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NEBLINE

NEBRASKA EXTENSION IN LANCASTER COUNTY

Nutrition Education Program Reaches 15-Year-Milestone Teaching Nutrition in Lincoln Schools

Jessica Meuleners
Extension Assistant

Teaching nutrition education to students throughout their educational experience is key to developing healthy habits to last a lifetime. Over the past 15 years, a collaborative effort between Lincoln Public Schools (LPS) and Nebraska Extension in Lancaster County's Nutrition Education Program (NEP) has worked on building these healthy habits among students and their families.

In 2000, NEP staff developed school enrichment nutrition kits to provide age appropriate nutrition education for 1st, 4th and 5th grade classrooms. The kits were designed to meet LPS nutrition curriculum objectives. Teachers use the kits to enhance their existing health textbooks. Kits include supplemental lessons using hands-on materials such as science experiments, posters, wall charts, interactive games, food models, activity sheets, books, videos, puppets and more! Each grade level kit incorporates reading, math and science.

The kits have increased nutrition education in participating classrooms from an average of 2 hours per year to as high as 12 hours per year.

In 2004, kits were developed for kindergarten, 2nd and 3rd grades. By 2010, nutrition kits were developed for middle school health and family & consumer science classes.

This program is funded from the United States Department of Agriculture's Supplemental Nutrition Assistance Program, targeting limited-income families. To be eligible for the kits, schools need to have at least 50 percent free and reduced breakfast/lunch participation. Currently, 25 elementary and middle schools are eligible

see *NUTRITION KITS* on page 3



Nutrition kits contain all the materials needed for hands-on educational experiences (1st grade kit pictured).

School Year	Classrooms	Students	Teaching Hours
2000-2001	94	1,642	531
2001-2002	105	2,283	1,054
2002-2003	104	1,900	1,145
2003-2004	106	1,956	1,255
2004-2005	144	2,678	1,789
2005-2006	168	3,009	1,765
2006-2007	214	3,808	2,246
2007-2008	261	4,861	2,921
2008-2009	349	6,820	3,674
2009-2010	348	6,922	3,622
2010-2011	361	7,210	3,082
2011-2012	437	8,864	2,819
2012-2013	355	7,431	2,462
2013-2014	365	7,325	2,436
2014-2015	389	7,982	2,700
15 year total	3,800	74,691	33,498



NEP staff Kristen Houska leads a healthy snack activity for 2nd graders.



NEP staff Jessica Meuleners leads 5th graders in a physical activity using resistance bands.

Teachers Say...

"A child's educational world has become so driven by testing. Using the nutrition kit provides a refreshing way to teach and learn. The students (and their teacher) love the curriculum's hands-on activities, games, experiments and brain breaks. I look forward to teaching this unit each year! Thanks for providing such an organized and motivational set of materials."

—Susan Horne, Holmes Elementary

"We have been using the UNL nutrition kits for quite a few years. It is entertaining to see

the kids initial reaction when they are told we are going to learn about nutrition and health (insert the groans and moans here). However, they quickly come to learn that the nutrition kits are more than just another lesson out of the text books. We have a blast using the hands-on materials to explore germs, nutrition and many other important components that contribute to living a healthy lifestyle. At the end of every session, I can truly say that both my students and I have a better understanding of what it takes to live healthy and ways to make that happen!"

—Molly Trumble, Hartley Elementary

"I always look forward to when we receive the nutrition kits. Having used them for a number of years in 2nd grade, I knew that when I moved to 3rd grade that they would be great, and I was right. The kit was packed with hands-on activities that were not only very motivating for the students, but also reflect the topics on nutrition that are relevant to an 8 or 9 year old. For a teacher, the kit was so complete and well organized, it was easy to know the objective and to make plans for health class."

—Karen Heafer, Hartley Elementary

Students Say...

"The video helped me eat more healthy food on my breakfast plate. Something I learned from the video is eating breakfast helps you think smart and it helps you stay active."

—Riley Elementary 4th grader

"You inspired me to always wash my hands and make yummy, healthy snacks to stay healthy. The veggie roll-up you helped us make was so delicious that my parents and I are planning to buy the yogurt, ranch seasoning, tortilla and the carrots. My whole family wants to try it!"

—Lakeview Elementary 4th grader

see more quotes on page 3

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Sitting is the New Smoking

22 Tips for Sitting Less and Moving More

Alice Henneman, MS, RDN
Extension Educator

Sitting for prolonged periods of time has been called the "new smoking" due to increased health risks.



Sitting for prolonged periods of time increases many health risks.

According to a study in the 2015 *Annals of Internal Medicine*, "Prolonged sedentary time was independently associated with deleterious health outcomes regardless of physical activity." Outcomes associated with sitting for prolonged periods of time included an increased incidence of heart disease, diabetes and cancer.

The Canadian researchers' conclusions were based on pooled data from 41 international studies.

"More than one half of an average person's day is spent being sedentary — sitting, watching television or working at a computer," said Dr. David Alter, Institute for Clinical Evaluative Sciences, and senior author of the study.

Exercising for a half hour daily helps, however, it isn't enough if we're inactive for the remaining 23 plus hours. The effect was most pronounced in people at lower levels of physical activity than at higher levels.

Here are some tips to get you started sitting less and moving more. Check those you could do — you may be surprised how easy it is to add more activity to your day.

Take a 1–3 minute break every half hour or so during the day to stand and move around.

You could fit this in with some of the activities cited below. For example, taking the stairs, walking during a break or noon time, etc.

- Pace during phone calls.
- Walk over to your colleagues' desk to talk versus emailing, instant messaging or calling them. Stand once you get there.
- Schedule a regular 5–10 minute physical activity break into your day, such as 10 minutes of activity at 10 a.m. and again at 2 p.m.
- Drink more water — it's good for your body and you'll walk more going to the restroom. Use the bathroom farthest from you.
- Have standing meetings. An added benefit is standing meetings are usually shorter and more to the point.
- Use some type of fitness tracker that counts your steps or miles.



Walking is an easy way to move more.

Work up to 10,000 or more steps (about 5 miles), a guideline recommended by several health organizations.

Set a timer to remind you to get up and move. There are several apps (both free and at a slight cost) that signal when a time you designate has passed. Also, some wearable fitness trackers remind you when to move. Use your favorite search engine to locate some possibilities, using such phrases as: "apps that encourage moving more" or "fitness trackers that encourage moving more."

Use a wearable fitness tracker or smartphone app that lets you form a group with friends on your device (tablet, computer, smartphone). The motivation of others moving may motivate you also.

- Participate in physical activities with your children, such as bike rides, Frisbee throws and walking the dog together.
- Walk up and down the soccer or football field while your child is playing.
- Change channels on the TV manually. Get up and move during commercial breaks on television. Stand up part of the time while watching TV.
- Park your car farther from your destination.
- Use the stairs.
- Cook more of your meals — you'll move more than getting your meal at a drive-through restaurant or sitting in a restaurant. Plus, you may save some money and eat healthier.
- Tidy up your house more often. Vacuum more and keep

your carpet cleaner. Mop that kitchen floor before your feet start sticking to it. Scrub down your bathroom — clean floorboards, wash windows, remove grime that sticks around faucet joints.

- Pack a sack lunch and save some time during your lunch break for a walk.
- Buy a jogging stroller and jog or walk with your child.
- Sit on an exercise ball and fidget while you work.



Sitting on an exercise ball and fidgeting is one way to move more.

- Walk down every aisle at the grocery store whether you need to or not. But stick to the grocery list of healthy foods.
- Wear comfortable shoes that encourage walking.
- Form a work group for walking — maybe a stroll to the library over lunch break.

The bottom line: This isn't an issue to be taken sitting down!

References:

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- University Health Network (UHN). (2015, January 19). *Sitting for long periods increases risk of disease and early death, regardless of exercise.* ScienceDaily. Retrieved June 29, 2015 from www.sciencedaily.com/releases/2015/01/150119171701.htm

HEALTHY EATING

ENJOY NEBRASKA FOODS!

Alice Henneman, MS, RDN, Extension Educator

Take a break from sitting and mix together this quick dip. Stand and move around more as you peel and chop nutrient-rich veggies to serve with it. Choose some whole grain crackers.



SALSA YOGURT DIP

Mix two parts plain yogurt with one part salsa (for example, mix 1 cup plain yogurt with 1/2 cup salsa)

New Videos on Parenting Plans & Mediation



Nebraska parents are court mandated to complete a parenting plan before custody and divorces are finalized. To better serve Nebraska families, two seven minute videos which explain developing a parenting plan and the mediation process are now available online at <http://child.unl.edu/divorce>. Debora Denny, J.D., Director of the Office of Dispute Resolution, and Casey Karges, Executive Director of The Mediation Center, teamed up with Nebraska Extension educators who teach "Co-Parenting for Successful Kids" classes to develop the

videos with Nebraska-specific information.

A parenting plan is designed to help parents and children experience healthy adjustment to the changes experienced with separation. Parentings plans put the child at the center of the parents' decisions.

Nebraska Parenting Act mediation is an informal problem solving process in which an experienced, impartial mediator meets with parents to assist them in creating a parenting plan. The mediator does not make parenting decisions, but helps both parents



identify the child's needs and make mutual decisions which are in the child's best interest.

ADDITIONAL RESOURCES:

- Nebraska Office of Dispute Resolution, <https://supremecourt.nebraska.gov/5942/office-dispute-resolution>
- The Mediation Center, www.themediationcenter.org
- Nebraska Extension divorce, children & stepfamilies resources, <http://child.unl.edu/divorce>

Back to School Time is Near — Is Your Family Ready?

Lorene Bartos

Extension Educator

It is time to start thinking about getting your family ready to go back to school. As time allows in the next weeks prior to school, there are things we can do to make the transition easier for adults and children.

If you have someone entering kindergarten, even if they have attended preschool or gone to daycare, there will be separation anxiety for both the parent and the child. This anxiety is a normal growth pattern for children. It is part of their development. Always let your child know you are leaving. Say goodbye even though it may be difficult for both of you.

As you prepare for the school year the following are important items to check:

- Review your child(ren)'s medical records and make sure all their vaccinations are up-to-date and all school physicals are complete or appointments have been made. If children are involved in sports, do they have their physicals?
- Prepare your child(ren)'s wardrobe. Summer clothes will probably be fine for the first few weeks of school. Check fall and winter clothes to make sure they still fit or to see what may need to be purchased. Watch sales and consignment shops for clothes. Make sure you and your children are aware of the school's dress code.
- Check what school supplies will be needed and watch for sales or, if necessary, learn what organizations are willing to help supply these items. Generic pencils, folders and backpacks work just as well as the latest fad ones. These

items are also good to put on birthday and holiday gift lists for grandparents, etc.

- Plan the transportation that will be used. If there are older children and they will be walking to school, practice the path. If your family will be carpooling, check with the neighbors or friends to work out a schedule.
- Check with the school or make sure you have read and kept up-to-date on correspondence so your children have everything they need for the new school year. Make sure you have the start and dismissal time of school.
- Make sure to mark the school safety night and open house on

the calendar so your children can get started for the new school year in the right way.

- Start early planning and practicing the new fall bedtime and wake-up schedule. Work on routines that were not used during the summer. These might be breakfast schedule, bath time and bedtime routines.
- Perhaps set aside some time each evening to play a quiet game or read. Stress the importance of being awake and alert for the school day.
- Talk with your children about the new school year so they're prepared for the changes that will take place and are ready for a productive school year.

Nutrition Kits — 15 Years

continued from page 1

to partake in the program. Eighteen of the 25 participating schools have 100% classroom participation.

NEP staff members deliver the kits to the classrooms and lead the students in hand washing or a physical activity. The kit remains in the classroom for up to three weeks. During this time, teachers use the materials as they teach their nutrition unit. When NEP staff pick up the kits, they assist students in making a healthy snack.

Based on the local success, Nebraska NEP has replicated the school enrichment program for schools across Nebraska. Agencies in other states have also replicated the program — including Kansas, Missouri, Wisconsin and New Hampshire. Last year, there was interest and partnership in developing similar kits for schools in the Czech Republic.

Research shows for every dollar spent on nutrition education to families, \$2.07 to \$5.29 are saved in health care costs. In Lancaster County, teachers and administration continue to support usage of these kits and the benefits to their schools and students. The quotes with this article illustrate the impact the nutrition kits have made on youth, teachers and the community over the past 15 years.



Nebraska Extension AmeriCorps member Liz Kneiff presents a hand washing activity using glow lotion and a blacklight to show 4th graders how thoroughly they wash their hands.

Students Say

continued from page 1

"One thing I learned was from the soda activity. It was very surprising to see how much sugar you consume in an entire year."

—West Lincoln Elementary
5th grader

"My mom and dad know not to buy unhealthy things from now on."

—2nd grader

"I tried new foods. I tried lima beans, zucchini and peppers. I didn't like these things but I eat them anyway. It's not that I like them, it's because my health, so my bones and muscles can get stronger. I am staying healthy no matter what, hip hip hooray!"

—Sacred Heart Elementary School
2nd grader

"I love the health unit — it is the most fun thing in school ever."

—3rd grader



ASK LORENE

FAMILY LIVING TIPS

Lorene Bartos, Extension Educator

Question: How should I care for my septic tank? Are septic tank additives needed? How often should the tank be pumped?

Answer: A septic tank needs regular maintenance just like a car. Additives are not needed in a septic tank. When the tank should be pumped depends on the size of the tank and the number of people in the household and if you have a garbage disposal. Pumping is recommended every 1–5 years and not longer than 7 years.

Keep your septic tank in good working order by limiting the amount of water used at one time and do not put any chemicals or non-biodegradable items down the stool.

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

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, bleach cleaners, glues, oil-based paint, paint thinner, furniture stripper, oil-based stains, old gasoline, transmission fluid, pesticides, small propane cylinders. You can dispose of compact fluorescent light bulbs at these waste collections.

DO NOT BRING latex paint, fertilizers, medicines/pharmaceuticals, electronics & computers, large 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 or go to www.lincoln.ne.gov (keyword: household).

Saturday, Aug. 22 • 9 a.m.–1 p.m.

Veyance Technologies: 4021 N. 56th St.

Saturday, Sept. 26 • 9 a.m.–1 p.m.

Lincoln Industries: 600 W. E St.

Saturday, Oct. 24 • 9 a.m.–1 p.m.

Woods Park: S. 31st & J St.

Friday, Nov. 13

Appointment Only: Call 402-441-8021 to schedule

Latex paint is not accepted at Household Hazardous Waste Collections. Usable latex paint can be taken to EcoStores Nebraska paint exchanges Sept. 26 at 530 W. P St., 402-477-3606.

Gully Erosion Management

Tyler Williams
Extension Educator

With the heavy rainfall received in some areas of Nebraska this spring, you most likely have some gully erosion in your crop fields. Gully erosion not only reduces your soils productivity, but will also cause field and waterway damage. This may be a one-time effect from the extreme rainfall, but many fields have gullies that form every year from field runoff, especially in tilled fields. Entire field tillage or tillage of the drainage-ways, destroys soil structure, reduces surface cover and increases the risk of erosion. Even though tilling these drainage ways does smooth them out, this will most likely still be a problem next year and more topsoil will be lost.

Precipitation Timing and Risk of Erosion

Most of Nebraska's precipitation comes from April to August, which is during the typical crop-growing season. The surface cover provided during the growing season often limits the amount of soil erosion. If precipitation comes before the crop growth, it can significantly impact the rainfall runoff rate and soil stability. Even with the typical rainfall pattern, there is still the probability of receiving a significant rainfall event outside of the growing season. According to the High Plains Regional Climate

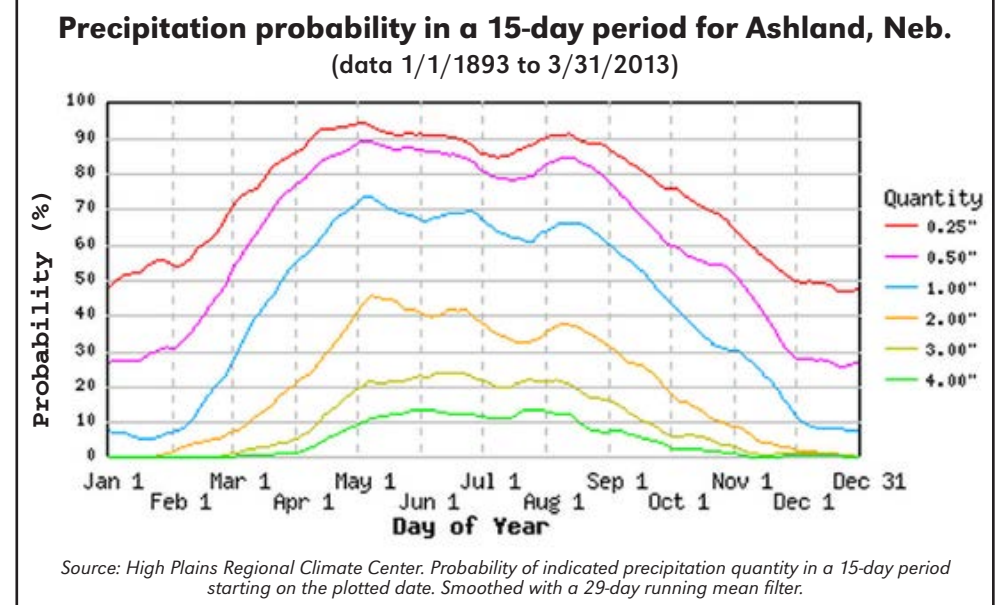
Center, Ashland, Neb. has a 50 percent probability of receiving a 1/2-inch of precipitation within a 15-day period on March 1 (see precipitation probability graph at right). The same probability can be said for Nov. 1. These dates are outside of the growing season and many gullies, or even entire fields, have already been tilled. This tillage severely increases the risk for erosion, especially in conventional tillage following soybeans. For most years, it is often the middle of May before crop growth is significant enough to cover the soil surface. At this time of year, there is a 45 percent probability of receiving 2 inches and 20 percent probability of receiving 3 inches of rainfall within a 15-day period.

Topsoil and Crop Yield

A study by Papiernik et. al in Minnesota added 15–20 cm of topsoil from the lower slope of an eroded field to the upper slope and saw a 30 percent increase in corn and soybean yield. They also saw a 50 percent (year 1) and 20 percent (year 2) grain yield reduction where 15–20 cm of topsoil was removed. This is just one research project, and it may not perfectly translate to Nebraska soils, but there is definitely some value in retaining topsoil in the field, and this is one example.

Management Options

It has been shown fields with continuous no-till have a significant



impact on reducing soil erosion. No-till fields typically have a greater infiltration rate (among other benefits), thus reducing the amount of runoff in high-intensity rainfall events. Even though no-till and surface residue management is fairly effective at reducing erosion, gully erosion can still exist in concentrated flow areas during extreme rainfall events. Whenever rainfall rates exceed infiltration rates, especially on saturated soils (such as Spring 2015), other methods may be necessary to reduce the gully erosion.

Use terraces to intercept the runoff and grassed waterways or underground tile lines to carry the water away from

the field without causing severe erosion. If your situation does not allow for the building of terraces, tile drains or grassed waterways, winter annual cover crops may provide short-term coverage without taking acres out of production. Winter annual cover crops, such as cereal rye, may provide adequate growth in the fall to reduce fall and early spring erosion in these gullies, especially after soybean harvest. These winter annuals can then be killed using a herbicide in the spring before planting. This added cover may reduce soil loss and the need to fix gullies year after year.

Pruning Raspberries

Sarah Browning
Extension Educator

Raspberry crowns live for many years, but their canes are biennial in nature. Each year new shoots grow from buds in the crown. Late in the summer, these new canes develop lateral branches with fruit buds on them. Early next spring, fruit-bearing shoots grow from these buds. After fruiting, the old canes die and new shoots spring up from the crowns.

It's important to understand how raspberries grow, so you remember to remove this year's fruiting canes once you have finished harvesting. These fruiting canes may be removed any time after harvest, but it's a good idea to remove them sometime late this summer or fall. They should be cut off close to the base of the plant, removed from the planting and destroyed.

Here are more specifics for each type of raspberry.

Red and Yellow Raspberries (One Crop Type)

Post Harvest Pruning

Remove canes from which fruit have been harvested. Ideally, this pruning is done from late June through early-July, depending on the cultivar and weather. But it can be done anytime in late summer or fall. Removing canes allows better light penetration into the hedgerow for the newly-developing shoots and can help reduce disease.

The new shoots or suckers should also be reduced in number (thinned) immediately after fruit harvest. Leave four or five strong canes, 1/2 inch in diameter or greater, per foot of hedgerow. If no such canes are present, leave the two largest canes.

Dormant Season Pruning

Remove the winter-killed portion of canes in late winter or early spring after the danger of severe weather has passed and before bud swell. Usually, this will be 1–3 inches of the cane tip. However, after severe winters or if you have attempted to grow non-hardy cultivars, 3–4 feet of the cane may have been killed.

If the plants are grown in hedgerows, keep the width of the rows to 18 inches or less and remove all plants outside the row areas. Remove small, spindly canes, leaving those that are 1/2 inch or more in diameter. Leave four large canes for every foot of hedgerow.

Pruning During the Growing Season

In early summer, do not pinch back, or reduce the height, of the current season's growth. If the canes get too tall to support themselves, it is better to construct a trellis than to reduce the height.

Everbearing Red Raspberries

Everbearing raspberries can be managed to produce two crops a year, with one crop in early July and the other in late August or September. But gardeners usually do better to

manage them for one larger fall crop. This method sacrifices the lighter and lower-quality summer crop for a heavier fall crop.

Everbearing raspberries are able to produce two crops a year because they produce flower buds on both old and new canes. By pruning out all the fruiting canes every year, you create a once-a-year bearing cycle.

Dormant Season Pruning

Manage your everbearing raspberries to produce one large crop each year by pruning plants in late winter (early to mid-March) while the ground is frozen and before new growth has begun. By hand, rotary mower or other mechanical device, remove all aboveground growth. A 1–2 inch stub will usually remain after mowing. In August or early September, fruiting will occur on the current season's growth.

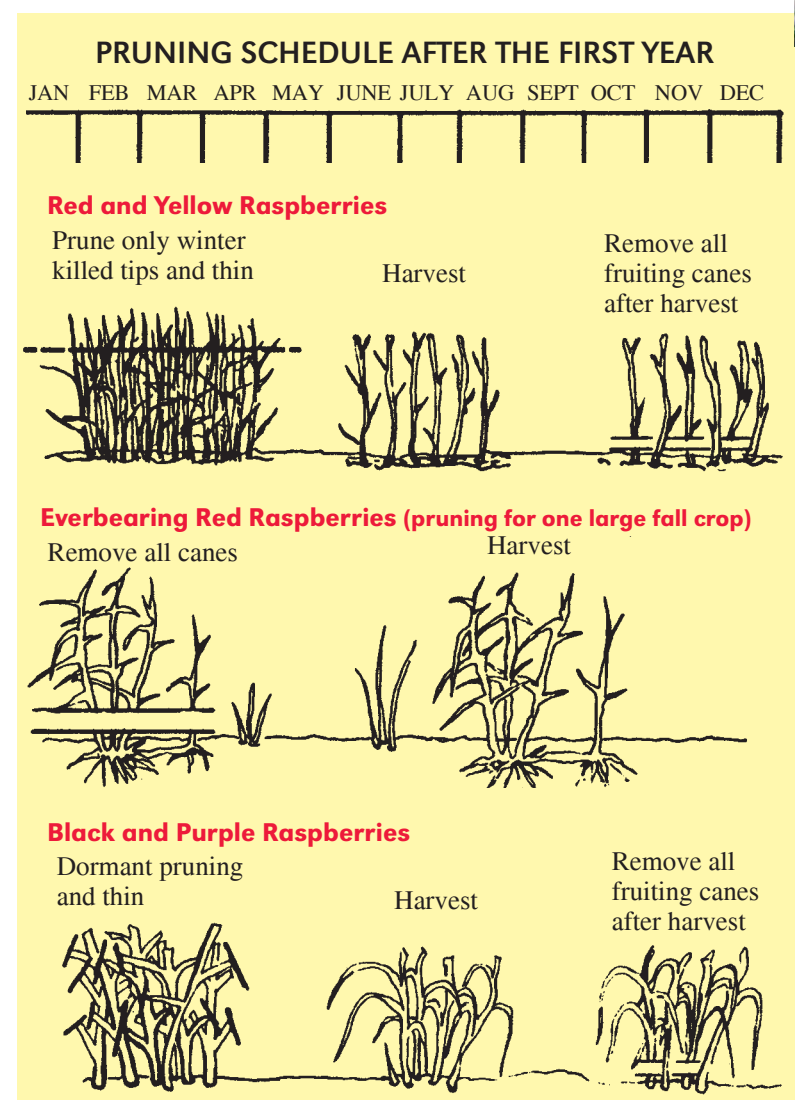
Black and Purple Raspberries

Post harvest pruning on black and purple raspberries is done during the dormant winter period, when foliage is gone, to make pruning easier.

Dormant Season Pruning

Do this pruning in late winter or early spring after the danger of severe weather is past and before bud swell. Start by removing all canes from which fruit was harvested last summer.

Next, reduce the length of lateral branches for remaining canes. For black raspberries, leave an 8 inch lateral after pruning. Be prepared to remove a sizable amount of plant



material, as the laterals may have grown to 8 feet or longer. Laterals of purple raspberries are pruned back to 10–18 inches. Remove all spindly laterals. This severe pruning practice improves both the size and quality of the fruit.

Pruning During the Growing Season

Black and purple raspberries require summer pruning or pinching back of the current season's new shoots. Remove the top 4 inches of the new

shoots by hand (wearing gloves) or with pruning shears when the shoot is 30–36 inches tall for purple and 18–24 inches tall for black raspberries. This pruning promotes the development of strong, lateral branches.

FOR MORE INFORMATION

Nebraska Extension NebGuide "Growing Raspberries," (G1580) available at the Extension office and online at <http://go.unl.edu/raspberry>.



BACKYARD PARTY
Aug 6 | Top 10 Country Star
Easton Corbin

Doors Open 7pm
 Event 8:30pm

Muhlbach Motorsports Complex (rain location Pavilion 4)

Outdoor concert opened by newcomer Olivia Lane, special fair food & beverages

\$25 reserved seating & pit tickets, buy tickets & use coupons at SuperFair.org (no coupons at gate)

Presented by:



Get \$5 coupon at:



LANCASTER COUNTY
Super Fair

*Come Let
 the Good
 Times Grow!*

JULY 30 — AUGUST 8

LANCASTER EVENT CENTER
 84TH & HAVELOCK, LINCOLN

JOINT CLOSING CEREMONY

Aug 2 | State Games of America & Super Fair Champions

Parade of champions, presentation of commemorative medals, fireworks, 8:30 pm

Muhlbach Motorsports Complex, (Rain date Aug 3), FREE with fair admission

Sponsored by Lancaster County Visitors Improvement Fund Grant



NEW EVENTS

- \$15 Super Duper Carnival Wristband Night (Aug 3)
- Fun at the Farm Kid Zone sponsored by Lancaster Co. Farm Bureau
- Zuzu African Acrobats from America's Got Talent



THEME DAYS ARE BACK!

Something different every day:

- giveaways
- kids' activities
- indoor & outdoor exhibits
- demos
- entertainment
- foods

- Wine & Beer Tasting Festival
- Equipment Rodeo
- Sheepdog Herding Trials
- Muscle Car Show

FREE CONCERTS

Attraction Zone, Main Stage, 8:30pm

July 30 | CowboyUp! (pure country)

July 31 | Switchbak (southern rock, country & Texas-red dirt)

Aug 1 | Cryin' Heart (blues at its best)

Aug 2 | djBlac (disc jockey playing pop, rock & dance music)

Aug 3 | The Wildwoods (folk, pop, bluegrass & country)

Aug 4 | Gabe Nelson with Pants (soul, rock, country & blues)

Aug 5 | Derryl Perry and the Lonesome Devils (rock & country)

Aug 7 | Sarah Peacock (country & rock)

Aug 8 | Tunafish Jones (jazz, rock & country)



MUHLBACH MOTORSPORTS COMPLEX

July 30 | Figure 8 Races*

Doors Open 5:30pm, Event 7pm
 \$10 admission, \$5 ages 2-12
 \$20 pit pass

Aug 8 | Demolition Derby*

Doors Open 5:30pm, Event 7pm
 \$10 admission, \$5 ages 2-12
 \$20 pit pass

NOW, TWO NIGHTS OF MONSTER TRUCKS

July 31 & Aug 1 | Monster Trucks with Tough Trucks*

Doors Open & Meet & Greet Party 5pm, Show 7pm, \$15 admission, 2 & under lap child free, No additional cost for Meet & Greet Party!

**New this year: Save time in line & get the seat you want with advanced & reserved tickets at SuperFair.org*



NEW FREE Super Fair Mobile App & SuperFair.org website to find what you are looking for

FREE DAILY ATTRACTIONS

NEW



Zuzu African Acrobats
Attraction Zone
12:30pm, 2:30pm, 5:30pm, 7:30pm



Daryl's Racing Pigs
Attraction Zone
10:30am, 1:30pm, 3:30pm, 6:30pm



A-Z Exotic Animals & Pony Rides
Attraction Zone
10am to 10pm

NEW



Marvelous Mutts
Attraction Zone
11:30am, 4:30pm, 8:30pm



Krazy Maze
Attraction Zone
10am to 10pm

NEW



Papa Bear Wood Carving
Parking Lot B
3pm until dark (Aug 3 – Aug 7)

NEW



Back Seat Driver Contest
Attraction Zone
Daily, 6pm



Food & Outdoor Vendors
Daily, 11am-10pm

Multi-Purpose Arena

Open 10am to 10pm most days, 12pm to 9pm Aug 2-6

- Super Fair Info & Souvenir Booth by Cornhusker Kiwanis Club
- Commercial Vendors
- NEW Free Kid Zone with interactive "Farm to Fork" activity by Lancaster Co. Farm Bureau
- Bingo by Lincoln Dominators Baseball
- Railway Display by Lincoln Area Railway Historical Society
- NEW Super Fair map & schedule kiosk
- Lancaster Event Center Cafe

Local Talent & Demos

NEW MPA Stage
Multi-Purpose Arena
Hourly on the half hour,
10:30am to 7:30pm daily
Aug 2-6 1:30pm start

NEW "Back 40 Stage"
Exhibit Hall (A/C building
with parking)
Hourly, 1pm to 7pm,
Aug 3-8 only

NEW

Fun at the Farm Kid Zone

Pavilion 1, 10am to 8pm daily
Free discovery & play area—
milk a cow, see a tractor
up close, play in a corn box
Sponsored by Lancaster Co.
Farm Bureau



NEW

SPECIAL EVENTS



Apple Pie Contest + Pie & Ice Cream Social with Village Inn Pies
Multi-Purpose Arena
Aug 1, 10am-2pm
Contest registration at SuperFair.org



Become a Super Fair Jr. Tour Guide Scavenger Hunt for Kids (free t-shirt while supplies last)
Multi-Purpose Arena Super Fair Info Booth
Daily



Wine & Beer Tasting Festival featuring Lancaster County & Nebraska wineries & micro breweries with live music
Exhibit Hall (A/C building with parking)
Aug 4 & 5, 4pm to 8pm

DAILY SCHEDULE

Clark Enersen Thursday, July 30

REGA LET THE GOOD TIMES GROW DAY

Hampton Erickson | Sederstrom Free seed planting activity for kids (while supplies last) & enter to win hourly drawing for Super Fair souvenirs, 10am to 8pm, Multi-Purpose Arena

8am **4-H English Horse Show, Hunter/Saddleseat Horse Halter/English Showmanship/English Pleasure/English Equitation**, Pavilion 4 Amy Countryman Arena

8am-1pm **4-H Poultry Contests**, Pavilion 1

9am **4-H Cat Show**, Exhibit Hall (A/C building with parking), North End

9am-9pm **4-H/FFA Static Exhibits on Display**, Lincoln Room

Noon-10pm **4-H/FFA Livestock & Horse Exhibits**, Pavilions 1, 2, 3, 4

12pm **4-H Household Pets Show**, Exhibit Hall (A/C building with parking), North End

4-7pm **Lancaster Event Center Tours**, current remodeling & future event center plans display by master planning committee & Lancaster County Ag Society Board, Business Center lobby

4pm **4-H Meat Goat Show followed by 4-H/FFA Sheep Show**, Pavilion 1 West Arena

After 4:30pm **4-H Xtreme Horse Show, Extreme Versatility Class/Discipline Rail/Horsemanship Pairs/Freestyle Drill Teams**, Pavilion 4 Amy Countryman Arena

7pm **Figure 8 Races**, get reserved seat tickets at SuperFair.org, Muhlbach Motorsports Complex (5:30pm gates open)

7pm **4-H Style Revue**, Exhibit Hall (A/C building with parking)

8:30-11:30pm **FREE Concert – CowboyUp!** (pure country music), Main Stage



Friday, July 31

KIDS & GRANDPARENTS DAY

Free Super Fair tote bag for grandparents and Super Fair Frisbee for kids (while supplies last)

8am-10pm **4-H/FFA Livestock & Horse Exhibits**, Pavilions 1, 2, 3, 4

8am **4-H/FFA Swine Show**, Pavilion 1 West Arena

8am **4-H Western Horse Show 1, Western Showmanship/ Horse and Pony Halter**, Pavilion 4 Amy Countryman Arena

9am-9pm **4-H/FFA Static Exhibits on Display**, Lincoln Room

1-6pm **Carnival**, opens early, \$25 wristband session

3pm **4-H Bucket Calf Show**, Pavilion 1 East Arena

TBA **4-H Western Horse Show 2, Reining/Working Pleasure**, following Horse & Pony Halter, Pavilion 3 Arena

2pm & 4pm **Colorful Magic by Bruce**, Main Stage

4:30pm **Free Watermelon Feed**, Nebraska Lottery Entertainment Tent hosted by Lancaster County Commissioners

TBA **4-H Horse Games Show, Keyhole Race/Pole Bending/ Figure 8 Stake Race/Barrel Race**, following Working Pleasure, Pavilion 4 Amy Countryman Arena

5pm **4-H Llama/Alpaca Show**, Pavilion 1 East Arena

7:45-8:15pm **4-H Table Setting Contest Viewing**, Exhibit Hall (A/C building with parking)

5:30-7:30pm **Chicken Dinner featuring Raising Cane's**, a public fundraiser to benefit Lancaster County 4-H Council, Exhibit Hall, Room B (A/C building with parking)

5:30pm **4-H Rabbit Judging Contest/Breeder's Choice Show**, Pavilion 1 Southwest Corner

5:30pm & 7pm **Monster Truck Show with Tough Trucks Meet/Greet Pre-Show Party**, get reserved seat tickets at SuperFair.org, Muhlbach Motorsports Complex

7pm **4-H Rabbit Pet Class Show**, Pavilion 1 Southwest Corner

8:30-11:30pm **FREE Concert – Switchbak** (southern rock, country and raw edge of Texas red-dirt), Main Stage



Saturday, August 1

AG AWARENESS DAY

Free Super Fair Frisbee for kids who go through the "Farm to Fork" activity (while supplies last)

10am-4pm **NEW "Farm to Fork" interactive activity**, Multi-Purpose Arena Kid Zone

8am-10pm **4-H/FFA Livestock & Horse Exhibits**, Pavilions 1, 2, 3, 4

8am **4-H Horse Roping/Working Ranch Show, Working Ranch/Boxing/Roping/Goat Tying/Dummy Roping**, Pavilion 3 Arena

8am **4-H Miniature Horse Show, Showmanship/Halter/ Miniature Horse Jumping/In-Hand Obstacle Trail/ Pleasure Driving/Obstacle Driving**, Pavilion 4 Amy Countryman Arena

8am **4-H Rabbit Market/Breed/Fur Show**, Pavilion 1, Southwest Corner

9am **4-H Dog Obedience/Showmanship/Pet Class/Costume Contest**, followed by **4-H Dog Agility Show**, Exhibit Hall (A/C building with parking)

9am **4-H/FFA Beef Show**, Pavilion 1 East Arena

9am-9pm **4-H/FFA Static Exhibits on Display**, Lincoln Room

10am **4-H Rabbit Showmanship Show**, Pavilion 1, Southwest Corner

10am-2pm **Apple Pie Contest + Pie & Ice Cream Social**, Multi-Purpose Arena

11am-3pm **Best of the Midwest Car Show**, muscle cars, between Parking Lots A & J

- 2pm **4-H Dog Creative Kennel Contest**, Exhibit Hall (A/C building with parking)
- TBA **4-H Horse Special Needs Show**, following **4-H Miniature Horse Show**, Pavilion 4 Amy Countryman Arena
- TBA **4-H Horse Trail Show**, following **4-H Horse Special Needs Show**, Pavilion 4 Amy Countryman Arena
- 5:30pm & 7pm **Monster Truck Show with Tough Trucks Meet/Greet Pre-Show Party**, get reserved seat tickets at SuperFair.org, Muhlbach Motorsports Complex
- 6pm **4-H/FFA Livestock Premium Auction**, Pavilion 1 West Arena
- 6:30pm **4-H Rabbit Specialty Show, Best Matched Pair/Tricks/Costume Contest/Pee Wee and Rabbit Races**, judged by KFOR co-host Carol Turner, Pavilion 1 East Arena
- 8:30-11:30pm **FREE Concert – Cryin’ Heart (blues at its best)**, Main Stage



Sunday, August 2
CELEBRATING CHAMPIONS DAY

Free collectors medal for 4-H & State Games of America Champions at Joint Closing Ceremony & free fireworks

- 7am **Cowboy Church**, Pavilion 4 Amy Countryman Arena
- 8am-10pm **4-H/FFA Livestock & Horse Exhibits**, Pavilions 1, 2, 3, 4
- 8am **4-H/FFA Dairy Cattle Show**, Pavilion 1 East Arena
- 8am **4-H Dairy/Pygmy Goat Show/Costume Contest**, Pavilion 1 West Arena
- 9am-9pm **4-H/FFA Static Exhibits on Display**, Lincoln Room
- 10am **4-H Western Horse Show 3, Groom and Care/Bareback Equitation/Western Pleasure/Western Horsemanship/Ranch Horse Pleasure, Ranch Horse Versatility**, Pavilion 4 Amy Countryman Arena
- Noon-4pm **Super Fair Classic Car Show**, Between Parking Lots A & J
- Noon-2pm **4-H/FFA Livestock Judging Contest**, Pavilion 1
- 12:30pm **Big Wheel Race**, register at 12pm, Nebraska Lottery Entertainment Tent
- 1pm **4-H Clover Kids Show & Tell**, Lincoln Room
- 3pm **Pedal Tractor Pull**, register at 2:30pm, Nebraska Lottery Entertainment Tent
- 5pm **4H/FFA Elite Showmanship Contest**, Pavilion 1 West Arena
- 5pm **Hay Hauling Contest**, Muhlbach Motorsports Complex
- 8pm **NEW Joint Closing Ceremony, State Games of America & 4-H Champions with fireworks (free to public)**, Muhlbach Motorsports Complex
- 8:30-11:30pm **FREE Concert – djBlac Music (disc jockey playing, pop, rock & dance music)**, Main Stage



Monday, August 3
LANCASTER COUNTY COMMUNITIES DAY

Free New Lancaster County Community Guide (while supplies last)

4-H Static Exhibit Release and Open Class Static Exhibit Check In, Lincoln Room, not open to the public

- 4pm **Open Class Swine Show**, Pavilion 1 West Arena
- 4-8pm **Lancaster County Communities Celebration**, free event with displays, giveaways, samples, performances and more, Exhibit Hall (A/C building with parking)
- 5:30pm **McClain’s Kids Ranch Rodeo**, open to all kids, no preregistration, Pavilion 4 Amy Countryman Arena
- 6pm **McClain’s Mutton Bustin’**, sponsored by KX 96.9 Radio, limited entries for youth to pre-register at SuperFair.org, Pavilion 4 Amy Countryman Arena
- 6pm-midnight **Carnival, \$15 Super Duper Wristband Session**, advance sales at SuperFair.org
- 8:30-11:30pm **FREE Concert – The Wildwoods (folk, pop, bluegrass & country)**, Main Stage



Tuesday, August 4
ARMED FORCES APPRECIATION DAY

Free admission for active military, veterans, and their families with uniform or military ID and free flag for all visitors (while supplies last)

Open Static Judging, Lincoln Room, not open to the Public until 2pm

- 2-8pm **Stars & Stripes Expo**, displays from veteran groups, active military, recruiters and military vehicles, Parking Lot B
- 9am-9pm **Open Class Static Exhibits**, Lincoln Room
- 4pm **Open Class Sheep Shows & Sale**, Pavilion 1 West Arena
- 4-8pm **Wine & Beer Tasting Festival**, Lancaster County and Nebraska wineries and microbreweries, Exhibit Hall (A/C building with parking)
- 6-7:30pm **Salute to our Military Program**, speakers, patriotic music, and tributes by County Board Chairperson Roma Admundson, former Brigadier General of Nebraska National Guard
- 8:30-11:30pm **FREE Concert – Gabe Nelson with Pants Concert (soul, rock, country & blues)**, Main Stage

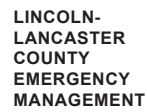


Wednesday, August 5
GOOD OL’ DAYS DAY

Free homemade goat soap for adults and free pottery painting activity for kids (while supplies last)

- 9am-9pm **Open Class Static Exhibits**, Lincoln Room
- Noon **Open Class Beef Cattle Show**, Pavilion 1 East Arena
- Noon-8pm **Antique Farm Equipment Display**, Parking Lot B

- 1:30-7:30pm **Ol’ Time Demos**, goat soap & pottery making, music, dancing, and more, Multi-Purpose Arena
- 4-8pm **Wine & Beer Tasting Festival**, Lancaster County and Nebraska wineries and microbreweries, Exhibit Hall (A/C building with parking)
- 4-8pm **Farmers Market**, Exhibit Hall Parking Lot
- 5pm **Turn n’ Burn Barrel Racing**, Pavilion 4 Amy Countryman Arena
- 8:30-11:30pm **FREE Concert – Derryl Perry and the Lonesome Devils (rock and country)**, Main Stage



Thursday, August 6
HEALTH & SAFETY DAY

Free health screenings and giveaways (while supplies last)

- 9am-9pm **Open Class Static Exhibits**, Lincoln Room
- 10am-4pm **Sheepdog Herding Trials**, Pavilion 3
- 11am-5pm **First Responder Vehicle Display**, Parking Lot B
- 11am-5pm **Wellness Expo**, Distracted Driving Simulator from NE State Patrol, and more, Exhibit Hall (A/C building with parking)
- 12-3pm **Fire Safety House Demo** by Lincoln Fire Department Station #5, Parking Lot B
- 4:30pm **Open Class Miniature Horse Show**, Pavilion 2 Arena
- 6-7pm **Doeden Dancers (“join-in” line dancing)**, Main Stage
- 6-9pm **Sheepdog Herding Trials**, Pavilion 3
- 8:30pm **Country Music Star EASTON CORBIN**, opening with Olivia Lane in “Backyard Party”, special fair foods & beverages, Muhlbach Motorsports Complex (rain location Pavilion 4) Get tickets at SuperFair.org (7pm doors open)



Friday, August 7
GO GREEN DAY

Free Super Fair recycled bag and water refills with purchase of Super Fair water bottle (while supplies last)

- 7:30am **Open Class Miniature Horse Show**, Pavilion 2 Arena
- 7:30am **Open Class Quarter Horse Show**, Pavilion 3 Arena
- 9am-9pm **Open Class Static Exhibits**, Lincoln Room
- 10am-8pm **Kids’ Seed Planting Activity**, (while supplies last), Multi-Purpose Arena Kid Zone
- 11am-5pm **Go Green Expo**, ideas, vendors, demos, Exhibit Hall (A/C building with parking)
- 11am-5pm **Green Vehicle Display**, Tesla Model S 4 Door Sedan & Roadster Sports Car, Natural Gas Vehicle & more, Parking Lot B
- 5-9pm **Equipment Rodeo**, pre-register at SuperFair.org, Muhlbach Motorsports Complex
- 6pm **Lancaster Roping**, register starting 4 pm, see rules at SuperFair.org, Pavilion 3
- 8:30-11:30pm **FREE Concert – Sarah Peacock (country-rock)**, Main Stage



Saturday, August 8
CULTURAL HERITAGE DAY

Find the ethnic origin of your family name FREE and “Discover My Family History” starter kit for kids (while supplies last)

- 8am **Open Class Quarter Horse Show**, Pavilion 3 Arena
- 8am **Open Class Dairy Goat Show**, Pavilion 1 West Arena
- 8am **Open Class Llama Show**, Pavilion 1 East Arena
- 8am **Open Class Arabian Horse Show**, Pavilion 4 Amy Countryman Arena
- 8am **Open Class Boer Goat Show**, Pavilion 1 West Arena
- 9am-9pm **Open Class Static Exhibits**, Lincoln Room
- 12-8pm **Multi-Cultural Festival**, free food-samples, dancing, and music performances, Exhibit Hall (A/C building with parking)
- 7pm **Demolition Derby**, get reserved seat tickets at SuperFair.org, Muhlbach Motorsports Complex
- 8:30-11:30pm **FREE Concert – Tunafish Jones (jazz, rock, country)**, Main Stage

	<p>The Super Fair is brought to you by Lancaster County Agriculture Society, a nonprofit 501(c)3 organization that promotes agriculture, youth and community. Help let the good times grow by making a donation at SuperFair.org today!</p>
	<p>Lancaster Event Center is a nonprofit 501(c)3 organization dedicated to growing community through all-year-around events like yours and the Super Fair. Go to lancastereventcenter.org to plan your next event.</p>
	<p>The Nebraska Extension in Lancaster County 4-H Youth Development program is open to all youth ages 5–18. Visit lancaster.unl.edu to learn how to get involved.</p>
	<p>The National FFA Organization (formerly Future Farmers of America) is an agricultural education program based in classrooms. Local chapters are Norris, Raymond Central, Waverly and Crete. Find out more at ffa.org.</p>



NEW FREE Mobile App

Save your favorite events, use the interactive map & schedule while at the fair, sign up for alerts and more. Download the app to receive \$5 off coupon for any Lancaster Event Center Cafe.



Lancaster Event Center and Super Fair brand developed by



N. 84th Street

Left turn enter/exit restricted at peak times. U or left turn at Havelock as needed.

Havelock Avenue

Lancaster EVENT CENTER
4100 N. 84TH ST., LINCOLN



JULY 30 — AUGUST 8

Pick up **FREE GATE ADMISSION** tickets at these locations:



GATE ENTRY

Gate Admission
\$2 day/per person
(Thu-Sun), 10am-10pm; (Mon-Wed), 12-8pm
*pick up free Gate Admission tickets at sponsor locations, needed for each entry

Parking
(Thu-Sun), \$5 day/per vehicle*
(Mon-Wed), FREE parking
*same day re-entry allowed, if parking permit kept

CARNIVAL INFO

Carnival Hours
July 31, Aug 1, 2 & 8, 1pm-Midnight
Wristband Session 1 = 1-6pm (buy 1-5pm),
Session 2 = 6-Midnight (buy 6-11pm)

July 30, Aug 3-7, 6pm-Midnight
Wristband Session = 6pm-Midnight (buy 6-11pm)

All-You-Can-Ride Wristbands
Buy at carnival ticket booths or save time in line & buy in advance at SuperFair.org

- \$25 per session starting July 30, buy online or carnival
- \$20 per session July 1-29, buy online or Lancaster Event Center office (8am-5pm, M-F)
- Super Duper Wristband Night**
\$15 for Aug 3 session, buy online July 1-Aug 3 or carnival 6-11pm, use to midnight

PARKING TIPS

NEW Drop Off/Pick Up Zones Parents may drop off/pick up their kids (13 & older) at Gates 1 & 3 without paying a parking fee

Handicapped Parking Ample parking reserved at Gate 1 (Lot J) for most events. Use Gate 3 for parking closer to Exhibit Hall (A/C building with parking), Equine & Muhlbach Motorsports Complex events

Golf Cart Service Available from/to each parking lot including handicapped Lot J

Pedestrian Walkways & Bridges Use these to stay safe when walking to/from parking lots

Two Ways to Exit Use Gate 1 (84th Street) & Gate 3 (Havelock Ave) to exit the fairgrounds

FAIRGROUND RULES

General Rules

- No smoking inside buildings
- No bicycles, scooters, ATVs or personal golf carts allowed
- Alcohol must be consumed in designated areas only
- No dogs allowed in buildings unless required or for shows
- Parking is allowed in designated areas only

Exhibitor Rules

- Parking next to buildings in designated spots when actively unloading/loading livestock & exhibits only
- Move trailers & vehicles to designated parking areas immediately after done unloading/loading
- No sleeping in buildings without written permission from Lancaster Event Center office

Camp Grounds and Trailer Parking
Reserve online at LancasterEventCenter.org & on arrival at ABATE Rm (Fair Office) 8am-10pm daily
Contact any LEC staff to get your site unlocked.

August Blooming Perennial Flowers

Are most of your early summer perennial flowers done blooming for the year? Wouldn't it be nice to have a selection of perennials that bloomed in late summer? There are many attractive August blooming perennials available and many bloom up until frost. Maybe next year you can add a selection of late summer blooming perennials to your flower garden.

—Mary Jane Frogge, Extension Associate

Common name	Color	Height
Aster	Pink, blue, purple	2–4 ft
Black Eyed Susan	Yellow	2–3 ft
Gayfeather	Rose, purple	1–2 ft
Goldenrod	Yellow	3 ft
Helenium	Yellow	3 ft
Hosta	Lavender, white	1–3 ft
Obedient Plant	Pink	2–4 ft
Pitcher Sage	Blue	2–4 ft
Swamp Milkweed	Pink	2–4 ft
Tall Sedum	Pink, red, white	2–3 ft



Helenium



Swamp milkweed



Tall sedum



Smooth aster



Hosta

Kim Todd, UNL Dept. of Agronomy and Horticulture

Vicki Jedlicka, UNL Extension in Lancaster County

Mary Jane Frogge, UNL Extension in Lancaster County

GARDEN GUIDE

THINGS TO DO THIS MONTH

Mary Jane Frogge, Extension Associate

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

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

Hand pick bagworms from your evergreen and deciduous trees.

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

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

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

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

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

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

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

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

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

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

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

Soni Cochran, UNL Extension in Lancaster County

Mary Jane Frogge, UNL Extension in Lancaster County

Mary Jane Frogge, UNL Extension in Lancaster County

Controlling Flies Found in and Around the Home

Soni Cochran
Extension Associate

Several species of flies enter homes in Nebraska. Most are nuisance flies like cluster flies and fruit flies. However, house flies and blow flies are filth-breeding flies and can transmit disease. These flies breed in animal manure and garbage and can transmit disease pathogens. It has been shown that each house fly can easily carry one million bacteria on its body. Some of the disease-causing agents transmitted by house flies to humans are: *shigella* spp. (dysentery and diarrhea – shigellosis), *salmonella* spp. (typhoid fever, Escherichia coli, traveller's diarrhea) and *Vibrio comma* (cholera).

Sanitation is Key

Remove breeding areas to control filth-breeding flies like house flies and blow flies. Cover garbage cans and remove garbage regularly. Clean up spilled animal feed and manure. Learn how to carefully manage any compost piles to prevent flies from using those as a breeding source.

If you are dealing with fruit flies, remove overripe fruit or spoiled vegetables. These are the preferred breeding sites for fruit flies in the home. Drain flies breed in the gelatinous material in our drains. Loosen this material with boiling water and check

for any plumbing problems or seepages.

Keep Them Out!

Screening and other exclusion techniques are also important tools when trying to eliminate an indoor fly problem. Caulk or cover all openings to prevent flies from entering. Late summer is a great time to get this done before flies like cluster flies look for overwintering sites around doors and windows.

What About Insecticides?

If insecticides are used, they should only be used to supplement other controls. Fly populations are difficult to control with insecticides in part due to insecticide-resistant flies. If you must use an insecticide, spot treat areas of high fly activity. Be sure to read and follow all label directions.

Using Traps

There are several types of traps available for flies. These can supplement other controls. Fly paper and electrocution light traps can kill flies but are only effective when exclusion and sanitation have reduced fly populations to low numbers.

Food-based traps are available for sale at farm supply, hardware or discount stores. These traps may contain protein baits, sometimes with the addition of a pheromone (sex attractant). In the case of fruit

flies, you can also make your own trap. As with other traps, these are only supplements to sanitation and exclusion.

Common Flies

Common flies found in and around the home and strategies for controlling them:

Blow fly (*Calliphoridae*): Tightly seal garbage containers and remove animal/pet manure (especially dog) from around the home. Screen windows in summer. Use fly paper or fly traps.



Life cycle of a house fly includes eggs (right), larva (bottom), pupa (left) and adult (top) (all magnified).

House fly (*Musca domestica*): Tightly seal garbage containers. Screen windows in summer. Use fly paper or traps to attract and capture flies. Spot-treat room corners with insecticides to kill resting flies if needed.

Face fly (*Musca autumnalis*): Seal homes in late summer prior to periods when flies enter to overwinter. Try to reduce cattle manure in pastures, particularly in late summer. If

Photos by Jim Kalisch, UNL Dept. of Entomology



Cluster fly (left) and face fly (right) (both magnified)

you have problems with face flies, treat with insecticides labeled for fly control on exterior walls around openings like windows and doors. This must be done before flies look for overwintering sites. Read and follow all label directions carefully.

Cluster fly (*Pollenia* spp): Seal the home (especially upper stories of south and west sides) prior to when flies look for overwintering sites in late August and September. Exterior treatment of house walls with effective insecticides may also limit the flies entrance. These are nuisance flies in the home and will end up dead around your windows. You may only need a fly swatter and vacuum to eliminate flies that have made it into homes.

Fungus gnat (*Bradysia* spp): Reduce watering of houseplants to limit the development of fungi in the soil. This is what the larval stage of the gnat feeds on. Discard rotting bulbs or decayed houseplants. Houseplant insecticides are available to treat the plant and soil to kill the

gnats. Follow label directions carefully.

Fruit fly (*Drosophila* spp): Remove breeding sources like overripe fruit and vegetables, fermenting materials like stale beer or soft drinks. Some of these flies may emerge from open sewer drains or standing water that has organic debris in it like a mop pail. Eliminate standing water, if possible. Never pour insecticides down the drain. Fruit fly traps are available for purchase or you can make a simple trap to capture fruit flies in your home. Traps supplement your sanitation efforts.

Drain fly (*Psychoda* spp): If wet conditions from plumbing leaks are permitting fly breeding, first correct any plumbing problems. To control flies coming out of drains, thoroughly clean pipes by removing the gelatinous crud that builds up on the inside of pipes. To loosen the gelatinous crud, pour boiling water down the drain. Never pour insecticides down the drain. Don't forget to clean out the garbage disposal.

FOR MORE INFORMATION

Visit <http://lancaster.unl.edu/pest> or contact your local Extension office. In Lancaster County, residents can bring samples for free identification to Nebraska Extension in Lancaster County at 444 Cherrycreek Road, Lincoln, Monday–Friday, 8 a.m.–4:30 p.m.



HEART OF 4-H VOLUNTEER AWARD

Lynn Becker

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

A volunteer for four years, Lynn is assistant leader of the Rock Creek Ranchers club based in Waverly, which has been recognized as a Nebraska 4-H Club of Excellence for several years. He helps with the club's community service projects such as annual cleanup at Wildwood Lake State Wildlife Management Area, personal care item drive for People's City Mission and staffing shifts at the 4-H food booth at the Lancaster County Super Fair. Lynn also helps with various 4-H/FFA livestock activities at the Super Fair.

"I enjoy teaching the kids about agriculture," says Lynn. "4-H is diverse with everything from safety to food handling to animals. I was in 4-H growing up and I enjoy seeing all that has changed since I participated, and the opportunities kids have now that are new. My favorite experience as a 4-H volunteer is watching the kids display their projects at the Super Fair and seeing them excited when they get a ribbon. Plus, watching the camaraderie they have together."

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



Volunteers are needed to help lead 4-H clubs. If you would like to learn more about 4-H volunteer opportunities, call 402-441-7180.



HEART OF 4-H VOLUNTEER AWARD

Angie McClelland

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

Angie has been a project leader for the Esprit de Corps 4-H horse club for 10 years. The past three years, she has helped the club organize a dressage schooling show as a fundraiser for the Lancaster County 4-H horse program.

Angie also is a member of the 4-H Horse Volunteers in Program Service (VIPS) committee and a level tester for horsemanship level group testings.

"I really enjoy seeing how the kids' participation in 4-H helps them develop not only good horsemanship skills, but also life skills that will prepare them for future endeavors," said Angie. "Outside of the riding arena, the kids learn the virtues of hard work, compassion from caring for their animals, public speaking skills, decision making skills, delayed gratification and a host of other wonderful life lessons."

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



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

The 4-H Life Challenge contests focus on Family and Consumer Science and Entrepreneurial project areas.

The **county junior and senior Life Challenge** contest was held May 30. Ellie Babcock was awarded the Senior Champion rosette and Valerie Gabel was awarded the Senior Reserve Champion rosette. Aleya Cuttlers was awarded the Junior Champion rosette and Sarah Cunningham was awarded the Junior Reserve rosette.

The **state Life Challenge** contest for seniors was held at UNL East Campus on June



Lancaster County participants at state 4-H Life Challenge.

29 and 30. Abigail Babcock, Emma Lanik, Anna Sump and Sheridan Swotek received 4th place in the Foods and Nutrition Challenge. Abigail Babcock, Ellie Babcock, Grace Dowd and Anna Sump received 3rd place in the

Healthy Living Skillathon. In the Entrepreneurial Challenge Joshua Dowd and Peter Greff received "Most Creative" and Valerie Gabel, Emma Lanik and Lily Noel received "Best Teamwork."

4-H'ers Test Animal Science Skills at PASE

Congratulations to the Lancaster County participants who competed in the **Livestock Judging Contest** during the state 4-H Premiere Animal Science Events (PASE) held at UNL East Campus on June 30.

The Livestock Judging contest consists of ranking classes of four animals from the most to least desirable. Classes include market and breeding beef, sheep, meat goats and swine. Youth also give oral reasons to the official judges to defend their reasons for ranking the animals. A big thank you to coach Roger Bell, who spent countless hours working with the Lancaster County teams.

Senior team consisting of Renae Sieck, Katelyn Erdkamp, Spencer Peters and Sydni Lienemann earned 10th overall



4-H Livestock Judging Contest senior contestants.

team, 4th overall in reasons, 10th overall in sheep and goats and 9th overall in beef cattle.

A second senior team consisted of Sheridan Swotek, Colter Tietjen, Lucy Polk, Skylar Lienemann. Charles Metzger competed as an individual.

Individual senior results include:

- High overall reasons: Renae Sieck placed 1st.
- High individual overall beef: Skylar Lienemann placed 7th.



4-H Livestock Judging Contest intermediate contestants.

Intermediate team consisting of Cole Cooper, Rachel Lange and Riley Scott earned 4th high team, 8th in beef, 4th in sheep/goats and 6th in swine.

Individual intermediate results include:

- High individual overall: Riley Scott placed 10th.
- High individual reasons: Rachel Lange placed 8th and Riley Scott placed 10th.
- Sheep and goats overall: Cole Cooper placed 7th.

Paws & Pals is 4-H Club of the Month

Congratulations to the Paws & Pals 4-H Dog Club of Lincoln for being selected as the 2015 July Nebraska 4-H Club of the Month! The Nebraska 4-H Foundation and Nebraska 4-H Ambassadors provide the 4-H Club of the Month program

to all Nebraska 4-H clubs throughout the state. A different club is chosen each month and is awarded with a certificate and \$50 cash card.

The Paws & Pals 4-H Dog Club is working hard to teach 4-H'ers about dogs, their fitness

and nutrition, grooming, training and more. Club members have also worked hard to give back to the community.

Recently, Paws & Pals participated in The Dog House Rock fundraiser for the Sadie see PAWS & PALS on back page

HORSE BITS

District Horse Results

Several Lancaster County 4-H'ers competed in district competitions held in Ord and Wayne. All purple and blue ribbon winners qualified for the Fonner Park State 4-H Horse Show and Exposition in Grand Island the week of July 12. The district show scheduled in Seward on June 18 was cancelled because of unsafe riding conditions due to lightening and rain. All riders who were signed up for the Seward district show who did not move or show at a previous district horse show automatically qualified for state. Congratulations all who participated! Below are the Lancaster County purple ribbon and trophy winners. Complete results are online at <https://animalscience.unl.edu/anscdistrictstate4-hshowresults>.

SR. HUNTER UNDER SADDLE, 15 & UP
Anna Heusinger (Reserve Champion, Ord)

JR. HUNTER UNDER SADDLE, 15 & UP
Cadi Wilbeck (Reserve Champion, Ord)

SR. WESTERN PLEASURE HORSES, 15 & UP
McKenzie Beach

JR. WESTERN PLEASURE HORSES, 10-14
Ella Gerlach

SR. WESTERN HORSEMANSHIP, 15 & UP
Anna Heusinger

JR. WESTERN HORSEMANSHIP, 10-14
Clara Bradbury

SR. POLE BENDING, 15 & UP
Anna Heusinger (Champion, Ord)

JR. POLE BENDING, 10-14
Clara Bradbury

SR. BARREL RACING, 15 & UP
McKenzie Beach, Megan Hansen, Anna Heusinger, Hailey Hula

JR. BARREL RACING, 10-14
Lillie Beach, Clara Bradbury, Ellie Hula



LANCASTER COUNTY Super Fair

July 30–Aug. 8, 2015

4-H & FFA Exhibits & Events July 30–Aug. 2
4-H Horse Show July 26–Aug. 2
Lancaster Event Center



4-H Will Livestream From the Fair!



New this year, Lancaster County 4-H will livestream video of several events at the Super Fair via Google Hangouts which will be then archived on YouTube! Watch at www.youtube.com/user/4HLancasterNE. A tentative schedule will be posted at <http://lancaster.unl.edu/4h/fair>.

(Subject to technology working as planned.)

Lancaster County 4-H is Now on Instagram!



If you are on Instagram, follow us and tag your photos related to 4-H at the Lancaster County Super Fair with [lancastercounty4h](https://www.instagram.com/lancastercounty4h). In the photo caption, include the hashtag #2015LancasterCounty4HFair (please add a description of your photo so we know what is going on).

Static Exhibit Check-In July 28, 4–8 p.m.

4-H & FFA static exhibits do not preregister, but MUST be physically checked in during Static Exhibit Check-in on Tuesday, July 28 between 4–8 p.m. at the Lancaster Event Center, Lincoln Room. An adult — such as a club leader or parent(s) — should assist 4-H members in entering exhibits. All entry tags, additional information, recipe cards, data tags, etc. MUST be attached at this time. In the Lincoln Room, exhibits are grouped into the following areas designated by signage: **Clover Kids; General Areas; Photography; Home Environment; Clothing; Food & Nutrition; Horticulture; and Science, Engineering & Technology.** A registration table is set up for each of the above areas — please take project(s) to the appropriate area(s). All static exhibits will be released on Monday, Aug. 3 from 7–11 a.m. Please pick up project(s) at each of the area(s) you have exhibits.

Interview Judging, July 29

Interview judging is Wednesday, July 29 starting at 9 a.m. in the Lincoln Room. 4-H'ers have the opportunity to talk to judges about their fair static exhibits and share their trials and lessons they learned. 4-H'ers also learn what the judge looks for and how to improve skills. 4-H'ers may interview judge ONE exhibit from each project area. Refer to page 14 of the Fair Book for project areas which have interview judging. Members, parents or leaders can call the Extension office at 402-441-7180 to sign up members for a five-minute time slot — preregister before July 24. If slots are still available, you may sign up during Static Exhibit Check-in on Tuesday, July 28, 4–8 p.m.

Clover Kids Show & Tell, Aug. 2

All Clover Kids, youth ages 5–7 by January 1, 2015, are invited to show & tell their 4-H exhibits at the Lancaster County Super Fair, Sunday, Aug. 2, starting at 1 p.m. Clover Kids Show & Tell is held in the Lincoln Room at the Lancaster Event Center. Youth are also invited to do a skit or song at this time. See page 10 of the Fair Book for more information. To register, call 402-441-7180 before July 24, or sign up at the static exhibit area Tuesday, July 28, 4–8 p.m.

Table Setting Contest, July 31

The Table Setting Contest will be held during the Lancaster County Super Fair on Friday, July 31, 5pm at the Lancaster Event Center (Exhibit Hall — use east entrance). Preregister by Monday, July 20 by calling 402-441-7180. There is no entry form. A how-to handout is online and at Extension office. Participants select a theme and display one place setting, including table covering, dishes, glassware, silverware, centerpiece and menu. (Do not bring/prepare food.)

Livestock Judging Contest, Aug. 2

Now in its third year, a 4-H/FFA Livestock Judging Contest will be held Sunday, Aug. 2, 12 noon–2 p.m. in Pavilion 1. Preregister by Thursday, July 30, 6 p.m. in the Livestock Office at the fair. Come join the fun judging livestock and bring your parents! There will be a short orientation before the contest, outlining how to fill out the judging cards and where to answer questions for those who have never judged before.

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

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

Support 4-H by Supporting 4-H Food Booth

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

The 4-H Corner Stop food booth will be open Thursday, July 30 through Sunday, Aug. 2, 10 a.m.–9 p.m., located near the main entrance. Orders can be taken from the Lincoln Room or Multipurpose Arena. The 4-H Corner Stop features a variety of snacks, beverages and of course, the popular Walking Taco!



Chicken Dinner Fundraiser, July 31

Lancaster County 4-H Council is having a Chicken Dinner on Friday, July 31, 5:30–7:30 p.m. at the Exhibit Hall – Room B (during the 4-H Table Setting Contest). Dinner features Raising Cane's chicken fingers hot off their food truck! This is a fundraiser for 4-H Council to help support 4-H youth programs, activities and scholarships. Advance sale tickets can be purchased for \$6 at the Extension office before the Super Fair or at the 4-H Corner Stop during the fair. Tickets at the door are \$7.

4-H Volunteers Needed

Adults and youth are needed to help 4-H during the Lancaster County Super Fair.

- **In the 4-H Corner Stop food booth** (ages 8 and up) from Wednesday, July 29 through Sunday, Aug. 2 (sign up online at <http://go.unl.edu/foodboothsignup>).
- **Static exhibit set-up** (ages 8 and up) on Thursday, July 23 at 6:30 p.m. (pizza will be served to volunteers) and Saturday, July 25 at 8 a.m. in the Lincoln Room.
- **During judging of static exhibits** (ages 12 and up) on Wednesday, July 29.
- **Teen tour guides are needed for Fair Fun Day** (ages 14 and up) for child care groups on Friday, July 31 at 9:30 a.m. and 1 p.m.

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

Food Booth Training, July 23

All volunteers are strongly encouraged to attend the food booth training on Thursday, July 23, 6–7 p.m. at the Lancaster Event Center – Lincoln Room.



Static Exhibits

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

Join the Fun as a Volunteer!

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

State Fair 4-H & FFA Animal Entries Due Aug. 9

4-H & FFA animal exhibitors ages 10–18 are eligible to participate at the Nebraska State Fair regardless of county fair placing.

Again this year, 4-H/FFA youth and their families will be responsible for making their own livestock, companion animal and dog entries online for the Nebraska State Fair. This means Lancaster County Extension staff will NOT be collecting State Fair entries or entry fees during Super Fair. Entries will be due Aug. 9.

Instructions and link to register are at www.statefair.org/pl/getinvolved/4h-ffa. For more information, contact Cole Meador at 402-441-7180.

Ak-Sar-Ben 4-H Show Entries Due Aug. 2

The Ak-Sar-Ben 4-H Stock Show will be held Sept. 24–27 at the CenturyLink Center in Omaha. Categories of this 4-H only competition are feeder calf, breeding beef, market beef, dairy, dairy steer, meat goat, market lamb, market swine and rabbit. Stock Show exhibitors must be at least 10 years of age by Jan. 1.

The Ak-Sar-Ben 4-H Horse Show will be held Sept. 19–20 at the Lancaster Event Center in Lincoln. Horse exhibitors must be 12 years of age by Jan. 1.

All Ak-Sar-Ben 4-H Stock Show and Horse Show entries are due to Extension staff no later than Sunday, Aug. 2 at the Extension office or at the Super Fair. Forms will be available online, at the Extension office, or for pick up in the livestock and horse offices at the fair. Registration fees must be included with the entries.

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

Get ready for fun at the 2015 Nebraska State Fair, Friday, Aug. 28 through Monday, Sept. 7 at Fonner Park in Grand Island! For a schedule of 4-H activities at the state fair and more, go to <http://4h.unl.edu/nebraskastatefair>

EXTENSION CALENDAR

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

July

- 21 4-H Style Revue Judging.....8 a.m.
- 23 4-H Food Booth Training, Lancaster Event Center - Lincoln Room6-7 p.m.
- 28 4-H & FFA Static Exhibit Check-In for Lancaster County Super Fair, Lancaster Event Center - Lincoln Room.....4-8 p.m.
- 29 4-H Interview Judging for Static Exhibits at Super Fair, Lancaster Event Center - Lincoln Room9 a.m.

July 30-Aug. 8 Lancaster County Super Fair (4-H/FFA Exhibits & Events July 30-Aug. 2; 4-H Horse Show July 26-Aug. 2), Lancaster Event Center (see complete schedule at <http://superfair.org>)

August

- 2 Lancaster County Deadline for Ak-Sar-Ben 4-H Show Entries
 - 11 Guardian/Conservator Training.....5:30-8:30 p.m.
 - 13 Co-Parenting for Successful Kids Class 12:30-4 p.m.
 - 14 Extension Board Meeting8 a.m.
- Aug. 28-Sept. 7 Nebraska State Fair, Fonner Park, Grand Island**

Paws & Pals Club

continued from page 6
Dog Fund, a local non-profit which helps families pay for life saving surgeries for their dogs. The club cleaned tables at the event, donated a basket for raffle and was auctioned off to serve a meal for eight — raising \$1,770 for the Sadie Dog Fund.

Club members presented a workshop, “Dog Days of Summer” at this year’s 4-H Clover College.

One year ago, Paws & Pals started a new program called the Pit Crew. The Pit Crew consists of teenagers in the club who wish to train rescue dogs in

obedience, showmanship and agility. One member, Bethany Wachter, started this program by training and showing a Pit Bull mix which received a purple ribbon at the Lancaster County Super Fair and was then adopted two weeks later. After the first dog, the Pit Crew has worked with dogs who are harder to handle and have started teaching younger members in their club.



Members of the Paws & Pals 4-H Dog club at the Dog House Rock fundraiser.

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

Held each June, 4-H Clover College is a four-day series of hands-on workshops for youth presented by Nebraska Extension in Lancaster County. Emphasis is on science, agricultural literacy, healthy lifestyles, career development and citizenship/leadership.

This year, Clover College was held June 16-19 and featured 55 workshops. 180 youth participated (varying from 1 to 15 classes each), with a total 888 class registrations! A special thank you to the nearly 70 instructors and assistants!

4-H member Heather Lange said, “Clover College is a great way to have fun, learn new things and make new friends. I took lots of classes and had an awesome time! Some of the things I did gave me skills for life. Clover College is a great experience.”

4-H member Thomas Neal said, “I really enjoyed Cover College. I learned new things, for example, how to make a wind turbine. I made a lot of new friends! I am definitely signing up for Clover College next year and I hope I can work at the 4-H office when I grow up.”

More photos are online at www.flickr.com/photos/unlxtlanco/collections.

Several videos, including “Rocket Launches” and “Making an E-Monster during ‘Electronic Textiles’ workshop,” are at www.youtube.com/user/4HLancasterNE.



Youth learned about and got a close look at animals in several Clover College classes. In the “Great Goats” workshop, members of the Go-Go Getters club brought their goats to show other youth.

Photos by Vicki Jedlicka, UNL Extension in Lancaster County



Youth in the four-day “Electronic Textiles” workshop used special thread and miniature computer chips to create electronic fabrics such as bracelets, bookmarks and e-monsters (pictured).



Youth built a hanging plant holder in the “Hammer! Nail! Build!” workshop.



The “Rocketry” four-day workshop ended with launching the rockets youth built.



The “Clover Kids Day Camp” for youth ages 6-7 was all four days and included making tie pillows. Several teen volunteers helped.



In the “Science in Your Kitchen” workshop, youth did food science experiments such as making dough balls from different flours, washing out the starch and comparing the remaining gluten.