —** People's Choice Salsa Contest: 6pm **FREE!**
 E3 Spark Plugs Monster Truck Nationals by Lucas Oil: 7:30pm
- Aug. 13 —** \$1,000 Cinnamon Roll Contest: 12noon **FREE!**



FREE!



4-H/FFA
Exhibits & Events
Aug. 4–7

THURSDAY, AUGUST 4

Capital City Kiwanis Breakfast: 7–11am Bristol Windows Business Center
4-H/FFA Livestock & Horse Exhibits: 12noon–10pm Pavilions 1, 2, 3, 4
4-H/FFA Static Exhibits: 10am–10pm Lincoln Room
A-Z Exotic Animal Petting Zoo & Pony Rides: 10am–10pm.Attractions Zone
Interactive Game Experience: 10am–10pm.Attractions Zone
Antique Tractors on Display from UNL Lester F. Larsen Tractor Test and Power
Museum: 10am–10pm Ag & Tractor Lane
Nebraska FarmHouse Assn. Tractor on Display & Raffle: 10am–10pm . Ag & Tractor Lane
Ag Equipment on Display: 10am–10pm Ag & Tractor Lane
U.S. Army Vehicles: 10am–10pmAttractions Zone
Bingo Tent (Lincoln Dominators Baseball Club): 10am–10pmAttractions Zone
Bork Dork & Friends Paintball Shooting Gallery: 10am–10pm.Attractions Zone
Commercial Vendors: 10am–10pm. Multipurpose Arena
Flea Market: 10am–10pm Multipurpose Arena
Food Concessions: 10am–10pm Food Court
Nebraska Lottery Entertainment Tent & Beer Garden: 10am–closeAttractions Zone
Lincoln Area Railway Historical Society Depot & Caboose: Noon–close . . West Parking Lot
Heart of America Shows Carnival: 5pm-12midnight Main Parking Lot

SCHEDULED EVENTS

8:00am 4-H Western Horse Show 1 — Western Showmanship/
Horse and Pony Halter Amy Countryman Arena
9:00am 4-H Cat Show/Quiz BowlExhibit Hall
12noon 4-H Household Pets Show/Quiz BowlExhibit Hall
12noon VIP Luncheon (sponsored by East Lincoln Business Association)
12:30pm 4-H Poultry ShowPavilion 1 - Walkway
2:00pm Daryl's Racing Pigs Attractions Zone
2–3pm Sheep Fitting ClinicPavilion 1 - West Arena
3:00pm The Great American Duck Races Attractions Zone
3–5pm Cattle Fitting ClinicPavilion 1 - East Arena
4:00pm Daryl's Racing Pigs Attractions Zone
TBA 4-H Western Horse Show 2 — Reining/Working Pleasure/Western
Riding: immediately following Western Horse Show 1 . .Pavilion 3 - Arena
4–5pm Swine Fitting ClinicPavilion 1 - West Arena
5:00pm The Great American Duck Races Attractions Zone
TBA 4-H Rabbits R Us Dunk Tank Attractions Zone
6:00pm Daryl's Racing Pigs Attractions Zone
6:30pm 4-H Rabbit Breed Identification Contest/Quiz. . . . Pavilion 1 - Walkway
6:30pm No Better Cause (pop/soul/funk) . Nebraska Lottery Entertainment Tent &
Beer Garden
7:00pm 4-H Style Revue.Exhibit Hall
7:00pm Figure 8 Races Muhlbach Motorsports Complex
7:00pm The Great American Duck Races Attractions Zone
8:00pm Daryl's Racing Pigs Attractions Zone
9:00pm The Great American Duck Races Attractions Zone
9:00pm The Rockerfellers (classic rock) . . Nebraska Lottery Entertainment Tent &
Beer Garden

FRIDAY, AUGUST 5

Capital City Kiwanis Breakfast: 7–11am Bristol Windows Business Center
4-H/FFA Livestock & Horse Exhibits: 10am–10pm Pavilions 1, 2, 3, 4
4-H/FFA Static Exhibits: 10am–10pm Lincoln Room
A-Z Exotic Animal Petting Zoo & Pony Rides: 10am–10pm.Attractions Zone
Interactive Game Experience: 10am–10pm.Attractions Zone
Antique Tractors on Display from UNL Lester F. Larsen Tractor Test and Power
Museum: 10am–10pm Ag & Tractor Lane
Nebraska FarmHouse Assn. Tractor on Display & Raffle: 10am–10pm . Ag & Tractor Lane
Ag Equipment on Display: 10am–10pm Ag & Tractor Lane
U.S. Army Vehicles: 10am–10pmAttractions Zone
Bingo Tent (Lincoln Dominators Baseball Club): 10am–10pmAttractions Zone
Bork Dork & Friends Paintball Shooting Gallery: 10am–10pm.Attractions Zone
Commercial Vendors: 10am–10pm. Multipurpose Arena
Flea Market: 10am–10pm Multipurpose Arena
Food Concessions: 10am–10pm Food Court
Nebraska Lottery Entertainment Tent & Beer Garden: 10am–closeAttractions Zone
Lincoln Area Railway Historical Society Depot & Caboose: Noon–close . . West Parking Lot
Heart of America Shows Carnival: 5pm–12midnight. Main Parking Lot

SCHEDULED EVENTS

8:00am 4-H Western Horse Show 3 — Bareback Equitation/Western
Pleasure/Western Horsemanship Amy Countryman Arena
9:00am 4-H/FFA Sheep ShowPavilion 1 - West Arena
10:00am Dairy Cattle ClinicPavilion 1 - East Arena
TBA 4-H Meat Goat Show: immediately following 4-H/FFA Sheep Show
Pavilion 1 - West Arena
2:00pm Daryl's Racing Pigs Attractions Zone
3:00pm The Great American Duck Races Attractions Zone
4:00pm Daryl's Racing Pigs Attractions Zone
TBA 4-H Horse Groom and Care Class: immediately following
4-H Western Horse Show 3.Pavilion 3 - Arena
4:30pm Watermelon Feed. . . Nebraska Lottery Entertainment Tent & Beer Garden
5:00pm 4-H Bucket Calf ShowPavilion 1 - East Arena
5:00pm 4-H Table Setting Contest.Exhibit Hall
5:00pm 4-H Council Spaghetti Feed FundraiserExhibit Hall - Room 2
5:00pm The Great American Duck Races Attractions Zone
5:00pm Chris Sayre (folk/blues) Nebraska Lottery Entertainment Tent & Beer
Garden
5–9pm Face PaintingPavilion 1
TBA 4-H Rabbits R Us Dunk Tank Attractions Zone
5:30pm 4-H Rabbit Judging Contest/Breeder's Choice . . . Pavilion 1 - Walkway
TBA 4-H Horse Games Show — Keyhole Race/Pole Bending/
Figure 8 Stake Race/Barrel Race: immediately following
4-H Groom and Care Class. Amy Countryman Arena
6:00pm Daryl's Racing Pigs Attractions Zone
7:00pm 4-H Rabbit Pet ClassPavilion 1 - Walkway
7:00pm Demolition Derby. Muhlbach Motorsports Complex
7:00pm The Great American Duck Races Attractions Zone
8:00pm Daryl's Racing Pigs Attractions Zone
9:00pm 3D In Your Face ('80s hair rock) . . Nebraska Lottery Entertainment Tent &
Beer Garden
9:00pm The Great American Duck Races Attractions Zone

SATURDAY, AUGUST 6

Capital City Kiwanis Breakfast: 7–11am Bristol Windows Business Center
4-H/FFA Livestock & Horse Exhibits: 10am–10pm Pavilions 1, 2, 3, 4
4-H/FFA Static Exhibits: 10am–10pm Lincoln Room
A-Z Exotic Animal Petting Zoo & Pony Rides: 10am–10pm.Attractions Zone
Interactive Game Experience: 10am–10pm.Attractions Zone
Antique Tractors on Display from UNL Lester F. Larsen Tractor Test and Power
Museum: 10am–10pm Ag & Tractor Lane
Nebraska FarmHouse Assn. Tractor on Display & Raffle: 10am–10pm . Ag & Tractor Lane
Ag Equipment on Display: 10am–10pm Ag & Tractor Lane
U.S. Army Vehicles: 10am–10pmAttractions Zone
Bingo Tent (Lincoln Dominators Baseball Club): 10am–10pmAttractions Zone
Bork Dork & Friends Paintball Shooting Gallery: 10am–10pm.Attractions Zone
Commercial Vendors: 10am–10pm. Multipurpose Arena
Flea Market: 10am–10pm Multipurpose Arena
Food Concessions: 10am–10pm Food Court
Nebraska Lottery Entertainment Tent & Beer Garden: 10am–closeAttractions Zone
Lincoln Area Railway Historical Society Depot & Caboose: Noon–close . . West Parking Lot
Heart of America Shows Carnival: 1pm–12midnight. Main Parking Lot

SCHEDULED EVENTS

8:00am 4-H Miniature Horse Show Amy Countryman Arena
8:00am 4-H Roping/Working Ranch Show — Roping/Goat Tying/
Working Ranch.Pavilion 3 - Arena
8:00am 4-H/FFA Swine ShowPavilion 1 - West Arena
8:00am 4-H Rabbit Market/Breed/Fur ShowPavilion 1 - Walkway
9:00am 4-H Dog Obedience/Showmanship/Pet Class/
Costume ContestExhibit Hall
10:00am 4-H Rabbit Showmanship ShowPavilion 1 - Walkway
TBA 4-H Horse Special Needs Show: immediately following
4-H Miniature Horse Show Amy Countryman Arena
TBA 4-H Horse Trail Show: immediately following 4-H Special Needs
Show Amy Countryman Arena
12noon 4-H/FFA Beef ShowPavilion 1 - East Arena
1:00pm 4-H Dog Agility Show.Exhibit Hall
2:00pm 4-H Dog Creative Kennel Contest.Exhibit Hall
2:00pm Daryl's Racing Pigs Attractions Zone
3:00pm The Great American Duck Races Attractions Zone
4:00pm Daryl's Racing Pigs Attractions Zone
5:00pm The Great American Duck Races Attractions Zone
5–9pm Face PaintingPavilion 1
TBA 4-H Rabbits R Us Dunk Tank Attractions Zone
TBA 4-H Horse — Horsemanship Pairs/Freestyle Drill Teams:
not to start before 5:30pm.Pavilion TBA
6:00pm 4-H Rabbit Specialty Show — Best Matched Pair/Tricks/
Costume Contest/Pee Wee — and Rabbit Races . .Pavilion 1 - West Arena
6:00pm Daryl's Racing Pigs Attractions Zone
TBA 4-H Llama/Alpaca Show: immediately following 4-H/FFA Beef Show,
not to start before 6:00pm.Pavilion 1 - East Arena
7:00pm The Great American Duck Races Attractions Zone
8:00pm Bush Hawg (country/rock RCA recording artist) (sponsored by
Froggy 98) Nebraska Lottery Entertainment Tent & Beer Garden
8:00pm Daryl's Racing Pigs Attractions Zone
9:00pm The Great American Duck Races Attractions Zone

SUNDAY, AUGUST 7

Capital City Kiwanis Breakfast: 7–11am Bristol Windows Business Center
4-H/FFA Livestock & Horse Exhibits: 10am–9pm Pavilions 1, 2, 3, 4
4-H/FFA Static Exhibits: 10am–10pm Lincoln Room
A-Z Exotic Animal Petting Zoo & Pony Rides: 10am–10pm.Attractions Zone
Interactive Game Experience: 10am–10pm.Attractions Zone
Antique Tractors on Display from UNL Lester F. Larsen Tractor Test and Power
Museum: 10am–10pm Ag & Tractor Lane
Nebraska FarmHouse Assn. Tractor on Display & Raffle: 10am–10pm . Ag & Tractor Lane
Ag Equipment on Display: 10am–10pm Ag & Tractor Lane
U.S. Army Vehicles: 10am–10pmAttractions Zone
Bingo Tent (Lincoln Dominators Baseball Club): 10am–10pmAttractions Zone
Bork Dork & Friends Paintball Shooting Gallery: 10am–10pm.Attractions Zone
Commercial Vendors: 10am–10pm. Multipurpose Arena
Flea Market: 10am–10pm Multipurpose Arena
Food Concessions: 10am–10pm Food Court
Nebraska Lottery Entertainment Tent & Beer Garden: 10am–closeAttractions Zone
Lincoln Area Railway Historical Society Depot & Caboose: Noon–close . . West Parking Lot
Heart of America Shows Carnival: 1pm–12midnight. Main Parking Lot

SCHEDULED EVENTS

8:00am 4-H English Horse Show — Hunter/Saddleseat Horse Halter/English
Showmanship/English Pleasure/
English Equitation Amy Countryman Arena
8:00am 4-H/FFA Dairy Cattle ShowPavilion 1 - East Arena
8:00am 4-H Dairy Goat Show/Costume ContestPavilion 1 - West Arena
8:00am Open Class Rabbit ShowExhibit Hall
Noon-4pm Super Fair Antique Car Show. Northwest Parking Lot
11:30am Open Class Dairy Cattle ShowPavilion 1 - East Arena
1:00pm 4-H Clover Kids Show & Tell Lincoln Room
1:00pm Big Wheel Race for youth 3–6 (presented by Lancaster County Farm
Bureau): check-in 12noonExhibit Hall
2:00pm Academy of Rock (youth bands) . . Nebraska Lottery Entertainment Tent &
Beer Garden
2:00pm Daryl's Racing Pigs Attractions Zone
3:00pm Kids Pedal Tractor Pull Contest for youth 4 & up (presented by
Lancaster County Farm Bureau): check-in 2:30pmExhibit Hall
3:00pm The Great American Duck Races Attractions Zone
TBA 4-H Horse Hunter Hack Jumper Show: immediately following
4-H English Show.Pavilion 3 - Arena
4:00pm Daryl's Racing Pigs Attractions Zone
5:00pm 4-H Rabbit Awards. . . . Bristol Windows Business Center - Nebraska Room
5:00pm The Great American Duck Races Attractions Zone
5–9pm Face PaintingPavilion 1
TBA 4-H Rabbits R Us Dunk Tank Attractions Zone
6:00pm 4-H/FFA Livestock Premium AuctionPavilion 1 - East Arena
6:00pm Daryl's Racing Pigs Attractions Zone
7:00pm CowboyUp! Band (top 40 country) Nebraska Lottery Entertainment
Tent & Beer Garden
7:00pm The Great American Duck Races Attractions Zone
8:00pm Daryl's Racing Pigs Attractions Zone
9:00pm The Great American Duck Races Attractions Zone



Open Class
Exhibits & Events
Aug. 9–13

Open Class is
open to anyone!
For information on how
to participate, go to
www.superfair.org.

Theme Days Aug. 8–12
Theme day events highlighted in blue

MONDAY, AUGUST 8
Military Appreciation Day

Capital City Kiwanis Breakfast: 7–11am Bristol Windows Business Center
A-Z Exotic Animal Petting Zoo & Pony Rides: 10am–10pm. Attractions Zone
Interactive Game Experience: 10am–10pm. Attractions Zone
Antique Tractors on Display from UNL Lester F. Larsen Tractor Test and Power Museum: 10am–10pm Ag & Tractor Lane
Nebraska FarmHouse Assn. Tractor on Display & Raffle: 10am–10pm . Ag & Tractor Lane
Ag Equipment on Display: 10am–10pm Ag & Tractor Lane
U.S. Army Vehicles: 10am–10pm Attractions Zone
Bingo Tent (Lincoln Dominators Baseball Club): 10am–10pm Attractions Zone
Bork Dork & Friends Paintball Shooting Gallery: 10am–10pm. Attractions Zone
Commercial Vendors: 10am–10pm. Multipurpose Arena
Flea Market: 10am–10pm. Multipurpose Arena
Food Concessions: 10am–10pm Food Court
Nebraska Lottery Entertainment Tent & Beer Garden: 10am–close . . . Attractions Zone
Lincoln Area Railway Historical Society Depot & Caboose: Noon–close . . West Parking Lot
Heart of America Shows Carnival: 5pm–12midnight. Main Parking Lot

SCHEDULED EVENTS

8:00am 4-H Horse Hunter Show — Hunter/Equitation . . Amy Countryman Arena
12noon 4-H Horse Dressage Show — Walk-Trot/Elementary Classes. . Pavilion 3 - Arena
1:00pm Bobby Layne Orchestra with Trudy DuMay Exhibit Hall
2:00pm Chris Sayre (folk/blues) . . Nebraska Lottery Entertainment Tent & Beer Garden
2:00pm Daryl’s Racing Pigs Attractions Zone
3:00pm The Great American Duck Races Attractions Zone
4:00pm Daryl’s Racing Pigs Attractions Zone
4:30pm Open Class Swine Show Pavilion 1 - West Arena
5:00pm Longoria Black Belt Demonstrations . . Nebraska Lottery Entertainment Tent & Beer Garden
5:00pm The Great American Duck Races Attractions Zone
6:00pm Mutton Bustin and Kids Ranch Rodeo (sponsored by KX 96.9) . . Amy Countryman Arena
6:00pm Daryl’s Racing Pigs Attractions Zone
7:00pm Sam & Tom Acoustic Entertainment (acoustic rock) . . Nebraska Lottery Entertainment Tent & Beer Garden
7:00pm The Great American Duck Races Attractions Zone
8:00pm Daryl’s Racing Pigs Attractions Zone
9:00pm The Great American Duck Races Attractions Zone

TUESDAY, AUGUST 9

KFOR
1240 AM

Older Nebraskans Day

TABITHA
Your answer for Elder Care

Capital City Kiwanis Breakfast: 7–11am Bristol Windows Business Center
Open Class Livestock & Horse Exhibits: 10am–10pm. Pavilions 1, 2, 3, 4
Open Class Static Exhibits: 2pm–10pm Lincoln Room
A-Z Exotic Animal Petting Zoo & Pony Rides: 10am–10pm. Attractions Zone
Interactive Game Experience: 10am–10pm. Attractions Zone
Antique Tractors on Display from UNL Lester F. Larsen Tractor Test and Power Museum: 10am–10pm Ag & Tractor Lane
Nebraska FarmHouse Assn. Tractor on Display & Raffle: 10am–10pm . Ag & Tractor Lane
Ag Equipment on Display: 10am–10pm Ag & Tractor Lane
U.S. Army Vehicles: 10am–10pm Attractions Zone
Bingo Tent (Lincoln Dominators Baseball Club): 10am–10pm Attractions Zone
Bork Dork & Friends Paintball Shooting Gallery: 10am–10pm. Attractions Zone
Commercial Vendors: 10am–10pm. Multipurpose Arena
Flea Market: 10am–10pm. Multipurpose Arena
Food Concessions: 10am–10pm Food Court
Nebraska Lottery Entertainment Tent & Beer Garden: 10am–close . . . Attractions Zone
Lincoln Area Railway Historical Society Depot & Caboose: Noon–close . . West Parking Lot
Heart of America Shows Carnival: 5pm–12midnight. Main Parking Lot

SCHEDULED EVENTS

8:00am 4-H Horse Dressage Show — Novice/Jr./Sr. Classes . . Pavilion 3 - Arena
9:00am Free coffee and cinnamon rolls to first 300 people Exhibit Hall
9am-1pm Health, Wellness & Informational Booths Exhibit Hall
1:00pm Bobby Layne Orchestra with Trudy DuMay Exhibit Hall
2:00pm Chris Sayre (folk/blues) . . Nebraska Lottery Entertainment Tent & Beer Garden
2:00pm Daryl’s Racing Pigs Attractions Zone
3:00pm The Great American Duck Races Attractions Zone
3–6pm Free Appraisals by Tom Bassett Multipurpose Arena
4:00pm Daryl’s Racing Pigs Attractions Zone
5:00pm The Great American Duck Races Attractions Zone
5:30pm National Barrel Horse Association Barrel Racing Exhibition. . . . Amy Countryman Arena
5:45pm Capital City Cloggers . . Nebraska Lottery Entertainment Tent & Beer Garden
6:00pm Daryl’s Racing Pigs Attractions Zone
7:00pm National Barrel Horse Association Barrel Racing Competition . . Amy Countryman Arena
7:00pm The Great American Duck Races Attractions Zone
7:00pm Bush Tractor Pulls Muhlbach Motorsports Complex
7:30pm Daniel Christian Music (pop/rock/folk). . Nebraska Lottery Entertainment Tent & Beer Garden
8:00pm Daryl’s Racing Pigs Attractions Zone
9:00pm The Great American Duck Races Attractions Zone

WEDNESDAY, AUGUST 10
Safety Awareness Day

Capital City Kiwanis Breakfast: 7–11am Bristol Windows Business Center
Open Class Livestock & Horse Exhibits: 10am–10pm. Pavilions 1, 2, 3, 4
Open Class Static Exhibits: 10am–10pm Lincoln Room
A-Z Exotic Animal Petting Zoo & Pony Rides: 10am–10pm. Attractions Zone
Interactive Game Experience: 10am–10pm. Attractions Zone
Antique Tractors on Display from UNL Lester F. Larsen Tractor Test and Power Museum: 10am–10pm Ag & Tractor Lane
Nebraska FarmHouse Assn. Tractor on Display & Raffle: 10am–10pm . Ag & Tractor Lane
Ag Equipment on Display: 10am–10pm Ag & Tractor Lane
U.S. Army Vehicles: 10am–10pm Attractions Zone
Bingo Tent (Lincoln Dominators Baseball Club): 10am–10pm Attractions Zone
Bork Dork & Friends Paintball Shooting Gallery: 10am–10pm. Attractions Zone
Commercial Vendors: 10am–10pm. Multipurpose Arena
Flea Market: 10am–10pm. Multipurpose Arena
Food Concessions: 10am–10pm Food Court
Nebraska Lottery Entertainment Tent & Beer Garden: 10am–close . . . Attractions Zone
Lincoln Area Railway Historical Society Depot & Caboose: Noon–close . . West Parking Lot
Heart of America Shows Carnival: 5pm–12midnight. Main Parking Lot

SCHEDULED EVENTS

8am-4pm Nebraska 4-H & FFA Statewide Tractor Operators’ Contest . . . West of Muhlbach Motorsports Complex
8:00am Open Class Poultry Show Pavilion 1 - Walkway
9:00am Open Class Dressage Horse Show. Pavilion 3 - Arena
9am-1pm Safety Awareness Booths Exhibit Hall
2:00pm Chris Sayre (folk/blues) . . Nebraska Lottery Entertainment Tent & Beer Garden
2:00pm Daryl’s Racing Pigs Attractions Zone
3:00pm The Great American Duck Races Attractions Zone
4:00pm Daryl’s Racing Pigs Attractions Zone
5:00pm Longoria Black Belt Demonstrations . . Nebraska Lottery Entertainment Tent & Beer Garden
5:00pm The Great American Duck Races Attractions Zone
6:00pm Daryl’s Racing Pigs Attractions Zone
7:00pm Loose Rooster (classic rock) Nebraska Lottery Entertainment Tent & Beer Garden
7:00pm The Great American Duck Races Attractions Zone
8:00pm Daryl’s Racing Pigs Attractions Zone
9:00pm The Great American Duck Races Attractions Zone

THURSDAY, AUGUST 11
No Coast Derby Girls Day

Capital City Kiwanis Breakfast: 7–11am Bristol Windows Business Center
AGC (Associated General Contractors) Construction Learning Center: 10am–10pm . . . Attractions Zone
Open Class Livestock & Horse Exhibits: 10am–10pm. Pavilions 1, 2, 3, 4
Open Class Static Exhibits: 10am–10pm Lincoln Room
A-Z Exotic Animal Petting Zoo & Pony Rides: 10am–10pm. Attractions Zone
Interactive Game Experience: 10am–10pm. Attractions Zone
Antique Tractors on Display from UNL Lester F. Larsen Tractor Test and Power Museum: 10am–10pm Ag & Tractor Lane
Nebraska FarmHouse Assn. Tractor on Display & Raffle: 10am–10pm . Ag & Tractor Lane
Ag Equipment on Display: 10am–10pm Ag & Tractor Lane
U.S. Army Vehicles: 10am–10pm Attractions Zone
Bingo Tent (Lincoln Dominators Baseball Club): 10am–10pm Attractions Zone
Bork Dork & Friends Paintball Shooting Gallery: 10am–10pm. Attractions Zone
Commercial Vendors: 10am–10pm Multipurpose Arena
Flea Market: 10am–10pm. Multipurpose Arena
Food Concessions: 10am–10pm. Food Court
Nebraska Lottery Entertainment Tent & Beer Garden: 10am–close . . . Attractions Zone
Lincoln Area Railway Historical Society Depot & Caboose: Noon–close . . West Parking Lot
Heart of America Shows Carnival: 5pm–12midnight. Main Parking Lot

SCHEDULED EVENTS

9:00am Open Class Dressage Horse Show Pavilion 3 - Arena
1:00pm Open Class Miniature Horse Show Pavilion 2 - Arena
2:00pm Daryl’s Racing Pigs Attractions Zone
3:00pm The String Beans (children’s and kid’s music) Nebraska Lottery Entertainment Tent & Beer Garden
3:00pm The Great American Duck Races Attractions Zone
4:00pm Daryl’s Racing Pigs Attractions Zone
4–8pm Skate With No Coast Derby Girls and Meet & Greet (Skates Provided by Skate Zone) Exhibit Hall
5:00pm Alli & I (acoustic pop) . Nebraska Lottery Entertainment Tent & Beer Garden
5:00pm The Great American Duck Races Attractions Zone
6:00pm Daryl’s Racing Pigs Attractions Zone
7:00pm The Great American Duck Races Attractions Zone
8:00pm Daryl’s Racing Pigs Attractions Zone
9:00pm SwitchBak (rock/country) . . . Nebraska Lottery Entertainment Tent & Beer Garden
9:00pm The Great American Duck Races Attractions Zone

FRIDAY, AUGUST 12
Hip Hop Day at the Fair

Capital City Kiwanis Breakfast: 7–11am Bristol Windows Business Center
AGC (Associated General Contractors) Construction Learning Center: 10am–10pm . . . Attractions Zone
Open Class Livestock & Horse Exhibits: 10am–10pm. Pavilions 1, 2, 3, 4
Open Class Static Exhibits: 10am–10pm Lincoln Room
A-Z Exotic Animal Petting Zoo & Pony Rides: 10am–10pm. Attractions Zone
Interactive Game Experience: 10am–10pm. Attractions Zone
Antique Tractors on Display from UNL Lester F. Larsen Tractor Test and Power Museum: 10am–10pm Ag & Tractor Lane
Nebraska FarmHouse Assn. Tractor on Display & Raffle: 10am–10pm . Ag & Tractor Lane
Ag Equipment on Display: 10am–10pm Ag & Tractor Lane
U.S. Army Vehicles: 10am–10pm Attractions Zone
Bingo Tent (Lincoln Dominators Baseball Club): 10am–10pm Attractions Zone
Bork Dork & Friends Paintball Shooting Gallery: 10am–10pm. Attractions Zone
Commercial Vendors: 10am–10pm. Multipurpose Arena
Flea Market: 10am–10pm. Multipurpose Arena
Food Concessions: 10am–10pm Food Court
Nebraska Lottery Entertainment Tent & Beer Garden: 10am–close . . . Attractions Zone
Lincoln Area Railway Historical Society Depot & Caboose: Noon–close . . West Parking Lot
Heart of America Shows Carnival: 5pm–12midnight. Main Parking Lot

SCHEDULED EVENTS

7:00am Open Class Quarter Horse Show Pavilion 3 - Arena
8:30am Open Class Miniature Horse Show Pavilion 2 - Arena
9:00am Open Class Pigeon Show Pavilion 1 - Walkway
1:00pm Hip Hop Day at the Fair . Nebraska Lottery Entertainment Tent & Beer Garden
2:00pm Daryl’s Racing Pigs Attractions Zone
3:00pm The Great American Duck Races Attractions Zone
4:00pm Daryl’s Racing Pigs Attractions Zone
4:30pm Open Class Sheep Show. Pavilion 1 - West Arena
5:00pm The Great American Duck Races Attractions Zone
6:00pm People’s Choice Salsa Contest Lincoln Room
6:00pm Daryl’s Racing Pigs Attractions Zone
7:00pm The Great American Duck Races Attractions Zone
7:30pm E3 Spark Plugs Monster Truck Nationals by Lucas Oil Muhlbach Motorsports Complex
8:00pm Daryl’s Racing Pigs Attractions Zone
9:00pm The Great American Duck Races Attractions Zone

SATURDAY, AUGUST 13

Capital City Kiwanis Breakfast: 7–11am Bristol Windows Business Center
AGC (Associated General Contractors) Construction Learning Center: 10am–10pm . . . Attractions Zone
Open Class Livestock & Horse Exhibits: 10am–10pm. Pavilions 1, 2, 3, 4
Open Class Static Exhibits: 10am–10pm Lincoln Room
A-Z Exotic Animal Petting Zoo & Pony Rides: 10am–10pm. Attractions Zone
Interactive Game Experience: 10am–10pm. Attractions Zone
Antique Tractors on Display from UNL Lester F. Larsen Tractor Test and Power Museum: 10am–10pm Ag & Tractor Lane
Nebraska FarmHouse Assn. Tractor on Display & Raffle: 10am–10pm . Ag & Tractor Lane
Ag Equipment on Display: 10am–10pm Ag & Tractor Lane
U.S. Army Vehicles: 10am–10pm Attractions Zone
Bingo Tent (Lincoln Dominators Baseball Club): 10am–10pm Attractions Zone
Bork Dork & Friends Paintball Shooting Gallery: 10am–10pm. Attractions Zone
Commercial Vendors: 10am–10pm. Multipurpose Arena
Flea Market: 10am–10pm Multipurpose Arena
Food Concessions: 10am–10pm Food Court
Nebraska Lottery Entertainment Tent & Beer Garden: 10am–close . . . Attractions Zone
Lincoln Area Railway Historical Society Depot & Caboose: Noon–close . . West Parking Lot
Heart of America Shows Carnival: 1pm–12midnight. Main Parking Lot

SCHEDULED EVENTS

8:00am Open Class Quarter Horse Show Pavilion 3 - Arena
8:00am Open Class Llama Show. Pavilion 1 - East Arena
8:00am Open Class Dairy Goat Show Pavilion 1 - West Arena
9:00am Open Class Boer Goat Show Pavilion 1 - WestArena
9:00am Open Class Arabian Horse Show Amy Countryman Arena
12noon \$1,000 Cinnamon Roll Contest Multipurpose Arena
12noon Open Class Dog Agility. Exhibit Hall
12noon Open Class Dog Obedience. Exhibit Hall
12noon Open Class Beef Show Pavilion 1 - East Arena
2:00pm Daryl’s Racing Pigs Attractions Zone
3:00pm The Great American Duck Races Attractions Zone
4:00pm Daryl’s Racing Pigs Attractions Zone
5:00pm Nebraska Cattlemen’s Team Penning. Pavilion 3 - Arena
5:00pm The Great American Duck Races Attractions Zone
6:00pm Daryl’s Racing Pigs Attractions Zone
7:00pm The Great American Duck Races Attractions Zone
8:00pm Comedy Legend “Gallagher” (sponsored by 92.9 The Eagle) Nebraska Lottery Entertainment Tent & Beer Garden
8:00pm Daryl’s Racing Pigs Attractions Zone
9:00pm The Great American Duck Races Attractions Zone

SUNDAY, AUGUST 14

8:00am Open Class Pinto Horse Show Pavilion 3 - Arena
9:00am Open Class Arabian Horse Show Amy Countryman Arena



Fairgrounds Map

**Theme Days
Aug. 8-12**

MONDAY, AUG. 8
Military Appreciation Day

TUESDAY, AUG. 9
Older Nebraskans Day

WEDNESDAY, AUG. 10
Safety Awareness Day

THURSDAY, AUG. 11
No Coast Derby Girls Day

FRIDAY, AUG. 12
Hip Hop Day at the Fair

**Aug.
8 & 9**



**Bobby Layne
Orchestra with
Trudy DuMay**

Aug. 11



**No Coast
Derby Girls**

Fairground Rules

- No smoking inside the buildings.
- No bicycles, scooters, ATVs or golf carts allowed on the grounds.
- No dogs allowed in any buildings except as required for special needs or for dog shows.
- Lancaster County Sheriff will be patrolling fairgrounds.
- Parking will be allowed in designated parking areas only.
NO PARKING IN THE FIRE LANES.

Campground Rules

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



**The Lancaster County
Agricultural Society, Inc.
(Fair Board) thanks all our
community partners!**

Two contests with cash prizes — anyone can enter!



Aug. 12

People's Choice Salsa Contest



Aug. 13

\$1,000 Cinnamon Roll Contest

Pre-register by Aug. 4. No entry fees.
For rules, go to www.superfair.org.

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Johns & Sons Refuse
KTGL 92.9 The Eagle
KX 96.9 Today's Country
KFOR 1240AM
KLKN TV8
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Lincoln 21st Century
Lions Club
Lincoln Benefit Life
Lincoln Convention & Visitors Bureau
Midwest Tent & Events
Misty's
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Nebraska Lottery
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Walmart



FOOD VENDORS

Bobbi Jo's Cast Iron Grill
Cactus Jacks
King's Funnel Cakes
LoLo's
Ol' Glory Kettle Corn
Papa John's Concessions / The Parthenon
Runza
T.C.B.Y. Treats
Topper Concessions
United Methodist Community Ministries
Valentino's

**4-H & FFA thank
their sponsors!**

LANCASTER EVENT CENTER

The general office of LCAS is located at the Lancaster Event Center, P.O. Box 29167, Lincoln, NE 68529 • Phone: 402-441-6545 • Web site: <http://www.lancastereventcenter.com>
BOARD OF DIRECTORS: Ron Dowding (President), Jay Wilkinson (Vice-President), Trudy Pedley (Secretary), Karen Rutt (Treasurer), Tom Messick, Eric Mitchell, Kendra Ronnau, Keith Schomerus, Jim Swanson

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

UNL Extension in Lancaster County, 444 Cherrycreek Road, Suite A, Lincoln, 68528 • Phone: 402-441-7180 • Web site: <http://lancaster.unl.edu>

The National FFA Organization is an agricultural education program which applies classroom instruction to hands-on opportunities • Web site: <http://www.ffa.org>



Alert: Take Steps Now to Prevent West Nile Virus

Barb Ogg
UNL Extension Educator

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

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

Cases of human West Nile encephalitis (virus) show up beginning in July. Most people — about 80% according to the

Centers for Disease Control and Prevention — will have few or no symptoms from the bite of an infected mosquito. But, some individuals will develop West Nile fever. Symptoms include fever, headache, tiredness, and body aches, occasionally with a skin rash (on the trunk of the body), and swollen lymph glands. These symptoms show up 2–15 days after the bite of an infected mosquito and may last a few days to a week or two. These symptoms resemble the flu, so many people don't even go to the doctor.

More serious illness can occur in people of any age. However, people over age 50 and some immunocompromised persons (for example, transplant patients), are at the highest

risk of getting severely ill when infected with West Nile virus. The symptoms of West Nile encephalitis include headache, high fever, neck stiffness, stupor, disorientation, coma, tremors, convulsions, muscle weakness, and paralysis. It is estimated approximately one in 150 persons infected with the West Nile virus will develop a more severe form of the disease. This isn't a very high proportion, but, for those people who develop these symptoms, it can be deadly. At-risk persons who develop any of these symptoms should immediately seek the advice of their doctor.

Measures to reduce mosquito populations around your home are to eliminate

breeding and resting sites. *Culex tarsalis* lay their eggs in shallow pools of warm, sunlit, standing water. Dump containers which hold water to reduce breeding sites. Mosquitoes rest on long vegetation, so reducing vegetation will help eliminate many resting sites around your home.

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



When going outdoors, at-risk persons should wear long-sleeved shirts with long pants and socks to help prevent bites, and use an insect repellent.

Noisy Boys, Fancy Dresses, and Perfume: Insect Mate Selection

Barb Ogg
UNL Extension Educator

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

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

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



Love is in the Air: Moths. Night-flying moths don't have good eyesight and can't use visual cues to find mates. They use chemical cues, called pheromones to find each other. The female emits a

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



Luna moth

Fastest/Strongest/Hottest Male Contests. There is often intense competition among males for available females. The competition may be for prime egg-laying sites, to eliminate other males or simply to impress females. In some species, males have developed hugely exaggerated features to improve their competitive advantage. Male stag beetles have evolved huge jaws (mandibles) they use to wrestle their rivals and eliminate their competition.



Stag beetle

Dinner and a Date. Some male insects provide an edible offering to the female. Male scorpionflies and Mormon crickets are known to offer an

edible “gift” to the female. A female praying mantis often eats the male after mating. Could this be the ultimate edible offering?



Carolina mantids

Deceit and Trickery. Males of some insect groups even use deceit and trickery to ensure their paternity. For example, male damselflies remove sperm from previously mated females to make sure their genes are passed to the next generation. For male damselflies, it is best to be last.



Narrow-winged damselflies

Noisy Boys. Males of some insect groups make sound to attract their mates. Males with the most vigorous sound will attract the healthiest females and more offspring. If you pay attention to the sounds of late summer, you may be able to hear the mating sounds of these insects:

• **Crickets.** The chirping of crickets is an annoyance to some, but a welcome sound to others. In China, a cricket singing in the home is a sign of good luck.

Crickets produce sound by rubbing their wings together, a sound-producing method called stridulation. There is a thick, ridged vein at the base of the forewing which acts as a file. The upper surface of the forewing is hardened, like a scraper. When the male cricket calls for a mate, he lift his wings and pulls the file of one wing across the scraper of the other. The thin, papery portions of the wings vibrate and amplify the sound. This is similar to running your fingernail across a plastic comb.



Striped ground cricket

Male crickets actually produce several different calls for different purposes. The calling song helps the female find the male. Once she is close to him, the male switches to a courtship song to convince her to mate with him. Scientists have also discovered crickets produce an aggressive sound to discourage nearby males and a post-copulatory sound.

It has been noticed, male crickets chirp faster at higher temperatures. The rule of thumb is if you add 40 to the number of chirps



Tiger swallowtail

produced by the snowing tree cricket in 14 seconds, you will get the temperature in degrees Fahrenheit.

• **Cicadas.** The annual or “dog-day” cicada appears mid- to late summer. These robust, familiar insects have green to brown bodies with black markings and a whitish bloom on their bodies. Male cicadas cluster high in trees and produce a high-pitched whine using two special vibrating membranes, called timbals, found on the underside of the first abdominal segment. The sound is amplified in the male cicada's body. Choruses of male cicadas can be deafening. Sounds of individual cicadas have been measured to be more than 100 decibels.

Both male and female cicadas have hearing organs for hearing. They receive sound via a pair of large, mirror-like membranes, called tympana which are connected to an auditory organ by a short tendon.

These are only a few of the more spectacular mating strategies. The mating strategies of many insects are more subtle and yet to be discovered.



Dog day cicada

August

Tammy Wollen

Lancaster County 4-H is proud to announce Tammy Wollen as winner of August's "Heart of 4-H Award" in recognition of outstanding volunteer service.

Tammy has been a superintendent of the 4-H Home Environment areas at the Lancaster County Fair for 11 years. Prior to that, she was leader of a 4-H club in Cass County. Tammy was a 4-H'er herself for many years.

She says, "I like being a 4-H volunteer because I enjoy seeing the kids bring in their projects — they are so proud. My favorite part of being a 4-H volunteer is the whole experience: from the kids to judging day and projects going to the state fair. I get to work with some great people at the fair and I look forward to this."

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



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

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

- The **county senior Life Challenge** contest was held May 5. Sheridan Swotek was awarded the Champion rosette and Abbey Spencer was awarded the Reserve Champion rosette.
- The **county junior Life Challenge** contest was held July 9. Emma Lanik was awarded the Champion rosette and Lucy Polk was awarded the Reserve Champion rosette.
- The **state Life Challenge** contest for seniors was held at UNL East Campus on June 27–28. Four Lancaster County Teams participated. Helen Dowd, Emily Steinbach, Jessica Stephenson and Jaime Stephenson received 4th place out of 28 teams in the Clothing Challenge. Helen Dowd, Emily Steinbach, Jaime Stephenson were awarded, "Best Business Concept" in the



Lancaster County participants at state 4-H Life Challenge.

Entrepreneur Challenge. Other participants were Ceirra Austin, Charles Dowd, Mary Dowd, Maddie Gabel, Victoria Garza, Anne Greff, Holly Hillebran, Molly Noel, Kylee Plager, Paige Roach, and Sheridan Swotek.

4-H'ers Test Animal Science Skills at PASE, Senior Team 1 Wins Overall Champion

Congratulations to the Lancaster County participants who competed in the Livestock Judging contest during the state 4-H Premiere Animal Science Events (PASE) held at UNL East Campus on June 27–28. The Livestock Judging contest consists of ranking classes of four animals from the most to least desirable. Classes include market and breeding beef, sheep, and swine. Youth also give oral reasons to the official judges, to defend their reasons for ranking the animals the way they had. A big thank you to coach Roger Bell who spent countless hours working with the Lancaster County teams.

Senior Team 1 consisting of Rachel Johnson, Taylor Johnson, Chandler Kramer, and Grant Rathje won overall champion in the state! They will represent Nebraska at the national livestock judging contest in Louisville, KY in November. Chandler Kramer (who placed 10th individual overall) says, "I am so excited to be on the champion livestock judging team! It is truly an incredible experience and all of our hard work has really paid off. I can't wait to go to Louisville!" Rachel Johnson says, "I'm really



Lancaster County Livestock Judging Senior Team 1 members were Taylor Johnson, Grant Rathje, Chandler Kramer, and Rachel Johnson.

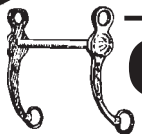
excited that we finally won it, especially because we've been shooting for it for so long now!"

Senior Team 2 participants were Cody Dewald, Trevor Path, Justine Nelson, and Taylon Lienemann.

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

Loup Valley Livestock Classic, Aug. 20–21

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



HORSE BITS

Horse Course Challenge, July 26

For a third year, the 4-H Horse Course Hippology Challenge will be a part of the Lancaster County Super fair. The Challenge will be held Tuesday, July 26, 9–11 a.m. at the Lancaster Extension Education Center. There will be three age divisions, elementary (8–11), junior (12–14), and senior (15–19). Premiums and ribbons will be awarded at the fair. Top ten placings and Champion and Reserve trophies will be awarded at the 4-H Horse Awards Night on Oct. 6.

All Lancaster County 4-H'ers are welcome and encouraged to attend! No pre-registration required. All test questions will come from the 2010–2011 email Horse Course. The Challenge will include identification stations and a written test.

If you did not sign up for the email Horse Course, but would like to participate in the challenge, email mcruckshank2@unl.edu to have the lessons sent to you. Pizza will be served at the end of the contest at a charge of \$1 a slice.

Horse Trail Patterns for Super Fair

Trail patterns for the 2011 Lancaster County Super Fair 4-H Horse Trail class can be found at <http://lancaster.unl.edu/4h/fair>.

District Horse Results

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

SENIOR ENGLISH PLEASURE
Bailee Peters (1st medal), Chelsea Beach (2nd medal)

JUNIOR ENGLISH PLEASURE
Marissa Carlson, Anna Heusinger, Bailee Sobotka

SENIOR ENGLISH EQUITATION
Ashley Densberger (1st medal)

JUNIOR ENGLISH EQUITATION
Vanessa Butterfield, Marissa Carlson, Bailee Sobotka

SENIOR WESTERN PLEASURE
Blake Preston (trophy at Hastings), Courtney Goering, Abbie Heusinger

JUNIOR WESTERN PLEASURE
Josie Ang, McKenzie Merritt, Bailey Peterson, Sydney Scow, Heather Welch

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

JUNIOR WESTERN HORSEMANSHIP
Morgan Chipps (trophy at Beatrice), Josie Ang, McKenzie Beach, Audrey Heusinger, McKenzie Merritt, Bailey Peterson, Sydney Scow

JUNIOR REINING
Bailey Vogler (trophy at Columbus) Mattison Merritt

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

SENIOR BARREL RACING
Nicole Finkner (2nd medal), Chelsea Beach, Abbie Heusinger

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

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

JUNIOR POLE BENDING
Anna Heusinger (trophy at Hastings), Mackenzie Wolfe (trophy at Columbus), Jamie Hansen, Alexis Wolfe

SUPER FAIR 4-H/FFA NEWS



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

Beef and Llama Show Time Changes from Fair Book

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

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

Livestock Clinics

4-H/FFA is offering several livestock clinics:

- Sheep Fitting Clinic: Thursday, Aug. 4, 2–3 p.m.
- Cattle Fitting Clinic: Thursday, Aug. 4, 3–5 p.m.
- Swine Fitting Clinic: Thursday, Aug. 4, 4–5 p.m.
- Dairy Clinic: Friday, Aug. 5, 10 a.m.

4-H/FFA Livestock Auction – Buyers Needed

It is with great excitement to announce the Lancaster County Livestock Booster Club is once again holding a 4-H/FFA livestock auction at this year's fair. It will be Sunday, Aug. 7, 6 p.m., in Pavilion 1 – east arena. Proceeds will fund 4-H and FFA member's future projects and career goals. A portion of all proceeds will be set aside for a scholarship program for local 4-H and FFA members, and another portion will be used to pay additional premiums to breeding animals. To ensure this auction will be a success, we ask you to contact anyone you know who could be a potential buyer or donor and invite them to the auction. To obtain more information, call Scott Heinrich, Auction Committee Chair at (402) 540-0597.

Breeding Heifer Reminder

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

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

4-H & FFA Individual Exhibitor Admission Passes — Individual exhibitor admission passes will be available from the extension office (available July 5–August 3). An individual exhibitor pass allows the exhibitor to enter the fairgrounds each day August 4–13.

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

Volunteers Needed

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

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

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

Food Booth Training, July 28

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

Static Exhibit Check-In Tuesday, Aug. 2, 4–8 p.m.

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

Interview Judging, Aug. 3

Interview judging is Wednesday, Aug. 3 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 15 of the Fair Book for project areas which have interview judging. Members, parents or leaders can call the extension office at (402) 441-7180 to sign up members for a five-minute time slot—preregister between July 6 and 30. If slots are still available, may sign up during Static Exhibit Check-in on Tuesday, Aug. 2, 4–8 p.m.

Table Setting Contest, Aug. 5

Table Setting Contest will be Friday, Aug. 5, 5 p.m. at Lancaster Event Center, Exhibit Hall. Open to all 4-H'ers ages 8–18 (4-H age). 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 25 by contacting the extension office (there is no entry form).

4-H Council Spaghetti Feed Fundraiser, Aug. 5

Lancaster County 4-H Council will host a Spaghetti Feed Fundraiser on Friday, Aug. 5, starting at 5 p.m. in the Exhibit Hall - Room 2. Meal is \$5. Proceeds help support 4-H youth programs and activities.

Clover Kids Show & Tell, Aug. 7

All Clover Kids, youth age 5–7 by January 1, 2011, are invited to show & tell their 4-H exhibits at the Lancaster County Fair, Sunday, Aug. 7, 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 10 of the Fair Book for more information. To register, call (402) 441-7180 between July 5 and July 29, or sign up at the static exhibit area Tuesday, Aug. 2, 4–8 p.m.

NEBRASKA STATE FAIR 4-H/FFA NEWS



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

Static Exhibits

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

Animal Entries Due Aug. 1

4-H & FFA animal exhibitors ages 10–18 are eligible to participate at the Nebraska State Fair regardless of county fair placing. All Nebraska State Fair 4-H & FFA animal entries are due to the Lancaster County extension office NO LATER than August 1st!! No late entries will be accepted. Registration fees must be included with entries. For more information, contact Cole Meador at (402) 441-7180.

Join the Fun at the State Fair as a Volunteer!

The Nebraska 4-H program is seeking volunteers to help with exhibit entry day, judging, and serving as 4-H exhibit building hosts and greeters. Volunteers will be needed for educational activities in the 4-H building, serving as the Lil' Green Mascot and assisting with all 4-H contests and events throughout the fair. State Fair 4-H volunteers will receive a fair pass for the day(s) they volunteer. Volunteers can sign-up by completing the 4-H Volunteer Interest Form available at the extension office, or online at <http://4h.unl.edu/nebraskastatefair>. A complete list of volunteer opportunities is available on the site. If you have questions about being a 4-H volunteer at the Nebraska State Fair, please contact Heather Borck, Garden County Extension Educator, at (308) 772-3311 or hborck2@unl.edu.

Ak-Sar-Ben 4-H Show Entries Due Aug. 7

The Ak-Sar-Ben 4-H Stock Show will be held Sept. 22–25 at the Qwest Center in Omaha. The Ak-Sar-Ben 4-H Horse Show will be held Sept. 17–18 at the Lancaster Event Center in Lincoln. Categories of this 4-H only competition are dairy, feeder calf & breeding beef, market beef, market broilers, meat goats, market lamb and market swine, rabbit, dairy steer, and horse. Stock Show exhibitors must be at least 10 years of age by Jan. 1. Horse exhibitors must be 12 years of age by Jan. 1. All Ak-Sar-Ben 4-H Stock Show and Horse Show entries are due at the extension office no later than Sunday, Aug. 7, or they can be turned in at county fair. Forms can be picked up at the office. For more information, entry forms and tentative schedule, go to www.rivercityrodeo.com.

Family Time Builds Strengths

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

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

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

The time they spend together needs to be **good** time; no one enjoys hours of bickering, arguing, pouting, or bullying. Time also needs to be **sufficient**; quality interaction isn’t likely to develop in a few minutes together.”

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

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

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

- **Share meals together on a regular basis.** Use this time to share triumphs and tribulations or just to keep up on current events. Use this time as a “family meeting” to plan upcoming events. Or simply use this time to enjoy each other. Enhance meal time by turning off the television and turning on the answering machine!
- **Work together as a team to get chores done.** Turn lemons into lemonade by using “chores” to teach

children important life skills and get the jobs done. Demonstrate skills and work alongside children until they master each task. One mother cherishes her time as a child spent drying dishes because it was her opportunity to interact with her mother and sisters. She deliberately put off purchasing a dishwasher so that she could continue this tradition with her own children!

- **Play together.** Whether it’s indoors sitting by a fire, reading books aloud, playing board games or putting together a puzzle, or outdoor summer activities, recreation time provides an excellent opportunity for interaction with family members.
- **Limit television time.** Many of the strong families surveyed by DeFrain and Stinnett felt television was an interruption that demanded too much attention, so they had strict limits on the use of TV in their homes. Others simply tried to improve the time spent watching television by using it as an opportunity to discuss issues presented through commercials and programming, alike.
- **Celebrate special events.** Personal observances such as birthdays as well as holidays and vacations are times when family members should be together.
- **Participate in community activities together.** With all the commitments facing families today, it should be some relief to know that *time spent together need not be spent in isolation!* Attending activities at school, 4-H or scouting, as well as church events are all ways that family members can show support for each other. In addition, volunteering as a family to assist with local service projects not only provides another opportunity for families to work and play together, but it lends itself to helping children develop a sense of pride associated with being a contributing member of the community.

References:

- Bosch, K., (2005). *Family Fun Time Together. NebGuide. University of Nebraska–Lincoln Extension Publication G1589.*
- Rupured, M., *Family Vitality, Cooperative Extension Service, University of Kentucky, College of Agriculture, HE7-140. Retrieved June 1, 2008 from <http://www.ca.uky.edu/agc/pubs/FCS7/FCS7140/FCS7140.pdf>.*
- Schroeder, D. E., (1986) *The Effects of the Recession on Cuming County Rural Families, a Thesis for the University of Nebraska–Lincoln.*

Written by Debra Schroeder, UNL Extension Educator
Reviewed by UNL Extension Educators and Specialists

Ideas for Family Time

Here are developmentally appropriate ways to support your children’s growth and development while spending time together.

Infants & Toddlers

Both parents must spend time with your child(ren) to develop strong parent/child attachment. Games to play include:

- Play peek-a boo
- Use container to fill with objects
- Sing special songs
- Read special book
- Imitate your child’s sounds
- Jump and dance with your child
- Encourage creativity with crayons, markers, etc.
- Hide your child’s favorite toy under the blanket and ask where did it go

2–5 Year Olds

At this age, your child(ren) need chances to explore. Things parents and siblings can do:

- Plant flowers that attract butterflies
- Water play
- Jump in puddles
- Take walks
- Kitchen activities
- Be creative with crayons, markers, etc.
- Use your imagination — make a fort or house with pillows

6–8 Year Olds

Help your child(ren) choose activities appropriate for their abilities. Things to do with them:

- Read books together
- Find a hobby you can do together

- Participate in outside activities together
- Do physical activities together
- Offer compliments for being cooperative and for any personal achievements

9–12 year Olds

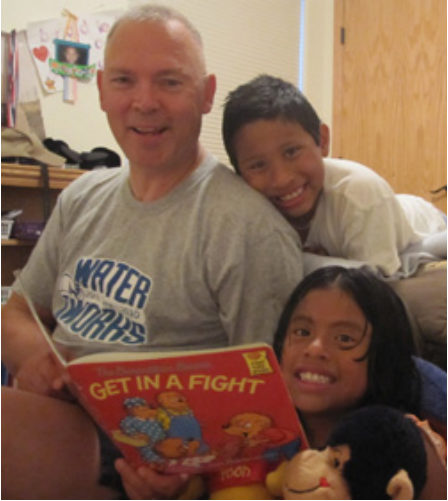
Notice how your child(ren) are responding to the changes in themselves and their friends. Things to do with them:

- Walking, swimming, bike riding, skate boarding, horse riding, ice skating, bike etc. with them
- Join them in a group activity, e.g. 4-H
- Watch them play team sports

13–18 Year Olds

At this age, respect your child(ren)’s need for greater independence and more time with friends. Things to do with them:

- Host a pizza party after a sporting event
- Learn about Facebook and/or Twitter with their help
- Play a sport together — basketball, catch
- Participate in their school activities
- Take your teen shopping
- Learn a new skill together
- Drive them and their friends to concerts
- Watching favorite television shows together
- Go fishing and camping together



Source: University of Nebraska–Lincoln Extension “Learning Child” Team

FOR MORE INFORMATION

- University of Nebraska–Lincoln Extension NebGuide (G1881) “Creating a Strong Family: American Family Strengths Inventory” by John DeFrain and Nick Stinnett, online free at <http://go.unl.edu/9b9>
- University of Nebraska–Lincoln Extension Publication (EB1) “Family Treasures — Creating Strong Families” by John DeFrain and the UNL for Families Writing Team. Cost \$17.95, available at the extension office or order at <http://go.unl.edu/2ru>.
- University of Nebraska–Lincoln Extension 2011 calendar of daily activities to help your family spend enjoyable time together, online at <http://go.unl.edu/ykc>.

Tips for a Fun and Educational Day at the Fair

Toward the end of the summer, parents, grandparents, and child care professionals appreciate no or low cost opportunities for fun and learning.

The Lancaster County Super Fair, Aug. 4–13 at the Lancaster Event Center in Lincoln, will offer many free activities — see the special section in this NEBLINE for the schedule and map.

The Nebraska State Fair will be Aug. 26–Sept. 5 at Fonner Park in Grand Island. For more information, go to <http://statefair.org>.

Here are a few tips to make your time with children enjoyable and educational at the fair:

General Safety

- Wear closed toed shoes (no flip flops). It makes the environment safer for you and your children.
- Bring strollers and/or wagons as a way to keep infants and toddlers in constant sight.
- Before arriving, apply sun block and insect repellent.

- Drink lots of water.
- Identify a meeting spot in case you get separated.

Attending Fairs: Precautions Visitors Should Take with Animals

- Animals have the right of way.
- Do not approach animals from behind. They can kick.
- Fast movements and loud noises may scare the animals.
- Do not feed the animals.
- Do not touch or pet animals, except at designated petting exhibits.
- Wash your hands with water and soap after any direct contact with animals.
- Supervise children younger than 5 years during hand washing and petting to



make sure they don’t put their hands or other objects into their mouth or the animal’s mouth.

- Avoid eating in animal exhibit areas.

Adapted from: Attending Fairs: Safeguarding Your Health and Nebraska’s Livestock Industry, Rosie Nold, and David R. Smith. G1693

Educational Experiences

- Before the fair, check out books and videos about animals and plants from the library.
- Review the fair schedule prior to the fair and plan your trip during events which are of interest to your children. For example, if you have a pet cat, watching part of the cat show will be fun and educational for your children.

- Create your own scavenger hunt or “can you find” game where children identify various animals and plants. Adapt it to the ages of the children. For example, younger children may identify the color of a cow and an older child may be able to identify different breeds.
- When exploring the garden produce, talk about which are fruits and which are vegetables. Talk about how you prepare the food.
- Identify five different flowers which are exhibited at the county fair. Explain the difference between annuals (planted each year) and perennials (come up year after year).
- Provide a little bit of spending money and teach children how to budget their food and entertainment dollars. Help them count change.

Creating Memories

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

EXTENSION CALENDAR

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

July

- 23 4-H Presentations Contest..... 9 a.m.
23 4-H Horse Judging Contest, Lancaster Event Center, Amy Countryman
Arena 9 a.m.
26 4-H Horse Course Challenge 9 a.m.
27 4-H Style Revue Judging, Lancaster Event Center, Exhibit Hall..... 8 a.m.
28 4-H Food Booth Training, Lancaster Event Center, Lincoln Room 6–7 p.m.
28 Super Fair Static Exhibit Set-Up, Lancaster Event Center, Lincoln Room .. 6:30 p.m.
30 Super Fair Static Exhibit Set-Up, Lancaster Event Center, Lincoln Room . 8 a.m.

August

- 1 Deadline for 4-H/FFA Nebraska State Fair Animal Entries
2 Entry Day for County Fair 4-H/FFA Static Exhibits, Lancaster Event Center -
Lincoln Room 4–8 p.m.
3 4-H Interview Judging, Lancaster Event Center - Lincoln Room 9 a.m.
Aug. 4–13 Lancaster County Super Fair (4-H/FFA Exhibits & Events Aug. 4–7),
Lancaster Event Center [see special section for complete schedule]
7 Deadline for Ak-Sar-Ben 4-H Show Entries
12 Extension Board Meeting 8 a.m.
16 Guardian/Conservator Training..... 1:30–4:30 p.m.
18 Parents Forever Class 9 a.m.–12:30 / 5:30–9 p.m.
Aug. 25–Sept. 5 Nebraska State Fair, Fonner Park, Grand Island

Lancaster County Agricultural Society Honors Hall of Fame Recipients, Pioneer Farm Families

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

Hall of Fame

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

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

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



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

Pioneer Farm Family Awards

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



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

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

4-H and FFA students ages 14 & up from across Nebraska will compete for trophies and a \$500 CASNR scholarship at the 2011 Nebraska Tractor Operators' Contest. The contest tests driving and problem-solving skills. It will be held Wednesday, Aug. 10, 8 a.m.–4 p.m. at the Lancaster Event

Center near the Muhlbach Motor Sports Complex during the Lancaster County Super Fair. Rain date is Thursday, Aug. 11. Entrants must represent either their 4-H club or FFA chapter. All are welcome to attend.

New for 2011 is an alumni driving demonstration that will be held immediately after the

Nebraska 4-H and FFA contest. Demonstration participants must have competed at the state level prior to 2007.

Please register by Aug. 1. No cost. For more information and registration brochure, go to <http://tractortestlab.unl.edu> or contact Dave Morgan at (402) 472-3951.

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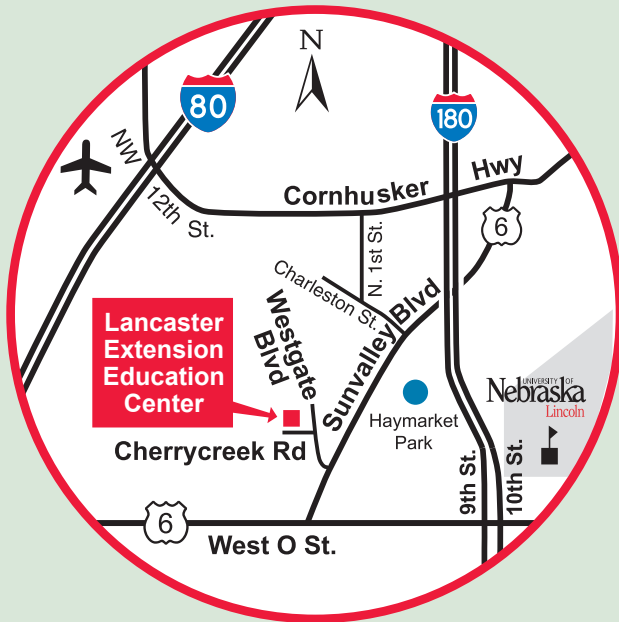
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444 Cherrycreek Road, Lincoln



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EXTENSION EDUCATOR & UNIT LEADER

Gary C. Bergman

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THE NEBLINE

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

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



Mini’s & Pygmy Goats



Clover Kids



Clover Chess Tourney



Control the Flow



Rockets ... Countdown to Family Fun



Hula Hoop Rugs



Tour de 4-H

TIME TOGETHER

continued from page 1

We are a third generation Lancaster County 4-H family. My girls and I have always gotten a chance to talk about things we wouldn’t probably have as we are walking and/or dragging calves and sheep down the road.”

- **Mark Hurt:** “The fair is a great time to spend with family and friends — there’s always activities going on. It’s a great place for kids to learn, get involved, and experience what 4-H has to offer. You can see the excitement in the eyes of the younger kids.”
- **Jennifer Rawlinson:** “I keep telling our friends that horse activities, including the county fair, are ‘forced relaxation’ time for us. We can complain about the hurry-up-and-wait timeline of preparing a horse for a class only to wait, but the benefit is that the three of us are forced to be in one place with nothing to do but talk! We’re very, very lucky that Kate has grandparents and aunts and uncles close by to come and cheer her on at the fair. So, not only does our immediate family have a chance to spend time together, but we also get a chance to catch up with her unofficial fan club.”
- **Karol Swotek:** “The ‘Big Reveal’ is one of the most exciting times at the

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

- **Susan Frobish:** “County fair has always seemed like our small town within Lancaster County. We are a small town for five days and it is so enjoyable to meet old and new friends.”

4-H Youth Say ...

- **Jacob Pickrel:** “The best memory I have from the fair is really a tradition our family has that is going to see all the projects after they have been judged when the 4-H exhibit hall opens. We walk around and see what everything has gotten and write it down and take a picture of it with me. It is so exciting to see all the ribbons and know that I did each and every one of them, no matter how long they took to get done! Then we call Grandma and tell her if she isn’t here to see it with us.”
- **Maria Luedtke:** “In our family, when someone is in the show ring, the whole family is along the side line cheering

them on. We all work together to take care of the many details which are involved in preparing for the show.”

- **Erica Peterson:** “My favorite memories: Learning how to raise and show cows by working with my dad — it is neat to hear him tell stories about when he showed his cows. Getting to spend time one on one with my grandma while she teaches me how to sew.”
- **Peter Greff:** “I like working with my mom, sister, aunt, and cousins in the 4-H Food Booth because it is fun working together.”
- **Sheridan Swotek:** “Last year, my whole family rearranged their schedule to watch me at Style Revue. I was on stage for call backs and was hoping this would be the year that I would model at the Nebraska State Fair. After hearing my name being called, I was so ecstatic! I also won an essay contest to win a new Bernina sewing machine!!! My family was beaming with excitement and I smiled as several flashes went off (most around the area of my family). This was the best night ever at the fair for me and I was glad my family was there to share it with me!”
- **Maddie Gabel:** “My favorite memory of the fair is when I watched my little brother and sister compete in the cookie eating contest!”
- **Valerie Gabel:** “I like to show my

entire family all the projects that I completed and entered at the fair.”

- **Kate Rawlinson:** “Spending time with your family at the county fair is special because it allows you to share your passion at its absolute best. Your family shares in all your accomplishments with you, so it’s just natural for them to be a part of 4-H. The county fair in particular is a special time to spend with your family because it is the very highest point in the summer when everything you’ve worked on has to be at its very best. You just have to remember that no matter how your 4-H project turns out, you’re always going to have your parents and family there cheering you on and encouraging you. And they’re always happy for you, no matter what, because you stuck with it and they know how hard you worked on your 4-H project.”
- **Elizabeth Frobish:** “4-H seems like a large family and county fair is our reunion each year.”
- **Austin Hurt:** “I’ve been in 4-H for four to five years and I’ve learned that if I set goals the outcome is fulfilling. It isn’t the ribbon placing that’s most important, it’s what I learn from the judges and other 4-H’ers. Hopefully, I can pass what I’ve learned on to younger kids and get them involved in 4-H. Funnest part of the fair is our [Rabbits ’R’ Us club] Dunk Tank — it rocks!”