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September 2006

The NEBLINE, September 2006

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COUNTY FAIR 4-H RESULTS AND PHOTOS

County Fair summary and photos on back page. Complete results and more photos online at lancaster.unl.edu/4h/Fair



4-H Partners With Lincoln After-School Programs

The number of after-school programs in Lincoln is growing. These programs are usually located at Lincoln Public Schools elementary school sites, but a few are located at LPS middle schools or other sites. Most provide before-school and after-school programs; some offer summer programs. Their goal is not only to provide safe, supervised drug-free and cost-effective care, but to improve student learning and development.

There are 19 Lincoln Community Learning Centers (CLC) which are sponsored, operated, and staffed by various lead agencies such as Heartland Big Brothers/Big Sisters, Lincoln Housing Authority, Lincoln Parks and Recreation, Family Service, Lincoln Public Schools, YMCA and Cedars Youth Services.

Family Service is the lead agency for several CLC's and operates its own School's Out after-school program at 20 school sites. There are also other after-school programs in Lincoln.

4-H is now partnering with many of these agencies and after-school programs. Last fall, CLC staff members approached Lancaster County 4-H about incorporating 4-H into their programs. Since then, 4-H staff member Teri Hlava has been collaborating with after-school staff to customize 4-H's resources to the needs of individual after-school sites.

4-H offers more than 150 hands-on projects with curriculum written by university experts. Many of the Lincoln after-school sites have incorporated 4-H curriculum into their activities.

"Using the 4-H curriculum has helped me in so many ways," says Kylee Foote of the Holmes CLC. "It saves on time and I know the kids are getting more



4-H staff member Teri Hlava (at left) leads Holmes after-school youth in a "Step Up to Leadership" project activity.

The University of Nebraska-Lincoln Extension 4-H youth development program emphasizes teaching practical skills and developing life skills through learning-by-doing. Lancaster County 4-H consists of:

- Organized clubs
- Independent members
- Educational events and leadership opportunities
- 4-H School Enrichment programs in classrooms
- 4-H After-School partnership



After-school youth at the Air Park Recreation Center summer program participate in a food preparation activity.

out of activities than a time filler. The kids can get so much out of the simplest activity."

Last winter, eight Lincoln after-school programs received mini-grants from the 4-H State Foundation to assist in purchasing 4-H curriculum and/or materials related to the use of the curriculum. Norwood Park CLC was one of the recipients. "The bug catchers were neat," says Grant, a Norwood Park after-school youth. "I caught a centipede and a worm at home!"

Seven after-school sites have formed 4-H clubs. Some have regularly scheduled club meetings, while some are more loose in their structure.

Lakeview CLC is one site which has formed a club. "Our 4-H activities have provided excellent opportunities for our students to build personal, social and leadership skills while having fun and enjoying their after-school experiences with friends," says Ryan Mohling, director of Lakeview CLC.

4-H staff work closely with after-school staff on using the 4-H curriculum and 4-H's Experiential Learning Model. Staff meet individually, in small group settings and at staff development sessions. Occasionally, 4-H staff visit after-school sites to lead youth in 4-H-related activities.

see *AFTER-SCHOOL* on page 11

After-School Youth Participate in County Fair 4-H Activities

4-H worked with after-school programs to involve after-school youth in this year's county fair. After-school youth had the opportunity to enter exhibits in the 4-H areas.

Lancaster County 4-H staff developed and compiled a "Lancaster County Fair Animal Exploration Guide" for after-school youth, grades K-4. The curriculum included animal information, activities and worksheets to be used before or after county fair. It also had information for tours during the fair.



A Saratoga after-school 4-H member enters a fair exhibit.



School's Out youth from the Cavett summer site take a hands-on tour of the county fair.

Non-Profit Organization
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Lincoln, Nebraska

CHANGE SERVICE REQUESTED

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

Free E-mail Horticulture Newsletter

HortUpdate is a FREE e-mail newsletter from the University of Nebraska-Lincoln Extension which provides timely information to the lawn and landscape industry. This e-mail includes current lawn and landscape problems with control recommendations and a seasonal 'To Do' list.

To subscribe, go to <http://extensionhorticulture.unl.edu> and submit request.

Too Late to Spray Bagworms

Bagworms can cause a great deal of damage during the last few weeks of feeding and gardeners may be tempted to spray for them now. But late-August or September sprays are totally ineffective. Understanding the life cycle of this moth will explain why and can help tremendously in planning effective control measures.

Bagworms normally finish feeding and close up their bags in late-summer. After that, insecticides are ineffective because they cannot reach the pest. Egg hatch does not occur until the next spring, usually during the latter half of May. Insecticide

sprays are more likely to be effective if applied when the bagworms are small. Even *Bacillus thuringiensis* (Dipel, Thuricide) can be effective on young bagworms. Other commonly used pesticides include Orthene, cyfluthrin, permethrin, malathion and Sevin. During most years, a spray about June 15 will give good control. Do not forget insecticides are not the only means of control. Hand picking and destroying the bags is effective any time of year the bags are large enough to be picked.

Source: Ward Upham, Kansas State Extension



Garden Guide

THINGS TO DO THIS MONTH

By Mary Jane Frogge, UNL Extension Associate

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

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.

Do not wait for frost warnings to move your plants indoors. Temperatures of 45 degrees Fahrenheit 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.

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 1½–2 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.

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

Perennial phlox can be divided about 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.

Select accent plants for your landscape that will provide autumn colors. Trees with 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.

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.

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 too long, they will take over gardens and other landscape plantings.

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 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.

Save seeds from favorite flowers such as marigolds by allowing the flower heads to mature. Lay seeds on newspaper and turn them often to dry. Store the dry seeds in glass jars or envelopes in a cool, dry, dark place.

Storing Vegetables and Fruit

Mary Jane Frogge
UNL Extension Associate

After a successful garden season, you may have vegetables and fruits you would like to store until you are ready to use them. Proper storage conditions are needed for fruits and vegetables that are not consumed immediately after harvest. The key to good storage is in controlling the temperature and relative humidity of the storage area. If not stored properly, they will rot and you will lose your produce.

Vegetables

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 to 40 degrees Fahrenheit for 4-5 months.

Onions: Store cured onions in a dry location at 35 to 40 degrees Fahrenheit.

Potatoes: Cure fresh dug potatoes 1 to 2 weeks in a dark, dry location at 50 to 60 degrees Fahrenheit. Store cured potatoes in a dark location at 40 degrees Fahrenheit for 5 to 6 months.

Sweet potatoes: Cure fresh dug sweet potatoes at 80 to 85 degrees Fahrenheit for 10 days. Store cured sweet potatoes in a dry, dark location at 55 to 60 degrees Fahrenheit for 4 to 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 to 40 degrees Fahrenheit for 4 to 5 months.

Winter squash: Cure vine-ripened winter squash for 10 days at 80 to 85 degrees Fahrenheit and high humidity. Store mature, cured winter squash in a dry location at 55 degrees Fahrenheit for 2 to 6 months. Acorn squash will keep well in a dry place at 45 degrees Fahrenheit for 35 to 40 days. Do not cure acorn squashes before storing them.

Fruit

For fruits such as apples, grapes and pears, store them in cool temperatures at 32 to 40 degrees Fahrenheit and moist conditions at 90 to 95 percent relative humidity. Other fruits should be canned or frozen after harvest.

Select containers for storage that have smooth inner surfaces. Baskets, melon crates or boxes are suitable. Line these containers with

aluminum foil to help retain moisture.

Apples and pears will likely last through the fall and winter if stored properly. Apple varieties should be harvested firm and ripe to insure the longest storage possible.

Harvest pears when they are full sized but still green and hard. Pears ripen quickly at 60 to 65 degrees Fahrenheit.

Grapes will usually keep for one or two months. Grapes should be stored alone because they pick up odors from other fruits and vegetables.

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

FOR MORE INFORMATION

UNL Extension NebGuide G95-1264 "Storing Fresh Fruits and Vegetables" available at the extension office or online at <http://ianrpubs.unl.edu/horticulture/g1264.htm>

Deep Watering in Fall Can Prevent Tree Death

Dennis Adams
UNL Forester

Symptoms of winter injury appear the following spring and summer, making some think a tree is suddenly dying when actually the damage was done several months before.

Drought conditions during the fall may mean serious injury to trees if it continues into winter. Trees should be thoroughly watered in the fall to help prevent winter drying injury. Fall watering may not be necessary when soil moisture is adequate, but when soil moisture is lacking, fall watering may be critical to help a tree survive the rigors of winter.

All trees lose water during normal metabolic processes. During the growing season when trees are in full foliage, large amounts of water are lost through their leaves. Even during winter months when the leaves are gone and photosynthetic processes have stopped, trees lose water to a lesser extent from exposed bark, twigs and buds.

However, sometimes the loss of moisture exceeds the amount of water the roots can absorb from dry, frozen soil. Tissue drying is the result of the tree being unable to re-



place lost water. Winter drying injury occurs most frequently during warm, dry, windy conditions. This especially is true of evergreen trees because they lose much more water through their foliage.

Damaged trees may exhibit only a few dead twigs or entire branches may die depending on severity of the injury. In very severe cases, the entire tree may die. The side of the tree facing the prevailing winds is most susceptible. Light brown, dry-appearing needles are typical of winter injury on evergreen trees. This type of injury usually is temporary, and most evergreens recover rapidly as the growing season progresses.

Usually large, well-established trees can tolerate temporary droughts without injury, but young trees are more susceptible to drought

injury. They do not have the extensive root system to draw moisture from the soil and need supplemental water during dry conditions.

In some cases, relying on a lawn sprinkler is not enough. Trees should be deep watered to a depth of about two or three feet before the ground freezes. A watering basin two to three inches deep and three to four feet in diameter, constructed around the base of a young tree will hold water until it can percolate into the soil.

The loss of trees from winter drying is unnecessary and costly, not only in monetary terms, but in intangible values such as shade, protection and beauty. If drought conditions continue, deep watering trees this fall may mean the difference between live and dead trees next spring.

A Clean Garden This Fall Means A Disease-Free Garden Next Spring

After summer's garden harvest, many gardeners tend to think the season's work is done. However, it is important to clean up the garden each fall before calling it quits for the year.

Fall garden cleanup consists of clearing away stems, leaves and other debris, says Anne Streich, horticulture educator. Insect or disease infected material should be removed so that they do not overwinter in the garden and create problems the following spring. By clearing away debris, these pests can not overwinter in the garden and may not return as quickly the following growing season.

There is no specific time frame in which fall cleanup should be done. In fact, it is a gradual process that can take place as different plants produce their last fruits of the year. However, it is important to remember that most fruits and vegetables need to be harvested before the first frost, especially tender plants such as tomatoes and peppers. If a light frost comes

early, plants can easily be protected by covering them with a sheet or blanket. Hardier plants, such as pumpkins, tend to tolerate cooler weather better and should not be too much of a concern.

Most plant debris can be moved simply by pulling the plants out by hand. Fruit and vegetable plants tend to have a shallow root system that can easily be removed. Plant debris can be used to form a compost pile or can be tilled back into the garden.

A compost pile should be placed in an area that can receive a reasonable amount of both sun and moisture. Often, compost piles are placed near the garden for easy access. In order for the compost pile to prevent any weed seeds or diseases from overwintering, the compost pile must reach a temperature of at least 140 degrees. This ensures that by late summer of the following year, the compost will be suitable for use as a fertilizer on the garden.

In order for the compost to be of use, air must be al-

lowed to circulate throughout the entire pile and the carbon to nitrogen ratio needs to be around 30-to-1. This allows the microbes that break down the plant tissue to do their job. Rotate the compost about once a week using a pitchfork and be sure to incorporate new debris with the old. Excessive turning will cool the pile down and will take longer for compost to develop.

If there haven't been any problems with insects or disease it is acceptable to leave plant debris as a mulch. This debris can then be incorporated into the soil by tilling in the fall. Often it is important to leave the tops of perennials, such as asparagus, to hold in moisture and protect the roots' crowns for the next year's growth. Other perennial plants, such as rhubarb, should be cut to the ground after they have been hit by a frost. A layer of compost or mulch can help protect the crown from freeze-thaw damage.

Take Precautions To Avoid Serious Injury When Operating ATVs

All-Terrain Vehicle accidents were the leading cause of Nebraska agriculture fatalities in 2004 and have continued that trend in 2005 said Dave Morgan, UNL Safety Engineer. However, additional tragedies can be avoided if appropriate precautions are taken.

All ATV operators should take an ATV safety course. Whenever anyone operates a new piece of machinery, he or she should have training about the characteristics of the machinery, how it operates normally and how it operates in unusual situations. No one is immune to accidents, but the increased awareness a safety course provides will help ATV operators navigate the unexpected situations that often cause them. Many ATV manufacturers offer a tuition rebate program to cover the cost of a safety course.

Use extra caution when operating an ATV in risky situations. Many accidents occur when the driver is unfamiliar with the area and doesn't know about unpredictable conditions such as sudden drop offs or cattle trails hidden by

overgrowth. Slow down when riding in unfamiliar areas. Consider walking a proposed route before riding in rugged terrain to identify potential hazards.

Carrying equipment also can pose a risk. In particular, spray tanks and other liquid-filled containers can cause balance problems for ATVs when they're going up hills, sometimes tipping them over backward or sideways. Never exceed the capacity posted on luggage and equipment racks. Current ATVs are heavy enough that if they roll on top of someone, they will cause very serious or fatal injuries.

Always wear safety gear when using an ATV. It's essential to have an ATV helmet and vented goggles. Also wear full-length pants and boots and consider wearing long-sleeve shirts and gloves, which will protect the operator when riding in tall, heavy vegetation or brushy areas.

Follow all warning labels on the ATV. No one under 16 should operate an ATV and no passengers should ride along.



Windbreak Renovation and Pine Wilt Disease

Windbreaks are living things and need periodic care and rejuvenation for good health. Learn how to cope with the destruction caused by pine wilt disease and how to restore or reconstruct your windbreak without losing its benefits.



Weed Control on the Acreage

Living in the country just means you have more weeds to control. Learn how to identify and control many of the common weeds. You will learn about chemical and cultural control methods for specific weeds based on the weed's life cycle and its most vulnerable growth stage.



Nebraska-Friendly Landscapes

Nebraska-friendly landscapes enhance our living area by conserving and protecting water resources, providing biodiversity in plantings, conserving energy and more. Learn design principles, plant placement, maintenance, and plants for a Nebraska-friendly landscape.

University of Nebraska-Lincoln Extension presents a series of programs, entitled Acreage Insights-Rural Living Clinics, targeting acreage owners and specifically designed to provide knowledge and skills to better manage a rural living environment.

The following clinics will be held in Lincoln at the Lancaster Extension Education Center, 444 Cherrycreek Road from 7-9 p.m.

For more information, contact Sarah Browning at (402) 727-2775.



"Well organized and presented. Very thorough — answered all questions we had before we needed to ask!"
— previous clinic attendee

CLINICS ARE \$10/PERSON ADVANCED REGISTRATION; \$15/PERSON AT THE DOOR
Preregistration deadline is **3 working days before clinic.**

If a minimum number of pre-registrants is not received, clinics will be cancelled — preregistered participants will be notified and receive a full refund.

REGISTRATION FORM

PLEASE CHECK WHICH CLINIC(S) YOU ARE REGISTERING FOR

Windbreak Renovation and Pine Wilt Disease
 Lincoln — Sept. 14

Weed Control on the Acreage
 Lincoln — Oct. 12

Nebraska Friendly Landscapes
 Lincoln — Nov 16

Name(s) _____

Address _____

City _____ State _____ Zip _____

Phone _____

\$10/person advanced registration, \$15/person at the door
Preregistration deadline: 3 working days before clinic.

Number attending _____

Amount enclosed \$ _____

Mail completed registration form and check (payable to UNL Extension) to:
UNL Extension in Dodge County
Acreage Insights
1206 W. 23rd St.
Fremont, NE 68025

We assure reasonable accommodations under the Americans with Disabilities Act. For assistance, or if you require language interpretation, contact Extension in Dodge County at (402) 727-2775 three weeks prior to date of clinic.



Enjoy Nebraska Foods!

By Alice Henneman, RD, UNL Extension Educator

No time to make oatmeal in the morning? Enjoy your oatmeal in this COLD oatmeal recipe for Fruit Muesli that you can make the night before. A Swiss doctor, Maximilian Bircher-Benner, invented muesli in the late 19th Century for patients in his hospital. The original muesli was made with uncooked rolled oats, grated apple, milk, lemon juice and nuts. It was served at breakfast as a protection against a variety of illnesses. Today, muesli is still associated with healthy eating with many different recipes and variations available. Cool and creamy—stir up a bowl of muesli the night before and enjoy as a quick, nourishing breakfast in the morning!

Fruit Muesli

Ingredients Per Serving:

- 1/2 cup oatmeal, quick or old-fashioned, uncooked (also called "rolled oats")
- 1/2 cup orange juice or apple juice
- 1/2 cup yogurt, vanilla or plain*
- 1/2 cup fresh, frozen or canned fruit (blueberries, raspberries, blackberries, sliced strawberries, coarsely chopped peaches, etc.)
- 1/4 teaspoon vanilla
- 1 tablespoon chopped almonds
- * You may wish to add 1 to 2 teaspoons sugar or equivalent amount of no calorie sweetener if using plain yogurt.

Mix all ingredients, except almonds. Cover and refrigerate overnight. Serve topped with almonds.

ALICE'S TIPS

1. The following raw fruits may turn brown overnight and are best added just before serving: apples, pears, bananas and peaches.
2. Create your own version of muesli by adding different nuts, fruits, spices, dried fruits, flavors of yogurt, etc.



Stocking Up on MyPyramid-Style After-School Snacks

By Alice Henneman, MS, RD
UNL Extension Educator

Help your kids make the grade this fall with healthy after-school snacks!

MyPyramid (www.MyPyramid.gov) introduced a new calorie concept of "extras."

These are the remaining calories a person can eat to meet energy needs after eating the recommended amounts of nutrient-dense forms of foods in each food group. Depending on age, gender and activity level, this equals 8 to 20 percent of total calories from "extras."

The report card isn't so good. All age-gender groups exceeded this amount. For youth, the majority of these calories come from extra solid fats and "added" sugars, such as granulated sugar. Improve your kids' (and your) score by having available these after-school (and after-work) low-fat, low added sugar selections from MyPyramid food groups.



MyPyramid.gov
STEPS TO A HEALTHIER YOU

Grains

- Snack on ready-to-eat, whole grain cereals such as toasted oat cereal.
- Try a whole-grain snack chip, such as baked tortilla chips.
- Popcorn, a whole grain, can be a healthy snack with little or no added salt and butter.

Vegetables

- Many vegetables taste great with a dip or dressing. Try a low-fat salad dressing with raw broccoli, red and green peppers, celery sticks or cauliflower. (Ranch dressing is always a favorite!)

Fruits

- Cut-up fruits make a great snack. Either cut them yourself, or buy pre-cut packages of fruit pieces like pineapples or melons. Or, try whole fresh berries or grapes.
- Dried fruits also make a great snack. They are easy to carry and store well. Because they are dried, 1/4 cup is equivalent to 1/2 cup of other fruits.



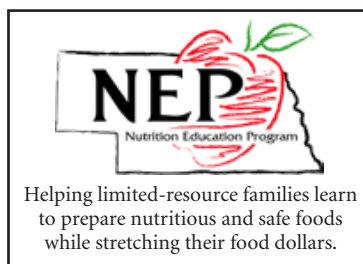
- As a snack, spread peanut butter on apple slices or top frozen yogurt with berries or slices of kiwi fruit.
- Frozen juice bars (100% juice) make healthy alternatives to high-fat snacks.

Milk

- Make fruit-yogurt smoothies with fat-free or low-fat yogurt in the blender.
- Make a dip for fruits or vegetables from yogurt.
- Enjoy a bowl of whole grain cereal and fat-free or low-fat milk.
- Cool off with a cold, refreshing glass of milk!

Snack ideas adapted slightly from snack suggestions given at www.MyPyramid.gov

\$tretch Your Food Dollars with Beans



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

Zainab Rida
UNL Extension Assistant

Nutrition Facts

Beans or legumes have been an important part of the human diet for thousands of years. They are not only tasty, easy to prepare and inexpensive but are good for your health. Beans are an excellent source of protein and iron, rich in antioxidants and fiber and contain many other valuable nutrients such as vitamin B, calcium, potassium and folate. They also are low in saturated fat and have no cholesterol.

Health Benefits

- There are many benefits of bean consumption; these include reducing the risk of many health problems such as diabetes, heart disease, cancer and other chronic diseases.
- **Diabetes:** Beans control blood glucose level in diabetics because of their high fiber content and low glycemic index.
 - **Heart Disease:** Many research studies indicate people who consumed beans at least four times per week

were found to have a 22 percent lower risk of heart disease than individuals who consumed beans less than once per week. This result is contributed to the fact beans contain low saturated fat and no cholesterol.

- **Cancer:** According to studies conducted by the U.S. Department of Agriculture, richly colored dried beans such as small red beans and red kidney beans give a high degree of antioxidant protection which helps reduce the risk of many cancers.

Iron Absorption

One and one-half cups of beans provide the same amount of iron as three ounces of meat with the exception the iron in beans is harder for our body to digest. It is very easy to improve the absorption of the iron in beans by including vitamin C foods with your meal such as tomatoes, lemon, peppers, spinach, etc. It also is very important to avoid drinking caffeine during the meal if you want to obtain more iron from your food.

Intestinal Gas

Some people avoid eating beans because of the intestinal gas they may produce. The reason behind this is our body is missing an enzyme required to break down complex sugar found in beans. The bacteria in our lower intestinal tract break down these sugars, giving off hydrogen and carbon dioxide which forms the intestinal gas.

Many solutions can prevent this problem.

- Soak beans for at least eight hours, replacing the water every few hours; then cook them slowly.
- Spices like cumin may help reduce gas formation.
- Consider buying Beano™, a product containing an enzyme that helps break down gas-producing substances in beans.

Bean Cooking Tips

- Avoid adding salt or acidic food, such as tomato and lemon, at the beginning of cooking beans; add these ingredients at the end of the cooking time, as they can toughen the bean's outer layer and slow the rate at which the beans cook.
- Beans can be seasoned for flavor enhancement with garlic, onion, lemon, tomato, cilantro, parsley and other herbs or vegetables.
- Never cook beans in the water they have soaked in. It's loaded with indigestible complex sugars that create gas in your intestine.
- Cooking times vary with the types of beans. Lentils are the fastest cooking of all beans and do not require soaking. They can be prepared in less than 30 minutes, whereas kidney beans require more time to be prepared in addition to soaking time.
- Many canned beans are high in sodium. Buy "no added salt" products or rinse thoroughly.

Make-Ahead MEALS

Free Seminar, Oct. 24

"Make-Ahead Meals" will be presented Tuesday, Oct. 24, 7-8:30 p.m. at the Plaza Conference Center, BryanLGH Medical Center East, 1600 South 48 Street, Lincoln. No cost to attend. Register by calling BryanLGH at 481-8886.

One way to eat healthier in our fast-paced world is to prepare meals ahead of time. Enjoy delicious, homemade foods when you don't have time to cook. Alice Henneman, registered dietitian and extension educator with University of Nebraska-Lincoln Extension in Lancaster County, will show you how!

Participants will receive an extensive handout with specific tips and easy, family-pleasing recipes for make-ahead meals.

FAMILY & COMMUNITY EDUCATION (FCE) CLUBS

President's Notes — Alice's Analysis

Alice Doane
FCE Council Chair

July found us on the road, again. I went to Minnesota to my brother's family reunion.

Ted went to the international Doane reunion in Davis, California.

The FCE annual Sizzling Summer Sampler was held July 11. We entertained 121 guests. It was a very enjoyable evening and a nice light supper.

A fun and educational program was given by John Rupnow, professor of Food Science at UNL. We learned how to make gummy bears



(ours came out looking like a string-no press machine). We were also told how some fast food chains make uniform onion rings. They chop onions and process them by using the same material in gummy bears to hold them together in a press. Taste and color is very important in the food world.

Dorothy Applebee, noted pianist, sat down at the keyboard and announced she was going to play London Bridge wearing many different hats. She entertained us for 40 minutes as a beginner to each phase of music history including classi-

cal, jazz, ragtime and modern popular music.

Keeping with the theme for the evening, many of our guests wore hats of different eras. What fun it was to see the different styles and colors we used to wear. Two groups from Seward County attended and, oh yes, the Red Hat ladies were in the audience also.

We sold over \$300 worth of raffle tickets for our scholarship fund.

Fourteen guests went home with baskets full of goodies.

Remember, to keep track of your volunteer hours and bring your sheet (filled out) to our next Council meeting on Monday, Sept. 25, 1 p.m.



FCE News & Events

Upcoming Dates

- **Aug. 23** — Reorganizational Packets available.
- **Sept. 25** — FCE Council Meeting, 1 p.m.
- **Sept. 28** — FCE & Community October Lesson Training, "Have It Your Way — Putting Legal & Financial Affairs in Order," 1 p.m.
- **Sept. 29–Oct. 1** — Nebraska Association for FCE Clubs State Convention, St. Paul, NE
- **Oct. 8–14** — National FCE Week
- **Oct. 16** — FCE Achievement Night, 6:30 p.m.

Re-organizational Packets

Presidents of FCE clubs can pick up their packet to reorganize for 2007 after Aug. 23. There are October deadlines within the packet. If you have questions, call Lorene or Pam at 441-7180. It is time to look forward and plan an exciting and educational year for FCE.

Council Meeting, Sept. 25

The next FCE Council meeting will be Monday, Sept. 25, 1 p.m. at the Lancaster Extension Education Center. Virginia VeeGergen will share information on the Fresh Start program for single homeless

women. The business meeting will follow the program. All FCE members are invited to attend.

Leader Training, Sept. 28

The FCE and community leader training lesson "Have It Your Way—Putting Legal and Financial Affairs in Order" will be Thursday, Sept. 28, 1 p.m. at the Lancaster Extension Education Center. Extension Educator Lorene Bartos will present the lesson. Topics include:

- How to make your wishes known,
- Where to go for help in legal and financial areas,
- How to have conversations with family members to make decisions and communicate with them.

If you are not an FCE member and would like to attend call Pam, 441-7180, so informational packets can be prepared.

Achievement Night, Oct. 16

The 2006 FCE Achievement Night will be Monday, Oct. 16, starting with a dessert at 6:30 p.m. Everyone is asked to bring food, paper products or a donation for the annual FCE Food Bank drive. An interesting program is being planned. Clubs and members will be recognized for years of membership. Call Pam, 441-7180, if you plan to attend.



by Lorene Bartos, UNL Extension Educator

Stain Removal Tips

Pollen: Gently shake the item to remove as much pollen as you can, then use the sticky side of a piece of tape to lift off the rest. Pretreat with a prewash stain remover. Launder using chlorine or oxygen bleach.

Rust: Use a commercial rust remover, using caution and following the directions carefully. Never use chlorine bleach or a product containing chlorine bleach on a rust stain, it will set the stain.

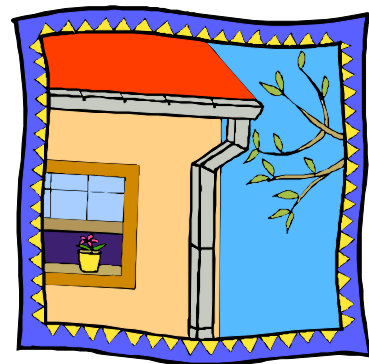
Fall Maintenance

Lorene Bartos
UNL Extension Educator

It may seem early but now is the time to think about fall maintenance of the home. Everyone will soon be busy with school and fall activities and winter will be here before we're ready. By doing a maintenance check now, the home will be ready for winter and it will save time and money later.

Schedule these jobs to be done this fall as time permits and involve the family in making the home and yard ready for next season.

- Rake debris away from the sides of the house and other outbuildings.
- Clean out gutters and check down spouts and roof for leaks.
- Clean out deck debris above joists.
- Note any foundation, brick or stucco cracks.
- Clean around air condition compressor.
- Trim away any limbs or shrubs touching the house.
- Clean flower beds and garden areas.
- Inspect and replace any worn weather-stripping.
- Inspect and clean windows, check storm window, if they are used.



- Inspect and lubricate windows for emergency exits.
- Clean out window wells and under decks and porches.
- After gardening season, clean and oil tools.
- Check chimney and have it cleaned, if necessary.
- Check crawl space for broken heating ducts, mold, excess moisture or insects.
- Prepare mowers and other yard equipment for storage.
- Check snow blower and make sure other snow removal equipment is in good shape and available.
- Clean the garage and/or storage shed.
- Find proper storage for summer games and sports equipment.

Enjoy the rest of the summer and take time to get the home and yard in order so the winter snow can come without the worry of what should have been done.

Starting the "New Year" Out Right

For many people, the new year starts in September, rather than in January. Fall is the time to shift gears. It is time to re-adjust to the daily demands of work and school and to make plans for the year.

Getting back into the "real world" after the summer often sounds harder than it is. A lot depends on our attitude. Is it really true vacations are always restful while work is tedious? Many of us welcome the return to a regular routine. For working parents, in fact, it may be a relief to get children off to school again. By the end of the summer, we and they are ready to go back to their respective jobs.

Easing Back into Home Routines

Now is the time to put into place the routines you

want to follow this year for both you and the children. Think of it as an opportunity to get a new start; to continue the things from last year that worked and to find new ways to handle those that didn't go so smoothly.

First decide what your goals are for yourself and the children. These should determine many of your practical plans.

Morning and Evenings Need Attention

Pay particular attention to the beginning and end of the day since these can be stressful times. Also, be aware of children's need for adequate sleep. In families in which both adults work, children are going to bed much later these days.

Understandably, parents who work want to spend time with their children in the evening, but late bedtimes affect what happens in school the next day.

Teachers across the country say, "Kids who are exhausted can't concentrate; they can't process information in the same way. It also affects their ability to socialize with their friends. There are more fights and tears when kids are tired." So the beginning of a new school year is an opportunity to adjust bedtime to allow for earlier rising. It may be hard to do, but be firm. Remember routines and rituals help children close down for the day and go to bed calmly.

Now is also the time to set up a clear plan for homework and TV. Take into account your arrival home, when you eat dinner, how much homework

time will be needed this year, which TV shows are top priority and work out a new evening schedule with your family.

Adjusting to Preschool

Young children especially adjust to new school or class situations by making a relationship with one adult—a new teacher or caregiver. When a child feels comfortable and safe in a new classroom or environment, he or she will be ready to have fun and learn and you will be able to go to work with a minimum of anxiety.

Your attitude can help or hinder this process. Communicate to your child you have confidence in the new teacher or caregiver. Make some time early in the year to get to know the teacher as a person and to exchange

information about yourselves as well as your child.

Coping With Pick-up Time

It may be hard, at first, to get your child to preschool, but most parents find it is even harder to pry their kids away at the end of the day. If you don't get a smile at pick-up time, don't be upset. Your child has "held it together" all day and is likely to ignore you or be cranky when you arrive.

Even though you are tired and anxious to get home, allow a few extra minutes to watch your child do an activity before you leave. They say goodbye—together—to the teacher, to the other children—and don't forget the guinea pig.



Field Day, Sept. 6

The Nebraska Corn Board and Nebraska Corn Growers have partnered with University of Nebraska–Lincoln Extension to conduct a Field Day addressing Irrigation Management and Energy Conservation on Wednesday, Sept. 6 at the Agricultural Research & Development Center (ARDC) near Mead.

Topics include:

- Crop ET measurements with ET Gauges
- Furrow irrigation management demonstration
- Soil water measurements
- Sprinkler package selection above
- In-canopy demonstration.

Participants will meet at the ARDC Building at 8:30 a.m., rain or shine. Bring rain gear if raining. Training is from 9 a.m. to 4 p.m.

Registration is free but is limited to the first 100 registrants. Register by Monday, Aug. 28 by calling (800)529-8030 or using the registration link at <http://ardc.unl.edu/cmdc-corn.htm>

Chemical Control of Eastern Redcedar

Herbicides can be used to control eastern redcedar, however, they should be viewed as just another tool in the integrated management program. Depending on the application method and chemical type, the use of herbicides can be time consuming and expensive, especially when used on denser tree infestations or large tracts of land. Effectiveness also is variable depending on the tree size and label directions and/or restrictions. Always read and follow herbicide label directions. Herbicide information on control of troublesome plant species, including eastern redcedar, is updated annually in UNL Extension's Guide for Weed Management in Nebraska (EC-130). In general, herbicides for eastern redcedar control can be used for broadcast application or individual-tree spraying.

Broadcast Treatments

Broadcast application is the most common method of applying herbicides in agricultural settings. The key message for the efficacy of broadcast treatments in eastern redcedar control is: "the shorter the tree the better control."

Since tree height was the most important factor influencing the level of chemical control (tree injury) with broadcast treatments, the herbicide efficacy data from a Nebraska study was categorized by tree height. Recommended herbicides for trees up to two feet tall include: Surmount,



Vicki Jedlicka, University of Nebraska–Lincoln Extension in Lancaster County

The shorter the tree the better control.

Grazon P&D and Tordon. However, the same herbicides will not provide satisfactory control of trees taller than two feet, indicating the importance of tree height. Surmount at a rate of five pints per acre can cause short-term grass injury in the form of leaf yellowing and top growth burning.

Individual-Tree Treatments

Individual-tree treatments can be applied directly to the tree foliage or to the soil around the tree base. Soil treatments can minimize the amount of herbicide used and the exposure to non-target species; however, soil treatments may not be effective

unless applied before rainfall, preferably in spring or fall. Rain water is needed to move the herbicide into the root zone, allowing easier uptake by a tree. Recommended herbicides for soil application around a tree base include Tordon 22K at the rate of 1 cubic centimeter (milliliter) per foot of tree height or Velpar-L at 4 cubic centimeter (milliliter) and Spike 20P at 1 cubic centimeter (milliliter) for every inch of tree diameter.

Adapted from Crop Watch Newsletter article by Steven Knezevic, Extension Integrated Weed Management Specialist, UNL, June 30, 2006. To access the complete article, go to <http://cropwatch.unl.edu/archives/2006/crop14/redcedar2.htm>

Eastern Nebraska Farmers are Rediscovering Wheat

Tom Dorn

UNL Extension Educator

We normally think of central and western Nebraska as winter wheat country but dryland producers in eastern Nebraska are starting to come back to wheat as well.

Improved varieties with greater resistance to foliar diseases respond to the higher rainfall we typically receive in this end of the state. Farm yields of 60 to 70 bushels per acre have become common in recent years.

The highest yield in the 2006 University of Nebraska–Lincoln variety test plot in Lancaster County was 112.4 bushels per acre. Nine of the 47 varieties tested exceeded 100 bushels per acre. The average yield across all varieties (including some old public varieties, planted strictly for comparison) was 90.7 bushels per acre. Results can be found on the Web at <http://varietytest.unl.edu/winterwheat/2006/wh0613.htm>.



University of Nebraska Institute of Agriculture and Natural Resources

workload over two harvest periods rather than harvesting all crops in the fall. Some folks take advantage of the post wheat harvest slack time to apply biosolids and manure.

If weeds are controlled with herbicides following wheat harvest, the soil retains much of the July–September precipitation resulting in more moisture in the soil profile in the spring than is found following fall harvested crops. In dry years, this can result in much higher yields of corn or soybeans planted into wheat

stubble as compared to the normal corn/soybean rotation.

Finally, if alfalfa is a part of the crop rotation, one has the opportunity to fall seed alfalfa into wheat stubble. If there is adequate rainfall to get a good stand established in the fall, the first year yield of fall planted alfalfa can be nearly double the yield of spring planted alfalfa.

Wheat price is always higher than corn price per bushel. Current Kansas City Board of Trade prices are hovering around \$5 per bushel. When differences in production costs are considered, wheat should continue to compete quite favorably with corn and soybeans on a net profit per acre basis.

Other advantages of adding wheat to the crop mix include: One can spread the



These three ears of corn were collected in eastern Lancaster County on Aug. 1 by Extension Educator Tom Dorn. The ear on the left was from no-till corn planted into soybean stubble. It had reached late dent stage with no tip-back. The ear in the middle was from a from a tilled field planted into soybean stubble. It was in dough stage when picked. The ear on the right was from a late planted field no-till planted into corn stubble. It had just finished shedding pollen. An average of 5.5 western and northern rootworm beetles per ear were clipping silks back into the shucks interfering with pollination.

Experience the Power of Red

An open house for high school students and their families

Sponsored by the College of Agricultural Sciences and Natural Resources

Saturday, Oct. 7

8:30 a.m.–1:30 p.m. • East Campus Union



- Explore Career Opportunities
 - Meet Current Students
- Learn More About Our 24 majors and 2 Pre-professional Programs
- Interact with Deans, Faculty and Staff
- Register for a Scholarship and Other Cool Prizes

To register or more information, call 472-4445 or go to <http://casnr.unl.edu/future/experience.htm>

Registration deadline: Sep. 29

UNIVERSITY OF
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Lincoln

A Few Bad Wasps Spoils the Whole Bunch



Cicada killer (a digger wasp)



Eastern yellowjacket worker



Golden paper wasp nest

Barb Ogg

UNL Extension Educator

Like many bees, wasps have bright warning coloration which serves them well to keep predators away. Many wasps may look dangerous, but in fact, are not aggressive and rarely sting.

Many wasps have thin waists, but others, like yellowjackets, are more robust and their waist is not obvious. Wasps are beneficial insects because they are predators or parasites of other insects and spiders. Of the wasp species, only yellowjackets and hornets are exceptionally aggressive.

Digger Wasps

Digger wasps belong to the family Spicidae. The largest wasp in Nebraska, the two-inch cicada killer wasp, is a digger wasp. It is black with yellow markings on the thorax and abdomen and has rust-colored wings. Another species, the steel-blue cricket hunter is about one-inch long and is dark, metallic blue with black antennae and wings.

Digger wasps are solitary wasps. Instead of living in colonies, individual females supply underground burrows with paralyzed insects which become food for their offspring. Cicada killer wasps capture annual cicadas and place them in cells located at the ends of the tunnels they have dug in the ground. Tunnels are about the size of a quarter and extend 24 inches or more into the ground.

People are often alarmed when they see these large wasps for the first time.

But, they are not dangerous. To get stung, you would have to pick up one of these wasps. They are not aggressive and do not attack.

Mud Daubers

Mud daubers are black and yellow, thread-waisted solitary wasps which also belong to the family Spicidae. They build a hard mud nest, often on ceilings and walls, attended by a single female wasp. Like other solitary wasps, they do not defend their nests and rarely sting.

Yellowjackets, Hornets and Paper Wasps

Yellowjackets, hornets and paper wasps belong to the family Vespidae. Of these, yellowjackets and hornets are similar because they are very aggressive. Paper wasps are less defensive and rarely cause a problem, unless their nest is near human activities.

These wasp colonies begin in the springtime with a single overwintered queen. These wasps build paper nests made from fibers scraped from wood mixed with saliva.

During the early summer, the growing colony is fed large amounts of protein in the form of insects and spiders. In late summer, the colony grows more slowly, reducing protein requirements, but requiring sugar for energy. The large number of foraging wasps are attracted to sweet substances at this time. During late summer, the colony produces queens and males which mate. After mating, the males die, but the mated queens seek sheltered locations to overwinter. The rest of the original colony

dies out with cold temperatures.

Yellowjackets. Yellowjackets are about 1/2-inch long, black and yellow, with a stout body. Yellowjackets often build oval paper nests in the ground, in old rodent burrows, but may also live in protected cavities, like wall and ceiling voids. One yellowjacket, the German yellowjacket, builds aboveground colonies. Yellowjackets vigorously defend their colonies and are disturbed by vibrations. Many people inadvertently come across a yellowjacket colony when they mow their lawn or are weeding. In late summer, yellowjacket workers are active around picnic sites, patios and dumpsters, seeking sweet liquids. Traps can be helpful in attracting yellowjackets away from picnic areas.

Hornets. The baldfaced hornet is technically a yellowjacket which builds a large, pear-shaped paper nest. This hornet is about 3/4-inch long and is black with whitish markings. Nests are typically attached to a tree, bush or side of a building. Hornet nests may contain thousands of wasps which are extremely aggressive when disturbed. Removal of these out-of-reach nests can be difficult and are best left alone. Removal can be safely done after the colony dies out in the fall.

Paper Wasps. Paper wasps are about 3/4-inch to one-inch long and have a reddish-brown to black body with yellow stripes on the abdomen. They have slender bodies, a thin "wasp-like" waist and legs that dangle when they fly. The distinctive nests are suspended from a single, central stalk and consist of an upside-down umbrella

of cells. These small nests are often fastened to building eaves, but may be in attics and other structures. Paper wasps are not usually aggressive unless disturbed.

Adults forage for nectar, their source of energy, and for caterpillars to feed their young. Because they feed on garden pests, many gardeners consider them to be beneficial insects.

Wasp Control

Wasps are beneficial because they feed voraciously on insects and spiders. It is best to leave isolated nests alone, especially those of non-aggressive species. Social wasp colonies will die out after frost.

Control tactics are based on the type of wasp nest. At night, spray exposed, aerial wasp nests with a wasp-freeze type aerosol. Direct the pressurized spray stream into the nest opening. Do not use wasp freeze indoors.

Control wasps in the ground or wall voids by applying a dust insecticide in the nest opening. The wasps will crawl through the dust and contaminate the nest. Cautiously scout the nest during the day to locate the opening, but the treatment should be done after dark to keep from getting stung. Don't use a regular flashlight; instead illuminate the area with a red light. Yellowjackets and other insects can't see red—it looks black to them.

If wasps are nesting in wall voids, attics or other interior locations, seal entrances to prevent other wasps from nesting in these areas in future years.

Make a Cheap, Simple Trap for Yellowjackets

Traps may be used to capture yellowjackets foraging for sweet liquids in the late summer. Yellowjackets will be active on warm days until frost. Traps are available commercially, but inexpensive traps can be made of simple components which will work quite well.

What you need:
2-liter plastic soda pop bottles
Stapler
Knife
String or wire.

- Cut the top off the bottle, just below the shoulder.
- Turn the top upside down and insert it into the bottom. Use three or four staples to hold it into place.
- Punch two holes in the side of the bottle and tie a wire or string for hanging.
- Pour in your attractant and spill a little on the side of the bottle and around the funnel top. One researcher compared different attractants and found Mountain Dew™ works well.



- Hang your bottle on a post or tree 20-30 feet away from the trash receptacle.
- Discard traps when they become full of wasps or lose their attractiveness. This can be safely done at sunrise or after sundown.
- For most effective control, use half a dozen or more of these traps.

Hands-On Termite Applicator Training, Sept. 27 & 28

University of Nebraska-Lincoln Extension will offer a two-day, in-depth training for entry-level termite applicators, home inspectors, regulators and other interested persons. The Termite Applicator Training will take place Sept. 27-28 from 8 a.m. to 5 p.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln.

Presenters will represent UNL Extension, Nebraska Department of Agriculture and pest control industry personnel (Pest Management Supply, Bayer Crop Science, Dow AgroSciences and BASF). UNL presenters will include Dennis Ferraro, Clyde Ogg, Barb Ogg and Shripat Kamble.



Classroom presentation topics will include termite biology, termiticide calculations, termiticide effectiveness and soil dispersion, baiting systems and Nebraska regulations.

Participants will have an opportunity to inspect

a home for termites and perform hands-on termite treatments (perimeter and sub-slab applications). Learn how to choose, maintain and calibrate termiticide equipment.

Early registration fee before Sept. 1 is \$300; at the door, fee is \$325. Registration will include lunches, breaks and reference materials. Register early because number of participants is limited. For more information about this program, contact Barb Ogg at 441-7180.



NEBRASKA STATE FAIR 4-H/FFA NEWS



Get ready for fun at the 2006 Nebraska State Fair Friday, Aug. 25 through Monday, Sept. 4! For a schedule of 4-H at the state fair and more, go to <http://4h.unl.edu/programs/statefair>

State Fair Exhibitor Tickets

State Fair exhibitor tickets for \$3.25 may be purchased and picked up at the extension office. These passes are for 4-H members and their immediate family only. Parking on the fairgrounds is FREE this year.

Volunteer at the State Fair!

Hundreds of people volunteer their time and energy in making 4-H at the Nebraska State Fair incredibly successful. Along with the opportunity to participate in this great event and meet new people, each volunteer will receive a free gate entrance pass to the State Fair for the day(s) they volunteer.

Volunteers are needed for: Exhibit Hall 4-H hosts, 4-H CyberFair, Discover 4-H activity, contest/event Assistance and Exhibit Hall project area assistant. Thanks to the many volunteers who have already committed to helping! *Right now, the biggest need is for Exhibit Hall hosts on Aug. 27 and Sept. 2.* For more information, contact Doug Swanson at 472-2805.

4-H Mascot volunteers are also needed. For more information, go to <http://4h.unl.edu/kids/mascotvolunteer.htm> or call Tracy Pracheil at 472-9016.

State Fair Savings

The Lancaster County Citizenship Washington Focus (CWF) youth are selling "Bonus Buck Books" for the Nebraska State Fair. The Bonus Bucks have a value of over \$250 for the Nebraska State Fair. They include a variety of great coupons with \$1 offs, half-offs, buy one get one free, percent off purchases from food and product vendors at the fair including the Devaney Center. The costs of the books are \$5. A portion of the proceeds will go to the CWF travel fund. If you would like to purchase one, please contact Deanna Karmazin at 441-7180 or stop in at the extension office.

Tentative 4-H Schedule

For complete 4-H schedule, Fairbook and results, go to <http://4h.unl.edu/programs/statefair>

Aug. 24	7:30-10 a.m.	State Fair 4-H Static Entry Day, <i>Exhibit Hall</i>
Aug. 25	5 p.m.	4-H Exhibit Hall Opens
Aug. 26	7:30 a.m.	Dog Show, <i>Exhibit Hall Arena</i>
	6 p.m.	Dairy Goat Showmanship, <i>Swine, Sheep, Goat Barn</i>
Aug. 27	8 a.m.	Dairy Goat Show, <i>Swine, Sheep, Goat Barn</i>
Aug. 30	12:30 a.m.	Discover 4-H: Free Fun Activities for Kids! <i>Exhibit Hall</i>
Aug. 31	12:30 p.m.	Discover 4-H: Free Fun Activities for Kids! <i>Exhibit Hall</i>
Sep. 2	8 a.m.	Presentations, <i>Youth Complex Demo Rooms</i>
	9 a.m.	Poultry Show, <i>Small Animal Pavilion</i>
	10 a.m.	Discover 4-H: Free Fun Activities for Kids! <i>Exhibit Hall</i>
	2 p.m.	Sheep Promotion Contest, <i>Exhibit Hall Arena</i>
	4 p.m.	State Public Speaking Contest, <i>Youth Complex Demo Rooms</i>
	5 p.m.	Breeding Sheep Show, <i>Exhibit Hall Arena</i>
	7 p.m.	Sheep Showmanship, <i>Exhibit Hall Arena</i>
Sep. 3	8 a.m.	Market Steers & Heifers Show, <i>New Arena</i>
	8 a.m.	Market Lamb Show, <i>Exhibit Hall Arena</i>
	8 a.m.	Presentations cont', <i>Youth Complex Demo</i>
	10:30 a.m.	Fashion Show, <i>Bob Devaney Sports Center</i>
	11:30 a.m.	4-H All Stars Celebrity Autograph Session, <i>Exhibit Hall</i>
	1 p.m.	Shopping in Style Fashion Show, <i>Bob Devaney Sports Center</i>
	1:45 p.m.	First Alumni Cake Decorating Contest, <i>Exhibit Hall</i>
	2 p.m.	4-H Ice Cream Social, <i>Exhibit Hall</i>
	6 p.m.	Swine Showmanship, <i>Swine Arena</i>
Sep. 5	7:30 a.m.	Breeding Heifers Show, <i>New Arena</i>
	8 a.m.	Dairy Show, <i>Beef Arena</i>
	8 a.m.	Rabbit Show, <i>Small Animal Pavilion</i>
	8 a.m.	Swine Show, <i>Swine Arena</i>
	8 a.m.	Presentations cont', <i>Youth Complex Demo</i>
	3-6:30 p.m.	Static Exhibits released, <i>Exhibit Hall</i>

Ak-Sar-Ben 4-H Youth Expo, Sept. 26-Oct. 1

The 79th Ak-Sar-Ben 4-H Youth Livestock Exposition will be held Sept. 26-Oct. 1 at the Qwest Center in Omaha. More than 2,000 4-H families from an eight-state area participate in the Expo. For more information and a complete schedule, go to <http://aksarben.org/4-H>

Windstream Donates \$3,000 for 4-H Camp Scholarships



(L-R) Stephanie Frana (Windstream Regional Sales Manager), Michael Veburg (4-H Teen Council), Tracy Kulm (4-H staff), Deanna Karmazin (4-H staff), Jean Pedersen (4-H Council), Kyle Pedersen (4-H Teen Council), Nicole Pedersen (4-H Teen Council) and Brad Hedrick (Windstream Vice President and General Manager)

On Aug. 11, Windstream Communications donated \$3,000 to Lancaster County 4-H as part of the company's ongoing commitment to helping the people and communities it serves "grow places." The donation will fund scholarships to send underprivileged 4-H'ers to state 4-H camps. Teen Council members received the donation on behalf of Lancaster County 4-H youth.

"Windstream is proud to provide this \$3,000 sponsor-

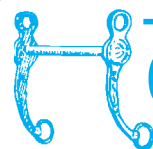
ship to the Lancaster County 4-H Teen Council," says Brad Hedrick, Vice President and General Manager of Windstream. "This donation is just a part of Windstream's commitment to give a total of \$100,000 to local 4-H clubs in the communities we serve when we have the Green Truck Tour in town."

The Green Truck Tour, which features the green vintage pickup truck used in Windstream commercials, will

travel to 33 towns in 15 states.

There are three Nebraska 4-H camp locations: Halsey, Gretna and Alma. Each summer, more than 40 camps are offered, ranging from half day to four days/three nights.

"This is a great opportunity for 4-H youth," says 4-H staff member Tracy Kulm. "4-H camps develop leadership skills and teamwork. Those positive experiences last a lifetime."



HORSE BITS

State Horse Expo Results

The 2006 Fonner Park State 4-H Horse Exposition was held July 16-20 at Grand Island. Below are the top Lancaster County 4-H placings. Complete results are online at <http://4h.unl.edu/horseshow>

GRAND CHAMPION

McKenzie True, Showmanship 12-14
McKenzie True, English Pleasure 12-14
McKenzie True, English Equitation 12-14
Morgan Marshall, Western Pleasure Horses 15 & up

RESERVE GRAND CHAMPION

Mindy Leach, Showmanship 15 & up
Mindy Leach, English Pleasure 15 & up
Cassie Krueger, Pole Bending 15 & up
Robyn Shannon, Elementary Dressage

3RD PLACE

Amanda Essink, Barrel Racing 15 & up
Ryan Hagan, Calf Roping

4TH PLACE

Taylor Holliday, Dally Team Roping - Header
Alex Scheideler, Elementary Dressage

ALL-AROUND AWARDS

Alex Scheideler, 3rd place for Junior All-Around



(L-R) Ben Leach, Mindy Leach and Morgan Marsall made it to Senior Showmanship finals.

4-H'ers Invited to Attend Dennis Reis' "No Dust Tour" FREE

Reis Ranch Universal Horsemanship has once again generously provided free tickets for 4-H horse families and club leaders to attend horse whisperer Dennis Reis' "No Dust Tour" Aug. 26-27 at the Lancaster Event Center. Normal admission for two people for two days is \$25. The 2-day event runs from 10 a.m.-5 p.m. each day. Tickets for 4-H'ers can be picked up now until Aug. 25 (or until all tickets are given out) at UNL Extension in Lancaster County, 444 Cherrycreek Road. Tickets are first come first serve. (Do not call and ask for tickets to be held for you; and tickets may not be used for resale.)

Reis' demonstrations are no stage act — he applies his methods with horses owned by local residents in the cities on his No Dust Tour. The troubled horses that local residents bring to Reis have a variety of problems ranging from bucking, biting, spooking, trampling, running away, and worse. Over two days, and sometimes only 15 or 20 minutes, Reis transforms these horses into relaxed, gentle, mounts.

For more information about Reis, go to <http://www.reisranch.com>.



"Fair's Over, Now What?" Volunteer Training, Sept. 26

Leaders, parents and interested volunteers are invited to attend this 4-H training Tuesday, Sept. 26, 9:30 a.m. or 7 p.m. Discover how to complete the current 4-H year and how to prepare for the next 4-H year. Awards, project completion/selection and club reorganization will be covered. Bring your questions and ideas! You must RSVP by calling 441-7180 prior to Monday, Sept. 25.

Lancaster County 4-H Seeks New 4-H Council Members

The 4-H Council is composed of youth and adults working together in the interest of promoting activities of Lancaster County 4-H. Meetings are held the second Tuesday of each month at 7 p.m. at the Lancaster Extension Education Center. Individuals interested in serving on the 4-H Council are encouraged to contact Tracy at 441-7180 for more information and an application. Terms are three years for adults and two years for youth.

4-H Teen Council Invites New Members!

The Lancaster County 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. 4-H Teen Council members are involved in several leadership activities such as organizing the 5th & 6th Grade Lock In and the Ice Cream Social at the Lancaster County Fair. Call Tracy at 441-7180 for more information or to join!

September

Karen & Joel Armstrong

Lancaster County 4-H is proud to announce Karen and Joel Armstrong as co-winners of September's "Heart of 4-H Award" in recognition of outstanding volunteer service.

The Armstrongs have volunteered for 4-H for nearly 10 years. Karen has been organizational leader of the Star City Llamas club for five years. They have led the llama club in numerous community service activities such as:

- visiting schools and churches — often tying llamas in with South American studies
- visiting retirement homes and the Madonna Alzheimer Unit
- participating in the annual Star City Parade — includes designing costumes for 4-H members and llamas, as well as floats (the manure wagon is lavishly decorated to disguise its function)
- pairing with Waverly FFA to set up a petting zoo at the Camp Creek Threshers Show and All 4 Kidz Expo.

"I like being a 4-H volunteer because of the great kids and involved families," says Karen. "Plus the extension office is great to work with. My favorite experience is seeing faces light up in young and old alike when my kids share their animal projects."

The Armstrongs' two daughters, Rebecca and Kacy, were active 4-H members (both are now in college). The Armstrongs are special event photographers and have taken photographs at many 4-H events — see their Web site at www.vantageimaging.com. They belong to the Nebraska Llama Association and have helped at national llama shows.

Congratulations to the Armstrongs! Volunteers like them 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 available at the extension office. Nominations of co-volunteers welcome.



Award Nominations Due Jan. 1

Nominations are needed for the following 4-H awards. Deadline is Jan. 1. Application forms are available at the extension office or online at <http://lanaster.unl.edu/4h>

4-H Meritorious Service — presented to individuals or organizations which have exhibited consistent and strong support of the 4-H program. 4-H members are not eligible.

Outstanding 4-H Member — presented to an individual who has excelled in their involvement with the 4-H program and are 14 years of age or older. The basis for selection appraises the variety and depth of 4-H activities.

I Dare You Youth Leadership Award — awarded on behalf of the American Youth Foundation (AYF) to high school juniors or seniors who strive to achieve their personal best and make a positive difference in their community. Two 4-H members will be selected from Lancaster County. Lancaster County 4-H Council provides award recipients with a hardbound copy of William H. Danforth's book, *I Dare You!*

4-H Scholarships Due Jan. 1

The Lancaster County 4-H program offers a variety of scholarships. Deadline is Jan. 1. Information and applications are available at the extension office or online at <http://lanaster.unl.edu/4h>.

COLLEGE

The following college scholarships for the 2007-08 school year are available to high school seniors active in 4-H:

4-H Council—awards six \$500 scholarships.
Lincoln Center Kiwanis—awards two \$2,000 scholarships.

Teen Council—awards two scholarships to 4-H'ers who are active in Teen Council and help with at least one major fundraiser.

Lane Scholarship—awards one \$200 scholarship to a 4-H'er attending Raymond Central High School.

4-H CAMP

The following scholarship goes toward attending 4-H summer camp(s):

Joyce Vahle Memorial Scholarship—awards one \$100 scholarship to a youth age 8-14. Applicants should currently be, or have been, enrolled in at least one sewing project.

4-H Thanks Sponsors

Lancaster County 4-H would like to thank all of the businesses, organizations and individuals that sponsored 4-H events, activities, programs and trophies throughout the past year. This support enhances the educational experience of the 4-H youth.

4N Angus
4-H Teen Council
4-H Council
Ace Hardware
Ace Rent-to-Own
Affinity Snacks
Anderson Ford Mazda
Animal Haven Pet Hospital
Applebee's
Chet Axthelm Memorial Cup
Jim & Cindy Bauman
Bluestem Valley Farms
Camelot Concessions
Capitol Pork Producers
Carlos O'Kelly's
Chapelle Polled Herefords
Dave & Kim Cheney Family
Warren Cheney Family
Chipolte
CiCi's Pizza
Circle D Ranch
Clear Water Pools
Complete Music
Coffman Family
Condon Family
The Cookie Company
CountrySide Cooperative
Cracker Barrel

Crawford Family Shorthorns
Ted DeHass & Sons
DJTJ Angus
Dairy Queen
Dairy Queen Grill & Chill
de Huisschilder Painting & Remodeling
Don Dierberger Family
Dilley Family
Alice Doane
Ted Doane Hampshires
Dorchester Farmer's Coop
Douglas Theatre Company
Ron Dowding Family
Robert and Sandra Dresser
Martin Dye
DZyn's Hair studio
East Campus Starrs
Engine House Cafe
Express Stop
Farm Credit Services of America
Farmers Bank
Farmers Cooperative Co
Farmer's Cooperative Co Martell Branch - Jim Bauman
Fitch Trucking, Inc
Four Winds Farm
Joe, Lois and Julia French
Julia French Show Cattle
Gagner Construction
Melvin & Linda Gagner
Gana/Nisley Show Cattle
Gifford Farms
James Gleason
Blayne Glissman Family
Godfather's
Laverne Grage Family
Haes Contracting
Hair Masters
Hancock Fabrics
Husker Carwash
Farmers National
Farmland Industries
Richard and Linda Hanigan and Family
Hauschild Feeds

Heather Family
Irene Heidtbrink Memorial
Heidtbrink Feeds
Amy Hoff Photography
Rod Hollman
Holthus Family
Wayne, Joyce, & Eric Houser
Larry & Senator Carol Hudkins
Hutchins Family
Hy-Vee
David and Tina Johnson/
LAN-OTOE Farm
Deanna & Steve Karmazin Family
Julie and Bill Keech
Kent Feeds
LAN OTOE Farm
Lancaster County Agricultural Society, Inc. (Fair Board)
Lancaster Event Center
Lancaster County Farm Bureau
Leathers by Lil
Lee Booksellers
Mr & Mrs Mike Lessman
Liberty First Bank
Lincoln Women's Chamber of Commerce
Kent E Lovelace, D.D.S.
McDonald's
Franklyn Manning
Meadow Gold
Messick Quarter Horses, Tack and Feed
Millard Lumber
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Mueller Farms
Clyde & Helen Naber
Nebraska Beef Council
Nebraska Corn & Soybean Boards
Nebraska Dairy Council
Nebraska Tire & Energy
Abbey & Cortney Neemann
Ian Neemann
Steven & Stephanie Nelson
Nisley Brother's Shorthorns
Norris FFA Alumni
Oak Creek Plants & Flowers

Gary & Diane Ossenkop
Pampered Chef - Lisa Woeppel
Papa D's Pizzeria
Duane Parrish Family
Parrott Family
Larry Pershing
PetSmart
Pinnacle Bank
Pfizer Global Manufacturing
Pleasant View Farms
Tim Powers Memorial
Premier Hair Studio
Lois Princ
Russell Princ Registered Angus
Rabbits 'R' Us 4-H Club
Rainbow Ends - Glenda Mach
Randy's Donuts
Rick, Tammy, Nick and Andra Rasby
Raymond Central FFA Alumni
Barbara Reifschneider
Roberts Dairy
Rock Creek Ranchers 4-H Club
Ervin Rolofson/Raymond Grange
Russ's Market
Russwood Chrysler Jeep Dodge
Pat and Larry Ruth
Saline State Insurance Agency/
Dan James Agent
Salt Creek Wranglers
Salt Valley Grange #413
Sam's Club
Schaefer's T.V. and Appliance
Scheidler Family
Scrap Your Heart Out
Shepherd of the Hills Church
Shimmering Shamrocks 4-H Club
Shooting Sports 4-H Club
Allen & Charlene Sieck
Sieck Show Cattle
Ron & Donna Snover
Southeast Community College
Welding Department
SouthPointe Pavilion
State Farm Insurance
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Tractor Supply Company
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United Way of Lincoln
Michael Vaughn Family
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Wal-Mart
Waverly FFA
Waverly Grange #369
Weaver's Potato Chips
Welp Hatchery
Westfield Gateway
Wether-Ewe Farm - Doug & Cheryl Johnson
Wilkinson Sheep Farm
Windstream Communications
Windwalker Concessions Inc.
Winter Poultry
Dwayne & Joan Wittstruck
Women's Clinic of Lincoln

We apologize for any inaccuracies. If you notice any corrections, please call us and we will include the information in next month's Neblin.

Thank You to Volunteers

University of Nebraska—Lincoln Extension in Lancaster County would thank all of the people who donate their time and talents to help enrich the lives of the youth in the Lancaster County 4-H youth development program.

Results of Firth Listening Sessions Reported at Town Hall Meeting

By Yelena Mitrofanova and
Phyllis Schoenholz
UNL Extension Educators

The Firth Village Board invited all residents of the Firth community to attend a Town Hall meeting on July 13 at the Firth Community Center. This was the second Town Hall meeting in Firth's community visioning process.

At the first meeting held in March, residents learned what a visioning process is. Visioning is a process by which a community defines the future it wants. Also at the meeting, volunteers signed up for three committees: Logistics, Communications and Research.

Members of the Communication and Logistics committees organized and advertised the second Town Hall meeting. Volunteers provided child care and freshly baked cookies. Even though there was a tornado warning, nearly 22 people attended.

The main purpose of the meeting was to report to the community the results of the Firth Listening Sessions (see below). UNL Extension Educators Yelena Mitrofanova, Dennis Kahl and Phyllis Schoenholz



gave a PowerPoint presentation and handed out a report on their findings (a summary of the report was also translated into Spanish).

Following the report, attendees divided into three small discussion groups. The groups ranked and prioritized the five "themes" residents envisioned for Firth's future. They considered criteria such as cost and availability of funds, time, resident interest, etc.

Two discussion groups prioritized the themes:

- 1) Controlled/planned growth
- 2) Business development

- 3) Diverse people get involved in future planning
- 4) Opportunities for recreation and social/community engagement
- 5) Small town atmosphere

The third group prioritized the themes in a mission statement: Firth's Future Mission — Controlled growth and business development, while maintaining a "small town atmosphere," thus creating opportunities for recreation and social comfort by allowing all to become involved in "our" planning.

As the groups came back together for reporting, they came to the consensus the foundation or spirit of future planning should be centered around the "small town atmosphere" of friendly neighbors and a clean neat town.

At the end of the Town Hall meeting, participants formed a Citizens' Advisory Committee which can help the Firth Village Board plan for Firth's future.

FOR MORE INFORMATION

Contact UNL Extension Educator Phyllis Schoenholz at 768-7212 or Jill Hoeffer of the Citizens' Advisory Committee at 791-5013. The Listening Sessions' report and PowerPoint presentation is online at http://lancaster.unl.edu/community/community_Firth.shtml

Listening Sessions Gather Input from Firth Community

University of Nebraska—Lincoln Extension Educators Yelena Mitrofanova, Dennis Kahl and Phyllis Schoenholz facilitated Firth's community visioning process. A series of 11 Listening Sessions were held and April and May to gather community input.

Community volunteers committed a lot of time and energy to help make the Listening Sessions successful. Members of the Logistics and Communication committees scheduled, promoted and advertised the sessions, provided child care and refreshments, and found a Spanish translator.

To ensure representation of various opinions, listening sessions were held for different segments of the community:

- young parents
- farmers
- business owners
- fire department volunteers
- youth
- school staff
- senior citizens
- nursing home residents & employees
- Spanish-speaking residents

There were also two listening sessions held as open public meetings allowing anyone living in Firth to participate in the process. In all, nearly 140 community residents expressed their opinions about the future of Firth.

During the Listening Sessions, three questions were asked:

- 1) What are the major problems and challenges in your community?
- 2) What are the major strengths and assets of Firth?
- 3) What is your vision of Firth in 10–15 years?

The facilitators recorded, analyzed and compiled the answers into a report. They also identified major themes.



Major Issues & Problems

- **Safety/Stop Signs and Speed Enforcement** — Many intersections need stop signs and many major roads need speed bumps to slow traffic down; speeding on the community roads is a real concern for all residents.
- **Business District Development** — Lack of businesses located in the Firth area negatively effects the quality of life; people want to see businesses located in Firth such as a family-owned restaurant, a doctor's clinic, small grocery and professional services such as an accountant or a lawyer. Satellite businesses could be open two to three days a week to serve the community and Firth residents would not need to drive to Lincoln to meet basic needs.
- **Lack of Community Involvement and Community Spirit** — Firth is short of youth, volunteer and community activities; welcoming and accepting new residents as well as better communication between local officials and community residents will significantly enhance community spirit and community pride.
- **Lack of Planning and Visioning** — Without the defined vision and the concept of planned growth that should be incorporated into the community comprehensive plan,

the village has hectic development that could result in losing prime ag land to acreages plus there is not enough room for the village to grow.

- **No Diversity on the Village Board** — The village board composition does not reflect the diversity of the community population in terms of age, gender, education and socio-economic background; young people want to have the opportunity to be involved and influence a decision-making process.
- **Attractiveness of the Village** — Majority of people expressed concern over a large number of tires stored in open areas. Plus, the need for entrance signs to let people know they are in town.

Major Assets & Strengths

- **Great School System** — Norris public school is the biggest asset and attraction of the Firth community; people move and reside in the area because of the Norris school.
- **Small Town Atmosphere** — Firth is quite a close knit and caring community where people know each other and feel very safe and peaceful.
- **Maintenance of the Village** — A lot of people complimented the great job of the village board in keeping the village in such

good condition: paved roads, new playground equipment in the park, regular community clean-ups, etc.

- **People** — One of the most essential assets of Firth is people, who are hard-working, educated, intelligent, capable, caring, friendly, family-oriented and diverse in terms of age, gender, occupation, etc.
- **Natural Environment** — Firth has a lot of trees, lakes and parks and is surrounded by prime ag land.
- **Churches** — "We are all connected — one big family — no matter what the religion; we have three churches in the Firth area"

Vision of Firth's Future

Looking ahead in planning for the future of the Firth community, and from all of the comments and opinions extended during the Listening Sessions, the facilitators found five major "themes" incorporate what residents think are important and what the future should look like:

- 1) Small town atmosphere with sense of community
- 2) Diverse people get involved in future planning
- 3) Controlled/planned growth
- 4) Business development
- 5) Opportunities for recreation and social/community engagement

EXTENSION CALENDAR

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

August

August 24–Sept 4 **Nebraska State Fair, State Fair Park**

September

- 5 **4-H Council Meeting** 7:30 p.m.
 6 **Irrigation Management and Energy Conservation Field Day,**
Agricultural Research & Development Center near Mead 8:30 a.m.–4 p.m.
 10 **4-H Teen Council Meeting** 3 p.m.
 13–14 **55 Alive Driver Safety Program** 12:30–4:30 p.m.
 14 **Acreage Insights-Rural Living Clinic “Windbreak Renovation
 and Pine Wilt Disease”** 7–9 p.m.
 21 **4-H Kick Off** 6 p.m.
 26 **4-H Leader Training** 9:30 and 7 p.m.
 Sep. 26–Oct. 1 **Ak-Sar-Ben 4-H Livestock Exposition,**
Qwest Center, Omaha
 27–28 **Termite Applicator Training** 8 a.m.–5 p.m.
 28 **Community & FCE Leader Training Lesson “Have it your Way – Put-
 ting Legal and Financial Affairs in Order”** 1 p.m.

After-School

continued from page 1

“Each after-school site has unique needs depending on its neighborhood, existing resources and program structure,” says Teri Hlava. “We work with their staff to personalize and customize 4-H resources to meet their particular needs.”

This past year, 14 after-school programs and six summer sites have actively partnered with 4-H, involving more than 1,600 children.

Gary Bergman, unit leader of UNL Extension in Lancaster County, says, “After-school programs are addressing important neighborhood needs. By collaborating with after-school programs, 4-H is able to have a positive impact in the lives of more youth.”



Teri Hlava (left) reviews 4-H curriculum with School's Out staff.



4-H develops life skills. 4-H incorporates this “Targeting Life Skills” model throughout its curriculum.

TO FIND OUT MORE

Let your after-school program know if you are interested in your child participating in 4-H after-school activities. To find out more about after-school programs in Lincoln, contact:
 • Lincoln Community Learning Centers at 436-1966 or www.lincolnclc.org
 • Family Service School's Out at 441-7949 or www.familyservicelincoln.org

Driver Safety Course, Sept. 13 & 14

The 55 Alive Driver Safety Program the nation's first and largest classroom driver refresher course designed for motorists age 50 and older. The 55 Alive course will be offered in Lincoln as two, four-hour sessions on Wednesday, Sept. 13 and Thursday Sept. 14 from 12:30 to 4:30 p.m. at the Lancaster Extension Education Center. AARP certified instructor Dwaine Alcorn will teach the sessions. Cost is \$10 payable at the door. To register for the class call 441-7180. All persons 50 and older are eligible to participate.

- The course is designed to help you:
- Understand the effects of aging on driving.
 - Learn driving strategies that take into account the changes we experience as we age.
 - Identify the most common crash situations we face and reduce the changes of having a crash.
 - Update your knowledge and understanding of today's roads, vehicles, and other road users.
 - Think about how you drive, and identify when driving may no longer be safe.

2006 Make It Yourself with Wool Contest

This contest offers both youth and adults the opportunity to promote the beauty and versatility of wool fabric and yarn. Personal creations in sewing, knitting, crocheting, spinning and weaving of wool fabric, yarn is encouraged. Categories and ages for this contest are:

- Preteen, 12 and under
- Junior, 13–16
- Senior, 17–24

- Adult, 25 and over
 - Made for Other (any age)
- The District III contest will be held at the Lancaster Extension Education Center, 444 Cherrycreek Rd., Lincoln on Saturday, Nov. 4 with registration beginning at 8:30 a.m. You may enter any district contest. For other district contest dates and locations, forms or more information, contact Tracy at 441-7180.



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

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Lancaster Extension Education Center
 Conference Facilities
 444 Cherrycreek Road, Lincoln
 Lobby Phone: 441-7170



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4-H'ers Aim for Excellence at Lancaster County Fair

The county and state fairs are the culminating events of the 4-H project year. Many 4-H youth choose to showcase their finished project(s) at the county and state fairs. By successfully completing projects, youth gain practical skills. By exhibiting at fairs, youth gain life skills such as communicating and thinking critically.

The 2006 Lancaster County Fair was held Aug. 2-6 at the Lancaster Event Center in Lincoln. A total 4,473 4-H/FFA exhibits were showcased (includes static exhibits, Clover Kids exhibits, animals and contest entries). Number of animals entered in the 4-H/FFA livestock shows was up nearly 30% and extra stalls had to be installed.

Horse judge Trish Kolterman said, "I believe I receive more from the people in Lancaster County Fair horse show than I could possibly ever give. The positive atmosphere, the high energy, the great kids and horses all give me a rush that cannot be duplicated. The competitors all did a great job, and I saw significant improvement in riders. Your show is truly an outstanding horse program which is rivaled by none."

Complete 4-H ribbon results and more photographs are online at <http://lanaster.unl.edu/4h/Fair>



The Lancaster County 4-H Shooting Sports Club presented a BB Gun Shooting Range for the second year in a row. New this year was an Archery Range.



There were 20 entries in the new 4-H project "Quilt Quest." Interview judging is an opportunity for 4-H youth to discuss their project(s) with judges for valuable feedback.

Photos by Vicki Jedlicka, UNL Extension in Lancaster County



Several 4-H/FFA teams participated in the new Cattle Fitting Contest. They had a half hour to blow, groom and prepare their beef animal for show.



The Lancaster County Fair has the largest 4-H county fair horse show in Nebraska, with 31 events spanning five days.



Poultry is one of many 4-H animal projects.



The 4-H Corner Stop concession stand is Lancaster County 4-H Council's main fundraiser each year. More than 130 youth and adults volunteered at the stand this year!



For the first time, a unicycle was entered in the 4-H Bicycle Safety Contest.

Can You Guess It?



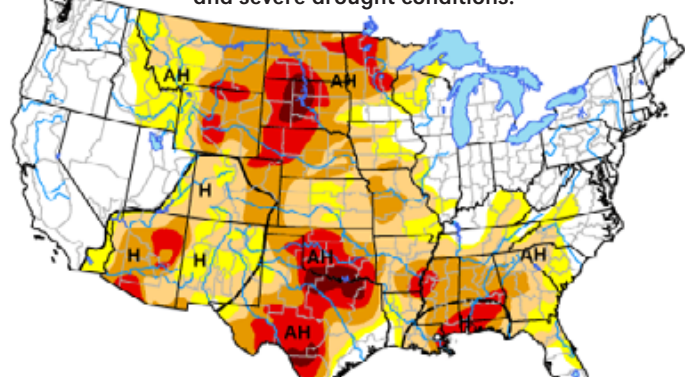
Vicki Jedlicka, UNL Extension in Lancaster County

Did you guess it? Find out at <http://lanaster.unl.edu>

Did you guess it from the August NEBLINE? The answer was a Green June Bug.

U.S. Drought Monitor Map

As of Aug. 8, Lancaster County bordered between moderate and severe drought conditions.



Intensity: D0 Abnormally Dry, D1 Drought - Moderate, D2 Drought - Severe, D3 Drought - Extreme, D4 Drought - Exceptional. Drought Impact Types: A = Agricultural (crops, pastures, grasslands), H = Hydrological (water), (No type = Both impacts). For the most recent map, visit <http://www.drought.unl.edu/dm>. Source: National Drought Mitigation Center, University of Nebraska-Lincoln

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

Nebraska LINCOLN EXTENSION

Learn about 4-H!

4-H Kick Off

Thursday, Sept. 21

Q & A!

6 p.m.

Prizes!

Lancaster Extension Education Center
 444 Cherrycreek Road, Lincoln



4-H'ers will share completed projects!

4-H is a learn-by-doing program with more than 150 projects from which to choose. Youth learn practical skills and develop life skills!

How to get involved:

- Help form a new 4-H club
- Be an independent member
- Participate in 4-H activities such as camps
- Join an existing 4-H club (limited availability)

441-7180 • lanaster.unl.edu/4h

