

7-2014

NEBLINE, July 2014

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The NEBLINE

University of Nebraska–Lincoln Extension in Lancaster County

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

Vicki Jedlicka
UNL Extension Assistant

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

The contest will be held during the Lancaster County Super Fair on Friday, Aug. 1, 5 p.m. at the Lancaster Event Center, 84th & Havelock (Exhibit Hall — use east entrance). Preregister by Monday, July 21 by contacting the Extension office at 402-441-7180. There is no entry form.

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

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

Overview

Members choose a category: Birthday, Casual, Formal or Picnic. Members must bring a card table for the display (except for the picnic category, in which an appropriate blanket or other covering is placed on the floor).

Participants select a theme and display one place setting, including table covering, dishes, glassware, silverware, centerpiece and menu. They do not bring or prepare food. Participant's attire should fit their theme.

Youth have five minutes to present their table setting to the judge. Participants should explain the ideas behind the theme, menu items and table setting techniques. 4-H'ers need to describe the food, including general ingredients and basic preparation.

The top exhibit in each category and age division will be on display in the Lincoln Room during the remainder of the Super Fair.

What 4-H'ers Say They Like

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

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

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

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

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

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



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

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

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

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

“I think it's good how we can all use

our creativity on our tables and how we can use these skills we learn in our future,” said Honoria Clarke.

How To Set a Table

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

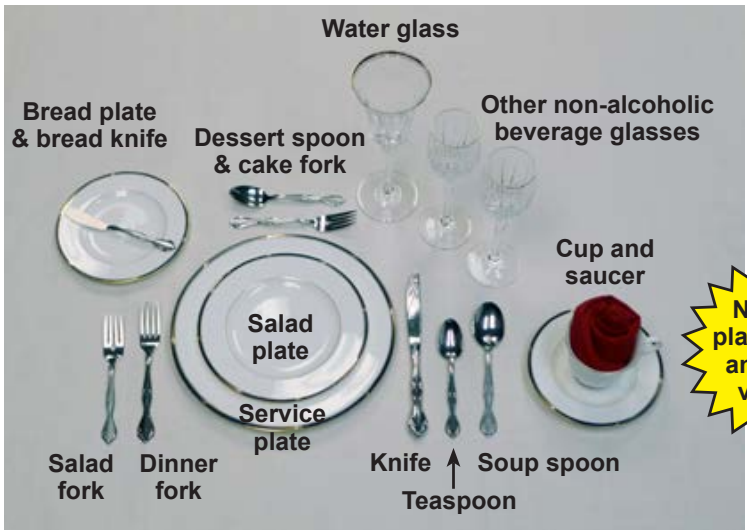
Below are two illustrations of place settings: one formal and one informal.

FOR MORE INFORMATION

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

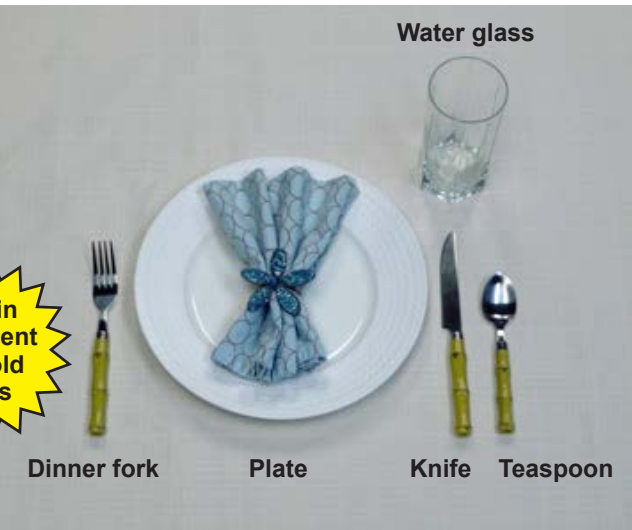
FORMAL PLACE SETTING

Cloth napkin placement may vary.



INFORMAL PLACE SETTING

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



Napkin placement and fold varies

Only the tableware needed for the meal are placed on the table.

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THE NEBLINE is published monthly (except December).
Mailed to more than 11,000 households in Lancaster County
and can be read online at <http://lancaster.unl.edu/nebline>.

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Summertime Food Q & A

Alice Henneman, MS, RD
UNL Extension Educator

Here are some miscellaneous
questions we get at Extension
around this time of year. We
hope the answers help you, too!

Q: Which fruits will ripen after they are picked?

A: Apricots, bananas,
cantaloupe, kiwi, nectarines,
peaches, pears, plantains and
plums continue to ripen after
they're picked. Avocados, which
are technically a fruit, will also
continue to ripen.

Fruits you should pick
or buy ripe and ready-to-eat
include: apples, cherries, grape-
fruit, grapes, oranges, pineapple,
strawberries, tangerines and
watermelon.

To speed up the ripening of
fruits such as peaches, pears and
plums, put them in a ripening
bowl or in a loosely closed brown
paper bag at room temperature.
Plastic bags don't work for
ripening.

Q: How can I keep cut fruit from turning brown?

A: Keep cut fruits, such
as apples, pears, bananas and
peaches, from turning brown by
coating them with an acidic juice
such as lemon, orange or pine-
apple juice. Or use a commercial
anti-darkening preparation
with fruits, such as Fruit-Fresh®,
and follow the manufacturer's
directions.

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

Cut fruits as close to serving
time as possible. Cover and
refrigerate cut fruit until ready
to serve. Refrigerate peeled/cut

fruits and vegetables so they are
at room temperature no longer
than 2 hours, TOTAL time.

Q: Is it safe to can my own salsa recipe?

A: Here's what the
National Center for Home Food
Preservation advises:

Salsas typically are mixtures
of acid and low-acid ingredients;
they are an example of an
acidified food and appropriate
for boiling water canning if the
final pH of all components is
less than 4.6. If the mixture has
less acidity, it would need to be
treated as a low-acid canned
food and require sufficient
research to eliminate a botulism
risk as a canned food. If it is
acid enough for boiling water
canning, the actual proportions
of ingredients and preparation
method will help determine
what the canning process time
should be. So there is no way
to tell someone how to can
a homemade salsa without
having detailed knowledge of
the recipe, procedures used in
preparation, and acidity and
consistency of the final product.
The proportions of your toma-
toes, peppers, herbs and other
vegetables will greatly influence
what the safe canning process
should be.

At this time, we can only
recommend tested recipes as
safe for boiling water canning,
and we ourselves, do not offer a
pressure-canning process for a
low-acid salsa.

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

Please do not experiment
with canning your own recipe



Cowgirl Jules, www.flickr.com

**The National Center for Home
Food Preservation recommends
only tested salsa recipes as safe
for boiling water canning.**

that mixes low-acid vegetables
together, even with "some" acid
like vinegar or lime juice. If done
improperly, you put yourself at
risk for botulism, a potentially-
fatal food poisoning.

For safe salsa canning
recipes, go to http://nchfp.uga.edu/how/can_salsa.html.

(NOTE: The altitude in
Lancaster County ranges from
1,200 to 1,700 feet above sea
level, a figure you will need to
know when processing the salsa.)

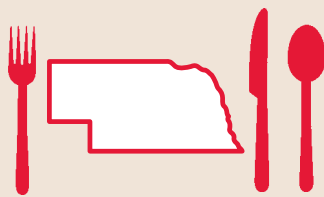
Q: Can I freeze onions?

A: It's really easy to freeze
onions. Here's how – this
method works for fully mature
onions.

1. Wash, peel and chop raw,
fully mature onions into about
1/2" pieces. There is no need to
blanch onions.

2. Bag and freeze in **freezer**
bags for best quality and odor
protection. Package flat — in
freezer bags to hasten freezing
and make it easier to break off
sections as needed. Express out
the air and place bags on cookie
sheets or metal pans until onions
are frozen. Then, restack bags to
take up less room.

3. Use in **cooked** products,
such as soups and stews, ground
meat mixtures, casseroles,
etc. For most dishes, frozen
onions may be used with little
or no thawing. (Will keep 3–6
months.)



HEALTHY EATING

ENJOY NEBRASKA FOODS!

Alice Henneman, MS, RD, UNL Extension Educator

To avoid using raw eggs
when preparing homemade
ice cream, start with a cooked
egg base, such as in this recipe
courtesy of the American Egg
Board.

For do it yourself (DIY)
sundaes — serve this creamy ice
cream with your favorite fresh
fruit, toasted nuts, a drizzle of
chocolate sauce and a dollop of
whipped cream.

VANILLA FROZEN CUSTARD ICE CREAM

Prep Time: 90 minutes
Cook Time: 15 minutes
Servings: 1-1/2 to 2 quarts

CUSTARD BASE:
6 eggs
3/4 cup sugar
2 to 3 tablespoons honey
1/4 teaspoons salt
2 cups milk

ICE CREAM:
2 cups whipping cream
1 tablespoons vanilla
Crushed ice
Rock salt

Step 1 — CUSTARD BASE: Beat
eggs, sugar, honey and salt
in medium heavy saucepan
until blended; stir in milk.
Cook over low heat, stirring
constantly, until mixture is just
thick enough to coat a metal
spoon with a thin film and
temperature reaches 160°F,
about 15 minutes. Do not

allow to boil. Remove from
heat immediately.

Step 2 — Cool quickly. Set pan
in larger pan of ice water;
stir occasionally and gently
for a few minutes to hasten
cooling. Press piece of plastic
wrap onto surface of custard.
Refrigerate until thoroughly
chilled, at least 1 hour.

Step 3 — ICE CREAM: Pour
chilled custard, whipping
cream and vanilla into
1-gallon ice cream freezer can.
Freeze according to manu-
facturer's directions, using 6
parts crushed ice to 1 part
rock salt. Transfer to freezer
containers, allowing head
space for expansion; freeze
until firm.

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

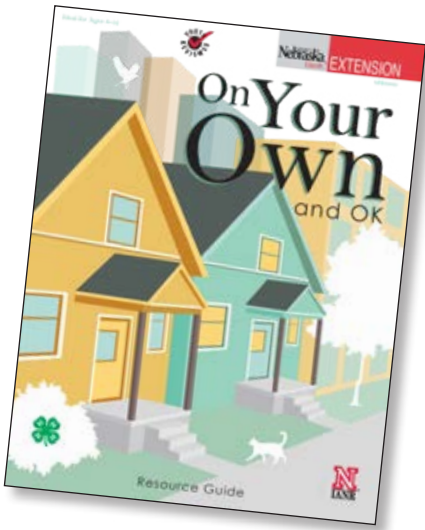
University of Nebraska—Lincoln Extension’s new 4-H Curriculum *On Your Own and OK* (4H6600) serves as an excellent tool to teach youth ages 8–12 about safety when home alone. The goal of this curriculum is to educate parents and youth on the importance of family communication in providing a safe home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

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

“Who’s There?” the second lesson, helps youth identify proper action/steps in communications and how to avoid getting into dangerous situations while communicating.

Lesson three, “Where To?” focuses on mapping out specific routes, talking to strangers, establishing a routine and knowing Code Words.

“Be Prepared,” the fourth lesson, helps students understand proper procedures for emergency situations.



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

Lessons include:

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

Terrific Tips and Tricks for Those Situations that Seem to

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

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

TO PURCHASE

Cost for *On Your Own and OK* is \$7.95. Cost for *Terrific Tips and Tricks for Those Situations that Seem to Stick* is \$1.95. Both are available at <http://marketplace.unl.edu/ne4h/curriculum/featured-curriculum/4h6600.html>

Is My Child Ready?

Here is a sample of the hands-on learning in UNL Extension’s 4-H Curriculum On Your Own and OK (4H6600).

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

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

- Youth has indicated willingness to stay home alone.
- Youth is showing signs he or she can be responsible.
- Youth is aware of the needs of others.
- Youth is able to get ready for school on time.
- Youth can solve problems on his or her own.
- Youth completes homework and household chores with minimal supervision.
- Youth remembers to tell you where they are going and tells you when they arrive home.

Rules

When developing rules for what youth can and cannot do while home alone, it is important to involve them in the process. Youth will respond positively to a long list of activities they can do. They may feel stifled with a long list of activities they cannot do. Try to keep

the list of activities they cannot do to only the most important rules. For example: using the internet, leaving the house, answering the door or telephone, and using the stove to make a snack.

Parent-Child Communication is Essential!

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

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

What I Can Do

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

What I Cannot Do

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

ASK LORENE

FAMILY LIVING TIPS

Lorene Bartos, UNL Extension Educator



Q: With all the family outings, ballgames, picnics etc. this summer, how do I remove the stains that go along with these activities?

A: Pack a stain remover stick when going out to treat stains until you get home.

Stain Removal for Washable Fabrics

Grass: Sponge with solvent until the stain is removed. Rinse and dry. Spray on wet spotter and several drops of white vinegar. Rinse. If stain remains, sponge with alcohol and thoroughly rinse. Apply detergent to stain and launder. Add chlorine bleach if safe for fabric.

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

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

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

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

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

“Ask Lorene” by mail: Attn. Lorene Bartos, UNL Extension in Lancaster County, 444 Cherrycreek Road, Suite A, Lincoln, NE 68528; email lbartos1@unl.edu; or phone 402-441-7180.

Summer Safety Tips

Lorene Bartos
UNL Extension
Educator

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

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

The National Council of Fireworks Safety gives the following tips:

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



- Don’t experiment with home-made fireworks.
- Observe local laws and use common sense.

Other summer safety tips:

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

Have a safe and fun summer.

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

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

Aging Partners and University of Nebraska—Lincoln Extension will present the workshop on Mondays, Sept. 8–Oct. 20, 1–3 p.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln. Call 402-441-7575 to register. \$3 per class suggested contribution. You’ll learn exercises and strategies to help prevent you from falling.



Nebraska Ag Incomes in 2013

Paul C Hay
UNL Extension Educator

Here is some of the summary of the Nebraska Agricultural Income comments from Tina Barrett, Nebraska Farm Business Association. 2013 would have looked like a great year if it would have followed 2005 and 2006, but it was a disappointment for many after the highs of the past two or three years. There are many positive perspectives to keep in mind as we look forward.

If you consider the amount of net worth that has been amassed in the past ten years, a year or two of slow growth or modest loss is not the worst thing. What you have done with the prior years profits, how you change your spending habits in the future and your level of exposure to debt, all play into whether or not you can afford to ride out the next few years without major changes to your operation.

Most operations have taken advantage of the good incomes and favorable tax laws to update most or all of their major equipment. If the farm economy continues to be on a tight margin, most operations do not need to look at spending a considerable amount on new equipment. This is different for the operations which financed the new line of equipment and still have five to seven years of payment commitments.

While over 15 percent of the farms have debt to asset ratios greater than 50 percent, there are also more than 20 percent of the operations that have zero (or virtually no) debt. These operations have room in their financing portfolio to withstand some debt addition over the next few years, if needed.

2013 was a good year, but it brought to light how quickly things could change and how quickly those changes could be translated into significant changes to the operation. For successful continuation, farms

need to be aware of their financial situation. Planning is the proactive approach that lets you make decisions rather than just dealing with what has already happened.

Net farm income dropped 55 percent in 2013. Prices for grains appear to have dropped to trading ranges quite a bit below the highs of 2011 and 2012. There was a significant jump in farm income from government payments largely from 2012 ACRE payments. We were fortunate in our area to have garnered a significant portion of those payments.

Many farmers are in a good position to deal with a few leaner years. Recent profits were used to update machinery and improve the farm equity position. A few have pushed the envelope of debt and are going to be challenged to adjust operation expenses to find dollars to meet obligations. There are no great changes in the expense mixture. Reducing costs means using management to trim a little bit from 20 or so expense items. The expense items which are a bit larger are seed, fertilizer, land rent, machinery-fixed costs and purchased feed costs. Allocations for family living expenses are also a significant and difficult area to face reductions.

Production costs appear to be in the \$4.50 per bushel range for corn and the \$11.50 per bushel range for soybeans. Marketing skill is going to increase in importance just to maintain the average price as we look to the next couple of years. Production skill and keeping expenses in line are still the most important factors in finding your way to profit.

Our communities, schools, local governments, main streets, non-farm land-owners and agricultural supply companies are all going to feel the impact of the weaker agricultural market situation. These entities also face stern challenges in static to lower income projections.

2014 Custom Rate Survey Results Now Available

The 2014 Nebraska Farm Custom Rate survey results are now available, a University of Nebraska–Lincoln Extension farm management specialist says.

These surveys, conducted every two years, consist of two parts, said Roger Wilson, farm management specialist in the Institute of Agriculture and Natural Resources. Part I contains 110 spring and summer operations including tillage, fertilizing, planting, spraying and waste handling. Part II contains 46 harvesting and 14 miscellaneous operations.

The survey is sent to people who have been identified as doing custom farm work, Wilson said.

The USDA has divided the state into eight crop-reporting districts. Results from the surveys are tabulated for each of these districts as well as the whole state.

The rates are published online in UNL Extension Circulars “2014 Nebraska Farm Custom Rates – Part I” (EC823) at <http://go.unl.edu/ivk>, and “2014 Nebraska Farm Custom Rates – Part II” (EC826) at <http://go.unl.edu/o3nu>.

The rates can also be accessed via the CropWatch website at <http://crop-watch.unl.edu/economics/customrates> or the Department of Agricultural Economics website at <http://agecon.unl.edu/resource.html>. Printed copies are available for \$3.75 at <http://market-place.unl.edu>.

Four results are provided for each operation: the number reporting, the average rate of those reporting, the range of replies and the most common

rate charged, Wilson said.

A minimum of three replies are required for each operation or the results are not reported.

Rates were compared between 2012 and 2014 for three operations where there were a large number of responses.

The first was disk harrowing, tandem or offset, finishing harrowing per acre. The average rate statewide increased from \$9.26 per acre in 2012 to \$12.24 in 2014. The most common rate remained \$10 per acre for both years.

No-till drilling of soybeans was another category where there was another large number of responses, Wilson said. The average price went from \$14.83 per acre in 2012 to \$17.04 in 2014. The most common charge remained at \$15 per acre for both years.

Combining soybeans was the third operation where rates between 2012 and 2014 were compared. The average rate increased from \$29.54 per acre in 2012 to \$31.41 per acre in 2014. The most common rate remained \$30 per acre for both years.

These three operations were chosen because there were 70 or more responses to them, Wilson said.

“It is interesting that in each case, the average went from being less than the most common rate to be greater,” he said. “This indicates there is a reluctance to raise rates by a large number of operators even though average rates are increasing.”

Source: UNL Institute of Agriculture and Natural Resources News Service

Cover Crops for Vegetable Growers

Vegetable harvest for commercial growers is in full swing by July. As crops are harvested rather than leave fields empty and allow weeds to take over, consider improving your soil by planting a cover crop. Many cover crops are best established in late summer or early fall. Cover crops offer many benefits, including:

- suppressing weeds,
- fixing nitrogen,
- preventing soil erosion,
- reducing surface soil crusting,
- breaking hard pan layers,
- improving soil aggregation,
- increasing organic matter, and
- suppressing diseases and insects.



Improving the crumbliness of the soil is important for vegetable growers, and buckwheat is very effective. These seedling roots are exuding a gluey substance (mucopolysaccharide) that sticks soil particles together to form a good crumb.

	Cover Crop	Aliases	Properties	Comments Pro/Con	Growth Habit
LEGUMES	Crimson clover		Nitrogen source	Good for underseeding, easy to kill by tillage or mowing.	Upright, Semi-upright
	Hairy vetch	winter vetch	Nitrogen source	Tolerates low fertility, wide pH range, cold or fluctuating winters.	Climbing
	Red clover		Nitrogen source	Grows best where corn grows well.	Upright
	Sweet clover		Soil builder, Soil loosener	Hard seed possible problem; does not tolerate seeding year mowing.	Upright
	White clover	white dutch ladino	Erosion fighter	Can be invasive; survives tillage.	Prostrate, Semi-upright
NON-LEGUMES	Annual ryegrass	Italian ryegrass	Erosion fighter, Weed fighter	If mowing, leave 3–4” to ensure regrowth.	Upright
	Barley		Soil builder, Erosion fighter	Can be harder than rye to incorporate when mature.	Upright
	Buckwheat		Weed fighter	Sets seed quickly.	Upright, Semi-upright
	Oats		Weed fighter	Cleaned, bin-run seed will suffice.	Upright
	Radish	oilseed, Daikon, forage radish	Soil loosener	Winter kills at 25°F; cultivars vary widely.	Upright
	Rye	winter, cereal, or grain rye	Soil builder, Erosion fighter, Weed fighter, Pest fighter	Can become a weed if tilled at the wrong stage.	Upright
	Sorghum-sudan grass hybrid	sudax	Soil builder, Soil loosener, Pest fighter	Mature, frost-killed plants become quite woody.	Upright
	Wheat		Weed fighter	Absorbs N and H ₂ O heavily during stem growth, so kill before then.	Upright

	Cover Crop	Best Established	Min. Germination Temperature	Depth	Seeding Rate		
					Drilled	Broadcast	
					lb/acre	lb/acre	oz/100 ft ²
LEGUMES	Crimson clover	Late Summer, Early Summer	58°F	¼–½	15–20	22–30	2–3
	Hairy vetch	Early Fall, Early Spring	60°F	½–1½	15–20	25–40	2
	Red clover	Late Summer, Early Spring	41°F	¼–½	8–10	10–12	3
	Sweet clover	Spring, Summer	42°F	¼–1	6–10	10–20	1.5
	White clover	Late Winter, Early to Late Spring, Early Fall	40°F	¼–½	3–9	5–14	1.5
NON-LEGUMES	Annual ryegrass	Early Spring, Late Summer, Early Fall, Fall	40°F	0–½	10–20	20–30	1
	Barley	Early, Winter, Spring	38°F	¾–2	50–100	80–125	3–5
	Buckwheat	Spring to Late Summer	50°F	½–1½	48–70	50–90	3–4
	Oats	Late Summer, Early Spring	38°F	½–1½	80–110	110–140	4–6
	Radish	Spring, Late Summer, Early Fall	45°F	¼–½	8–13	10–20	1
	Rye	Late Summer, Fall	34°F	¾–2	60–120	90–160	4–6
	Sorghum-sudan grass hybrid	Late Spring, Early Summer	65°F	½–1 ½	35	40–50	2
	Wheat	Late Summer, Fall	38°F	½–1 ½	60–120	60–150	3–6

Cornell University provides a great online tool to help vegetable growers choose the right cover crop for their needs, “Cover Crops for Vegetable Growers,” at <http://covercrops.cals.cornell.edu/decision-tool.php>. Growers specify the cover crop’s desired purpose, seeding time and duration, and Cornell’s tool suggests the best choices.

At right are two quick reference charts explaining the uses, planting times and seeding rate for common cover crops that work well in Nebraska. Additional information on each plant type and seed sources are also available on the Cornell University website above.

Great Plants of the Year 2014

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

Tree of the Year *Liriodendron tulipifera*, tuliptree



Photos courtesy of Nebraska Statewide Arboretum



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

Conifer of the Year *Abies koreana*, Korean fir



Soft needle texture with beautiful purple cones. Prefers well drained soil and full sun. Grows 15–30 feet tall.

Shrub of the Year *Callicarpa dichomata*, purple beautyberry



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

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



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

Source: Nebraska Statewide Arboretum



GARDEN GUIDE THINGS TO DO THIS MONTH

Mary Jane Frogge, UNL Extension Associate

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

A brown or grayish cast over a lawn can be caused by a dull or improperly adjusted mower blades that shred grass rather than cut it.

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

A garden needs one inch of rain or water each week. Early morning is the best time to water. Evening watering is less desirable because plant leaves that remain wet through the night are more susceptible to fungus diseases. Mulch plants to reduce water losses and improve yields.

Cutting flowers is best done with sharp shears or a knife which will help avoid injury to the growing plant. A slanting cut will expose a larger absorbing surface to water and will prevent the base of the stem from resting on the bottom of the vase. It is best to carry a bucket of water to the garden for collecting flowers, rather than a cutting basket.

Cut back and fertilize delphinium and phlox to encourage a second flowering.

Store pesticides in a safe place in their original containers, away from children and pets. Use pesticides carefully in your garden. Read the labels and follow the directions. The warnings and precautions are for your protection.

Certain pesticides have a waiting period of several days between the time of the last spray and harvest. Read and follow directions on all labels before applying to your vegetable crops. Wash all produce thoroughly before use.

Control mosquitoes by eliminating all sources of stagnant water.

Divide and transplant bearded iris using the vigorous ends of the rhizomes. Discard the old center portion. Cut the leaves back to about six inches.

Continue to make successive plantings of crops like beans and sweet corn to provide a continuous harvest until fall. A small garden will produce a large quantity of vegetables if replanting is done throughout the summer.

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

Soni Cochran
UNL Extension Associate

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

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

What is Integrated Pest Management (IPM)?

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

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

Start by Keeping Pests Outside by Excluding Them

- Block entry to your home by caulking around windows, making sure weather-stripping and door sweeps fit securely,



Caulk cracks around windows.



If you find an opening too large to be filled, cover with 1/4-inch hardware cloth to keep out most animal pests.

and plug or patch holes. Keep window and door screens in good repair. Caps on chimneys and screens on vents can keep out larger animals like raccoons, squirrels and birds.

- If you have leaks or rotted wood on your home, make repairs immediately.

Keep Your Yard Mowed and Trimmed

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

Keep the Inside of Your Home Clean and Uncluttered

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

Use Pest Traps

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



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

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

FOR MORE INFORMATION

UNL Extension in Lancaster County has information on pests found in and around the home at <http://lanaster.unl.edu/pest>.



Thank You Donna Bundy

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



Donna Bundy (left) assists a 4-H'er at last year's fair

Healthy Food Workshop, July 10

All youth ages 8 and up are invited to participate in a "Fun with Healthy Food!" workshop on Thursday, July 10, 8:30 a.m.–4:30 p.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road. Making healthy food choices can be fun and tasty! Youth will make their breakfast, lunch, supper and more! \$10 fee. Register by July 7 with payment. Registration form is available at the Extension office and online at <http://go.unl.edu/nhf6>.

State Fair 4-H Foods Event

New this year — a State Fair 4-H Foods Event will be held during the Nebraska State Fair. Only teams of two people may enter, and both must be at least 10 year old by Jan. 1, 2014. Youth will create a menu, prepare one food item, set up a table, choose a theme, while expressing their food, nutrition and food safety knowledge during an interview with a judge. Each county may submit up to four teams of two 4-H members. If you are interested, Lancaster County 4-H's selection will be on a first come, first served basis. Contact Tracy at 402-441-7180 for more information no later than Aug. 5.

Donated Sewing Machine To Go To a 4-H'er

This is the sixth year Kath Conroy, a 4-H clothing superintendent, and her husband, Mike, are graciously donating a brand new sewing machine to one Lancaster County 4-H youth. All interested 4-H youth should submit a paper describing the clothing projects they have done in the past and plan to do in the future. Also explain why they should be the youth to receive it. All papers should be sent by Friday, June 27 to Tracy, Lancaster County Extension, 444 Cherrycreek Road, Ste. A, Lincoln, NE 68528.

4-H Sewing Help Sessions

Kath Conroy, Clothing Superintendent, and Carolyn Eschliman, 4-H volunteer, are offering to help 4-H'ers with their sewing projects. These exceptional seamstresses have many years of experience helping 4-H'ers with their sewing projects. Their help sessions will be held at Bernina Sewing Studio in the Piedmont Shopping Center on Wednesday, June 25, 1–5 p.m.; Friday, June 27, 1–5 p.m.; Friday, July 18, 1–5 p.m.; and Saturday, July 19, 1–3 p.m. There is no cost and registration is not required.

Decorate Your Duds Using Software Class, June 28

Participants of a class on Saturday, June 28, 10 a.m.–3 p.m. will create a Decorate your Duds project using design software. Class will be taught by Kath Conroy and will be held at the Bernina Sewing Studio in the Piedmont Shopping Center. Bring pre-washed fabric you want the design sewn to or prewashed article of clothing (jeans, skirts, jackets, shirt, etc.) and lunch (Subway is available). Cost is \$10 and registration is limited. Must pay at time of registration. Call 402-441-7180 for more information.

Ak-Sar-Ben 4-H Show Entries Due Aug. 3

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

The Ak-Sar-Ben 4-H Horse Show will be held Sept. 20–21 at the Lancaster Event Center in Lincoln. 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 to extension staff no later than Sunday, Aug. 3 at the Extension office or the Super Fair. Forms will be available online, at the Extension office, or for pick up in the livestock and horse offices at the fair. Registration fees must be included with the entries.

For more information, entry forms and tentative schedule, go to www.rivercityrodeo.com.

State Fair 4-H & FFA Animal Entries Due Aug. 10

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

Instructions and link to register are at www.statefair.org/fair/competitions/4HFFAOnlineEntries.asp. For more information, contact Cole Meador at 402-441-7180. This only applies to livestock — static entries will still be taken care of by Extension staff.

HORSE BITS

4-H Riding Skills Level Testings, June 24 and July 1

Level testing for the riding skills horsemanship levels will be held on Tuesdays, June 24 and July 1 at the Lancaster County Event Center in the Amy Countryman Arena. Anyone wishing to test must sign up at least one week in advance of the test by contacting Marty at mcruickshank2@unl.edu or 402-441-7180. All of the written horsemanship level requirements must be completed and submitted to Marty Cruickshank before the riding can be scheduled. July 1 will be the last date to test in order to ride in the Lancaster County Super Fair.

Super Fair 4-H Horse Entry Forms Due July 1

All Lancaster County Super Fair Horse Entry Forms are due in the extension office by Monday, July 1. **NO LATE ENTRIES** will be accepted. Reminder — you must have passed all Walk-Trot or Level I Horsemanship requirements and have all forms turned into the extension office before July 1 to show at the fair.

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

State 4-H Horse Show

The Fonner Park State 4-H Horse Exposition will be held July 13–17 at Fonner Park in Grand Island. Information is at <http://go.unl.edu/state4hhorseshow>.

Health Papers

A 14-day health certificate and a Coggins Test will be required for a horse to be shown at the Fonner Park State 4-H Horse Show.

Hillcrest Animal Clinic will be offering two Health Certificate/Coggins Testing clinics at a reduced rate for 4-H'ers. Cost for the health certificate will be \$10 per trailer and the coggins test is \$20 per horse. Locations and times are:

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

Policy on Horse Drugs

No 4-H Horse exhibitors and/or owner shall exhibit a horse at the Fonner Park State 4-H Horse Exposition that has been given, in any manner whatsoever, internally or externally, and narcotic, stimulant, depressant, analgesic, local anesthetic, or drug of any kind or prescription within 24 hours before the first scheduled event of each show day 8 a.m.

Horses on prescribed treatment of phenylbutazone and/or aspirin-like products must file a statement in the 4-H Horse Show office before the horse can be shown. This statement must describe the treatment reason and be signed by an accredited D.V.M.

One or more class winners and one or more horses in the same class that is tested, may be tested on Tuesday, Wednesday or Thursday by the Test Committee.

Jumping Clinic, July 12

Due to popular request, Hunter's Pride 4-H Club will hold another 4-H Jumping Clinic instructed by Carine Stava on Saturday, July 12 at the Lancaster Event Center – Pavilion 3. Students will get 1½ hours of quality instruction per group of 4 or 5 riders, and all experience levels are welcome and encouraged! Groups will be separated by experience level. Students will be coached on the basics and fundamentals of safety and will be taught how to ride courses based upon what judges are looking for. Fee is \$35 per rider/horse pair. Register by July 3 with payment. More information and registration form is at <http://lanaster.unl.edu/4h/horse/HuntersPrideJumpingClinicJuly14.pdf>. Call 402-890-6291 with questions.

Horse Course Challenge, July 27



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

All Lancaster County 4-H'ers are welcome and encouraged to attend! No pre-registration required. All test questions will come from the 2013–2014 email Horse Course. The testing 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 mcruickshank2@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. Come learn and have fun!



JULY 31–AUG. 9, 2014

4-H & FFA EXHIBITS & EVENTS JULY 31–AUG. 3
LANCASTER EVENT CENTER

4-H & FFA Fair Books have complete information about entering 4-H/FFA exhibits and contests. Fair Books are

available at the extension office and at <http://lancaster.unl.edu/4h/Fair>.



4-H & FFA PARKING — 4-H/FFA families can get a free 4-H/FFA parking pass from the extension office (available July 1–30). The parking pass allows one vehicle to enter the fairgrounds each day July 31–Aug. 5 and park in designated areas. It does not cover admission for each individual in the vehicle (see exhibitor admission passes). Every 4-H/FFA car needs 1 car pass. General parking without the parking pass will be \$3. 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 1–30). An individual exhibitor pass allows the exhibitor to enter the fairgrounds each day July 31–Aug. 5 only. Every 4-H/FFA family member needs 1 Exhibitor Pass. Gate admission without the 4-H/FFA exhibitor admission pass will be \$2.

These passes are for 4-H/FFA members and their immediate family only. Please do not abuse this privilege.

GENERAL PUBLIC GATE ADMISSION — FREE general public gate admission tickets will be available July 1–Aug. 9 at Casey's, Russ's Market and Super Saver. Gate admission without the FREE ticket will be \$2.

GENERAL PUBLIC PARKING — General public parking will be \$3 per vehicle per day.

Premium Payouts Procedure

Read carefully — premiums not picked up at the specified time will be forfeited! No changes or corrections will be made on premium amounts after 14 days.

STATIC EXHIBITS and CONTESTS: Premium payouts for all static exhibits and contests held before and during the fair must be picked up on Monday, Aug. 4, 7–11 a.m. in the Fair Board Office (except Livestock Judging and rabbit contests). With proper identification, parents, guardians, 4-H club leaders, and FFA chapter advisors will also be permitted to pick up and sign for exhibitor premiums.

HORSE EXHIBITORS:

- Premium payouts will be made to 4-H members, their parents or their 4-H leaders on Monday, Aug. 4, 7–11 a.m. in the Fair Board Office. The entire 4-H club must have removed all bedding from each stall in order for premiums to be received. Signatures from all representatives receiving payments will be required.
- Exception — Only 4-H exhibitors riding in the Hunter Show and/or Dressage Show will have their entire payouts mailed to them.

ANIMAL EXHIBITORS (except horse and rabbit): All 4-H & FFA animal exhibitors will receive premium payouts as they exit the show arena. Livestock Judging Contest participants will receive premium payouts after the contest.

RABBIT EXHIBITORS: All rabbit payouts (including rabbit shows and contests) will be made to 4-H'ers at the Rabbit Awards on Sunday, Aug. 3, 5:30 p.m. in the Exhibit Hall.

Volunteers Needed

Adults *and* youth ages 12 and up are needed to help during the Lancaster County Super Fair.

- **In the 4-H Corner Stop food booth** from Wednesday, July 30 through Sunday, Aug. 3 (sign up online at <http://go.unl.edu/foodboothsignup>).
- **Static exhibit set-up** on Thursday, July 24 at 6:30 p.m. (pizza will be served for volunteers) and Saturday, July 26 at 8 a.m. in the Lincoln Room.
- **During judging of static exhibits** on Wed., July 30.
- **Teen tour guides are needed for Fair Fun Day** for child care groups on Friday, Aug. 1 at 9:30 a.m. and 1 p.m.

If you, someone from your club, or an interested volunteer would like to help, contact the Extension office at 402-441-7180.

Presentations, July 19

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

Style Revue Judging, July 22

• Public, July 31

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

Static Exhibit Check-In July 29, 4–8 p.m.

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

Fair Promotional Special Exhibit

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

Interview Judging, July 30

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

Chicken Dinner Fundraiser, Aug. 1

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

Clover Kids Show & Tell, Aug. 3

All Clover Kids, youth age 5–7 by January 1, 2014, are invited to show & tell their 4-H exhibits at the Lancaster County Fair, Sunday, Aug. 3, starting at 1 p.m. Clover Kids Show & Tell is held in the Lincoln Room at the Lancaster Event Center. Youth are 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 7 and July 25, or sign up at the static exhibit area Tuesday, July 29, 4–8 p.m.

Livestock Information

Animal Entries Due July 1

All 4-H and FFA Super Fair animal entry forms are due to extension by Tuesday, July 1, 4:30 p.m. or postmarked by July 1. No late entries will be accepted! **One Livestock Entry Form MUST be completed for each exhibitor** entering livestock. Bedding fees (\$7/head) for beef, dairy and bucket calves are being collected with entry forms — bedding for other animals must be purchased at the fair. Entry forms are available at the extension office or online at <http://lancaster.unl.edu/4h/Fair>.

Livestock Reminders

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

Livestock Judging Contest, Aug. 3

Now in its third year, a 4-H/FFA Livestock Judging Contest will be held Sunday, Aug. 3, 12 noon–2 p.m. in Pavilion 1. Preregister by Thursday, July 31, 6 p.m. in the Livestock Office at the fair. Come join the fun judging livestock and bring your parents! There will be a short orientation before the contest, outlining how to fill out the judging cards and where to answer questions for those who have never judged before.

Youth may judge as individuals or teams. Teams will consist of four youth and one adult.

Seven classes shall consist of two beef, two sheep, two swine and one meat goat. Classes will be decided day of contest and could consist of market and/or breeding animals. Contestants will have 12 minutes to judge each class. No reasons will be given, however questions will be asked on three classes.

Youth Livestock Premium Auction Donations

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

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

Applications for the Lancaster County 4-H/FFA Livestock Booster Club \$500 college scholarship are due July 5. Open to all Lancaster County 4-H/FFA seniors, but preference to those who have exhibited production livestock in 4-H or FFA. The application is at the extension office and online at <http://go.unl.edu/5bg>. For more information, contact Cole Meador at 402-441-7180. Winners will be announced at the Youth Livestock Premium Auction.



EXTENSION CALENDAR

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

June

- 24 4-H Horse Level Testing, Lancaster Event Center - Amy Countryman Arena 5:30 p.m.**
24 Guardian/Conservator Training 5:30–8:30 p.m.
26 Co-Parenting for Successful Kids Class 12:30–4 p.m.
30 4-H Horse Incentive Program Ends
June 30–July 1 Premier Animal Science Events (PASE)/FCS Life Challenge, UNL East Campus

July

- 1 All 4-H/FFA Lancaster County Super Fair Animal Entries Due to Extension**
1 4-H Horse Level Testing, Lancaster Event Center - Amy Countryman Arena 5:30 p.m.
5 4-H/FFA Livestock Booster Club Scholarships Due July 5
10 Healthy Food Workshop, 8:30 a.m.–4:30 p.m.
11 Extension Board Meeting 8 a.m.
12 4-H Horse Jumping Clinic, Lancaster Event Center - Pav. 3
13–17 State 4-H Horse Show, Fonner Park, Grand Island
15 Guardian/Conservator Training 1:30–4:30 p.m.
15 4-H Horse Incentive Program Forms Due to Extension
19 4-H Presentations Contest 9 a.m.
22 4-H Style Revue Judging 8 a.m.
24 4-H Food Booth Training, Lancaster Event Center - Lincoln Room 6–7 p.m.
27 4-H Horse Course Challenge 9:30 a.m.
29 4-H & FFA Static Exhibit Check-In for Lancaster County Super Fair, Lancaster Event Center - Lincoln Room 4–8 p.m.
30 4-H Static Exhibit Interview Judging, Lancaster Event Center - Lincoln Room
July 31–Aug. 9 Lancaster County Super Fair (4-H/FFA Exhibits & Events July 31–Aug. 3), Lancaster Event Center

Fresh Herbal Food Program at Pioneers Park Nature Center

The Pioneers Park Nature Center will hold a program for adults, “Fresh Herbal Food,” on Saturday, Aug. 2, 11 a.m.–1 p.m. at the Prairie Building. Fee is \$10 per person. Register by July 30 by calling 402-441-7895. Middle Eastern cuisine

has fantastic vegetarian dishes that are healthy and very flavorful. Learn how easy it is to prepare delicious recipes using fresh herbs and a few key ingredients. Recipes to sample will include falafel, hummus, tzatziki and more.

4-H District Speech/PSA Results

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

Speech Contest:

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

Public Service Announcement Contest:

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

4-H’ers Focus on Safety in Bicycle Contest

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



Super Fair Volunteer Opportunities

The Lancaster County Super Fair will be held July 31–Aug. 9 at the Lancaster Event Center, 84th & Havelock in Lincoln. Volunteers ages 18 and up are needed to help with a variety of events during the fair. Shifts are two or more hours. Volunteers receive a free T-shirt. For more information, call Trudy Pedley at 402-441-6545.

4-H State Fair Volunteers

The Nebraska 4-H program is seeking volunteers. A list of 4-H volunteer opportunities and sign up information is online at <http://4h.unl.edu/nebraskastate-fair4hvolunteer>. If you have questions, contact Cathy Johnston at 402-472-1762.



EXTENSION NEWS

Two New Nutrition Staff

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

Jessica

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

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

Jessica is originally from Norwood Young America, MN. She attended the University of Minnesota and earned a Bachelor of Science in Dietetics in May 2012. After graduation she completed her Dietetic Internship with Concordia College in Moorhead, Minn. and became a Registered Dietitian (RD) in June 2013 and moved to Lincoln, Neb.

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

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



(L–R) Jessica Wolter and Emily Schuckman

4-H Interns Assist During Summer

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



(L–R) Rachel Pickrel and Erica Peterson

Lancaster County Super Fair and other activities.

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

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

Lancaster County Years of Service

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