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The NEBLINE, September 2013

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September 2013

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

Community Gardens are Growing

UNL Extension is Involved With Several in Lincoln

David Smith
UNL Extension Technologist

A community garden is a piece of land where a group of people benefit from the practice of gardening. Community gardens have been an important piece in the increasing popularity of gardening, expanding opportunities for gardening across the entire nation. Much more than just a place to grow vegetables, gardens are parks, gathering places, grocery stores, gyms, ecosystems, classrooms and places of relaxation. No matter the location or the people involved, community gardens have a myriad of benefits both individual and community wide.

Economics will always be a tangible benefit of gardening, with the average garden yielding a savings of over \$500 a year in fresh produce. Gardeners also eat more nutritious diets than non-gardeners and get more exercise, working an average of five hours per week in the garden.

For some people, especially in urban areas, community gardens often provide their only access to land. Gardens have become very important in urban renewal and improvement such as converting vacant lots into gardens. As people become more involved in their community through a garden, crime decreases and neighborhoods become safer. Gardeners also communicate, cooperate and work together to manage and care for the garden, forming relationships and a sense of community.

Community gardens can be an effective focal point for teaching children many valuable skills. Science, agronomy, nutrition, math and horticulture are all disciplines children can learn through gardening. Children also learn many social skills such as responsibility, stewardship, cooperation and citizenship.

Diversity is a benefit of community gardens, with minority, ethnic and immigrant populations forming a substantial component of many



Community CROPS' 46th Street Community Garden at the corner of 46th Street and Pioneers Boulevard is Lincoln's biggest site at two-thirds of an acre.

community gardens. Exposure to different cultures and socio-economic groups increases awareness and acceptance within communities.

Gardens can be used as a base for both physical and mental therapy. Research has shown gardening leads to stress relief and a sense of well being, and the light work and outdoor activity associated with gardening has helped people with physical disabilities.

University of Nebraska–Lincoln Extension in Lancaster County has taken an active role in supporting community gardening through education, coordination and direct involvement.

Community CROPS

Community CROPS (Combining Resources, Opportunities, and People for Sustainability) is synonymous with gardening in Lancaster County. Extension staff have formed strong partnerships with CROPS, serving on the board of directors and helping to make connections throughout the community. CROPS operates in three areas: community gardens, youth programs and beginning farmer training.

CROPS manages 15 public gardens around Lincoln, providing gardening opportunity for individuals without access to gardening space, especially lower income and immigrant communities.

Youth education programs includes working with Cedars

Children's Homes and Mickel Middle School in a holistic program of gardening from earth to table. These programs teach children how to garden, the benefits of gardening and how to use fresh fruits and vegetables in a healthy diet.

CROPS also has a Beginning Farmer Training program where trainees rent larger parcels of land and learn all aspects of growing produce for sale to the community. CROPS has recently partnered with UNL Foundation to lease Foundation property in eastern Lancaster County to provide adequate land and training facilities for this innovative program.

As part of the Beginning Farmer Training, CROPS operates a Community Supported Agriculture (CSA) where members pay a subscription and receive fresh, local produce throughout the growing season. CROPS purchases produce from beginning farmers and established growers, thus creating a stable market.

For more information about Community CROPS or to get involved, go to www.community-crops.org or call 402-474-9802.

Local Schools

Throughout Lancaster County, schools have started gardens of all types. As a butterfly garden or native area, a vegetable plot or planted courtyard, school gardens expose children to the natural world and support classroom learning and student development. Extension



The garden at People's City Mission is led by Extension staff and Master Gardeners.

staff is currently involved with three school gardening projects within the Lincoln area.

A school garden and outdoor classroom were established seven years ago at Lincoln Christian. Through the efforts of students, volunteers and educators, a vegetable garden and native prairie support curricula in both the elementary and high schools. A 2½-acre native prairie planting allows a unique opportunity for students to get hands-on exposure to science and Nebraska history.



Culler Middle School has a courtyard garden.

Culler Middle School has an ongoing project to renovate a courtyard into an outdoor classroom and learning area. With funding from the City of Lincoln, a rain garden was constructed to control runoff and infiltration of rainwater. Lower Platte South NRD awarded an outdoor classroom grant that has been used to make beds, plant flowers and grasses and make walking paths through the courtyard. School educators and students have played an integral role in the project, working through Community

Learning Centers to maintain the courtyard and make additions and improvements.

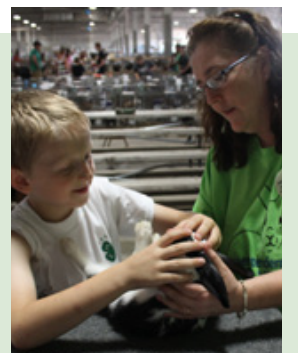
Christ Academy Pre-School used Extension staff's help and knowledge to start a vegetable garden. The garden introduces young children to gardening and also provides activities and outdoor exercise centered around the garden.

Local schools interested in pursuing gardening projects can contact David Smith at 402-441-7180.

People's City Mission

Now in its seventh year, the garden at the People's City Mission is led by Extension staff and Master Gardeners. Master Gardeners are volunteers who receive training from Extension in exchange for volunteering with the community. People interested in gardening are provided with all the physical needs to garden and expertise and guidance from staff and Master Gardeners.

Residents with all experience levels of gardening have participated in this project with variety of motivations. Some have wanted to learn how to garden, others have grown and donated food to the Mission kitchen, while others use the garden as a place of relaxation and peace. No matter the intent, this garden is an opportunity for the homeless of Lincoln to become involved in gardening, hopefully taking that experience with them for the rest of their lives.



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**Super Fair
4-H results,
summary,
and photos.**
—see page 9 & 12

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Renting Out On-Farm Grain Storage

Tom Dorn
UNL Extension Educator

I get several inquiries each year from people who own grain drying and storage bins and want to know want to charge for rent.

There is no standard price for renting grain facilities. It's like setting the price of rent on a house. It depends on the location, the features and the local market supply and demand.

Bin rent on the farm would be loosely tied to storage charges at local commercial elevators. Commercial elevators charge a monthly storage fee per bushel of grain they hold for the client. There is also a handling fee to cover the cost of handling, wear on their equipment and overhead.

Rental agreements for on-farm grain storage usually are based on the capacity of the bin, instead of a monthly storage fee per bushel.

On-farm grain storage operates under different rules than commercial elevators. A commercial elevator must have a warehousing permit so it can commingle grain from many owners in a bin or silo, whereas a private bin owner cannot commingle grain from multiple owners in the same bin.

For this reason, rental agreements for on-farm grain storage usually are based on the capacity of the bin, instead of a monthly storage fee per bushel. It is assumed the tenant will tie up the bin from harvest to late summer (often Aug. 1). If the tenant moves the grain earlier, than no rebate is usually given since there is little chance a second tenant will want to use the bin after the initial tenant is finished using it that year.

One way to set a rental rate could be to charge the

customary in-and-out charge the tenant would have to pay if they took their grain to the commercial elevator — plus one or more month's storage charge they would have paid at the elevator. This can result in lower cost for the renter than commercial storage, depending on the length of time the grain is actually kept in storage. However, the grain owner, not the bin owner is usually responsible to manage their own grain drying and subsequent grain condition while in storage.

If the tenant will be running the aeration system to dry their grain or aerating their grain to control grain temperature, some system should be worked out so the tenant pays for the electricity used to run the aeration fans and augers. This is relatively easy if the bin (or bin site) is on its own separate meter from the remainder of the farmstead, but it is not so easy if there is not a separate meter on the bin(s).

If two or more renters use separate bins metered by a single meter, some arrangement should be clearly understood by all parties as to how the electricity bill will be shared. This may require getting the electric supplier or electrician to measure the amperage draw when various equipment is running.

Since the fans, augers, grain spreaders, etc., depreciate with use, an additional charge may be negotiated to cover wear and tear on equipment. This is especially important if the tenant intends to dry multiple batches of grain as opposed to drying only one batch per season.

The easiest way to figure the equipment use fee is to charge a set fee based on the kilowatt hours of electricity used (for example, 5 cents per kWh). If the tenant doesn't need to run the fans very much, they won't owe as much for equipment usage, but the bin owner doesn't suffer much wear either.

Finally, I would also suggest the bin owner draw up a written leasing contract with a clause stating the tenant is solely responsible to monitor and manage their grain in storage.

Fall Is Excellent Time to Control Problem Weeds



St. Johnswort flowers



Leafy spurge



Musk thistle rosette (approximate size in October)

Tom Dorn
UNL Extension Educator

Fall is an excellent time to control several species of perennial weeds in pastures and waste areas. Perennial plants such as field bindweed, Canada thistle*, St. Johnswort and Leafy spurge* translocate food from the upper plant parts into the root system in the fall. (Weed species in this article marked with an * indicate a Nebraska noxious weed.)

Herbicides applied at that time readily move into the roots as well, greatly improving the effectiveness of the herbicide. Even if the chemical doesn't completely kill the weed, the plant goes into winter in a weakened condition and is much more susceptible to winter kill.

Fall treatments can be made any time after mid-September, but before hard freezes occur.

Treatments can even be made after a light frost has occurred as long as the plants are still active and growing. Daytime temperatures in the 50's are satisfactory for effective control.

Fall is also the best time to control Musk thistle* and Plumeless thistle*. Musk thistle is a biennial, (sometimes a winter annual), that spreads by seeds. Young plants form a rosette; a round cluster of leaves that lies nearly flat on the soil. They overwinter in the rosette form, then shoot up (bolt), form blossoms and go to seed in June, July and August. After producing seed, the plant dies. Fall is a good time to control Musk thistle and Plumeless thistle because the newly-germinated plants are small and more easily killed. As with the perennials, plants are not killed outright, but go into winter in a weakened condition and are much more susceptible

to winter kill.

In addition to obtaining excellent control on targeted weeds, the potential for drift damage to non-target species is lessened in the fall. Most field crops and gardens are finished producing by this time, and the current year's growth on perennial shrubs and trees is hardened off making them less susceptible to damage.

FOR MORE INFORMATION

For chemical control recommendations on specific weeds in crops, pastures and non-crop areas, consult the UNL Extension 2013 Guide for Weed Management in Nebraska (EC130) — available for \$5 at the Extension office and free online at www.ianrpubs.unl.edu/sendIt/ec130.pdf

Pine Wilt Disease

Pine trees are a staple in rural and urban landscapes due to their hardiness, beauty and diversity, but hundreds are dying each year throughout Nebraska from pine wilt. The disease, which was first spotted in Nebraska in 1980, mostly kills Scots (also known as Scotch) pines, but Austrian pines and other species also are susceptible. The first noticeable symptoms of pine wilt are the change in needle color from green to grayish green then straw brown in color.

Cause

Pine wilt is caused by the pinewood nematode, *Bursaphelenchus xylophilus*, a microscopic (one mm long), worm-like animal, which is moved from infested to



Highly magnified view of a pinewood nematode.

non-infested pine trees by the pine sawyer beetle (*Monochamus* spp.).

Symptoms

Pine wilt typically kills Scots pines within a few weeks to a few months after the pine sawyer introduces the nematode to the pine. The needles initially turn grayish green, then tan then brown. Resin flow from the wood ceases as the tree declines and the wood may appear dry when it is cut. Needles remain on the dead tree for a year or more. Scattered branches of the crown may be affected initially, but the symptoms soon spread to the remaining branches. The entire tree may turn brown all at once.

In the Midwest, over 90 percent of the trees killed by pine wilt have been Scots pine. Other pine species are occasionally killed by pine wilt and display a similar pattern of symptoms. The disease appears occasionally in Austrian (*Pinus nigra*) and mugo (*P. mugo*) pines. Ponderosa pine (*P. ponderosa*) and white pine (*P. strobus*) are usually not susceptible to pine wilt.

Management

Sanitation is the most important management practice to prevent or slow the spread of pine wilt. To limit the spread of pine wilt to nearby healthy trees, diseased trees should be removed and destroyed before the next generation of beetles emerge from the wood May 1.

From May 1 to Oct. 1, dead and dying pines should be cut down promptly and burned, buried or chipped. Do not hold the wood for firewood. Pine sawyers are inactive in the winter, so if you find dead trees after Oct. 1, they do not need immediate removal, but they should be removed and destroyed by May 1.

A protective treatment for pine wilt is available. Abamectin, an insecticide/nematicide product can be trunk-injected into **uninfected trees**. Treatment provides healthy trees about 95 percent protection from the disease for approximately three years. Contact a local arborist for treatment prices.

Sources: Sarah Browning; Pine Wilt in Nebraska, NebFact (00-448); and Fatal Pine Disease Continues to Affect Trees in Nebraska, IANR News service.

Critter Watch – September

Soni Cochran
UNL Extension Associate



Soni Cochran, UNL Extension in Lancaster County

• **Ruby-throat hummingbird** migration peeks in Nebraska from September 2–18, but you may see the birds as early as August and as late as October. Get those nectar feeders out now.



Vicki Jedlicka, UNL Extension in Lancaster County

• The presence of **wolf spiders** in the house is particularly common in the late summer and fall of the year. Because there usually are only a few spiders at most, it isn't necessary to use an insecticide. These large, beneficial spiders

should be gently caught and released back outside.

- Did you know a child may have **head lice** for up to 30 days before they even start to scratch their scalp? With school in session, make it a weekly routine to check your child's hair for head lice. If you find lice, you'll have an easier time getting the infestation under control if you get a head start.



Barb Ogg, UNL Extension in Lancaster County

- **Sticky mouse glue boards** are great tools to monitor for pests in your home. By placing these in corners, under kitchen sinks and in bathroom cabinets, you may be able to stop a pest problem before it becomes an infestation. And, if you get that one "singing" cricket hiding in your house, put a very small amount of cornmeal in the middle of a glue board. Place the board near where the cricket is hiding. The cricket will be attracted to the cornmeal and get caught in the glue board.
- **Keep garbage cans covered** so you don't attract

flies and yellow jacket wasps. If you have nuisance raccoons in your neighborhood, make sure you use a tight-fitting lid or strap it down. It is amazing how raccoons can find their way into an unsecure trash can.



Jim Kalisch, UNL Department of Entomology

- **Multi-colored Asian Ladybird Beetles** (they are a ladybug) cause problems when they try to overwinter in our homes. If you've sealed and caulked and the ladybugs are still in your home, remove them by vacuuming. To keep your vacuum from smelling like crushed bugs (and yes, they stink when crushed), insert a knee-high nylon stocking into the hose wand to capture the beetles before they are sucked into the vacuum cleaner body. Insert the knee-high stocking into a connection joint in the wand so it forms a bag inside the hose and a portion of the stocking folds over the outside of the wand to secure it in place when the wand is put back together. After sucking up the beetles, remove the stocking and dispose of the beetles. No more bugs and no smelly vacuum.

Insect Foggers: Overused and Sometimes Dangerous

Barb Ogg
UNL Extension Educator

Over-the-counter insect foggers (i.e., "bug bombs") are usually purchased by consumers because they seem to be an inexpensive and convenient way of killing insects. Unfortunately, they are not always effective against those pests people are trying to kill. To understand why they are not very effective, it is helpful to understand what a fogger actually is.

An insect fogger is a total-release aerosol. Active ingredients are pyrethroid and/or pyrethrin insecticides. There is often a synergist in the formulation, like piperonyl butoxide, which is used to stabilize the active ingredients which tend not to last very long. Most of the fogger formulation (usually more than 99 percent) is a petroleum distillate carrier. The fogger is not a gas, but is a liquid aerosol mist. When someone sets off the fogger, the insecticide mist is released into the air. Eventually, the insecticide residue falls on all horizontal surfaces: kitchen countertops, floors, tables, chairs and beds.

This mist does not penetrate cracks, crevices and other

harborages where most pests like cockroaches, silverfish, bed bugs and flea larvae live. Consequently, over-the-counter foggers will not control these pests. Foggers will only be effective against exposed insects, those insects flying around or exposed on walls. At the Extension office, we rarely encounter pest situations where foggers will solve the pest problem.

Dr. Susan Jones, Ohio State University entomologist, conducted a recent study which showed over-the-counter foggers had little effect on most field collected strains of bed bugs, even when directly exposed to the insecticide fog for two hours. She tested three readily-available products: Hotshot Bedbug and Flea Fogger, Spectracide Bug Stop Indoor Fogger and Eliminator Indoor Fogger. Even though these products claim "kills on contact," she found bed bugs were unaffected and even remained unharmed five to seven days after the study. Dr. Jones concluded bed bugs hiding in their normal harborages (i.e., cracks and crevices) would be completely unaffected by these foggers.

Every year or so, we hear about consumers who use these

foggers in such a way they truly become a "bug bomb." They do not read or understand the label directions and use too many foggers at one time. If they fail to turn off the pilot light on their water heater or gas stove, the flammable petroleum distillates can cause an explosion.

The latest bug "bomb" explosion was in New York City. On July 12, 2013, the *New York Times* reported a woman set off 20 foggers in her apartment. The next day, she set off 20 more in another room. The blast was so powerful, it blew out the back wall of the apartment, causing a fire which left 12 people injured and partially collapsing the building.

A number of entomologists have begun to question why these products are available for purchase, since they aren't usually effective and are a potential hazard. Even when used according to the label directions, pesticide residues from foggers remain on horizontal surfaces where children play, people sleep and food is prepared.

To look at a short video describing her research, check out a Pest Control Technology interview with Susan Jones at www.pctonline.com/Jones-bed-bug-bugbombs.aspx

Take Steps Now To Keep Pests Out Later

Soni Cochran
UNL Extension Associate

Cooler temperatures are on their way and you may be finding a few uninvited guests making their way into your home. Millipedes, boxelder bugs, lady bugs and wolf spiders are common "accidental invaders" that stumble into homes trying to escape the chill of fall. Most of these visitors are not going to create any problems other than be an annoyance. They can't live for very long because our home environments are too dry and there won't be enough food to keep them alive.

These short-lived pests should be controlled without pesticides — a flyswatter, broom or vacuum will work nicely. Gently sweep up the beneficial wolf spider into a jar and release it outside away from the building. Snakes who find their way into homes should also be captured and released outside.

Keep in mind accidental invaders are not the only creatures looking for a safe haven. Mice and rats quickly take advantage of unchecked openings around the home. Unlike accidental invaders, these pests can take up permanent residence in your home. Their control can be more difficult and expensive if you allow them to get established.

Take advantage of this beautiful fall weather by doing a little pest-proofing now. You may just save

yourself time, money and frustration in the future:

- Make sure all cracks and crevices around the outside of your home are sealed so mice, rats, snakes and insects can't squeeze through (rats can get through openings 1/2" in diameter — mice can get through gaps no bigger than a dime). To fill gaps and openings, use something strong like cement, mortar or caulk. Steel wool can be used as a temporary fix. Stuffing cracks with cloth won't help and the rodents may use it for nest material.
- Doors, windows and screens should be in good repair and fit tight. Caulking will help keep pests out and help you lower your energy costs this winter.
- Does your floor drain need a screen? If so, ask a professional to help you select the right screen size.
- Check around your dryer vent and other openings to make sure they aren't being used by pests to get into the house. Caulk and seal where appropriate, but do not block any vents.
- Remove leaves and grass clippings from around the foundation. Cleaning out window wells and giving the yard a good general clean up will help get rid of hiding places for pests near the home.

For more information on pests found in and around the home, visit <http://lanaster.unl.edu/pest>

Household Hazardous Waste Collections

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

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

DO NOT BRING latex paint, fertilizers, medicines/pharmaceuticals, electronics/ TVs, propane cylinders, tires, used oil, batteries, antifreeze or ammunition.

For more information or if you have questions how to recycle or dispose of items not accepted, call the Lincoln-Lancaster County Health Department at 402-441-8021.

Saturday, Sept. 21 • 9 a.m. – 1 p.m.
Lincoln Industries, 600 W. E St.

Saturday, Oct. 19 • 9 a.m. – 1 p.m.
Woods Park (31st & J Streets)

Friday, Nov. 15 • 9 a.m. – 1 p.m.
Appointment Only — Call 402-441-802

Do not take latex paint to Household Hazardous Waste Collections. Instead, take usable latex paint to EcoStores Nebraska at 530 W. P St. Call 402-477-3606 for details.



Alice Henneman, MS, RD, UNL Extension Educator

Here's a quick snack you can make for the kids or grand kids from my colleague, Cami Wells, MS, RD, Hall County Extension. Cami posts about one new recipe idea monthly on Food Fun for Young Children at <http://food.unl.edu/web/fnh/food-fun-for-young-children>. You also can sign up at the web address for email notification when the latest recipe is posted.

Fruity Smart Tarts

(Makes 12 servings)

- 12 wonton wrappers
- 1 tablespoon white sugar
- 1/2 teaspoon cinnamon
- Cooking spray
- 3/4 cup low-fat vanilla yogurt or frozen yogurt
- 1 cup of fruit, fresh or canned, cut into small pieces



Preheat oven to 400°F. Put a wonton wrapper into each muffin cup in a muffin tin. Spray each wonton wrapper with non-stick spray. Combine sugar and cinnamon in a small bowl. Mix well. Sprinkle the mixture onto the wrappers. Bake for 5 minutes or until the wrappers are crispy and golden. Watch closely to prevent burning. Let cool. Scoop approximately 1 tablespoon of yogurt into each cup and top with fruit.

Cook's notes:

- Wontons wrappers are made from flour, egg, water and salt. They are traditionally stuffed and prepared by baking, steaming, boiling or frying.
- The wrappers can usually be found in the produce section of the grocery and need to be kept under refrigeration.
- Wonton wrappers can be frozen for longer storage.

Slow Cooker SOUPS

Free Class



Thursday, Nov. 7, 7–8:30 p.m.
Bryan Medical Center East
Plaza Conference Center, 1600 S. 48th St.
Pre-registration is required by calling 402-481-8886

- If you don't already own a slow cooker, you'll want to purchase one after this class! You'll especially like it for making hearty soups during the upcoming colder days. Slow cooker soups offer several advantages:
- main dish soup meals can easily be made in advance
 - soups can safely cook away while you're gone from the house
 - once soups are assembled, you have only one cooking process to think about
 - they work great for meals when the exact time of eating is unknown
 - flavors blend wonderfully as the ingredients simmer together throughout the day
 - clean-up at mealtime is simpler
 - less expensive and often less tender meats become deliciously tender during the cooking process
 - they are an energy efficient method of cooking
 - a wonderful aroma fills your house

Alice Henneman, registered dietitian and UNL Extension Educator, will share tips, recipes and an extensive handout for making quick, delicious, and nutritious slow cooker soups.

10 Tips to Improve Your Meals with Vegetables and Fruits

Alice Henneman, MS, RD
UNL Extension Educator

September is "Fruits & Veggies – More Matters" Month. Here are some great tips from the USDA Nutrition Education Series.

Discover the many benefits of adding vegetables and fruits to your meals.

They are low in fat and calories, while providing fiber and other key nutrients. Most Americans should eat more than 3 cups — and for some, up to 6 cups — of vegetables and fruits each day.

Vegetables and fruits don't just add nutrition to meals. They can also add color, flavor and texture. Explore these creative ways to bring healthy foods to your table.

Fire up the Grill

Use the grill to cook vegetables and fruits. Try grilling mushrooms, carrots, peppers or potatoes on a kabob skewer. Brush with oil to keep them from drying out. Grilled fruits like peaches, pineapple, or mangos add great flavor to a cookout.

Expand the Flavor of Your Casseroles

Mix vegetables such as sautéed onions, peas, pinto beans or tomatoes into your favorite dish for extra flavor.

Planning Something Italian?

Add extra vegetables to your pasta dish. Slip some peppers, spinach, red beans, onions or cherry tomatoes into your tradi-

tional tomato sauce. Vegetables provide texture and low-calorie bulk that satisfies.

Get Creative With Your Salad

Toss in shredded carrots, strawberries, spinach, watercress, orange segments or sweet peas for a flavorful, fun salad.

Salad Bars Aren't Just for Salads

Try eating sliced fruit from the salad bar as your dessert when dining out. This will help you avoid any baked desserts that are high in calories.

Get in on the Stir-Frying Fun



Try something new! Stir-fry your veggies — such as broccoli, carrots, sugar snap peas, mushrooms or green beans — for a quick-and-easy addition to any meal.

Add Them to Your Sandwiches

Whether it is a sandwich



or wrap, vegetables make great additions to both. Try sliced tomatoes, romaine lettuce or avocado on your everyday sandwich or wrap for extra flavor.

Be Creative with Your Baked Goods

Add apples, bananas, blueberries or pears to your favorite muffin recipe for a treat. (Tip from Alice: You can add about 1-1/2 cups of berries or finely chopped and drained peaches, apples, etc. to a basic muffin recipe for 12 muffins. After the dry ingredients are mixed together, add the berries and mix them in before adding the liquid ingredients. This helps keep the fruit from sinking.)

Make a Tasty Fruit Smoothie

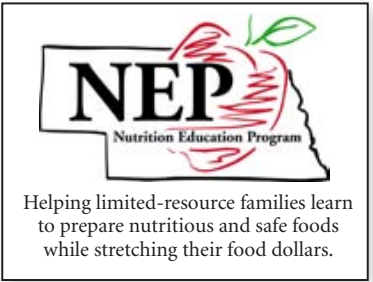
For dessert, blend strawberries, blueberries or raspberries with frozen bananas and 100% fruit juice for a delicious frozen fruit smoothie. (Tip from Alice: another easy way to make a smoothie is to use small frozen fruit, such as blueberries or raspberries and leave the banana unfrozen.)

Liven up an Omelet

Boost the color and flavor of your morning omelet with vegetables. Simply chop, sauté and add them to the egg as it cooks. Try combining different vegetables, such as mushrooms, spinach, onions, or bell peppers.

Source: USDA Nutrition Education Series at www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet10LiveUpYourMeals.pdf

\$tretch Your Food Dollar By Reducing Food Waste



Dana Root-Willeford
UNL Extension Associate

Picture this: You bring a steak home from the grocery store, chop off 40 percent of it and toss it in the trash. Sounds pretty ridiculous but according to the Natural Resources Defense Council, 40 percent of the food in the United States is wasted every year.

This abundance of food waste totals a staggering \$165 billion dollars per year from consumers, restaurants and grocery stores. Americans on average throw away about 20 pounds of food per month costing between \$28–43 for a

total of about \$40 billion dollars from U.S. households alone.

Here are some tips to reduce food waste.

Plan Your Purchases

- Plan your meals for the week and make a grocery list for only the items you need.
- Stick to your list to avoid impulse buys and overbuying especially of perishable foods.
- It's tempting to buy in bulk because it's less expensive per ounce but the cost of discarding excess food is greater than the savings.

Store It Smart

- Store cold and perishable foods in the refrigerator as soon as you get home from the grocery store.
- Move older products towards the front of your refrigerator or cupboard or the top of your freezer and place newer items towards the back so older items get used first.
- Wash, peel and cut up produce

soon after purchasing so it is ready to use for meals and snacks.

- Label food items with date of purchase so you can use products purchased later first.

No Leftover Left Behind

- Place leftovers in clear storage containers and bags so you can clearly see what's inside.
- Label leftovers with the date they were made so there's no guesswork on when they were made and when it needs to be used.
- Use leftovers within four days of the date they were made.

Take Inventory

- Place a notepad or sheet of paper on your refrigerator or freezer and write down what items need to be used up and how much there is to use.
- Update your list after meals with leftovers or grocery store trips of perishable foods.

FAMILY & COMMUNITY EDUCATION (FCE) CLUBS

President's View – Marian's Message

Marian Storm
FCE Council Chair

Can you believe how fast this summer has gone? Fall will soon be with us. It has been a busy summer. Having fresh garden vegetables sure



makes planning meals a lot easier. I am waiting for the apples so we can have some pies, cakes and applesauce. The FCE State Convention will be Sept. 12–14 in Columbus, Neb.



Our Council meeting will be Monday, Sept. 23 at 1 p.m. We need to elect officers for next year. Please talk to your members. Helpful Homemakers are in charge of the program. "Count your life with smiles and not the tears that fall."

FCE News & Events

Re-organizational Packets

Presidents of FCE clubs can pick up their packets to reorganize for 2014 the last week of August. There are October deadlines within the packet. If you have questions, call Lorene or Pam at 402-441-7180.

Council Meeting, Sept. 23

The FCE Council meeting is scheduled for Monday, Sept. 23, 1 p.m. at the Lancaster Extension Education Center. The program will be presented by Aging Partners Services followed by the business meeting including the election of officers.

Community Lesson, Sept. 25

A FCE & community program lesson training about "Home Modifications for Aging in Place" will be held Wednesday, Sept. 25 at the Lancaster Extension Education Center. Extension Educator Lorene Bartos will present

the lesson which will explore both small and larger home modifications people can do easily and cost effectively to allow them to continue to live in their own homes longer. Useful home devices will also be explored. These modifications and devices can help people age in place mentally, physically and financially.

Non FCE members are asked to call Pam at 402-441-7180 to register, so packets can be prepared.

See page 10 of this issue for the list of community program materials available online.

Achievement Day, Oct. 21

The FCE Achievement Day will be a salad luncheon Monday, Oct. 21, 12:30 p.m. at the Lancaster Extension Education Center. A program will follow the luncheon. Please bring a salad with the recipe to share. All FCE members are encouraged to attend. Call Pam, at 402-441-7180, to register.



Lorene Bartos, UNL Extension Educator

Which Type of Bleach Should I Use?

- **Chlorine bleaches** are the more powerful ones; they deodorize and sanitize, as well as clean. They work on many whites and colorfast washables — but not on wools, silks or leathers. Other fabrics that should not be bleached includes flame retardant clothing, acetate, spandex, rubber and elastic. In addition, chlorine bleach can be used to disinfect many surfaces. For colored garments, you can use a "bleach-ability test" on a non-visible, colored part of the garment. Mix two teaspoons of bleach with 1/4 cup of water, and put a drop of the solution on a hidden part of the fabric. Wait one minute, blot with a towel and check for any color change.
- **Oxygen bleaches** are more gentle, working on all washable colored fabrics. They work best in maintaining whiteness, not restoring it. They do not deodorize, sanitize or disinfect. Some oxygen bleaches contain enzymes that work especially well on protein stains.

Workshop to Help Older Adults Reduce Falls

"Stepping On" is a workshop offered by the Northeast YMCA and Aging Partners Health & Fitness. The workshop helps older adults prevent falls. The workshop is two hours, once a week, for seven weeks, Tuesdays, Sept. 10–Oct. 22 from 1–3 p.m. It will be held at the Northeast YMCA, 2601 N. 70th St.

Thanks to a grant from the Community Health Endowment of Lincoln and Lancaster County the workshop is offered at no cost to participants. UNL Extension Educator Lorene Bartos will help present the workshop.

"Stepping On" will help participants identify why they fall and different ways to prevent falls, including strength and balance exercises, home safety check suggestions and a medication review. The workshop is both for people who have fallen and for people who fear falling. Participants will leave with more strength, achieve better balance and experience a feeling of confidence and independence as a result of performing various exercises.

Call Aging Partners Health & Fitness at 402-441-7575 to register for the workshop.

How To Read With a Child

It is very important children have a good start with reading from an early age and have opportunities to practice reading. To do well in school, children need to be good readers. Schools shouldn't and can't take on this responsibility all by themselves. Family members have an important role to play. Reading with children helps them to do better in school and promotes success throughout life.



Most of us know how to read to a child and that's important, but it is important to go one step further and learn how to read with a child. Children who are learning to read need lots of opportunities to practice, and they need people to read with them. You can be a child's reading partner.

Reading with a child is called "shared reading" because both you and the child are participating in the reading experience. It doesn't take a lot of time, it's easy to do, and both you and the child will likely experience greater satisfaction and enjoyment.

What are some of the things you need to think about to make this shared reading time both fun and effective?

- **Child-centered** — Set aside time where you can focus

on the child alone, without distractions.

- **Sensitive and Respectful** — If the child doesn't like a particular book or seems uncomfortable with it, then switch to another book.

- **Realistic** — Don't expect too much too soon.
- **Enthusiastic** — When you share your love of reading with a child, your enthusiasm is contagious.
- **Encouraging** — Help the child recognize even small successes.
- **Commitment** — Let the child know shared reading is very important to you and then do it regularly.

Shared Reading Strategies

It is important to have fun and easy shared reading strategies you can use with the child. This list starts with strategies for younger, inexperienced readers and works toward independent solo reading:

- **Picture Reading** — Ask questions about the pictures or have the child tell a story just by looking at the pictures. Books with lots of pictures such as *The Very Hungry Caterpillar* are good for this strategy.
- **Sighting** — Before reading a

page or passage, ask the child to find punctuation marks, certain words, specific letters, or the smallest or largest word.

- **Discovery Reading** — Guide the child through a familiar book, such as *Old MacDonald*, with the child filling in repeated phrases.
- **Echo Reading** — Read a passage and have the child read it back to you.
- **Unison Reading** — Both you and the child read the same passage aloud at the same time.
- **Whisper Reading** — Read very quietly into your child's ear while the child reads aloud.
- **Stop and Go Reading** — You and the child take turns reading, and the child chooses a signal to show it's time to switch.
- **Solo Reading** — the child reads completely independently to you.

Here are some additional suggestions to help the child become a better reader:

- Simply talk with the child.
- Read to and with the child.
- Help the child read solo.
- Actually create books that include art work and writing with the child.
- Have lots of books available.
- Let the child see YOU reading.
- Most importantly, MAKE READING FUN.

Source: Shirley Wilkins, Pocahontas County Extension Agent, West Virginia University Extension

Nebraska University of
Lincoln EXTENSION



TOOLS OF THE TRADE I

GIVING KIDS A LIFETIME GUARANTEE

3 hour training for professionals who provide care and education to school age children (ages 5–12).

Thursday, Sept. 5, 6–9 p.m.
Lancaster Extension Education Center
444 Cherrycreek Road
Registration fee \$8

Learn about the ages and stages of school age children, strategies for guidance and discipline as well as exploring appropriate learning environments for school age children. A meal will be provided. For more information, contact Lorene Bartos at lbartos1@unl.edu or 402-441-7180.

REGISTRATION DUE AUG. 30

Name _____
If more than one person, other names: _____
Address _____
City _____ State _____ Zip _____
Phone (day) _____ Email _____

Make check payable to UNL Extension (\$8 per person) and mail to: Lorene Bartos, UNL Extension in Lancaster County, 444 Cherrycreek Rd., Lincoln, NE 68528

Composting Workshops and Demonstrations



Learn how to be successful with composting by attending a composting demonstration taught by UNL Extension in Lancaster County Master Gardeners and sponsored by the City of Lincoln Recycling Office.

Composting Workshops are held at various Lincoln locations:

- Wednesday, Oct. 9, 6:30 p.m. — Charles H. Gere Library, 2400 S. 56th St.
- Wednesday, Oct. 16, 6:30 p.m. — Anderson Library, 3635 Touzalin Ave.

Composting Demonstrations are presented at the Pioneers Park Nature Center's backyard composting demonstration area. You will see three types of composting bins and how to use them. At each composting demonstration two lucky participants will win a composting thermometer. Demonstrations will be held:

- Saturday, Sept. 28, 10 a.m.
- Saturday, Oct. 12, 10 a.m.

The Many Uses of Compost

Sarah Browning
UNL Extension Educator

Compost can be used in several ways:

- a component in soil mixtures for containers or raised beds
- a soil amendment for ground beds
- as a topdress fertilizer
- mulch
- in compost tea

No matter how you use it, compost provides many benefits for plants.

Compost Mulch

When used as mulch, compost creates a protective layer over plant roots that reduces soil temperature, reduces soil moisture loss and suppresses weed growth. It can be applied as mulch to flower beds, vegetable gardens, landscape beds or lawns, but be sure to screen the finished compost first.

A simple screen can be made using 1/2-inch mesh hardware cloth and attaching it to a wooden frame, like an old window with the glass removed or an old screen door. Place the screen over a wheelbarrow or other container and sift the compost into it. The large pieces left behind can go back into your next compost pile. When mulching around trees and shrubs, screening may not be necessary, since this is really a matter of aesthetics and your personal taste.



Compost is usually screened to removed large pieces. A simple screen can be made using 1/2-inch mesh hardware cloth and attaching it to a wooden frame. Place the screen over a wheelbarrow or other container and sift the compost into it

Prepare an area for mulching by clearing away existing grass or weeds, making sure to remove the roots of tough perennial weeds. Cover the garden or bed area with screened compost to a depth of one to two inches.

Topdress Your Lawn with Compost

When used as a topdressing, a light layer of compost is broadcast over an existing lawn to promote improved soil structure, add organic matter and nutrients and promote increased decomposition of thatch. Apply a topdressing of compost in September or after the first spring mowing, but not

during the middle of summer. When applying compost on a lawn, be sure the compost is very dry, and finely ground or sifted so there is less chance of smothering the lawn with large pieces of organic material. To finely screen compost, use a 1/4-inch mesh hardware cloth instead of the 1/2-inch mesh used for compost mulch. To apply 1/2-inch of compost over your entire lawn, you will need approximately 3/4 cubic yard per 1,000 sq. ft. (A 30-gallon garbage can holds about 4 cubic feet of compost.)

One way to incorporate the compost is to aerate the sod, then apply a 1/4 to 1/2-inch layer of fine compost.

Afterwards, either aerate again, or use a rake to distribute compost into the corings. Water the lawn well.

Soil Amendment with Compost

When starting a new garden or landscape, soil amendment is recommended before planting. It is so much easier to add compost before anything is planted, rather than after.

When new homes are constructed, the existing topsoil is often stripped away, removed and not returned, so new homeowners are left with subsoil to establish a new lawn and landscape. Soil amendment with compost, worked see COMPOST on next page

Bush Cherries Are Versatile, Highly Productive

Vaughn Hammond
UNL Extension Educator

The most common and adapted cherry that Nebraskans and people from the Midwest are familiar with are tart cherries. Of these cherries, the 'Montmorency' has been the long time standard in the Midwest. 'Montmorency' is a medium sized tree that has been in cultivation for over 400 years. Other varieties of tart cherry includes 'Evan,' 'Rose' and a recent release named 'Balaton.' There is also a naturally dwarf variety, 'North Star,' available, which is extremely hardy and thrives in the harsh Midwest environment.

A lesser known form of tart cherries is the bush cherry. Bush cherries are extremely hardy (Zone 2), suffer from relatively few insect and disease problems and actually have a higher sugar content than tree types of tart cherries.

Bush cherries can be a highly productive addition to your acreage landscape. Their versatility allows them to be planted in a variety of settings. They can be an integral part of your formal or edible landscape because of their beautiful flowers and fruit. You can plant them in a windbreak enhancing the structure while supplying delicious cherries to you and wildlife.



Bush Cherries require much less space than tree types.

History of Bush Cherries

Development of bush cherries began in Canada in the 1940s and resulted in a type that was marketed as the Mongolian cherry. During the 1980s crosses were made with the naturally dwarf tree form 'North Star.' The result of crosses between these tree shrub forms, was a shrub form of tart cherry that is very hardy and has the high quality fruit characteristics of 'North Star' with increased sugar content.

Recent Releases

The first of these crosses released was named 'Carmine Jewel.' It reaches a height of 6 foot and a width of 5-6 foot. Spacing between plants should be 6 feet. 'Carmine Jewel' is self-pollinating, meaning the flowers from the bush will pollinate each other although a second pollinating type of bush cherry could result in increased fruit set. Fruit yields for established plants can approach 30 pounds.

The newest developments out of Canada include five varieties released as the Romance Series in 2005. These include 'Juliet,' 'Valentine,' 'Cupid,' 'Romeo' and 'Crimson Passion.' All five varieties have larger fruit with a higher sugar content than 'Montmorency' and other tree forms of tart cherries. These varieties are not yet readily available in the United States but can be found with some diligence.

Site Selection, Planting & Care of Bush Cherries

When planting bush cherries and other long-term crops, it is always important to begin with a soil test and correct any deficiencies prior to planting. Bush cherries require much less space than the tree types. Row spacing of 6-7 feet from center of plant to center of plant will allow easy access for harvest, and promote good air movement to help reduce disease incidence.

Bush cherries have relatively low fertility requirements and most Midwestern soils have adequate fertility levels unless the soil test indicates otherwise. If fertilization is warranted, it is important to fertilize early in the growing season during the period of rapid growth. Later season fertilization may promote growth too late in the season, and possibly result in winter injury to the plant.



'Carmine Jewel'

Watering is extremely important early in the development of the plant. The most common plant size available is rooted cuttings that are one year old with a limited root system. It is important to make sure the plant has adequate soil moisture available for growth. Conserving soil moisture through the use of mulch can reduce the need for irrigation and help in the control of weeds which will sap soil moisture away from the cherries.

Fruit Production

Bush forms of cherries begin producing fruit sooner than the tree forms. Fruit production begins at the third year. Full production is achieved during the fifth year if the plants have experienced normal growing conditions. Twenty to 30 pounds of fruit can be expected per plant once the cherries are established. Depending on the variety, harvest can be as early as late July or as late as September.



'Crimson Passion'

Pest Problems

Bush cherries have few disease and insect pests. The primary disease issue to watch out for is cherry leaf spot. Cherry leaf spot is a fungal disease which will turn the leaves yellow. These yellow leaves will be covered with black spots that contain the fungal spores. Heavy infestations can result in total defoliation of the tree soon after harvest. It is important not to let this happen as it is extremely stressful on the tree, can reduce winter hardiness, and greatly affect the following year's crop. Fungicide application beginning early in the season will easily control this disease.

Cherry maggots can be an issue for many years and are the larval form of a small fly. These small larva are found inside the fruit itself. Spraying to control this pest needs to begin early in the season to insure worm free fruit. Consult the Midwest Tree Fruit Spray Guide for recommendation on all your insect and disease problems.

Seasonal Needle Drop on Evergreens

Mary Jane Frogge
UNL Extension Associate

Do you have a pine tree that has yellow needles? Natural needle drop results in interior needles of pine trees turning yellow and eventually dropping off. Fall needle drop is natural. It is not a sign of a disease or insect issue. Evergreens do not keep their needles indefinitely. As trees get older, this process is more noticeable. Older, inner needles, discolor and drop off after one to five years, depending on the evergreen in question.

Sometimes the drop occurs slowly. On other occasions, many needles may turn yellow all at once in late summer or fall. Because weather triggers the condition, many evergreens are likely to show symptoms in the fall. If you are not familiar with this natural process, it could cause you a great deal of concern.

Each species of evergreens usually keeps its needles for a definite length of time. White pines are the most dramatically affected. They usually keep three years of needles in summer and



Natural fall needle drop shown here on four-year old pine needles.

two in winter. The three-year old white pine needles turn yellow throughout the tree in the fall. The tree will appear particularly unhealthy when these yellow needles outnumber the green ones. Austrian and Scotch pine also keep their needles for three years and Norway pine keep theirs for four years.

Needles on arborvitae, usually turn brown rather than yellow when they age. They

often remain attached much longer than mature pine needles. Japanese yew needles turn yellow and drop in late spring or early summer of their third year. Spruce and fir needles also yellow and drop with age. These evergreens retain needles for several years, so you may not see needle drop unless you look closely on inner branches. These needle drop patterns vary from tree to tree and from year to year.

Ladd Livingston, Idaho Department of Lands, Bugwood.org

Storing Garden Vegetables

Mary Jane Frogge
UNL Extension Associate

After a successful garden season, you may have vegetables you would like to store until you are ready to use them. Here are suggestions to help you store your vegetables properly.

Carrots — Trim carrot tops to one inch. Layer unwashed carrots in a container of moist sand. Carrots can be stored in a cool place, 35–40°F for 4–5 months.

Onions — Store cured onions in a dry location at 35–40°F.

Potatoes — Cure fresh dug

potatoes 1 to 2 weeks in a dark, dry location at 50–60°F. Store cured potatoes in a dark location at 40°F for 5–6 months.

Sweet potatoes — Cure fresh dug sweet potatoes at 80–85°F for 10 days. Store cured sweet potatoes in a dry, dark location at 55–60°F for 4–6 months.

Turnips — Trim turnip tops to one inch. Layer unwashed turnips in a container of moist sand. Turnips can be stored in a cool place, 35–40°F for 4–5 months.

Winter squash — Cure vine ripen winter squash for 10 days at 80–85°F and high humidity. Store mature, cured

winter squash in a dry location at 55°F for 2–6 months. Acorn squash will keep well in a dry place at 45°F for 35–40 days. Do not cure acorn squash before storing.

Storing your vegetables and fruit properly will insure you will have good quality produce to enjoy in the months ahead.

FOR MORE INFORMATION

UNL Extension NebGuide “Storing Fresh Fruits and Vegetables” (G1264) available at the Extension office or online at <http://ianrpubs.unl.edu/horticulture/g1264.htm>

Compost

continued from previous page into the underlying subsoil layer before the final lawn or landscape is planted, gives new homeowners much better soil for years to come. It’s definitely worth the extra expense and labor.

To amend bare soil, cover the area with 1–2 inches of compost and incorporate it by tilling the upper 6 inches of the soil. One cubic yard of compost will cover 325 sq. ft. at a depth of 1 inch.

Using Compost in Potting Mixes

Compost is an excellent component for creating soil mixes, which can be used in containers or to fill raised beds. Compost is excellent for container growing mixes, because it stores moisture effec-



tively and provides a variety of nutrients not typically supplied in commercial fertilizers or soil-free potting mixes. To create your own soil mixture, blend screened compost with topsoil, peat moss or commercial potting mixtures.

However, make sure the compost does not make up more than 50 percent of the potting mixture’s total volume. Research has shown decreasing plant growth is found when plants are grown in potting mixes made up of more than 50 percent compost.

Compost Tea

An old fashioned way of providing liquid fertilizer for plants is to brew compost tea. Similar to manure tea, compost tea gives plants a good dose of nutrients. Compost tea works especially well for providing nutrients to new transplants and seedlings.

To make compost tea fill a burlap sack or an old pillow case with finished compost and secure the open end. Place the bag in a tub, barrel, or watering can filled with water. Agitate for a few minutes and then let it steep for a few days. Nutrients will leach out of the compost and the mixture will become tea-colored.

Spray or pour compost tea on and around plants. Use the bag of compost for several batches. Afterwards, simply empty the bag’s contents onto the garden.


Top Wildflowers Visited by Butterflies in Nebraska

Mary Jane Frogge
UNL Extension Associate

What do butterflies in Nebraska want? This list may surprise you. Dr. Ted Burk with students from the

Department of Biology at Creighton University, Allwine and Baurermeister Prairies did research for eight years to develop this list of 20 plants found in Nebraska that attract butterflies.

Plant Species	Number of Visits	Number of Butterfly Species Visiting
Tall thistle	1658	28
Common white clover	1175	28
Red clover	896	23
Ironweed	539	25
Wild bergamot	364	19
Prostrate vervain	354	15
Oxeye sunflower	300	25
Dandelion	298	22
Rigid goldenrod	278	15
Whorled milkweed	265	17
Canada goldenrod	229	15
Catnip	197	4
Common milkweed	159	22
Rosinweed	127	14
Heath aster	114	16
Yellow sweet clover	106	14
Azure aster	86	12
Flowering spurge	84	16
Missouri goldenrod	69	13
Tall hedge mustard	69	14



Garden Guide

THINGS TO DO THIS MONTH

By Mary Jane Frogge, UNL Extension Associate

Select accent plants for your landscape that will provide autumn colors. Trees that have red fall color are flowering dogwood, red maple, sugar maple, Norway maple, red oak and scarlet oak. Shrubs with red fall foliage include sumac, viburnum, winged euonymus and barberry.

Before the first frost dig up caladiums. Allow them to dry and store them in a dry place for the winter.

Allow plants to finish the summer growth cycle in a normal manner. Never encourage growth with heavy applications of fertilizer or excessive pruning at this time. Plants will delay their dormancy process that has already begun in anticipation of winter in the months ahead. New growth can be injured by an early freeze.

Do not wait for frost warnings to move your plants indoors. Temperatures of 45°F or lower can damage many tropical house plants.

Collect okra seed pods, gourds, sumac seed heads, rose hips and other suitable materials for dried arrangements. Air dry these materials in a dark, cool location.

Perennial phlox can be divided every third or fourth year. Divide big clumps of perennial phlox into thirds. Early fall or early spring are the best times to plant or transplant them.

Divide lily-of-the-valley.

Pot up chives, parsley and other herbs to extend the growing season in the house.

Tree wound paints used after pruning, are no longer recommended as they can slow healing and may promote decay.

If pesky seedlings of woody plants, such as elm, mulberry, hackberry or maple are found growing in your yard, remove them as soon as possible. If left to long they will take over gardens and other landscape plantings.

Fall is a good time for improving your garden soil. Add manure, compost and leaves to increase the organic matter content.

Plant peonies now, but make sure the crowns are buried only one and a half to two inches below ground level. Planting them deeper than two inches may keep them from blooming.

Root cuttings from annual bedding plants such as begonias, coleus, geraniums and impatiens. These plants can be overwintered in a sunny window and provide plants for next year’s garden.

Pears should be picked at the hard ripe stage and allowed to finish ripening off the tree. The base color of yellow pears should change from green to yellow as the fruit approaches maturity.

Be sure to keep strawberry beds weed free. Every weed you pull now will help make weeding much easier next spring.

Rake up leaves, twigs and fruit from crabapple trees and dispose of them in the trash to help control apple scab disease.

Water newly planted trees and shrubs to provide sufficient moisture and prevent winter damage. Add a two-inch layer of an organic mulch such as shredded bark around the base of plants to retain soil moisture and regulate soil temperature.

Wood ashes contain phosphorous, potassium and calcium. It can be placed on vegetable gardens and flower beds.

September

Ben Walbrecht

Lancaster County 4-H is proud to announce Ben Walbrecht as winner of September's "Heart of 4-H Award" in recognition of outstanding volunteer service.

A 4-H volunteer for four years, Ben helps the Happy Go Lucky 4-H club with group projects and meetings. He assists with the Youth Livestock Premium Auction at the Lancaster County Super Fair and has helped organize 4-H/FFA Beef Weigh-In days.

"I like to help encourage youth as they get the 4-H experience," Ben says. "My favorite experience as a 4-H volunteer is watching the kids grow and change as they develop into adults, and seeing how they learn life skills."

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

Nominate your favorite 4-H volunteer by submitting the form online at <http://lanaster.unl.edu/4h> or at the extension office.



State Fair 4-H Tickets

Get ready for fun at the 2013 Nebraska State Fair, Friday, Aug. 23 through Monday, Sept. 2 at Fonner Park in Grand Island! For a schedule of 4-H at the state fair, results, and more, go to <http://4h.unl.edu/nebraskastate-fair>. State Fair information is at www.statefair.org.

The Lancaster County extension office has a limited number of \$4 exhibitor tickets for 4-H exhibitors and their immediate family only. These can be purchased at the office at 444 Cherrycreek Road (cash or check only, no credit cards).

Public gate admission will be \$10, with \$5 days Aug. 26 & 29. Children 6–12 will be \$3 every day and children 5 and under will be free every day.

General parking on the fairgrounds is free this year. Preferred parking is \$10.

4-H Teen Council Invites New Members



4-H Teen Council is a leadership organization for youth in grades 7–12. Meetings are held the second Sunday of each month at 3 p.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln. The next meeting will be Sunday, Sept. 8 at 3 p.m.

4-H Teen Council members:

- participate in several community service activities
- plan, set up and facilitate the annual 4th & 5th grade Lock-In
- are involved in other leadership activities

For more information or to join, contact Tracy at tracy.anderson@unl.edu or 402-441-7180.

Ak-Sar-Ben 4-H Horse Show, Sept. 21–22

The Ak-Sar-Ben 4-H Horse Show will be held on Sept. 21–22 at the Lancaster Event Center in Lincoln. A veterinarian health check is required within 15 days of the exhibition date. For more information, go to www.rivercityrodeo.com.

Ak-Sar-Ben 4-H Stock Show, Sept. 26–29

The Ak-Sar-Ben 4-H Stock Show will be held Sept. 26–29 at the CenturyLink Center in Omaha. More than 2,000 4-H families from a 10 state area participate in this all 4-H Expo. 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. For more information and schedule, go to www.rivercityrodeo.com.

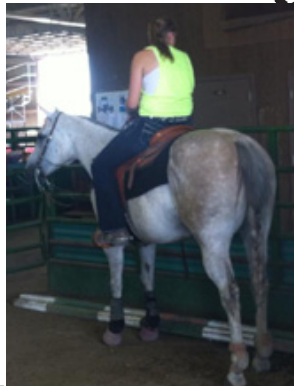
HORSE BITS

Horse Awards Night, Oct. 1

Mark your calendars! The annual Lancaster County 4-H Horse Awards Night will be Tuesday, Oct. 1, 6:30 p.m. at the Lancaster Extension Education Center, 444 Cherrycreek Rd., Lincoln. Awards presentation includes Incentive Awards, Horsemanship Levels, Horse Course Challenge, All-Around Awards, Herdsmanship, Top County Fair Judging buckles and ribbons, and a few surprise awards! Come help celebrate the outstanding accomplishments of the 2013 Lancaster County 4-H horsemen! More details to follow.

State 4-H Horse Expo Results

The 2013 Fonner Park State 4-H Horse Exposition was held July 14–18 at Grand Island. Here are the Lancaster County 4-H'er purple ribbon winners (Ch = Champion; Res = Reserve). Complete results are at <http://animalscience.unl.edu/web/anisci/anscdistrictstate4-hshowresults>.



Judging Contest Team
Spencer Peters, Ashley Anderson & Bailey Vogler (2nd place team)

Judging Contest Individual
Sierra Nelson (1st)
Bailey Vogler (6th)
Hailey Hula (9th)

Jr. Hippology Teams
Ashley Clegg & Lucy Polk (3rd place team); Jacob Ronnau & Bethany Wachter (4th place team)

4 & 5 Year Old Mares
Grace Kim (Ch)

4 & 5 Year Old Geldings
Hannah Ronnau (Ch)

Jr. Showmanship
Hailee Lynn

Sr. Showmanship
McKenzie Beach (Finalist), Chloe Brinson, Morgan Chippis, Grace Kim, Bailey Peterson

Jr. Western Pleasure
Ashley Bradbury
Audrey Heusinger

Sr. Western Pleasure
Bailey Peterson (3rd)
Sierra Nelson (4th)

Jr. Western Horsemanship
Ashley Bradbury (10th)

Sr. Western Horsemanship
McKenzie Beach (Res Ch)
Grace Kim (3rd)
Bailee Peters (5th)

Jr. Reining
Jadin Vogler (5th)

Sr. Reining
Hailey Pointer (7th)
Bailey Vogler (8th)

Jr. Pole Bending
Audrey Heusinger (7th)

Sr. Pole Bending
McKenzie Beach (3rd)
Anna Heusinger (4th)

Calf Roping
Colton Vossler (Ch)

Dally Team Roping–Heeling
Colton Vossler (Ch)

Sr. Hunter Under Saddle
Bailee Peters (Res Ch)

Adv. Hunter Under Saddle
Bailee Sobotka (4th)
Marissa Carlson (6th)

Adv. Hunt Seat Equitation
Bailee Sobotka (Ch)
Megan Luedtke (Res Ch)

Hunter Hack
Emma Bueling

Elementary Dressage
Bailey Sobotka (Ch)
Marissa Carlson (Res Ch)



4-H/FFA complete results
and photos are online at
<http://lancaster.unl.edu/4h>

Ch = Champion; Res = Reserve

Top Static Exhibits

GENERAL AREAS

Poster: Haley Elstun
Club Banner: All American Kids
Quilt Quest: Shelby Tachovsky
Dog Static Exhibit: Josh Harper

SCIENCE, ENGINEERING & TECHNOLOGY

Rocket: Emma Bales
Woodworking: Taylor Yakel
Safety: Grant Gubbels

FOOD & NUTRITION

Yeast Bread: Rachel Norton
Quick Bread: Emily Rogers
Food Preservation: Emma Noel
Cake/Pie: Brooke Kreikemeier
Cookie: Lydia Kramer

HOME ENVIRONMENT

Home Environment: Tyler Hattan
Home Environment: Eliana Babcock
Home Environment: Caleb Nielsen

CHILD DEVELOPMENT

Child Development: Liza Christensen

PHOTOGRAPHY

Unit 1: Catherine Hytrek
Unit 2: Lily Craig
Unit 3: Natalie Meckel
Career Exhibit: Chera Brown

CLOTHING

Clothing Level 1: Carman Kinkaid
Decorate Your Duds: Paige Brown
Knitting: Eliana Babcock
Crochet: Eliana Babcock
Clothing Level 2: Emma Haszard & Abigail Haszard (Co-Winners)
Clothing Level 3: Sadie Hammond

HORTICULTURE

Vegetable Exhibit: Sierra Sander
Herb Exhibit: Anne Greff
Annual Flower Exhibit: Joseph Buresh
Perennial Flower Exhibit: Caleb Nielsen
Rose Exhibit: Jacob Rushman
Specimen Plant: Austin Hurt

CONSERVATION & WILDLIFE AND FORESTRY

Conservation and Wildlife Exhibit: Sophie Polk
Forestry Exhibit: Rose Ingracia

Top Contest Awards

PLANT SCIENCE

Horticulture Contest: Abigail Babcock
Tree Identification Contest: Mary Dowd

PRESENTATIONS

Senior Presenter & Premier Presenter: Nathan Becker & Taylor Nielsen

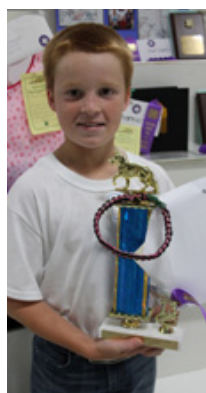
STYLE REVUE

Grand Ch Style Revue: Sadie Hammond
Res Grand Ch Style Revue: Kylee Plager
Grand Ch Shopping in Style: Paige Roach
Res Grand Ch Shopping in Style: Sheridan Switek

Clothing 1: Carmen Kinkaid
Decorate Your Duds: Lannie Elstun
Make One/Buy One: Renae Sieck
Recycled Garment: Sheridan Switek

TABLE SETTING

Junior Picnic: Grace Spaulding
Junior Casual: Riley Peterson
Junior Birthday: Kali Burnham
Junior Formal: Livia Swanson
Intermediate Picnic: Honoria Clarke
Intermediate Casual: Katie Borchering
Intermediate Birthday: Rose Ingracia
Intermediate Formal: Eric Vander Woude
Senior Picnic: Paige Borchering
Senior Casual: Madison Schmidt
Senior Formal: Sheridan Switek



LIVESTOCK JUDGING CONTEST

Top 5 Individuals Overall:
1st Place: Ashtyn Cooper
2nd Place: Renae Sieck
3rd Place: Hannah Esch
4th Place: Allie Esch
5th Place: Taylon Lienemann

ELITE SHOWMANSHIP CONTEST

1st Place: Logan Sieck
2nd Place: Kasie Bruss
3rd Place: Justine Nelson
4th Place: Nicolette Larson
5th Place: Ben Rice

Top Animal Exhibits

BEEF

Ch Supreme Breeding Heifer: Kylie Gana
Ch Supreme Feeder: Jaclyn Heinrich
Res Ch Supreme Feeder: Brysen Goracke
Grand Ch Market Heifer: Allison Walbrecht
Res Grand Ch Market Heifer: Skylar Sterns
Grand Ch Market Steer: Peyton Goracke
Res Grand Ch Market Steer: Jaclyn Heinrich
Supreme Ch Showmanship: Justine Nelson
Ch Senior Showmanship: Justine Nelson
Ch Intermediate Showmanship: Caitlyn Walbrecht
Ch Junior Showmanship: Brett Heinrich

DAIRY CATTLE

Ch Holstein Heifer: Cassie Meyer
Res Ch Holstein Heifer: Ben Rice
Grand Ch & Res Senior Jersey Ch - Dry Cow: Ben Rice
Top Producing Cow: Ben Rice
Ch Advanced Showmanship: Ben Rice
Ch Senior Showmanship: Liza Christensen
Ch Intermediate Showmanship: Lauren Chapman
Ch Junior Showmanship: Jack Chapman

BUCKET CALF

Ch Bucket Calf Junior Division: Alaina Agnew
Res Ch Bucket Calf Junior Division: Luke Harms
Ch Bucket Calf Intermediate Division: Kaleb Sorge
Res Ch Bucket Calf Intermediate Division: Jack Christensen

DAIRY GOAT

Ch Senior Showmanship: Genevieve Moyer
Ch Overall Alpine Goat: Corianna Kubicek
Res Ch Overall Alpine Goat: Corianna Kubicek
Ch Overall Nigerian Goat: Corianna Kubicek
Res Ch Overall Nigerian Goat: Corianna Kubicek
Ch Overall Pygmy Goat: Madison Schmeckle
Ch Junior Showmanship: Corianna Kubicek
Ch Overall Nubian Goat: David LaPlante
Ch Senior Pygmy Goat Showmanship: Genevieve Moyer

Res Ch Overall Nubian Goat: Corianna Kubicek
Ch Junior Pygmy Goat Showmanship: Katherine Moyer
Res Ch Overall Pygmy Goat: Aleisha Gottwald

MEAT GOAT

Grand Ch Meat Goat: Bayne Sieck
Res Ch Meat Goat: Logan Sieck
Ch Meat Goat Showmanship: Logan Sieck
Res Ch Meat Goat Showmanship: Bayne Sieck

SHEEP

Grand Ch Market Lamb: Madalyn Scott
Res Grand Ch Market Lamb: Riley Scott
Ch Exhibitor Bred & Owned Market Lamb: Kasie Bruss
Res Ch Exhibitor Bred & Owned Market Lamb: Kasie Bruss
Supreme Ch Breeding Ewe: Cole Cooper
Supreme Res Ch Breeding Ewe: Sarah Schelke
Ch Senior Showmanship: Kasie Bruss
Ch Intermediate Showmanship: Madalyn Scott
Ch Junior Showmanship: Riley Scott

SWINE

Ch Overall Market Swine: Kylie Gana
Res Ch Overall Market Swine: Riley Scott
Ch Senior Showmanship: Nicolette Larsen
Ch Intermediate Showmanship: Madalyn Scott
Ch Junior Showmanship: Riley Scott
Ch Overall Market Swine: Kylie Gana
Res Ch Overall Market Swine: Riley Scott
Ch Senior Showmanship: Nicolette Larsen
Ch Intermediate Showmanship: Madalyn Scott
Ch Junior Showmanship: Riley Scott

POULTRY

Best of 4-H Poultry Show: Spencer Peters
Ch Overall Poultry Pet Class: Judson Tietjen
Ch Senior Showmanship: Carol Nabity
Ch Junior Showmanship: Cassie Meyer
Ch Large Fowl: Spencer Peters
Res Ch Large Fowl: Liza Christensen
Ch Water Fowl: Jake Aberg
Res Ch Water Fowl: Jake Aberg

RABBIT

All-Around Showman Award Ch: Kaiya Green
Best of 4 Class Ch: Kaiya Green
Best of 4 Class Res Ch: Joli Brown
Best of 6 Class Ch: Kaiya Green
Best of 6 Class Res: Kyle Hurt
Ch Senior Showmanship: Kaiya Green
Ch Intermediate Showmanship: Kyle Hurt
Ch Junior Showmanship: Noah Huber

DOG

Ch Obedience - Beginning B: Sidney Schlesiger
Ch Team Obedience - Advanced: Ivy Dearmont & Spencer Peters
Ch Pre-beginning Agility A - Level 1: Sidney Schlesiger

Ch Pre-beginning Agility B - Level 1: Jacob Chipps
Ch Beginning Agility A - Level 2: Spencer Peters
Ch Intermediate Agility - Level 3: Ivy Dearmont
Ch Trophy Showmanship: Rebecca Wehling
Ch Senior Showmanship: Ivy Dearmont
Ch Intermediate Showmanship: Cassie Meyer
Ch Junior Showmanship: Emmi Dearmont
Versatility Award: Jacob Chipps, Ellie Dearmont, Emmi Dearmont, Peggy DeLancey, Logan Kosta, Emma Lichenfeld, Cassie Meyer, Marlee Moss, Spencer Peters, Sidney Schlesiger

CAT

Best in Show: Emma Whaley

HOUSEHOLD PETS

Ch Mammal: Josh Harper
Ch Bird: Rachael Lange
Ch Fish, Reptiles/Amphibians: Starr Fowler

HORSE

Ch Western Senior Showmanship: Bailey Peterson
Ch Western Junior Showmanship: Audrey Heusinger
Ch Western Elementary Showmanship: Clara Bradbury
Ch English Senior Showmanship: Morgan Chipps
Ch English Junior Showmanship: Nicole McConnell
Ch English Elementary Showmanship: Clara Bradbury
Ch Groom & Care: Lillie Beach
Grand Ch Halter Pony: Katelyn Wolf
Res Grand Ch Halter Pony: Hailey Pointer
Grand Ch Stock Horse ages 4 & up: Jacob Ronnau
Res Grand Ch Stock Horse ages 4 & up: Kenzie Hayes
Grand Ch Aged Horse Ages 15 & up: Nicole Pickering
Res Grand Ch Aged Horse Ages 15 & up: Olivia Wennstedt
Grand Ch 2 & 3 year old Horse: Baxter Whitla
Res Grand Ch 2 & 3 year old Horse: Brittany Albers
Grand Ch Hunter/Saddleseat Horse ages 4 & up: Anna Heusinger
Res Grand Ch Hunter/Saddleseat Horse ages 4 & up: Nicole McConnel
Grand Ch Hunter/Saddleseat Aged Horse Ages 15 & up: Bethany Wachter
Res Grand Ch Aged Hunter/Saddleseat Horse Ages 15 & up: Lydia Teeger Strom

Top horse awards will be announced at 4-H Horse Awards Night.



UNL Extension Community Program Materials Online

University of Nebraska–Lincoln Extension has developed community programs which can be presented to club meetings, civic groups or professional organizations. Each program includes a teaching outline (leader guide) for the facilitator and a handout for the participants (participant manual). Several topics include a PowerPoint presentation.

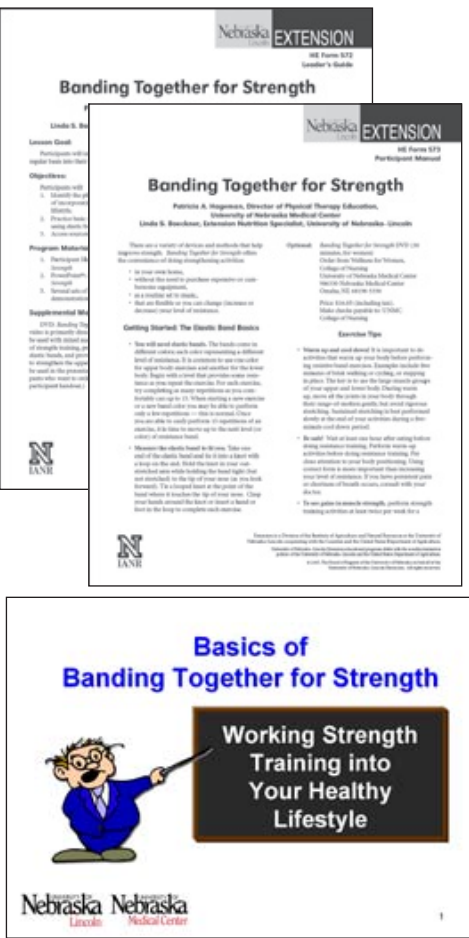
Several Extension offices have presented trainings for the lessons (see page 5 of this issue). All the program materials are compiled online at www.extension.unl.edu/web/extension/communityprograms. Anyone can print and use these materials. Some people use these lessons for self-study, without presenting to community groups.

Information in each program is based on research from educational institutions around the world. The programs listed here reflect the variety of topics which Extension’s clientele cite as issues within their communities.

Choose from the following topics.

Nutrition and Health

- Banding Together for Strength** — This community program teaches ways to use an elastic band to strengthen and maintain muscle as one grows older.
- Bite When the Temperature is Right** — Cooking to the proper temperature helps you to serve safe food to your family and friends. This program will focus on the different types of thermometers available for use when preparing food and how to use each thermometer correctly.
- Chocolate — A Functional Food?** In this program, we will help you learn about the different types of chocolate, explore the health benefits of chocolate and demystify the functional food jungle in the grocery store!
- Fitting in the Fiber!** Fiber is one of the most important nutrients in a person’s diet. This lesson will teach the participants the health benefits of fiber, good food sources of fiber and tips on how to get your daily recommended amount of fiber.
- Health of Children** — This program will focus on helping Nebraska children and their families develop basic skills in food preparation in order to plan and make healthy meals and snacks; adopt a family physical activity plan and develop a positive and healthy self-esteem for the entire family.
- Healthy Meal Planning on a Budget** — This community lesson will teach participants to plan healthy, deli-



Extension community program materials includes a leader guide and participant handout. Several topics have a PowerPoint presentation.

- cious meals, consistent with the dietary guidelines, while on a limited budget.
- Family and Parenting**
 - Bullying** — Parents, teachers and other concerned adults need to learn about how to equip children with the skills and knowledge necessary to identify and deal with bullying.
 - Caregiving: Challenges and Rewards** — Examines how a person can best meet the needs of an elderly parent or disabled person. Relationship dynamics of the person in need and the care giver, in addition to other important issues are discussed to aid in making preliminary plans.
 - Who Cares for the Caregiver** — This publication will help you consider your own role in caregiving and be prepared to discuss it if you have some experiences you would be willing to share.
 - How Strong Families Deal with Stress and Crisis** — Every family faces tough times in life. Strong families work together to help each other rise above the difficulties. The focus here is on how families effectively manage stress and

- crisis in their lives with a special emphasis on the role members of the older generation play in helping to support younger, less-experienced family members.
- The Learning Child: Keys to Enhancing Learning** — This interactive lesson will introduce fun and exciting ways caregivers create a responsive, stimulating, affirming and developmentally appropriate environment for young children (birth–3).
- Making it Happen!: Building Positive Relationships with Children** — Participants will receive several resources and strategies sure to support and encourage young children’s healthy growth and development!
- Make Sure It’s Done the Way You Want: Advance Directives** — Advance directives allow people to give instructions for their future medical care in the event they are unable to communicate their wishes due to illness or incapacity. This program explains requirements and limitations of advance directives according to Nebraska law, includes a brief glossary of terms and identifies resources for more information.
- Promoting Cultural Understanding and Developing Cultural Competence** — This community lesson focuses on how individuals can be better responsive to cultural differences and diversity in backgrounds and how they can be global citizens in today’s changing world.
- Social Networking Sites: What They are and How to Navigate Them** — The use of social networking sites has dramatically increased in recent years. This community lesson will provide basic information about some of the most common social networking sites available and help audiences learn about appropriate and safe ‘netiquette’ techniques in using these sites.
- Volunteerism: A Tool for Positive Youth Development** — When youth volunteer, benefits are reaped by almost everyone involved — the targeted population, the community and, especially, the volunteers themselves.
- Home Environment**
 - Easy on Energy: Tips for Conserving** — Save energy resources and dollars, and reduce emissions by using energy conservation measures and energy efficient products in the home.
 - Housing Options for Today and Tomorrow** — Understanding housing and related service options for older persons is critical in making

- housing choices today and in planning for the future. The design, layout, features, maintenance, cost, services available and location of the home can help or hinder the person’s ability to continue to live “on their own.”
- Make Every Drop Count in the Home** — Water conservation can include physical changes (like modifications to plumbing and fixtures), or behavior changes (like changes in water use habits). This program focuses on the many effective ways to conserve water in your home.
- Purchasing “Green” — What Does It Really Mean?** — This lesson educates consumers about the concept of purchasing “green” to save energy and resources. Learn how to determine if products are indeed green or just part of the hype and if switching to green products is a smart way to protect the environment.
- Financial Management**
 - Credit: How Do You Score?** — Credit scores and credit reports. What do these terms mean? What information is included in a credit report? Who can see it? Where do you get one? What is a credit score used for? Is a higher number better than a lower one? Answers to these questions and more are found in this lesson.
 - How Our Shopping Habits Help Predict the Future of Our Community** — In this community lesson, you will discover how your shopping habits can help predict the future of your community. Knowing the effects of taking your shopping dollar outside the community will help you gain understanding of the importance of shopping locally whenever possible.
 - Living Resourcefully: Finding Ways to Make Your Dollars Go Further** — Explore ways to save money in the household budget. Learn ways to make the most of what you earn and how to eliminate spending leaks. Develop strategies to make the most of your financial resources and resources available to you.
 - Long-Term Care: What Is It, Where Do You Get It and How Do You Pay For It!** — The term “long-term care” is used to describe a variety of care options, delivery systems and service providers. This lesson will provide in-depth knowledge of care methods, cost of care and how services are financed.
 - Option A or Option B: The Steps of Making Good Decisions** — In this community lesson, you will learn about the decision making process and how to effectively use the process in your life.

Public Notice

The Lancaster County Board of Commissioners seek community members to serve on the Lancaster County Extension Board. Vacancies will be filled with three year appointments beginning in January 2014.

Extension Board members assist extension staff in focus areas such as animal agriculture, crops, environment, 4-H youth development, entrepreneurship, food and nutrition. The board meets monthly (usually the second Friday of the month at 8 a.m.)

Registered Lancaster County voters interested in serving should complete an application for appointment by Nov. 1, 2013.

Additional information and an application can be obtained from: UNL Extension in Lancaster County, 444 Cherrycreek Road, Suite A, Lincoln, NE 68528-1507 or by calling 402-441-7180. Applications are also available on the Internet at www.lincoln.ne.gov/cnty/commiss/boardapp.pdf.

Lancaster County Agricultural Society Honors Hall of Fame Recipient

The Lancaster County Agricultural Society honored several award winners at the Lancaster County Super Fair Foundation Fundraising Dinner and Awards Banquet in July at the Lancaster Event Center. In 2010, the Lancaster County Agricultural Society (also known as the Lancaster County Fair Board) established a Hall of Fame.

The Hall of Fame formally recognizes individuals who have dedicated time and effort to the Lancaster County Agricultural Society beyond the normal volunteer and have made significant contributions to the establishment, development,

advancement, or improvement of the Lancaster County Fair.

This year’s honoree is Dick Confer of Lincoln. A photo plaque with his biography will be placed on the official wall of fame at the Lancaster Event Center in the Business Center.

Dick served for 15 years on the Lancaster County Ag Society board — two years as Vice President. Dick was a member



Dick Confer

Dick has been a longtime 4-H supporter as a County Fair Superintendent, member of Horse Volunteers in Program Service (VIPS), and trophy sponsor.

of the Lancaster Event Center Phase I building committee, chairperson of the watermelon feed for several years, chairman of the rodeo for two years, along with other committees and various duties.

EXTENSION CALENDAR

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

August

- Aug. 23–Sept. 2 Nebraska State Fair, Fonner Park, Grand Island**
24 Guardian/Conservator Training 1:30–4:30 p.m.
30 Extended Deadline for Family & Community Education (FCE) Scholarship

September

- 4 4-H State Fair Static Exhibits Must be Picked Up..... 8 a.m.–6:30 p.m.**
5 Tools of the Trade I: Giving Kids a Lifetime Guarantee 6–9 p.m.
8 4-H Teen Council Meeting 3 p.m.
10 4-H Council Meeting..... 7 p.m.
13 Extension Board Meeting..... 8 a.m.
21–22 Ak-Sar-Ben 4-H Horse Show, Lancaster Event Center
23 Family & Community Education (FCE) Council Meeting 1 p.m.
24 Guardian/Conservator Training 1:30–4:30 p.m.
25 FCE & Community Leader Training Lesson, “Home Modifications for Aging in Place” 1 p.m.
26 Co-Parenting for Successful Kids 9 a.m.–12:30 p.m.
26–29 Ak-Sar-Ben 4-H Stock Show, CenturyLink Center
28 Composting Demonstration, Pioneers Park Nature Center’s backyard composting demonstration area 10 a.m.

Make It With Wool Contest

The Make It With Wool contest offers youth and adults the opportunity to promote the beauty and versatility of wool fabric and yarn. Contestants must select, construct and model their own garments. All entries must be made with 100 percent wool or wool blend (minimum 60 percent wool or specialty wool fiber) for each fashion fabric or yarn used. Personal creations in sewing, knitting, crocheting, spinning, and weaving of wool fabric and yarn is encouraged. Categories are: Preteen, Junior, Senior, Adult and Made for Others. There will be no district competition, only a state contest held Saturday, Nov. 23 at the Lancaster Extension Education Center in Lincoln. Entry deadline is Nov. 1. For more information, call Tracy at 402-441-7180.

Experience the Power of Red

An open house for prospective high school, transfer students, and guests

Sponsored by the College of Agricultural Sciences and Natural Resources

Saturday, Oct. 19

9 a.m.–2 p.m. • UNL’s East Campus

- Learn more about how we prepare students for careers in everything from animals to plants, soil to climate, golf to business, mechanization to leadership, food to forensic science
- Meet current students, faculty, and staff

To view the half-day event schedule or to register, go to <http://casnr.unl.edu/openhouse>

No charge to attend

402-472-2541 • 800-742-8800, ext. 2541



OPEN HOUSE EVENTS

FOR MORE INFORMATION OR TO REGISTER: ADMISSIONS.UNL.EDU/VISIT

EXCITED FOR COLLEGE?

Red Letter Days are for you to get a sneak peek at college life here at the University of Nebraska–Lincoln during your senior year of high school.

HUSKER WEEKDAYS

This is Nebraska’s most versatile half-day campus visit option. You can schedule a visit for any weekday and select Saturdays throughout the year.



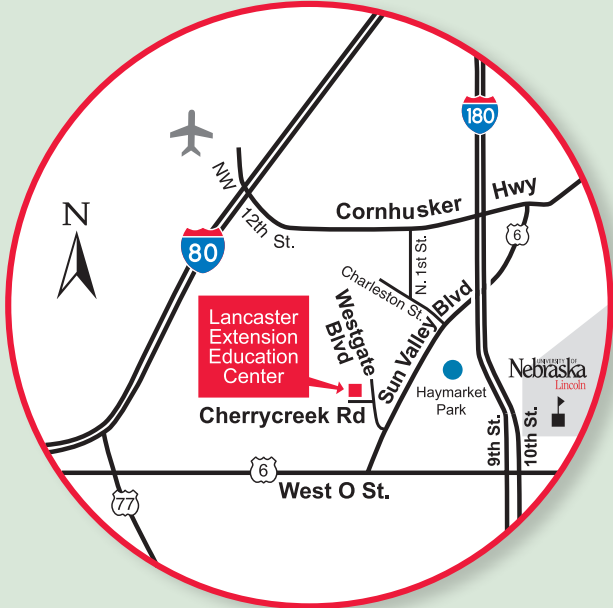
UNL Extension in Lancaster County
444 Cherrycreek Road, Ste. A, Lincoln, NE 68528
402-441-7180

<http://lancaster.unl.edu>

Email: lancaster@unl.edu • Fax: 402-441-7148

Join us on Facebook, Twitter, YouTube, Flickr and Pinterest at <http://lancaster.unl.edu/media>

Lancaster Extension Education Center Conference Facilities
444 Cherrycreek Road, Lincoln



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We assure reasonable accommodation under the Americans with Disabilities Act; for assistance contact UNL Extension in Lancaster County at 402-441-7180.

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Gary C. Bergman

ADMINISTRATIVE AIDE

Jenny DeBuhr

EXTENSION EDUCATORS

Lorene Bartos, Sarah Browning, Maureen Burson, Tom Dorn, Alice Henneman, Barb Ogg, Karen Wobig

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Super 4-H Youth Achievement at Super Fair

Many 4-H youth choose to exhibit their project(s) and participate in contests at county and state fairs. The 2013 Lancaster County Super Fair was held Aug. 1–10 at the Lancaster Event Center. This was the third year the Lancaster County Fair was 10 days. 4-H & FFA exhibits and events were held Aug. 1–4. Nearly 700 4-H/FFA exhibitors showcased more than 5,800 exhibits (including static exhibits, Clover Kids, animals and contest entries). A special thank you to all the volunteers and sponsors who help make 4-H & FFA at the fair a success! See top exhibits on page 9 of this issue. Complete 4-H/FFA ribbon results and numerous photographs are at <http://lancaster.unl.edu/4h>.



Photos by Vicki Jedlicka, UNL Extension in Lancaster County, except as noted

The 4-H Corner Stop food booth is Lancaster County 4-H Council's primary fundraiser. Many 4-H clubs and independent members staffed a shift during the fair.



In Interview Judging, 4-H members talk to judges about their static exhibits.



Sheila Day

In the Table Setting Contest, 4-H'ers use their creativity to plan a healthy menu, set a table and present to a judge.



Clover Kids are 4-H youth ages 5–7. At Show & Tell, they can talk about their exhibits. Clover Kids receive participation ribbons only and are not judged competitively.



Nicolette Larson and Justine Nelson received \$500 college scholarships from the 4-H/FFA Livestock Booster Club.



The 4-H Beef Show includes showmanship (pictured), market, breeding, cow calf and feeder classes.



New this year at the Super Fair was the Elite Showmanship Contest, in which the champion senior showman from 4-H/FFA sheep, beef, swine, dairy cattle and meat goats showed animals from all the above animal species. This year's winner, Logan Sieck, advances to the State Fair Elite Showman competition.



New at the 4-H Poultry show, 4-H'ers brought their birds to a table for judging, instead of the judge going from cage to cage. The judge made comments on a microphone as he judged the animals.



The Super Fair has the largest county 4-H Horse Show in Nebraska, with 38 events spanning six days. The 4-H Miniature Horse Show included a new event, obstacle driving, which had six obstacles. The Roping/Working Ranch Show also included a new event, boxing, which consists of a pattern followed by working a cow.

The 4-H youth development program is open to all youth ages 5–18

4-H Kick Off

Thursday, Oct. 3, 6 p.m.

Lancaster Extension Education Center
444 Cherrycreek Road, Lincoln

Find Out How
Youth Ages 5–18
Can Join 4-H!

Adults Are
Needed to Help
Organize Clubs!

UNIVERSITY OF
Nebraska
Lincoln EXTENSION

4-H is a learn-by-doing program with many exciting projects to choose from. Youth learn practical skills and develop life skills!

402-441-7180 • <http://lancaster.unl.edu/4h>



Rock Creek Ranchers Are July's 4-H Club of the Month



Congratulations to the Rock Creek Ranchers 4-H Club from Lancaster County for being selected as the July 2013 Nebraska 4-H Club of the Month! Each month, the Nebraska 4-H Foundation and Nebraska 4-H Ambassadors award one club in the state with a certificate and \$50 cash card.

The Rock Creek Ranchers are intelligent, creative and responsible. 4-H is teaching them how to act in front of a crowd. They do community service projects such as playing bingo at the local care center with the elderly, painting trash barrels for the Lancaster Event Center and collecting stuffed animals for different homeless groups and kids that fire departments/police officers come across. Last month,

the club collected personal care items for the People's City Mission (see photo above).

The Rock Creek Ranchers participate in a lot of activities including their monthly meetings. At their last meeting, members tie dyed T-shirts. The past three years, club members have worked a shift at the 4-H Food Booth during the Super Fair. Club members are interested in many projects for the fair, but especially love caring for animals. Members show chickens, rabbits, goats, cattle, swine and do a variety of projects from photography, first aid kits, baking and so forth.

Clubs can nominate themselves for Nebraska 4-H Club of the Month by going to <http://ne4hfoundation.org/recognition>.