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The NEBLINE

University of Nebraska–Lincoln Extension in Lancaster County

Cherry Creek Habitat Provides Opportunities for Pollinator Education



January 2013
An underutilized space...



A solitary bee on one of the plants in the habitat.



July 2014

...is turned into a pollinator habitat with two insect structures and plants.



Soni Cochran shows youth at 4-H Clover College the native bee nest box filled with blocks of wood with drilled holes.



Leaf cutter bees lay their eggs in holes and pack the entrance shut with bits of leaves.



A youth draws a plant in a journal at the habitat area.

Soni Cochran and Mary Jane Frogge
Extension Associates

NATIVE POLLINATORS play a critical role in the production of fruits, vegetables and forage crops. With a decline in pollinators like honey bees, protecting and encouraging native pollinators is becoming even more critical. University of Nebraska–Lincoln Extension in Lancaster County is creating a native pollinator/wildlife habitat to educate how to protect and encourage pollinators. The Cherry Creek Pollinator Habitat is located behind the Extension office at 444 Cherrycreek Road, Lincoln.

In the fall of 2012, we attended Becoming an Outdoor Woman (BOW) weekend in Halsey, Nebraska sponsored by Nebraska Game and Parks Commission. One of the sessions focused



The plants in the habitat are labeled for educational purposes.

on the challenges of protecting and increasing our native pollinator population. We left the session with a handmade native bee nest block, information and lots of motivation to spread the message about the importance of encouraging native pollinators in our own community.

We wanted to create an insect hotel/ native pollinator site, and we got so much more! The site for the Cherry Creek habitat has a small stream and drainage area for water. A quick survey of mature trees on the north side of the habitat includes some important wildlife trees — hackberry, catalpa and willow. The site also has some challenges. We learned a lot just by evaluating our options prior to even starting the habitat project. The noticeable grade and problems with erosion from a substantial amount of water draining off the roof of the building has been our biggest challenge. Before we could even begin the project, we had to address the erosion issue. A rock stream bed was added to help direct and manage the flow of water. Once we were able to reduce the erosion, we could finally start planting native plants and building our insect hotel and native bee nest box.

We evaluated the plants we wanted to add to the habitat. These included native plants and fruit-bearing native shrubs like serviceberry and elderberry. We added herbs and other plants used as food plants for the larvae of butterflies and moths. Bloom time was also important — we wanted a variety of plants that bloomed at different times of the year from early spring to the first freeze.

Last fall, we built the insect hotel. We wanted to use as many reused/recycled and natural materials as possible. The main structure is made from pallets we found that would have been taken to the landfill. The insect hotel was built layer by layer. It did not take long for us to realize it takes a lot of natural materials to fill an insect hotel of this size. We collected pine cones, logs, twigs, corn stalks, milkweed pods, cattails and carefully filled each

see HABITAT on page 5

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Lancaster Extension Education Center Conference Facilities
444 Cherrycreek Road, Lincoln



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The NEBLINE

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>.

Photo on front page flag and page headers by PRANGE Aerial Photography

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Super, Simple Summer Salads!

Alice Henneman, MS, RD
UNL Extension Educator

Imagine enjoying a salad you can prepare ahead during the cool of a summer day and have waiting as the day gets hotter. Look no farther! Here are several super, simple salad recipes ... you probably already have most of the ingredients.

Serve with a simple protein main dish, such as a quick meat from the grill, and perhaps a favorite purchased roll. Kick back and enjoy a tasty, healthy meal!



Alice Henneman, UNL Extension in Lancaster County

MIGHTY QUICK APPLE CABBAGE COLE SLAW

Serves: 4

4 cups shredded cabbage
1 apple, chopped
1/4 cup light or low-fat mayonnaise
1 tablespoon lemon juice or cider vinegar
1 tablespoon sugar

Mix together mayonnaise, lemon juice or vinegar and sugar. If desired, mix in a little milk, a teaspoon at a time, to thin dressing. Mix mayonnaise mixture with cabbage and apple. Refrigerate at least 30 minutes to allow flavors to blend.

Alice's Notes:

Additional quick add-ins include one or more of the following: orange slices, shredded carrots, chopped bell peppers, raisins, dried cranberries, chopped celery.



Jason Kemp, www.flickr.com

TOMATO-CUCUMBER SALAD WITH PARSLEY AND MINT

Makes 4 servings, each 1/2 cup

4 medium ripe tomatoes, seeded and chopped
1/2 medium cucumber, peeled, seeded and chopped
1/3 cup diced red onion
2 tablespoons fresh parsley, chopped
2 tablespoons fresh mint, chopped
1 tablespoon red wine vinegar
2 teaspoon olive oil
1 teaspoon Dijon mustard
Salt and freshly ground black pepper to taste

In large bowl, combine tomatoes, cucumber, red onion, parsley and mint. In small bowl, whisk together vinegar, oil and mustard. Add to tomato mixture and toss to coat. Season to taste with salt and black pepper. Serve chilled or at room temperature.

Source: American Institute for Cancer Research

CORN SALAD

Makes 6 servings

2 cups whole kernel corn (fresh or frozen — cooked and drained)
3/4 cup tomato (chopped)
1/2 cup green pepper (chopped)
1/2 cup celery (chopped)
1/4 cup onion (chopped)
1/4 cup Ranch dressing, fat-free

In bowl, combine vegetables. Stir in dressing. Cover and refrigerate until ready to serve.

Source: University of Kentucky, Cooperative Extension Service, Food and Nutrition Calendar 2005 Kentucky Families on the Move

MARINATED THREE-BEAN SALAD

Yield: 4 servings

1 can lima beans (8.5 ounce)
1 can cut green beans (8 ounce)
1 can red kidney beans (8 ounce)
1 onion (medium, thinly sliced and separated into two rings)
1/2 cup bell pepper (chopped sweet green)
8 ounces Italian salad dressing (fat-free)

Wash hands and cooking area. Drain the canned beans. Peel and slice the onion and separate into rings. In a large bowl, combine the lima beans, green beans, kidney beans, onion rings, and green bell pepper. Pour the Italian dressing over the vegetables and toss lightly. Cover the bowl and marinate in the refrigerator for at least one hour. The salad can be left in the refrigerator overnight. Drain before serving.

Source: Texas Cooperative Extension, Texas A&M University System, Expanded Nutrition Program

PASTA SALAD

Serving Size: 1 cup • Serves: 6

4 cups cooked pasta
1 cucumber, chopped
1 tomato, chopped
1/2 green pepper, chopped
1/2 red onion, chopped
1/3 cup reduced fat Italian salad dressing

Wash and chop all of the vegetables. Combine all ingredients and mix well. Cover and refrigerate. Toss before serving.

Tips:

- Use any shape of pasta you would like. Try adding frozen or leftover vegetables.
- Start with about 2 cups uncooked pasta to get 4 cups cooked.

Source: Iowa State University Extension Eat Smart Spend Smart

CREAMY CAULIFLOWER SALAD

Serving Size: 3/4 cup • Serves: 6

2 cups cauliflower broken into florets (about 1/2 head)
1/2 cup diced onion
2 cups chopped lettuce (romaine works well)
1 chopped red or green apple (Braeburn, Granny Smith)
1/4 cup light ranch dressing

Prepare the cauliflower by rinsing well in cold water just before using it. Snap off the outer leaves and discard. Use a sharp knife and cutting board to slice off stem and hollow out and remove core. Cut or break cauliflower into small pieces called florets. Toss cauliflower, onion, lettuce and apples in a medium bowl. Stir in dressing. Cover. Refrigerate until ready to serve.

Substitutions/Additions:

- Change this recipe by adding other foods such as sunflower seeds or raisins.
- Use red onion to add more color.

Tips:

- Can be made several hours in advance.
- Great for a picnic. Keep it in the cooler until time to eat.

It's Time to Visit Nebraska's County Fairs

Governor Dave Heineman

Summer is a great time to visit fairs and festivals held across our state. Nebraska's county fairs offer a wonderful opportunity to showcase the best of our state and highlight the agricultural heritage, achievements and talents of Nebraska producers, youth and hobbyists.

Nebraska is home to nearly 90 county fairs that offer a variety of experiences and traditions for families that feature livestock show competitions, demolition derbies and championship rodeo competitions. No matter what your age, there is something for everyone at the county fair, which includes the diverse culture that makes Nebraska unique.

I have visited many county fairs and the thing that stands out the most about the county fairs I have attended is the participation from our 4-H and FFA youth. Each year, 4-H provides our young people the opportunity to gain important life skills that help them become

productive, capable, responsible and compassionate individuals. In Nebraska, one in three age-eligible youth in all 93 counties participate in 4-H programs — that is over 140,000 young people. By participating in 4-H, our young people gain skills in science, explore career choices, learn about healthy behaviors and understand the importance of agriculture in our state.

Our FFA youth are no different. There are over 6,600 FFA members participating in 157 FFA chapters across the state, including 8 new chapters for the 2014–2015 school year. Through their involvement in FFA, these young people are truly following the FFA motto of learning to do, doing to learn, earning to live and living to serve.

I continue to be impressed with the youth of our state. For those participating in county fair events, their determination, dedication and drive learned through fair projects is superb. Young people work on and share projects in a wide range of interests, from rocketry, technology, wildlife, photography, wood-

working and more. Thousands of others invest significant time and energy in learning to care for livestock.

County fairs offer our young people the opportunity to showcase their achievements of the past year, while also offering fairgoers an opportunity to experience family friendly entertainment — from tractor pulls, to pie-baking contests, concerts and musical performances.

If it's your first visit to a fair, or whether you are a regular participant, I encourage you and your family to visit one of Nebraska's county fairs and festivals this year. A listing is available online from the Nebraska Association of Fair Managers at www.nebraskafairs.org.

The more than one million people who attend Nebraska's fairs and festivals each year can attest to the quality of life Nebraska has to offer. Our county fairs and festivals are an opportunity to experience the traditions and culture that make Nebraska a great place to live, work and raise a family.

Preparing For and Entering Kindergarten



Ready for Success, What Families Want to Know about Starting School in Nebraska is an excellent booklet which answers common questions from parents about preparing for, and entering kindergarten. The 14 page booklet, developed by the Nebraska Department of Education Office of Early Childhood (2012) is available at www.education.ne.gov/oec/pdfs/Ready_for_Success_Booklet.pdf.

How Can I Prepare For the First Day?

Starting kindergarten is a time of change for both your child and your family. It is common for parents and children to feel nervous about the new routines and expectations. The more you know, the better prepared you and your child will feel.

- To help your child, you can:
- **Be enthusiastic and positive** when you talk with your child about the changes. If you are excited and confident, your child will be, too.
 - **Make an appointment**

with your doctor or clinic for the kindergarten check-up.

- **Contact the school** you want your child to attend:
 - ✓ Ask how and when to enroll. You will need your child's original birth certificate.
 - ✓ Request information about school expectations, rules, and classroom daily routines.
 - ✓ Ask about start and release times, which may vary between schools.
 - ✓ If you will need before or after school care or transportation, be sure to ask what options are available from the school or in your community.
- **Talk with your childcare provider** about adjusting your current routine (such as naptime) to help prepare your child for the new daily schedule.
- **Read books about kindergarten** and encourage your child to talk about his/her feelings.
- **Participate in school open houses** and information meetings. Help your child feel more comfortable and confident by knowing what will happen, where things are, whom she knows, and what to look forward to.
- **Meet with your child's teacher**, especially if you feel your child may need individual attention or support.
- **Start a new bed time and morning routine** a few days before school starts. A routine will help your child get the 10–12 hours of sleep needed.
- **Talk with your child** about what you will each do on that first day. Consider sending a small visual reminder, such as a family photo to provide comfort.

- **Arrive at school early** to give your child time to settle in. Remind your child about your plans for the end of the school day. Give a reassuring, cheerful and short good-bye.

How Can I Support My Child's Education?

Now that you have a new school routine, keep it up! With all the changes happening, your child will welcome a regular bedtime and morning routine.

Having a successful entry into kindergarten helps children have a positive attitude about school and learning. As your child's partner in education, it is important for you to get involved and stay involved.

- **Be enthusiastic about school.** Focus on the positives. When you show that school is important to you, your child will learn that, too.
- **Help your child be at school, on time, every day.** Whenever possible, make your child's appointments for after school or towards the end of the school day.
- **Keep reading to, and with, your child daily.** This can be a special time in your bedtime routine to see how much your child is learning.
- **Ask about your child's day** and about the work he/she brings home.
- **Talk to your child's teacher often and early**, especially if you have concerns. The relationships and communication between the teacher and your family is key to ensuring your child's success.

Source: Nebraska Department of Education, Office of Early Childhood, www.education.ne.gov/oec.



ASK LORENE

FAMILY LIVING TIPS

Lorene Bartos, UNL Extension Educator

Q: How do I manage my family and time with school starting and schedules changing?

A: Time demands vary from person to person and family to family. Balancing family, work, home duties and community and school activities can put a burden on families. By working together, planning and prioritizing day-to-day tasks everyone can be more relaxed.

Tips to effectively manage one's time:

- Set goals — choose realistic and measurable goals. Goals give a sense of direction.
- Prioritize — prioritize time to concentrate your work on items with the greatest reward.
- Be flexible — allow time for interruptions and distractions. It is suggested to plan for 50 percent of your time and leave the 50 percent to handle interruptions and emergencies.
- Avoid being a perfectionist — perfectionism, paying unnecessary attention to detail, can be a form of procrastination.
- Consider your biological prime time — when do you accomplish the most? Are you a “morning” person or “night” person?
- Use a TO DO list — choose the system that works best for you and your family. Some people like written day-to-day lists, others do a mental list and still others keep a running list.
- Conquer procrastination — when you avoid a task, sometimes it helps to break it into smaller tasks and/or set a time limit to complete the tasks.
- Reward yourself — celebrate your achievements of goals. Promise yourself a reward for a job completed and then make sure you indulge in the reward.
- Take time to make a plan as a family. By planning and prioritizing, you can participate in all the family activities and still accomplish all the other tasks on the list.

“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.

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.



Economic Impact of Falls

The Center for Disease Control and Prevention reports in 2010, falls among older adults cost the U.S. health care system \$30 billion in direct medical costs, when adjusted for inflation. With the population aging, both the number of falls and the costs to treat fall injuries are likely to increase.

Among community-dwelling older adults, fall-related injury is one of the 20 most expensive medical conditions.

In 2002, about 22 percent of community-dwelling seniors reported having fallen in the previous year. Medicare costs per fall averaged between \$13,797 and \$20,450 (in 2012 dollars).

Among community-dwelling seniors treated for fall injuries, 65 percent of direct medical costs were for inpatient hospitalizations; 10 percent each for medical office visits and home health care, 8 percent for hospital outpatient visits, 7 percent for emergency room visits, and 1 percent each for prescription drugs and dental visits. About 78 percent of these costs were reimbursed by Medicare.

Summer Livestock Fly Control

Paul C. Hay

UNL Extension Educator in
Gage County

Dave Boxler, University of Nebraska Extension Educator, notes there are three fly species in Nebraska that economically-impact grazing cattle: horn fly, face fly and stable fly.

Horn Fly is the most important blood-feeding pest of pastured cattle and can have significant economic impact on cattle operations. Horn flies are normally seen on the backs, side and poll areas of cattle. During the warm part of the day, horn flies can be observed on the belly of cattle. They feed on cattle 20–30 times a day. Horn fly feeding causes irritation, blood loss, decreased grazing efficiency, reduced weight gains and a decline in milk production. Nebraska studies have demonstrated calf weaning weights were 10–20 pounds higher when horn flies were controlled on mother cows. The economic threshold level is 200 flies per animal. Chemical control methods are; backrubbers, dust bags, insecticidal ear tags, pour-ons, oral



Soni Cochran, UNL Extension in Lancaster County

Flies can have an economic impact on grazing cattle.

larvicides and sprays. Insecticide ear tags are a convenient method of horn fly control. Some horn flies in Nebraska are resistant to pyrethroid insecticides. One of the resistant management recommendations for horn flies is to rotate insecticides. Backrubbers and dust bags are an effective way to reduce horn fly numbers if cattle are forced to use them. Sprays and pour-on will provide 7–21 days of control and will need to be repeated throughout the fly season for effective control. Oral larvicides prevent fly larvae from developing into adults. An important factor when using an oral larvicide is insuring daily consump-

tion. A complicating issue when using an oral larvicide is that of horn fly immigration from neighboring untreated herds which will mask the effectiveness of an oral larvicide.

Face Fly adults closely resemble house flies except they are slightly larger and darker than the house fly. The persistence and habit of congregating about the eyes and nose of animals helps distinguish the face fly from the house fly in the field. House flies may congregate on the faces of cattle in confined feedlots and dairy pens. Face flies are pasture flies and are not found in feedlots. The face fly is a non-biting fly that feeds on

animal secretions, nectar and dung liquids. Adult female face flies typically cluster around an animal's eyes, mouth and muzzle, causing extreme annoyance. Face flies vector pinkeye, a contagious inflammation of the cornea and conjunctiva of cattle. The best methods of reducing face fly numbers is using a treatment where the animals are forced to contact an insecticide on a daily basis such as a dust bag, oiler, spray or an insecticide impregnated ear tag. Ear tags should be applied at the label recommended rate. Both cows and calves must be treated if control is to be achieved. Pinkeye vaccines are available and should be considered if face flies and pinkeye are an annual problem.

Stable Fly are pests of Nebraska feedlots, dairies and pastured cattle. Stable flies are blood-feeding flies, mainly feeding on the legs of cattle. Stable flies stay on the animal long enough to obtain a blood meal and then seek a shaded place to rest and digest the blood meal. Stable flies may take blood meals several times a day. Stable fly bites are painful and when flies are abundant,

cattle stomp their legs, bunch at pasture corners or stand in water to avoid being bitten. Research conducted at the University of Nebraska showed a reduction in average daily gain of 0.44 lb per head per day in 84-day trials with animals that did not receive an insecticide treatment compared to animals that received a treatment. The economic threshold of five flies per leg is easily exceeded in Nebraska pasture conditions. The only adult management option available for the control of stable flies on range cattle is the use of animal sprays. Sprays can be applied using a low pressure sprayer or can be applied with a mist blower sprayer. Weekly applications of these products will be required to achieve reduction in fly numbers. Sanitation or clean-up of wasted feed at winter feeding sites may reduce localized fly development.

Fly control methods should be in accordance with veterinarian recommendations and always read and follow label recommendations. Nebraska fly control methods for pastured cattle are at <http://entomology.unl.edu/livestock/2014flyrecs.shtml>.

Harvest and Storage of Apples & Pears

Sarah Browning

UNL Extension Educator

Apples

Harvesting apples at the proper stage of development is the first step toward ensuring high quality garden produce that tastes great and stores well. If picked prematurely, apples are likely to be sour, tough, small and poorly colored; if picked overripe, they may develop internal breakdown and store poorly. So pay close attention to ripeness stages and don't delay picking to ensure a good harvest.

Harvest

To harvest apples correctly, you must be familiar with the term "ground color." Ground color is the color of an apple's skin, disregarding any areas that have become red. In red-fruited cultivars, observe the portion of the apple that faces the interior of the tree. When the ground color of red cultivars changes from leaf green to yellowish green or creamy, the apples are ready to harvest. In yellow cultivars, the ground color becomes golden. Mature apples with a yellowish-green background color are suitable for storage.

Most apple cultivars have brown seeds when ready for harvest. However, seeds may become brown several weeks before proper picking maturity, so seed color should not be used as the sole method of evaluating maturity.

Early maturing apples, sometimes called "summer apples," are ready for harvest in late August and early September, and include varieties such as Honeycrisp, Paula Red, Gala and Jonagold. Summer apples may not maintain their quality in storage as long as later maturing varieties, so are often eaten fresh.

Apples that are to be stored should be picked when mature, but hard: i.e.,



Apples with varying skin color.

Keith Weller, USDA Agricultural Research Service, Bugwood.org

showing the mature skin color but with a hard flesh. When harvesting, do not remove the stems since this wound will create an opening for rot fungi. Be sure to only store apples without bruises, insect or disease damage, cracks, splits or mechanical injury. Any damaged fruits should be used for fresh eating or processing.

Storage

Many cultivars of apples store moderately well under home storage conditions for up to six months. Late maturing varieties are best suited for long-term storage. These apples can be stored in baskets or boxes lined with plastic to help retain moisture. Varieties that tend to shrivel can be stored in plastic bags that have several holes for gas exchange.

Always sort apples carefully and avoid bruising them. The saying "one bad apple spoils the barrel" is true because apples give off ethylene gas which speeds ripening. When damaged, ethylene is given off more rapidly and will hasten the ripening of other apples in the container.

Because of their sugar content, apples can be stored at 30–32°F without freezing the tissue. In general, apples ripen about four times as fast at 50°F as at 32°F, so they should be kept as close to 32°F as possible for long-term storage. Apples will maintain their quality in storage for several months, anywhere from 2–6 months based on the cultivar.



Damaged pears should be used for fresh eating, not storage.

Whitney Cronshaw, Colorado State University, Bugwood.org

Apples will pass their odor or flavor to more delicately flavored produce and the ethylene given off by apples can accelerate ripening in other crops. When possible, store apples away from other fruits and vegetables.

Pears

Knowing when to harvest pears is confusing to many gardeners, because tree ripened pears often do not usually have good quality. They develop stone or grit cells or a mealy texture that makes the fruit less desirable. Pears ripen from the inside out, a characteristic more pronounced in tree ripened fruits. So when the outside flesh has become slightly soft and appears to have good eating quality, the inside flesh is soft and brown.

Tree ripened fruits have shorter shelf and storage life, which may be particularly true this year with summer's continued high temperatures. Fruits left on the tree too long will go quickly from slightly under-ripe to rotting.

For good flavor and texture, pears must be ripened after harvest. Completing the ripening process indoors reduces the development of stone cells and evens the ripening of interior and exterior flesh.

Harvest

Harvest pears while they are still quite firm (hard) but the skin color, or "ground color," has lightened to a pale green or greenish-yellow color. Ground color is the

color of a pear's skin, disregarding any areas that have become red. Don't allow pears to become fully yellow on the tree before harvesting. Additional indications that pears are ready to harvest are when the fruit stem easily separates from the branch with an upward twist of the fruit and when the lenticels (spots on fruit surface), which are white or green on immature fruits, become brown.

Most pear cultivars can be easily removed from the tree when they are ready to harvest. Grasp a fruit, and tilt it to a horizontal or upward position to detach its stem from the tree. 'Bosc' pears, however, usually need to be clipped from the tree with pruners, even when they have reached maturity.

Ripening Indoors

After harvest, pears should be held at 60–65°F for 1–3 weeks, depending on the type of pear. During this time the pears will ripen and soften. High temperatures (75°F and higher) after picking will cause the fruit to break down without ripening. After ripening, pears should be canned or preserved.

Storage

To keep pears longer in storage, do not allow them to ripen after harvest. Sort the immature pears for defects, discarding any with bruises, mechanical damage or insect damage, then place them into cold storage at 29–31°F and 90% humidity. Perforated plastic bags or partially sealed plastic containers can be used to store small groups of fruit while maintaining high humidity but allowing gas exchange of ethylene, which hastens ripening. Store pears away from apples, onions, potatoes or any other ethylene-producing fruits or vegetables.

Regularly inspect stored fruits for mold and fruit breakdown. Pears in a good storage environment should last 2–4 months. Ripen small amounts as needed, by moving them to a warmer location, 60–65°F, for a few days.



SUPER

LANCASTER COUNTY

Super Fun!

July 31–Aug. 9, 2014

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
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FREE at these locations



Over 35 locations
in Lincoln and
Lancaster County



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6 locations in Lincoln

SUPERSAVER

5 locations in Lincoln

SCHEDULE & MAP

Parking \$3

FREE shuttle service
between parking lots and
main buildings!



FREE
entertainment!



Nebraska Lottery Entertainment Tent & Beer Garden

- July 31** — **Black Water Band** (rock 'n roll variety music): 8:30pm
Aug. 1 — **Sandy Creek Band** (country music): 8:30pm
Aug. 2 — **Wheetones Band** (classic rock music): 8:30pm
Aug. 3 — **"Faith & Family Day" Concerts:**
SpockNixon (indie/rock music): 2:30pm
Church House Blues Band (worship, gospel and rock ballads): 3:30pm
Arrows and Sound Band (soundscapes music): 5pm
Remedy Drive (Christian rock music): 7:30pm



Remedy Drive

- Aug. 4** — **Galaxy of Stars Spectacular** (featuring past winners and finalists from the Galaxy of Stars Talent Search): 6:30pm
Aug. 5 — **Spare Change Band** (pop covers): 8:30pm
Aug. 6 — **The Crowd Goes Wild DJ/Karaoke**: 8pm
Aug. 7 — **MWA Professional Wrestling** (family friendly): 8pm
Aug. 8 — **CowboyUp! Band** (top 40 country music): 9pm
Aug. 9 — **Kristina Craig Band** (inspirational country music): 9pm



Kristina Craig Band

Special Attractions ★ paid admission events

- July 31–Aug. 8** — **Heart of America Shows Carnival**: M–F 5pm–Midnight; Sat./Sun. 1pm–Midnight • Parking Lot A • Special all-you-can-ride wristband sessions: daytime session 1–5pm and evening session 6–11pm. Wristbands \$20 before July 31 at the Lancaster Event Center office. Wristbands at the carnival ticket booth during the fair: \$25
- July 31** — **Figure 8 Races**: 7pm • Muhlbach Motorsports Complex • \$10 admission, ages 5 & under FREE, \$20 pit pass
- Aug. 1** — **Watermelon Feed**: 4:30pm • Nebraska Lottery Entertainment Tent & Beer Garden
- Aug. 1–2** — **National Micro-Mini Tractor Pull**: Aug. 1, 6pm & Aug. 2, 10am • Attraction Zone
- Aug. 2** — **Electronic Textiles (E-Textiles) Showcase by Nebraska 4-H**: 10am–2pm • Business Center - Nebraska Room
- Aug. 2** — **Monster Trucks and Pro Stadium Trucks**: Pit Party 6pm, Show 7pm • Muhlbach Motorsports Complex • \$15 admission for both
- Aug. 3** — **Super Fair Antique Car Show**: 12–4pm • Between Parking Lots A & J
- Faith & Family Day Games, Booths and Entertainment**: 1:30–6:30pm • Nebraska Lottery Entertainment Tent & Beer Garden
- Big Wheel Race**: 12:30pm and **Kids Pedal Tractor Pull**: 3pm • Exhibit Hall
- Hay Hauling Contest**: 7pm • Muhlbach Motorsports Complex
- Aug. 4** — **McClain's Kids Ranch Rodeo**: 5:30pm • Pavilion 4 - Amy Countryman Arena • open to all kids; no preregistration
- McClain's Mutton Bustin**: 6pm • Pavilion 4 - Amy Countryman Arena • for youth; preregistration required at www.kzkc.com — limited number of entries
- Aug. 4–9** — **Flea Market**: 10am–9pm • Attraction Zone West Tent
- Aug. 6** — **Burn & Turn Barrel Racing**: 5pm • Pavilion 4 - Amy Countryman Arena
- Aug. 7** — **Draft Horse Pull by Missouri Draft Horse Pullers**: 7pm • Pavilion 4 - Amy Countryman Arena • \$5 admission
- Aug. 9** — **Demolition Derby**: 7pm • Muhlbach Motorsports Complex • \$10 admission, ages 5 & under FREE, \$20 pit pass



Figure 8 Races



Watermelon Feed



National Micro-Mini Tractor Pull



McClain's Kids Ranch Rodeo



Draft Horse Pull



Monster Trucks and Pro Stadium Trucks

FREE! **KX 96.9**
LINCOLN'S #1 NEW COUNTRY



4-H Static Exhibits

THURSDAY, JULY 31

8:00am	4-H Western Horse Show 1 — Western Showmanship/Horse and Pony Halter	Pavilion 4 - Amy Countryman Arena
9:00am	4-H Cat Show/Quiz Bowl	Exhibit Hall, North End
10am–9pm	4-H/FFA Static Exhibits	Lincoln Room
11:00am	4-H Poultry Showmanship/Show	Pavilion 1 - Walkway/West Arena
12–10pm	4-H/FFA Livestock & Horse Exhibits	Pavilions 1, 2, 3, 4
12:00pm	4-H Household Pets Show/Quiz Bowl	Exhibit Hall, North End
12:00pm	VIP/Awards Luncheon (private event sponsored by Law Offices of Erickson & Sederstrom; Kurt Micek, CPA; Hillyard)	Nebraska Lottery Entertainment Tent & Beer Garden
12:30pm	4-H Poultry Judging Contest/Breed Identification Contest	Pavilion 1 - Walkway
TBA	4-H Western Horse Show 2 — Reining/Working Pleasure/Discipline Rail: immediately following Horse and Pony Halter	Pavilion 3 - Arena
4:00pm	4-H Meat Goat Show	Pavilion 1 - West Arena
TBA	4-H/FFA Sheep Show: 10 minutes after completion of 4-H Meat Goat Show	Pavilion 1 - West Arena
6:30pm	4-H Rabbit Breed Identification Contest/Quiz	Pavilion 1 - Walkway
7:00pm	Figure 8 Races (sponsored by Muhlbach Enterprises; Lechtenberg Family; ARS Service & Repair): \$10 admission, ages 5 & under FREE, \$20 pit pass	Muhlbach Motorsports Complex
7:00pm	4-H Style Revue	Exhibit Hall
8:30pm	Black Water Band (rock 'n roll variety music)	Nebraska Lottery Entertainment Tent & Beer Garden

FRIDAY, AUGUST 1

8am–10pm	4-H/FFA Livestock & Horse Exhibits	Pavilions 1, 2, 3, 4
8:00am	4-H/FFA Swine Show	Pavilion 1 - West Arena
8:00am	4-H Western Horse Show 3 — Groom and Care/Bareback Equitation/Western Pleasure/Western Horsemanship/Ranch Horse Pleasure/Ranch Horse Versatility	Pavilion 4 - Amy Countryman Arena
8:00am	4-H Roping Clinic with Mechanical Calf and Steer	Pavilion 3 - Arena
9:30am	Fair Fun Day — For Child Care Groups: must register by July 18	Exhibit Hall - Room 1
10am–9pm	4-H/FFA Static Exhibits	Lincoln Room
1:00pm	Fair Fun Day — For Child Care Groups: must register by July 18	Exhibit Hall - Room 1
3:00pm	4-H Bucket Calf Show	Pavilion 1 - East Arena
4:30pm	Free Watermelon Feed (sponsored Awards Unlimited Inc.; Colin Electric Motor Service; Egan Enterprises; Johns & Sons Refuse Service; L.P. Stewart & Sons Gravel & Sand; Orschelen Farm & Home; and State Farm Insurance Bev Higgins Agent)	Nebraska Lottery Entertainment Tent & Beer Garden
TBA	4-H Horse Games Show — Keyhole Race/Pole Bending/Figure 8 Stake Race/Barrel Race: immediately following Ranch Horse Versatility	Pavilion 4 - Amy Countryman Arena
5:00pm	4-H Llama/Alpaca Show	Pavilion 1 - East Arena
5:00pm	4-H Table Setting Contest: on view to public approximately 7:45–8:15pm	Exhibit Hall
5:30–7:30pm	Chicken Dinner 4-H Council Fundraiser Featuring “Raising Cane’s”	Exhibit Hall - Room 2
5:30pm	4-H Rabbit Judging Contest/Breeder’s Choice Show	Pavilion 1 - Walkway
6:00pm	National Micro-Mini Tractor Pull	Attraction Zone West Tent
7:00pm	4-H Rabbit Pet Class	Pavilion 1 - Walkway
8:30pm	Sandy Creek Band (country music)	Nebraska Lottery Entertainment Tent & Beer Garden



4-H Horse Shows

SATURDAY, AUGUST 2

8am–10pm	4-H/FFA Livestock & Horse Exhibits	Pavilions 1, 2, 3, 4
8:00am	4-H Horse Roping/Working Ranch Show — Working Ranch/Boxing/Roping/Goat Tying	Pavilion 3 - Arena
8:00am	4-H Miniature Horse Show — Showmanship/Halter/In-Hand Obstacle Trail/Miniature Horse Jumping/Pleasure Driving/Obstacle Driving	Pavilion 4 - Amy Countryman Arena
8:00am	4-H Rabbit Market/Breed/Fur Show	Pavilion 1 - Walkway
9:00am	4-H/FFA Beef Show	Pavilion 1 - East Arena
9:00am	4-H Dog Obedience/Showmanship/Pet Class/Costume Contest	Exhibit Hall
10am–9pm	4-H/FFA Static Exhibits	Lincoln Room
10am–2pm	Electronics Textiles (E-Textiles) Showcase by Nebraska 4-H	Business Center - Nebraska Room
10:00am	National Micro-Mini Tractor Pull	Attraction Zone - West Tent
10:00am	4-H Rabbit Showmanship Show	Pavilion 1 - Walkway
TBA	4-H Horse Special Needs Show: immediately following 4-H Miniature Horse Show	Pavilion 4 - Amy Countryman Arena
TBA	4-H Horse Trail Show: immediately following 4-H Horse Special Needs Show	Pavilion 4 - Amy Countryman Arena
1:00pm	4-H Dog Agility Show	Exhibit Hall
2:00pm	4-H Dog Creative Kennel Contest	Exhibit Hall
TBA	4-H Horse Show — Extreme Versatility Class/Horsemanship Pairs/Freestyle Drill Teams: not to start before 4pm	Pavilion 4 - Amy Countryman Arena
6:00pm	4-H Rabbit Specialty Show — Best Matched Pair/Tricks/Costume Contest/Pee Wee — and Rabbit Races	Pavilion 1 - East Arena
6:00pm	4-H/FFA Youth Livestock Premium Auction	Pavilion 1 - West Arena
6:00pm	Monster Trucks and Pro Stadium Trucks: Pit Party (sponsored by Sapp Bros Petroleum of Lincoln): with \$15 admission	Muhlbach Motorsport Complex
7:00pm	Monster Trucks and Pro Stadium Trucks: Show (sponsored by Sapp Bros Petroleum of Lincoln): \$15 admission	Muhlbach Motorsport Complex
8:30pm	Wheetones Band (classic rock music) (sponsored by JT&K Services Inc.)	Nebraska Lottery Entertainment Tent & Beer Garden



4-H/FFA Exhibits & Events July 31–Aug. 3

4-H/FFA Livestock Shows

SUNDAY, AUGUST 3

Faith & Family Day

8am–10pm	4-H/FFA Livestock & Horse Exhibits	Pavilions 1, 2, 3, 4
8:00am	4-H English Horse Show — Hunter/Saddleseat Horse Halter/English Showmanship/English Pleasure/English Equitation	Pavilion 4 - Amy Countryman Arena
8:00am	4-H/FFA Dairy Cattle Show	Pavilion 1 - East Arena
8:00am	4-H Dairy/Pygmy Goat Show/Costume Contest	Pavilion 1 - West Arena
8:00am	Open Class Rabbit Show	Exhibit Hall
10am–9pm	4-H/FFA Static Exhibits	Lincoln Room
11:30am	Open Class Dairy Cattle Show	Pavilion 1 - East Arena
12–4pm	Super Fair Antique Car Show (sponsored by Graham Tire Company of Lincoln; Big “B’s” Leather; Raynor Door; Wolfe Ace Hardware)	Between Parking Lots A & J
12–2pm	4-H/FFA Livestock Judging Contest	Pavilion 1 - East Arena
12:30pm	Big Wheel Race (sponsored by Lancaster County Farm Bureau): check in at 12pm	Exhibit Hall
1:00pm	4-H Clover Kids Show & Tell	Lincoln Room
TBA	4-H Horse Hunter Hack Jumper Show: immediately following English Equitation	Pavilion 3 - Arena
1:30–6:30pm	Faith & Family Day Games, Booths and Entertainment (sponsored by Bishop Business Equipment; Custom Medical Equipment; Latsch’s; Letters & Lines & Designs; Patch Pros)	Nebraska Lottery Entertainment Tent & Beer Garden
2:30pm	SpockNixon (indie/rock music)	Nebraska Lottery Entertainment Tent & Beer Garden
3:00pm	Pedal Tractor Pull (sponsored by Lancaster County Farm Bureau): check-in at 2:30pm	Exhibit Hall
3:30pm	Church House Blues (worship, gospel and rock ballads)	Nebraska Lottery Entertainment Tent & Beer Garden
5:00pm	Arrows and Sound Band (soundscapes music)	Nebraska Lottery Entertainment Tent & Beer Garden
5:00pm	4-H/FFA Elite Showmanship Contest	Pavilion 1 - West Arena
7:00pm	Hay Hauling Contest (sponsored by Hamilton Service Company; UNICO; Gana Trucking & Excavating, Inc.)	Muhlbach Motorsports Complex
7:30pm	Remedy Drive (Christian rock music)	Nebraska Lottery Entertainment Tent & Beer Garden



Lancaster Event Center, P.O. Box 29167, Lincoln, NE 68529 • 402-441-6545 • www.lancastereventcenter.com



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 • 402-441-7180 • <http://lancaster.unl.edu>

The National FFA Organization (formerly Future Farmers of America) is an agricultural education program based in classrooms.
Local chapters: Norris, Raymond Central, Waverly, Crete • www.ffa.org



DAILY ATTRACTIONS

Heart of America Shows Carnival: M-F 5pm-Midnight; Sat./Sun. 1pm-Midnight . . . Parking Lot A
A variety of rides, games and food booths for all age groups! Special all-you-can-ride wristband sessions: daytime session 1-5pm and evening session 6-11pm. Wristbands \$20 before July 31 at the Lancaster Event Center office. Wristbands at the carnival ticket booth during the fair: \$25.

Cow Town USA: 11:30am, 2:30pm, 5:30pm, 8:30pm Attraction Zone
This live exhibit contains an old time creamery where patrons participate in preparing a cow for milking by hand. Kids get hands-on experiences with the process of making butter, ice cream and soap using historic tools and machines. Four shows per day.

Wolves of the World Show: 12:30pm, 3:30pm, 6:30pm Attraction Zone
The only traveling wolf pack in the world. Learn about the history of the wolves. At the conclusion of the show, audience members are invited to watch the wolves being fed. Three shows per day.

Daryl's Racing Pigs: 10:30am, 1:30pm, 4:30pm, 7:30pm Attraction Zone
Cheer on your favorite racing pig! Four shows per day.

A-Z Exotic Animal Petting Zoo & Pony Rides: 10am-10pm Attraction Zone
Get up close and personal with camels, zebras, buffalo, yak, kangaroo, monkey, zebu, fainting goat, Nigerian goats, mini horses and much, much more.

Antique Tractors and Ag Equipment on Display Presented by Camp Creek Threshers: 10am-10pm Ag & Tractor Lane

Food Vendors: 10am-10pm Food Court
Includes: FrozeN 4 U; Big Indian Catering; Dippin' Dots; King's Funnel Cakes; LoLo's; Misty's; Ol' Glory Kettle Corn; Topper Concessions; United Methodist Ministries; Valentino's

Commercial Vendors: 11am-8pm Multipurpose Arena

Super Fair Information and Souvenir Booth: 11am-8pm Multipurpose Arena

Lincoln Area Railway Historical Society Display: 11am-8pm Multipurpose Arena

Nebraska Beekeeper's Association Display: 11am-8pm Lincoln Room

Bingo (Lincoln Dominators Baseball Club): 11am-8pm Multipurpose Arena

Nebraska Lottery Entertainment and Beer Garden Tent: 12pm-close Attraction Zone

Rabbits R Us 4-H Club Dunk Tank: (not Aug. 4-6) 4-9pm Court Yard Between Pavilion 1 & 2



Petting Zoo



Racing Pigs



Cow Town USA



Wolves of the World Show

MONDAY, AUGUST 4

4-H Static Exhibit Release and Open Class Static Exhibit Check In — Lincoln Room NOT OPEN TO THE PUBLIC

8:00am 4-H Horse Hunter Show — Hunter/Equitation Pavilion 4 - Amy Countryman Arena

10am-9pm Flea Market Attraction Zone West Tent

3:00pm 4-H Horse Dressage Show — Western Dressage/Special Needs/Walk/Trot/Novice/Green Horse Classes Pavilion 3 - Arena

4:00pm Open Class Swine Show Pavilion 1 - West Arena

5:30pm McClain's Kids Ranch Rodeo (sponsored by KX96.9) • open to all kids; no preregistration Pavilion 4 - Amy Countryman Arena

6:00pm McClain's Mutton Bustin (sponsored by KX96.9) • for youth; preregistration required at www.kzcx.com — limited number of entries Pavilion 4 - Amy Countryman Arena

6:30pm Galaxy of the Stars Talent Spectacular (featuring past winners and finalists from the Galaxy of Stars Talent Search) Nebraska Lottery Entertainment Tent & Beer Garden

TUESDAY, AUGUST 5

Open Class Judging — Lincoln Room NOT OPEN TO THE PUBLIC UNTIL 2PM

8am-10pm Open Class Livestock and Horse Exhibits Pavilions 1, 2, 3, 4

8:00am 4-H Horse Dressage Show — Elementary/Junior/Senior Classes Pavilion 3 - Arena

10am-9pm Flea Market Attraction Zone West Tent

2-9pm Open Class Static Exhibits Lincoln Room

4:00pm Open Class Sheep Show Pavilion 1 - West Arena

8:30pm Spare Change Band (pop covers music) Nebraska Lottery Entertainment Tent & Beer Garden

WEDNESDAY, AUGUST 6

8am-10pm Open Class Livestock and Horse Exhibits Pavilions 1, 2, 3, 4

8:00am Open Class Poultry Show Pavilion 1 - Walkway

8:00am Open Class Dressage Horse Show Pavilion 3 - Arena

10am-9pm Open Class Static Exhibits Lincoln Room

10am-9pm Flea Market Attraction Zone West Tent

12:00pm Open Class Beef Cattle Show Pavilion 1 - East Arena

5:00pm Burn & Turn Barrel Racing Pavilion 4 - Amy Countryman Arena

8:00pm The Crowd Goes Wild DJ/Karaoke Nebraska Lottery Entertainment Tent & Beer Garden

THURSDAY, AUGUST 7

8am-10pm Open Class Livestock and Horse Exhibits Pavilions 1, 2, 3, 4

8:00am Open Class Dressage Horse Show Pavilion 3 - Arena

10am-9pm Open Class Static Exhibits Lincoln Room

10am-9pm Flea Market Attraction Zone West Tent

6:30pm Open Class Miniature Horse Show Pavilion 2 - Arena

7:00pm Draft Horse Pull by Missouri Draft Horse Pullers (sponsored by Midwest Cooperative): \$5 admission Pavilion 4 - Amy Countryman Arena

8:00pm MWA Professional Wrestling (family friendly). Nebraska Lottery Entertainment Tent & Beer Garden

FRIDAY, AUGUST 8

8am-10pm Open Class Livestock and Horse Exhibits Pavilions 1, 2, 3, 4

8:00am 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

10am-9pm Open Class Static Exhibits Lincoln Room

10am-9pm Flea Market Attraction Zone West Tent

9:00pm CowboyUp! Band (top 40 country music) Nebraska Lottery Entertainment Tent & Beer Garden

SATURDAY, AUGUST 9

8am-10pm Open Class Livestock and Horse Exhibits Pavilions 1, 2, 3, 4

8:00am Open Class Quarter Horse Show Pavilion 3 - Arena

8:00am Open Class Dairy Goat Show Pavilion 1 - West Arena

8:00am Open Class Llama Show Pavilion 1 - East Arena

8:00am Open Class Arabian Horse Show Pavilion 4 - Amy Countryman Arena

8:00am Open Class Boer Goat Show Pavilion 1 - West Arena

10am-9pm Open Class Static Exhibits Lincoln Room

10am-9pm Flea Market Attraction Zone West Tent

12:00pm Open Class Dog Agility Show Exhibit Hall

12:00pm Open Class Dog Obedience Show Exhibit Hall

7:00pm Demolition Derby (sponsored by Muhlbach Enterprises; Advance Auto Parts; Lechtenberg Family; ARS Service & Repair): \$10 admission, ages 5 & under FREE, \$20 pit pass Muhlbach Motorsports Complex

9:00pm Kristina Craig Band (inspirational country music) (sponsored by Hampton Enterprises, Inc.; KX96.9). Nebraska Lottery Entertainment Tent & Beer Garden

SUNDAY, AUGUST 10

8:00am Open Class Pinto Horse Show Pavilion 3 - Arena

8:00am Open Class Arabian Horse Show Pavilion 4 - Amy Countryman Arena



Open Class Static Exhibits

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



- No smoking inside the buildings.
- No outside liquor. Liquor sold and consumed in designated areas only.
- No bicycles, scooters, ATV's or personal 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.**



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

Pollinator Habitat

continued from page 1

layer of the hotel. Rolled corrugated cardboard, egg cartons, bricks, stones, clay pots and scrap lumber also provide sheltering sites for insects. Many beneficial insects like lady bugs and lacewings overwinter as adults so this structure provides important protection from our harsh winter environment.

In May, the native bee nest box was placed in the habitat. It had been on display in our office lobby throughout the winter and generated a lot of interest from the public. The bee nest box is filled with hollow stems of bamboo, blocks of wood and logs with drilled holes of various sizes for solitary bees to nest.

Some of the ways the habitat is being used to educate the community include:

- A blog “The Buzz at Cherry Creek” at <http://buzzatcherrycreekunl.wordpress.com> shows the process of creating the habitat and has other pollinator resources
- Native plants in the habitat are identified with signs to help visitors as they plan their own pollinator-friendly habitats.
- Extension Master Gardeners are learning how to identify pollinators and habitat management.
- Youth learned about pollinators, habitats and nature journaling at a workshop at this year’s 4-H Clover College.

RELATED RESOURCES

- “The Buzz at Cherry Creek” blog at <http://buzzatcherrycreekunl.wordpress.com>. Pollinator-related resources, news and event information
- UNL Extension in Lancaster County educational resource, “Attracting Pollinators to Your Landscape” (354) online at <http://lancaster.unl.edu/pest/resources/354Pollinators.pdf>
- Bumble Boosters, a pollinator conservation, education and research organization based out of UNL. Website <http://bumbleboosters.unl.edu>



Soni Cochran (left) and Mary Jane Frogge (right) finish building the insect hotel. It was made from recycled and natural materials, including pallets, pine cones, twigs, bricks, logs and tiles.



A close up of the native bee nest box shows several holes closed with mud. Some species of solitary bees lay their eggs in natural or man-made holes and then pack the entrance with mud.

European Wool Carder Bee

Barb Ogg

UNL Extension Educator

Many thanks to a Lincoln resident who found debris in her window frame and was curious enough to bring it to the Extension office. Every so often we get samples we haven’t seen before.

The debris had bunches of, what looked like, “cotton” along with fuzzy insect pupae. Most of the pupae were half shells, but one was still intact. Inside that pupa, there was a fully-formed dead bee. Photos were taken and sent to Jim Kalisch, Insect Diagnostician in UNL’s Entomology Department.

The debris was nesting material of the European wool carder bee, *Anthidium manicatum*. Some people have noticed the presence of these bees in the Lincoln area, but this was the first wool carder bee nest found here. This is not a native bee, but was accidentally introduced into the United States from Europe before 1963, when it was first discovered in New York.

This black and yellow bee belongs to the family Megachilidae (leaf cutter bees), but it does not cut leaves or petals as is typical for most megachilids. Instead, it scrapes hairs from the leaves of hairy plants, primarily those in the mint family. The hair is bundled beneath the bodies and used as a nest lining.

Wool carder bees nest in existing cavities. In residential landscapes, such sites may include cracks in walls or building foundations and knotholes or drill holes in wood, similar to where leaf cutter bees nest.

The life cycle is similar to that of other solitary bees. Nest cells are lined with plant hairs. Lamb’s ear is probably the most common plant used for cell construction. The females add pollen balls



European wood carder bee (magnified)



This nesting material of the European wood carder bee was found in a window frame in Lincoln.

to the cells to provide food for developing bees after they hatch. The pollen balls are made up of pollen and nectar.

The female lays an egg in the nest cell, which hatches. The larval bee consumes the pollen ball and then pupates. There is one generation per year and bees emerge in the springtime.

The males and females drink nectar from flowers. Males patrol and aggressively defend their chosen patches of flowers, chasing away other wool carder bees and other pollinators, including honey bees. Males have sharp spurs on the back of their abdomen.

Females are not aggressive and will not attack. Males aggressively defend territories, but cannot sting.

While not a native pollinator, this is a beneficial bee as it pollinates plants while collecting pollen.

GARDEN GUIDE

THINGS TO DO THIS MONTH

Mary Jane Frogge, UNL Extension Associate

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

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

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.

Hand pick bagworms from your evergreen and deciduous trees.

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

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 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.

Bacillus thuringiensis (Bt) 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.

5 Ways to Protect Pollinators and Beneficial Insects

Plant Native Plants

Native flora provides native pollinators with food in the form of pollen and nectar. Select plants that have a long bloom time. Also grow a wide selection of plants so you have plants blooming April through October.

Let Your Yard Get a Little Messy

Leave unhazardous snags for nesting places and stack down tree limbs to create a brush pile, which is a great source of cover for pollinators.

Create or Protect Water Sources

Bees need water to drink. Create a water feature with rocks for insects to land. Be sure to keep birdbaths clean and change the water three times per week when mosquitoes are breeding.



Pollinators can use birdbaths as water sources.

Limit or Eliminate Pesticide Use

By using fewer or no chemicals in the landscape you will help keep pollinator populations healthy.

Identify Non-Native Invasive Plants

Work to remove them from your yard. Do not bring any new invasive plants into your habitat. Invasive plants do not provide as much quality food or habitat as native plants do and can threaten healthy ecosystems.

—Mary Jane Frogge, UNL Extension Associate



HEART OF 4-H VOLUNTEER AWARD

Virginia Prey

Lancaster County 4-H is proud to announce Virginia Prey as winner of July's "Heart of 4-H Award" in recognition of outstanding volunteer service.

A 4-H volunteer for over ten years, Virginia helps the Lancaster County 4-H Horse program in a variety of ways:

- she helped develop the 4-H Horse Special Needs Trail Show at the Lancaster County Super Fair in 2007 and continues to be superintendent of the show
- member of the Horse Volunteers in Program Service (VIPS) Committee
- formed and was leader of the Viken Riders 4-H club
- has provided horses to horseless youth

"I like being a 4-H volunteer because it allows me to give back to the community," says Virginia. My favorite experience as a 4-H volunteer is watching kids grow and develop."

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



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

4-H'ers Test Family and Consumer Science and Entrepreneurship 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 junior and senior Life Challenge** contest was held May 31. Madeline Gabel was awarded the Senior Champion rosette and Abigail Babcock was awarded the Senior Reserve Champion rosette. Christopher Moore was awarded the Junior Champion rosette and Finn Kramer was awarded the Junior Reserve rosette.

The **state Life Challenge** contest for seniors was held at UNL East Campus on June 30 and July 1. Jaime and Julia



Lancaster County participants at state 4-H Life Challenge.

Stephenson won "Best Overall Toy" in the Child Development Challenge. Other participants were Ceirra Austin, Abigail and Ellie Babcock, Mary and Grace

Dowd, Madeline and Valerie Gabel, Lydia Kramer, Emma Lanik, Lily and Emma Noel, Kylee Plager, Sophia Swanson and Sheridan Swotek.

4-H'ers Test Animal Science Skills at PASE

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 July 1.

The Livestock Judging contest consists of ranking classes of four animals from the most to least desirable. Classes include market and breeding beef, sheep, meat goats and swine. Youth also give oral reasons to the official judges to defend their reasons for ranking the animals. A big thank you

to coach Roger Bell, who spent countless hours working with the Lancaster County teams.

Senior team consisting of Michaela Clowser, Trevor Spath, Renae Sieck and Taylon Lienemann earned 4th overall team, 4th overall in swine, 2nd overall in reasons, 6th overall in sheep and goats and 5th overall in beef cattle. Sydni Lienemann also participated as an individual.

Individual senior results include:

- High individual overall: Michaela Clowser placed 6th

- Swine overall: Trevor Spath placed 4th
- Sheep and goats overall: Trevor Spath, placed 6th
- Beef Overall: Michaela Clowser, placed 5th
- Reasons: Michaela Clowser placed 10th

Intermediate contestants included:

Katherine Cooper, Rachel Lange, Colter Tietjen earned 6th high team, 8th in beef, 2nd in sheep/goats, 5th in swine and 6th in reasons. Individually, Rachel Lange was 13th overall, 3rd in sheep/goats and 9th in reasons.



HEART OF 4-H VOLUNTEER AWARD

Lianne Garza

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

A volunteer for about six years, Lianne is a parent volunteer with the "Fantastic 4" 4-H Club and has taught workshops at 4-H Clover College. Fantastic 4 is a Nebraska Club of Excellence and has been a Lancaster County Super Fair Outstanding 4-H Club winner for five years.

"I really like helping the kids," says Lianne. "I love seeing how excited they get when learning new things. My favorite experience as a 4-H volunteer is the community service projects our club does. It is very rewarding to watch our club give back and grow from those experiences."

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



HORSE BITS

District Horse Results

Many Lancaster County 4-H'ers competed in district competitions held in Beatrice, Leigh and Clay Center. All purple and blue ribbon winners qualify for the state competition which will be held in Grand Island the week of July 14. Congratulations to all who participated! Below are the Lancaster County purple ribbon and trophy winners. Complete results are online at <http://animalscience.unl.edu/anscdistrictstate4-hshowresults>.

SR HUNTER UNDER SADDLE, 15 & UP

Haylie Pointer (Grand Champion, Beatrice), Anna Heusinger (Grand Champion, Leigh), Grace Kim (Reserve Champion, Beatrice), Bailee Peters

JR HUNTER UNDER SADDLE, 10-14

Aubrey Hayes (Grand Champion, Beatrice), Megan Danley (Grand Champion, Clay Center), Olivia Wennstedt (Reserve Champion, Beatrice), Madison Nash

SR HUNT SEAT EQUITATION, 15 & UP

Megan Hansen (Grand Champion, Beatrice), Haylie Pointer (Reserve Champion, Beatrice), Elli Dearmont

JR HUNT SEAT EQUITATION, 10-14

Aubrey Hayes (Grand Champion, Beatrice), Madison Sobotka (Reserve Champion, Beatrice)

SR WESTERN PLEASURE HORSES, 15 & UP

Sydney Scow (Grand Champion, Beatrice), Audrey Heusinger (Grand Champion, Leigh), Bailey Peterson

SR WESTERN HORSEMANSHIP, 15 & UP

Grace Kim (Grand Champion, Beatrice), Bailee Peters, Sydney Scow, Anna Heusinger, Bailey Peterson

JR WESTERN HORSEMANSHIP, 10-14

Olivia Wennstedt

SR REINING, 15 & UP

Bailey Vogler (Grand Champion, Beatrice), Sydney Giebler (Reserve Champion, Beatrice)

JR REINING, 10-14

Jadin Vogler (Reserve Champion, Beatrice)

SR POLE BENDING, 15 & UP

Grace Kim (Reserve Champion, Beatrice), Nicole Finkner, Anna Heusinger

JR POLE BENDING, 10-14

Hailey Hula

SR BARREL RACING, 15 & UP

Nicole Finkner (Grand Champion, Beatrice), Grace Kim, Audrey Heusinger, Lena Ostransky

JR BARREL RACING, 10-14

Hailey Hula (Grand Champion, Beatrice)



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>.



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.

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.

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 before July 25.** If slots are still available, may sign up during Static Exhibit Check-in on Tuesday, July 29, 4–8 p.m.

Clover Kids Show & Tell, Aug. 3

All Clover Kids, youth age 5–7 by Jan. 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 before July 25, or sign up at the static exhibit area Tuesday, July 29, 4–8 p.m.

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

The 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.

Volunteers Needed

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

- **Static exhibit set-up** on Thursday, July 24 at 6:30 p.m. (pizza will be served to volunteers) and Saturday, July 26 at 8 a.m. in the Lincoln Room.
 - **During judging of static exhibits** on Wednesday, 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.

Support 4-H by Supporting 4-H Corner Stop

The 4-H Corner Stop food booth at the Lancaster County Super Fair is Lancaster County 4-H Council's primary fundraiser.

The 4-H Corner Stop food booth will be open Thursday, July 31 through Sunday, Aug. 3, 10 a.m.–9 p.m., located near the main entrance. Orders can be taken from the Lincoln Room or Multipurpose Arena. The 4-H Corner Stop features a variety of snacks, beverages and of course, the popular Walking Taco!



Chicken Dinner 4-H Council 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.

Volunteer at Food Booth



4-H Council asks clubs and independent members to help by staffing a shift at the 4-H Corner Stop. At any given time, 6 youth (age 8 & up) and 4 adults are needed. Youth gain practical experience handling food safely and counting change. They also gain life skills, such as responsibility, critical thinking and social skills. Sign up online at <http://go.unl.edu/foodboothsignup>.

Food Booth Training, July 24

All volunteers are strongly encouraged to attend the food booth training on Thursday, July 24, 6–7 p.m. at the Lancaster Event Center.



Get ready for fun at the 2014 Nebraska State Fair, Friday, Aug. 22 through Monday, Sept. 1 at Fonner Park in Grand Island! For a schedule of 4-H activities 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.

Join the Fun as a Volunteer!

The Nebraska 4-H program is looking for volunteers to help with exhibit entry day, judging and serving as 4-H exhibit building hosts. Volunteers will be needed for assisting with all 4-H contests and events throughout the fair and serving as the Lil' Green Mascot. State Fair 4-H volunteers will receive a fair pass for the day(s) they volunteer. A complete list of 4-H volunteer opportunities and sign up information is online at <http://4h.unl.edu/becomevolunteer>. If you have questions, call 402-472-1762.

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 Sunday, 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.

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.

In Lancaster County, Ak-Sar-Ben 4-H Stock Show and Horse Show entries are due no later than Sunday, Aug. 3 to the Extension office or to 4-H staff at 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.



EXTENSION CALENDAR

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

July

- 22 4-H Style Revue Judging..... 8 a.m.
24 4-H Food Booth Training, Lancaster Event Center – Lincoln Room6–7 p.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

August

- 3 Lancaster County Deadline for Ak-Sar-Ben 4-H Show Entries
10 State Fair 4-H & FFA Animal Entries Due Online
12 Guardian/Conservator Training 5:30–8:30 p.m.
14 Co-Parenting for Successful Kids Class 9 a.m.–12:30 p.m.
15 Extension Board Meeting..... 8 a.m.
Aug. 22–Sept. 1 Nebraska State Fair, Fanner Park, Grand Island

Animal Science Open House

Tuesday, Sept. 23, 6–8 p.m.
Animal Science Complex, UNL East Campus

This will be a great opportunity for youth and parents to learn more about the opportunities at University of Nebraska–Lincoln's Animal Science Department. There will also be educational stations and representatives from the student organizations. No cost to attend.

For more information, call 402-472-6458

This event was formerly called the Companion Animal and Equine Open House but has expanded to include other department programs.

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53 Hands-On Workshops in 4 Days at 4-H Clover College

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 science, ag literacy, healthy lifestyles, career development and citizenship/leadership. This year's Clover College, held June 17–20, featured 53 workshops and 887 total class registrations! A special thank you to the nearly 70 instructors and assistants! More photos are online at www.flickr.com/photos/unextlanco/collections.



Photos by Vicki Jedlicka, UNL Extension in Lancaster County

In the "Wired 4 Wind" workshop, youth built wind turbines that generate electricity and experimented with turbine designs. This was a new workshop at Clover College.



The "Clover Kids Day Camp" for youth ages 6–7 was all four days and included making bird houses. Several teens volunteers helped.



Several workshops focused on healthy eating and preparing food, including a "Food Fun" workshop.



New this year was a "Superstar Sheep" workshop in which youth learned about sheep. The Clover Kids also had the opportunity to pet the sheep.



One of the community service projects youth did in "Happily Helping Others" was make personal first aid kits for People's City Mission to distribute.



In "Amazing Engineering 1," youth designed their own foil boats and tested how much weight the boats could hold before sinking.



One of the experiments in "Wild Science Experiments" included mixing dry ice with water in a cup.



Youth learned about propagating and growing plants in "Plant Babies." They each took home several potted plants.