NEBLINE, August 2015

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

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 for hands-on educational experiences (1st grade kit pictured).

<table>
<thead>
<tr>
<th>School Year</th>
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NEP staff Kristen Houska leads a healthy snack activity for 2nd graders.

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

Connect with us
Nebraska Extension in Lancaster County
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Lincoln, NE 68528
402-441-7180
http://lancaster.unl.edu

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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 Hofer, Hartley Elementary

See more quotes on page 3

see NUTRITION KITS on page 3
Sitting is the New Smoking
22 Tip for Sitting Less and Moving More

Alice Henneman, MS, RDN
Extension Educator

According to a study in the 2015 Annuals 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. DavidAlter, 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 effects of sedentary time appear to wash out 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.

• Wear comfortable shoes that fit loose enough.

• Park your car farther from your destination.

• Use the stairs.

• Cook more of your meals — use the stairs.

• 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

SALSA YOGURT DIP
Mix two parts plain yogurt with one part salsa (for example, mix 1 cup plain yogurt with 1/2 cup salsa)
Nebraska Extension AmeriCorps member Liz Kneffl presents a hand washing activity using glow lotion and a blacklight to show 4th grade students how thoroughly they wash their hands.

**Nutrition Kits —15 Years continued from page 1**

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 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 use 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.

**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 6th 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

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**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, refrigerators containing mercury, bleach cleaners, lawn, garden tools, paint, paint thinner, furniture stripper, oil-based stains, old gasoline, transmission fluid, pesticides, propellant cylinders. You can dispose of compact fluorescent light bulbs at these waste collections. DO NOT BRING latex paint, fertilizers, medicines/pharmaceuticals, electronics & computers, large bottles, tires, used oil, batteries, antifreeze or automobile fluids.

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, 30 & 58th 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.

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**New Videos on Parenting Plans & Mediation**

Lorene Bartos, Extension Educator

It is time to start thinking about getting your family ready to go back to school. As time allows, there are 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 are attending preschool, if your child will be going to daycare, there will be separation anxiety for both the parent and the child. This anxiety will be normal, it is a 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 health records 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 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 lastest fad ones. These
Pruning Raspberries

Sarah Browning
Extension Educator

Raspberry crowns live for many years, but their canes are biennial. 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 heavy rains, the old canes die and new shoots spring up from the crowns.

It’s important to understand how raspberries grow, so you remember this year’s fruiting canes once you have harvested. 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)

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 maintain you can prune to one-third of the height of the crowns. It is better to construct a trellis than to reduce height. Prune only winter fruiting canes in August or early September.

Remember 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 large 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 one-year bearing cycle. Prune only winter fruiting canes in August or early September.

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. Prune only winter fruiting canes in August or early September.

Managing 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 growths.

Black and Purple Raspberries

Prune only winter fruiting canes in August or early September. By hand, rotary mower or other mechanical device, remove all aboveground growth. Harvest the first crop in late winter (early to mid-March) while the ground is frozen and before new growth has begun. Remove all spindly canes. This severe pruning practice improves both the size and quality of the fruit.
Come Let the Good Times Grow!

July 30 — August 8
Lancaster Event Center
84th & Havelock, Lincoln

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)

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

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

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

Free Concerts
Attraction Zone, Main Stage, 8:30pm
July 30 | CowboyUp! (pure country)
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)

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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

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

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

Presented by:
KX 969 FM
SuperFair.org
Get $5 coupon at:
Muhlbach Motorsports Complex
SuperFair.org

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Presented by:
KX 969 FM
SuperFair.org
Get $5 coupon at:
NEW Super Fair map &
Railway Display
Bingo
by Lincoln
Commercial Vendors
days, 12pm to 9pm Aug 2-6
Open 10am to 10pm most
Multi-Purpose Arena
Center Cafe
schedule kiosk
Historical Society
by Farm Bureau
activity by Lancaster Co.
interactive "Farm to Fork"
Booth
FREE
11:30am, 4:30pm, 8:30pm
Attraction Zone
Marvelous Mutts
Attraction Zone
11:30am, 4:30pm, 8:30pm
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
Areana 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 2-4 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. Treasure
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
NEW DAILY SCHEDULE
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, MultiBahn 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 Static Exhibits on Display, Lincoln Room
1-4pm 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 & 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/Barel 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 Canes’, a public
fundraiser to benefit Lancaster County 4-H Council, Exhibit
Hall, Room 8 (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, MultiBahn Motorsports Complex
7pm 4-H Rabbit Pet Class Show, Pavilion 1 Southwest Corner
8:30-11:30pm FREE Concert – Switchback (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
Area 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/Dummy Roping, Pavilion 3 Arena
8am 4-H Miniature Horse Show, Showmanship/Halter/
Miniature Horses 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 & B
Monday, August 3
LANCASTER COUNTY COMMUNITIES DAY
Free New Lancaster County Community Guide (while supplies last)
4-8pm Open Class Exhibit Display and Open Class Exhibit Checklist, Lincoln, Lincoln Room, not open to the public
4pm 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 Area
6pm McClain’s Mutton Bustin’, sponsored by KGK 96.9 Radio, limited entries for youth to pre-register at SuperFair.org, Pavilion 4 Amy Countryman Area
11pm-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 Programs, 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 & blue), 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
9-9pm Open Class Beef Cattle Show, Pavilion 1 East Arena
7-9pm Antique Farm Equipment Display, Parking Lot B
1-3:30pm ‘Ol’ Time Demos, goat soap & pottery making, music, dancing, and more, Multi-Purpose Arena
4-6pm Wine & Beer Tasting Festival, Lancaster County and Nebraska wineries and microbreweries, Exhibit Hall (A/C building with parking)
4-8pm Farm Bureau Pig Tail Parking Lot
5pm Turn n’ Burn Barrel Racing, Pavilion 4 Amy Countryman Area
8:30-11:30pm FREE Concert – Derryl Perry and the Lonesome Devils (rock and country), Main Stage
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 into frost. Maybe next year you can add a selection of late summer blooming perennials to your flower garden.

—Mary Jane Frogge, Extension Associate

<table>
<thead>
<tr>
<th>Common name</th>
<th>Color</th>
<th>Height</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aster</td>
<td>Pink, blue, purple</td>
<td>2–4 ft</td>
</tr>
<tr>
<td>Black Eyed Susan</td>
<td>Yellow</td>
<td>2–3 ft</td>
</tr>
<tr>
<td>Gayfeather</td>
<td>Rose, purple</td>
<td>1–2 ft</td>
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<tr>
<td>Goldenrod</td>
<td>Yellow</td>
<td>3 ft</td>
</tr>
<tr>
<td>Helium</td>
<td>Yellow</td>
<td>3 ft</td>
</tr>
<tr>
<td>Hosta</td>
<td>Lavender, white</td>
<td>1–3 ft</td>
</tr>
<tr>
<td>Obedient Plant</td>
<td>Pink</td>
<td>2–4 ft</td>
</tr>
<tr>
<td>Pitcher Sage</td>
<td>Blue</td>
<td>2–4 ft</td>
</tr>
<tr>
<td>Swamp Milkweed</td>
<td>Pink</td>
<td>2–4 ft</td>
</tr>
<tr>
<td>Tall Sedge</td>
<td>Pink, red, white</td>
<td>2–3 ft</td>
</tr>
<tr>
<td>Swamp milkweed</td>
<td>Yellow</td>
<td>3 ft</td>
</tr>
<tr>
<td>Helenium</td>
<td>Yellow</td>
<td>3 ft</td>
</tr>
</tbody>
</table>

Controlling Flies Found in and Around the Home

Soni Cochrane
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 (diarrhea), salmonella spp. (typhoid fever, Escherichia coli, traveler’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. Flies 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:

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

Cluster fly (left) and face fly (right) treated 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.

**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 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.

**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 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.

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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 Entrepreneurship 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.

Alyena 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 29 and 30. Abigail Babcock, Emma Lankit, Anna Sump and Sheridan Stoveret received 4th place in the Foods and Nutrition Challenge. Abigail Babcock, Ellie Babcock, Grace Dowd and Anna Sump received 3rd place in the Life Challenge contest.

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Lancaster County participants at state 4-H Life Challenge.

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

4-H Livestock Judging Contest

The 4-H Livestock Judging contest consists of ranking classes of four animals from the most to least desirable. Class includes 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.

Intermediate team consisting of Cole Cooper, Rachel Langel 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 Langel 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 Paws & Pals 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 project. See PAWS & PALS on back page.

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 was 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 the 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/unsdistrict/state-horseresults.

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
Cadi Wilbeck

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

JR. POLE BENDING, 10-14
Cadi Wilbeck

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

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

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 Première 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. Class includes 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.

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Lillie Beach, Clara Bradbury, Ellie Hula

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

Lancaster County 4-H thanks Lynn for donating his time.

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.
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, youth and their families will be able to attend the food booth training on Thursday, July 23, 6–7 p.m. at the Lancaster Event Center – Lincoln Room. For more information, entry forms and tentative schedule, go to www.rivercityrodeo.com.

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 FA 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 office or at the Super Fair. Forms must be online, at the Extension office or at the Super Fair. Forms will be available online, at the Extension office or at the Super Fair. Forms will be available online, at the Extension office or at the Super Fair. Forms will be available online, at the Extension office or at the Super Fair.

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 the Lancaster County 4-H Council to help support 4-H youth programs, activities and scholarships. Advance sale tickets can be purchased for $16 at the Extension office before the Super Fair or at the 4-H Corner Stop during the fair. Tickets at the door are $7.

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 — prereregister before July 24. Lots are still available, you may sign up during Static Exhibit Check-in on Tuesday, July 28, 4-5 p.m.

Clever Kids Show & Tell, Aug. 2
All Clever 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. Clever 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, 4–5 p.m.

Here's what is going on.

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 Lancaster4H. In the photo caption, please use the hashtag 2015LancasterCounty4H (please add a description of your photo so we know what is going on).

Static Exhibits at the Super Fair Four-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 the fair. Four-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 static exhibits and events throughout the fair. State Fair Four-H volunteers will receive a fair pass for the day(s) they volunteer. A complete list of Four-H volunteer opportunities and sign up information is online at http://4h.unl.edu/becomevolunteer. If you have questions, call 402-472-1762.

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.)

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.

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 the Lancaster County 4-H Council to help support 4-H youth programs, activities and scholarships. Advance sale tickets can be purchased for $16 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, August 2, (sign up online at http://go.unl.edu/foodboothreg).

Static exhibit setup (ages 8 and upke) 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, 9 a.m. - 3 p.m.

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 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; 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.

State Fair 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/4fair.

Subject to technology working as planned.

4-H & FFA Exhibits & Events July 30–Aug. 2
4-H Horse Show July 26–Aug. 2
Lancaster Event Center
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 hands-on workshops for youth. In the “Great Goats” workshop, members of the Go-Go Getters club brought their goats to show other youth. 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. 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 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.

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

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

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

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 blue 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.

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