

9-2015

NEBLINE, September 2015

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NEBLINE

NEBRASKA EXTENSION IN LANCASTER COUNTY

4-H Youth “Let the Good Times Grow” at Super Fair

MANY 4-H YOUTH choose to exhibit their project(s) and participate in contests at county and state fairs. The 2015 Lancaster County Super Fair was held July 30–Aug. 8 at the Lancaster Event Center. This was the fifth year the Lancaster County Fair was 10 days. Nearly 700 4-H/FFA exhibitors showcased over 5,100 exhibits (including static exhibits, Clover Kids, animals and contest entries). A special thank you to all the volunteers and sponsors who helped make 4-H & FFA at the fair possible!

The Lancaster Event Center and Super Fair’s new tagline, “Let the Good Times Grow,” applied to 4-H/FFA youth who “grew” knowledge and skills while having a good time exhibiting at the fair.

10-year-old 4-H’er John Sump said, “I love exhibiting my projects at the Lancaster County Super Fair because it’s so cool to see my hard work on display. I made a wooden mat out of old garden stakes. I learned how to sand — a lot! This was the first time I used stain, too. Most importantly, I learned patience because I applied three coats of polyurethane to my project. It was fun to make something old, new again!”

8-year-old Clara Johnson experienced 4-H activities at the Super Fair for the first time after being a Clover Kid (ages 5–7). When asked how her first year went, she said, “It was absolutely amazing! It was a lot of work and practice, but it was amazing. Next year, I will start earlier with documentation and writing my stories because I ran out of time in the end. I will write a list of things down that I want to do earlier in the year. Mostly, 4-H is really fun and you learn so much!”

Due to the outbreak of avian influenza, the Nebraska Department of Agriculture cancelled all events where birds are co-mingled in 2015. Extension Associate Marty Cruickshank, 4-H Poultry Superintendent Jean Nabity and 4-H poultry club leader Diane Merrell quickly responded by creating alternate 4-H poultry events for the Lancaster County Super Fair. New events included a poster contest, presentations, poultry parts identification contest, quiz bowl and a crowing contest. 4-H’ers used a stuffed bird in showmanship.

Jean said, “Without the birds, we were able to focus on the 4-H’ers themselves to celebrate the things they have learned working with and raising their birds. I believe many of the opportunities we provided this year are some we will want to add to our county fair experience next year. It was a lot of fun watching the kids themselves being in the spotlight!”

This was Extension Unit Leader Karen Wobig’s first year assisting 4-H staff with the fair. She said, “I learned how much time and effort staff put forth in the success of the Super Fair. I have a newfound respect for everyone involved in creating this amazing venue for our youth to shine and learn. Seeing the faces of 4-H’ers after showing their exhibits is priceless.”

See 4-H Super Fair top exhibits on page 7 of this issue. Complete 4-H/FFA ribbon results, and links to photos and livestreamed videos are at <http://lancaster.unl.edu/4h/fair>.



4-H Table Setting Contest is a fun way for youth to learn how to plan a nutritious meal, set a table and present to a judge.



In livestock showmanship classes, youth are judged on their ability to handle and present their animal.



4-H Poultry Presentations was one of the new poultry events which replaced live birds because of avian influenza. The team presenters above discussed bird diseases and demonstrated how to treat bumblefoot.



Extension Board member Paula Peterson (right) and her daughter Erica (a former 4-H member and intern, and current Junior Board Member of the Lancaster County Ag Society) organized the “Fun at the Farm” and “Farm to Fork” Kid Zones.



4-H Clover Kids (ages 5–7) could enter exhibits and participate in Show & Tell, earning participation ribbons.



New in 2015, the Lancaster County Ag Society presented two new contests for 4-H clubs & FFA chapters: Barn Quilt Contest and Hay Bale Decorating Contest.



Lancaster County has the largest 4-H county fair horse show, with 41 horse events spanning six days. This year, 134 horse exhibitors competed in 1,115 total entries. The Western Horse Show included Western Pleasure (pictured).



The State Games of America were held in Lincoln for the first time in 2015. The Lancaster County Ag Society and Nebraska Sports Council teamed up to host a Joint Closing Ceremony during Super Fair for State Games and 4-H/FFA champions. Grants from the Lancaster County Visitors Improvement Fund paid for commemorative medals, fireworks and more.

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IN THIS ISSUE

Food & Health 2
Family Living 3
Farm & Acreage 4
Horticulture 5
Pests & Wildlife 5
4-H & Youth 6–7

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Read This BEFORE Reading Another Sensationalized Food Article on the Internet!

Alice Henneman, MS, RDN
Extension Educator

- "Lose 10 pounds overnight!"
- "Avoid eating (name of food) to prevent dementia, autism, etc.!"
- "Eat (name of food) to burn fat!"

Promises, promises — the Internet is full of claims about special powers or pitfalls from eating various foods.

Following a false dietary claim that is ultimately ineffective may deprive you of foods you enjoy or contribute to needless expenses for special foods, supplements, etc. On a more serious note, you may delay getting needed treatment for a medical condition with resulting additional expenses and/or health consequences.

In searching for information on the Internet, the most sensational information may come up first as that is what tends to get read. You're not likely to find a lot of peer-reviewed journal articles coming up at the top of a search.

How do you separate fact from fancy? Here are some guidelines to get you started.

The Claim is Too Good (or Too Horrible) to be True

Weight loss plans frequently fall in this category. Rapid weight loss is promoted. Food choices are limited or the plan warns one or more foods will make you ill. Legitimate diet plans recommend slow steady weight loss of about 1–2 pounds a week with

a food pattern based on eating balanced, nutritious, wholesome meals. Most fad diets will work in the short term because they cut calories. However, they fail in the long term because they may be expensive, become boring, don't fit into a normal lifestyle and/or don't teach you how to lose weight for a lifetime. The Cabbage Soup Diet and the Grapefruit Diet are examples of diets that have come and gone.

more likely to cause disease in the summer.

Read carefully to learn if further research was done on additional possible causes. If there might be several possible causes, was the testing sufficient to single out one cause?

No Formal Testing Was Done to Validate a Claim

Are the recommendations based on testimonials, personal experiences or observations? When possible, scientists compare results from subjects given a certain treatment or substance to a "control group" not given the substance being tested. Both groups are allocated randomly. Additionally, the subjects don't know which substance they're receiving.

People will often say they feel better after trying a certain diet, product or treatment because they perceive it will make them feel better — it's called the "placebo effect." In a "double-blind" study, the researchers also don't know which treatment a group receives until the results are in.

Before an article can be published in a creditable scientific journal, it must be peer-reviewed as to the quality of its information and the methods used to obtain the results. As for Internet articles, anyone can publish information on the Internet.

The Author is Selling Something

As part of the author's recommendations, he or she may try to sell a product, supplement, *see FOOD ARTICLES next page*



Correlation Does Not Equal Causation

A relationship may be implied between two variables because as one circumstance increases, the other also increases (or decreases) proportionally. However, that doesn't mean one caused the other. For example, at one time some "experts" felt eating ice cream caused polio. Both ice cream consumption and polio peaked in the summer months. While there was a "correlation" between these two events, it was not a "causation." Ice cream did not cause polio in children. The actual cause was polio is a type of virus that is

ExtensionCorps Opportunity

Nebraska Extension is currently recruiting members for ExtensionCorps, our AmeriCorps program. If you have an interest in nutrition or science education, care about your community, and have a heart for service, this opportunity may be for you!

- Benefits of service:
- Gain extensive training and professional development while building your resume.
 - Receive a modest living allowance/stipend.
 - Potential loan deferment of qualified student loans.
 - Potential educational award for members who complete the year of service.

For more information, go to **<http://southeast.unl.edu/extensioncorps>** or call 402-624-8000.



HEALTHY EATING

ENJOY NEBRASKA FOODS!

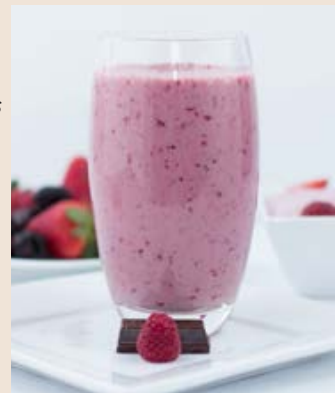
Alice Henneman, MS, RDN, Extension Educator

Following a workout, treat your taste buds and your muscles to this delicious, protein-packed drink.

CHOCOLATE BERRY SMOOTHIE

Servings: 2 • Prep time: 5 minutes

- 1¼ cups fat-free chocolate milk**
- 1 cup frozen mixed berries without sugar (blackberries, blueberries and raspberries)**
- 1 container (5.3 ounces) fat-free mixed berry Greek yogurt**



Combine chocolate milk, frozen berries and yogurt in a blender. Blend until creamy. Serve immediately.

Recipe created by: Midwest Dairy Association (www.dairymakesense.com).

Cleaning Strategies When Pets Are in the Household

Having a pet in the household frequently poses some special cleaning challenges, particularly if family members or friends suffer from asthma and allergies. The American Cleaning Institute offers some suggestions to keep things under control.

Vacuum regularly to keep up with the pet hair. An upright vacuum or a canister style with a power nozzle will pick up 2–6 times as much dust from a rug as canisters without a power nozzle. Be sure to move the pet to another space when you vacuum; otherwise, the noise may upset them. If possible, use a vacuum with a HEPA filter and/or exhaust filter, or use a special bag that holds allergens inside.

Brush your pet frequently. This advice is not just for dog owners! Cats, particularly elderly ones who may have trouble grooming themselves, can also benefit from regular brushing. If possible, do it outside, away from those with allergies. When you are finished, wash your hands with soap and water.

Pet-proof the environment. Tuck electrical cords out of the way. Install safety latches in lower kitchen cabinets. Don't leave small items around that might be mistaken for chew

toys. And don't leave any type of cleaning liquid out where pets might be tempted to take a drink.

Wash pet food dishes daily. They can be a magnet for ants and other crawly critters. Store dry pet food in a securely closed container. This keeps out bugs, exploring toddlers and foraging pets.

Keep bedding clean. Choose a pet bed with washable, removable cushions to make cleaning easier. Dust mites love to eat pet dander, so consider dust mite covers for your pet's bedding.



Towels or blankets on furniture are easy to wash.

Protect the furniture. Put a towel or a washable blanket or throw over your pet's favorite chair or corner of the sofa. Have multiple covers so one is available while the other is in the wash. Change and wash the

covers weekly.

Keep the outdoors out. Keeping cats indoors prolongs their lives and lessens the chance they will bring you small wildlife as "presents" or drag in dirt and dust. But dogs, even city dogs, need to be walked outdoors. Keep a few old towels near the door. Teach them to wait until their feet are dried to remove rain, snow, mud or even the morning dew. In the winter, if you've walked your pet on salt-treated paths, keep a small pail of water handy to remove the salt from their feet.

Be asthma-aware. Many people are surprised to learn it isn't the pet's hair itself that triggers an allergy or asthma attack. Rather, it's the interaction of pet hair, dander and saliva. Dander consists of tiny scales that shed from the pet's skin. During self-grooming, the pet's saliva causes the dander to stick to the hair. It is actually the protein in the saliva that is the true source of the asthma attack.

If a family member has an allergic or asthmatic reaction to a pet, discuss the problem with both your physician and veterinarian. Together, they may have some solutions to minimize the reaction.

Source: American Cleaning Institute

Sensationalized Food Articles

from preceding page plan or service. Be especially wary if you're offered a diagnosis of your health status and then told a product sold by the author will help you.

The Author Has Little to No Specialized Training in Nutrition

What are the author's credentials? If he or she has an advanced degree, what type is it? Is it from a recognized college or university? How was it obtained? There are several examples of animals whose owners obtained PhD's for them through diploma mills. One of the most famous animals with a doctorate degree was "Dr. Zoe D. Katze," a housecat.

If the person has an authentic degree, do they practice within the realm of generally accepted science? Or, do they operate on the fringe with little to no actual research to support their claims?

Check the "about us" page or mission statement to see if they have an editorial board. Are these people with recognized credentials?

Supporting Information for the Food Claim is "Cherry-Picked"

Only positive studies are cited to support the food claim

or negative studies as to why you shouldn't eat a specific food.

Information is Based on Just One Study or a Limited Number of Studies

If promising results are obtained from a study, scientists will follow up with more research to gather additional information and determine if the results of the first study can be replicated. Scientists also will examine whether there may be any harmful side effects.

Look for dates on cited studies. Science is constantly evolving — recommendations based on old studies may no longer provide the latest information. If there are many broken links on a site, it may not be kept up to date.

Consider the Source

Iowa State University Extension and Outreach advises checking the web address.

- Those with **.gov** are funded by a government agency, such as www.cdc.gov.
- An educational institution is indicated by **.edu** such as www.extension.unl.edu.
- Professional organizations, such as scientific or research societies, are indicated by **.org** such as www.heart.org.
- Commercial sites use **.com** and may be funded by a company. They commonly promote and/or sell a product. Follow the guidelines given above to evaluate the quality of their

information.

Still confused? Get a second opinion from a recognized nutrition professional. Colorado State University Extension gives these recommendations:

- Receive a referral from a personal doctor or local hospital.
- Check with the Academy of Nutrition and Dietetics (AND) website to find a referral for a dietitian in your area: www.eatright.org.
- Contact your local public health department, Extension Service or nutrition department of a state or local university.

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SAVE THE DATE!
"Make-Ahead Freezer Meals in Bags," presented by Alice Henneman, Thursday, Nov. 19, 6:30 p.m. at Bryan Health East Campus



ASK LORENE

FAMILY LIVING TIPS

Lorene Bartos, Extension Educator

Question: Is carbon monoxide harmful? Should I install a carbon monoxide detector?

Answer: Carbon monoxide (CO) is a deadly, colorless, odorless, poisonous gas. It is produced by the incomplete burning of various fuels, including coal, wood, charcoal, oil, kerosene, propane and natural gas. Products and equipment powered by internal combustion engines such as portable generators, cars, lawn mowers and power washers also produce CO.

Symptoms of low to moderate CO poisoning are flu like without the fever. Additional symptoms include:

- Headache
- Fatigue
- Shortness of breath
- Nausea
- Dizziness

High level CO poisoning results in progressively more severe symptoms, including:

- Mental confusion
- Vomiting
- Loss of muscular coordination
- Loss of consciousness
- Ultimately death

To prevent Carbon Monoxide Poisoning:

- Make sure appliances are installed and operated according to the manufacturer's instructions and local building codes.
- Never operate a portable generator or any other gasoline engine-powered tool either in or near an enclosed space such as a garage, house or other building. Even with open doors and windows, these spaces can trap CO and allow it to quickly build to lethal levels.
- Install a CO alarm that meets the requirements of the current UL 2034 safety standard.
- Never use portable fuel-burning camping equipment inside a home, garage, vehicle or tent unless it is specifically designed for use in an enclosed space and provides instructions for safe use in an enclosed area.
- Never burn charcoal inside a home, garage, vehicle or tent.
- Never leave a car running in an attached garage, even with the garage door open.
- Never use gas appliances such as ranges, ovens or clothes dryers to heat your home.
- Never operate unvented fuel-burning appliances in any room where people are sleeping.
- Do not cover the bottom of natural gas or propane ovens with aluminum foil. Doing so blocks the combustion air flow through the appliance and can produce CO.

CO alarms should be installed according to the manufacturer's instructions. Consumer Product Safety Commission (CPSC) recommends one CO alarm be installed in the hallway outside the bedrooms in each separate sleeping area of the home. CO alarms may be installed into a plug-in receptacle or high on the wall. Hard wired or plug-in CO alarms should have battery backup. Avoid locations near heating vents or covered by furniture or draperies. CPSC does not recommend installing CO alarms in kitchens or above fuel-burning appliances.

Source: Consumer Product Safety Commission

Stepping On Workshop to Reduce Falls, Sept. 14–Oct. 26

What is Stepping On? Stepping On is a program that has been researched and proven to reduce falls in older people. It consists of a workshop that meets for two hours a week for seven weeks. Workshops are led by a health professional and a peer leader — someone who, just like you, is concerned about falls. In addition, local guest experts provide information on exercise, vision, safety and medications.

Aging Partners and Nebraska Extension in Lancaster County will present the workshop on Mondays, Sept. 14–Oct. 26, 1–3 p.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln. Call 402-441-7575 to register. \$3 per class suggested contribution. You'll learn exercises and strategies to help prevent you from falling.



Pasture Management for Weed Control

Tyler Williams
Extension Educator

The extra rain this spring has made many pastures green and, quite possibly, full of weeds. Managing your pasture or hayland properly is the best form of weed control, but that does not always happen. Typically, weeds invade pastures because the existing forage stand was not thick or vigorous enough to out-compete the weeds. Enhancing the competitiveness of the grass will limit weed growth and may be done by fertilizing, extra seeding and well-managed grazing.

Rotational Grazing

Rotational grazing is one option for weed control. This is done by cross fencing portions of the pasture, increasing the stocking rate over the area and moving the animals often. With the higher stocking rate over a small area, animals will graze some of the weeds they normally might avoid or trample them into the ground. This form of intense grazing should be quick and done early enough in

the year to promote adequate regrowth of the grasses. As you rotate, leave plenty of residue behind when moving animals to a new pasture to maintain higher competition for weeds. It is important to remember grazing pastures short just before winter begins limits the plant’s ability to develop the roots and tiller buds needed to fulfill their growth potential next spring. Be sure to keep several inches of green leaves on your grasses heading into the fall season. These green leaves will convert fall sunlight into tiller buds, root growth and root-nutrient reserves.

Over-grazing any time of the year will inhibit grass growth and provide less competition to weeds.

Herbicide Control

If your operation is not conducive for rotational grazing, herbicide applications may be the best option. October and early to mid-June usually are the two most effective times to control most perennial weeds, and many annuals. Products like Grazon®, Forefront®, Curtail®, Milestone® and 2,4-D (among

others) have been shown to successfully control annual and perennial broadleaf weeds. The fall is also a great time for thistle control. Pastures that had thistles earlier this year, most likely have small seedlings this fall. They will be small, and in a flat, rosette growth form. At this growth stage, thistles are very sensitive to certain herbicides, making October and early November one of the best times to use herbicides. The herbicides listed above will provide adequate control for thistles. No matter which herbicide you use, be sure to read and follow label instructions.

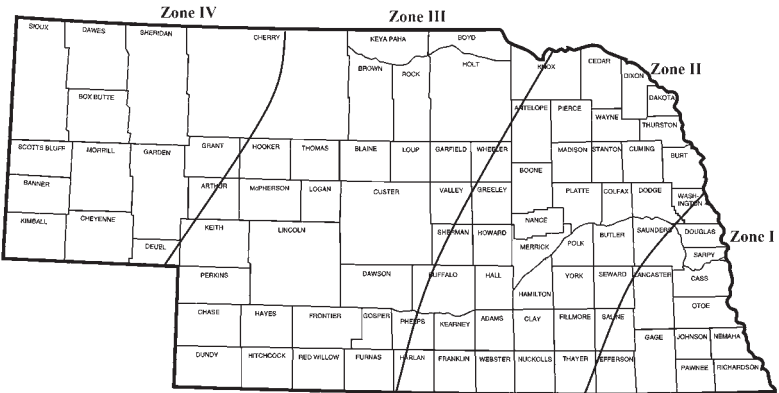
Fertilization

Fertilizer can be used to increase the production of your grass, which may also increase the competition for weeds. The cost of fertilizer, value of hay or pasture and the plant species response to fertilizer are all important considerations when deciding whether or not to fertilize the rangeland. The risk of changes in hay value, rainfall timing and amount and variability in the yield response to the fertilizer may not be worth the money spent to apply the

Nitrogen recommendations for dryland pastures and haylands in Nebraska.

Zone	Pounds of Nitrogen to apply per acre*			
	Cool-season grasses		Warm-season grasses	
	Pasture	Hayland	Pasture	Hayland
I	80–120	100–150	60–90	75–100
II	50–80	60–90	40–75	50–80
III	40–60	50–75	25–50	40–60
IV	20–40	30–60	20–40	30–50

*Use the higher rate when a full profile of subsoil moisture is present.



fertilizer. Nitrogen and phosphorus are the most common fertilizers applied in eastern Nebraska. Application timing and amount depend on the type of grasses in

the rangeland or, if a mixture, the type of grass most desired. Cool-season grasses should be fertilized in early spring and warm-season grasses should be fertilized mid-to-late May.

Tree Fertilization: Spring vs. Fall

Sarah Browning
Extension Educator

Most Nebraska soils are fertile enough to support good growth of trees and shrubs without the need for additional fertilization and trees surrounded by a fertilized lawn generally do not need additional fertilization. Vigorous growth is a good indication no additional nutrients are needed. However, if trees show poor growth with small amounts of new growth each year, small leaves, off-colored yellow leaves and poor canopy fill, but are not suffering from disease, insect or environmental problems, then fertilization may be warranted.

Factors Contributing to Soil Nutrient Deficiencies

Trees growing in severely eroded soils, very sandy soils or soil disturbed by new construction may benefit from additional nutrients. Landscape trees and shrubs are frequently subject to adverse soil and environmental conditions. Removal of topsoil and compaction of the remaining subsoil during home construction leaves many landscapes with poor soil for plant growth. Poor soil drainage, competition from grass sod and highly alkaline soil pH levels are additional factors contributing to tree and shrub nutrient deficiencies. Supplemental nutrients may sometimes be needed to help trees maintain vigor.

When to Fertilize

Supplemental fertilization is most beneficial during periods of maximum plant growth. The ideal time to fertilize is in the spring, just after trees have fully leafed out. This allows trees to maximize the amount of fertilizer taken up by the roots and used by the growing tree. Woody plants take up nutrients through their root systems and, in most cases, respond best to soil applications of fertilizers. Fall applications, once leaf drop begins and before the ground freezes, are the second best time to fertilize, however, considerable amounts of nitrogen may be lost to leaching during the winter months. Do not apply fertilizer to frozen soil. Do not apply fertilizer:

- In late summer, August and September, which may promote growth flushes that are very succulent and could be easily damaged by the freezing temperatures of early autumn.
- During the first year for newly planted trees, since this can create an unbalanced leaf canopy-to-root ratio.
- For large transplanted trees, it is best to wait several seasons for the root system to become re-established before fertilizing.

What Nutrients are Needed?

Nebraska soils typically have high levels of phosphorus and potassium, so additional fertilization with these nutrients is seldom needed. If a soil analysis indicates the phosphorus level

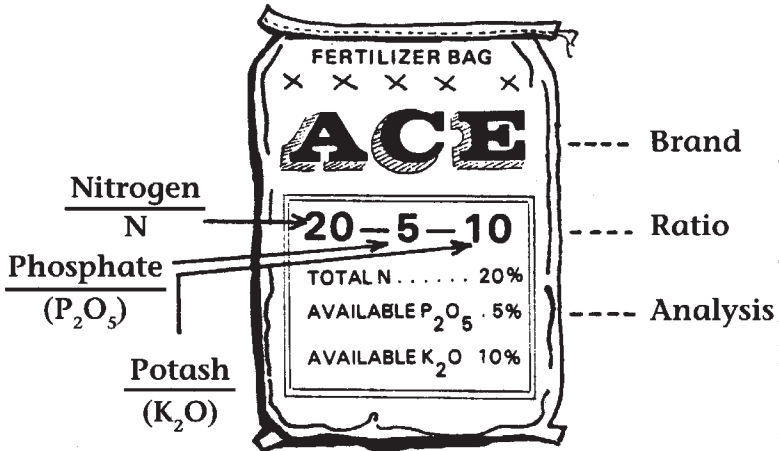
is less than 6 ppm (Bray #1) or 4 ppm (sodium bicarbonate) or potassium is below the range of 75 ppm (extractable K), then applications of one or both of these to bring the nutrients to these respective levels would be beneficial for tree and shrub growth. Nitrogen is the most frequently limiting nutrient for plant growth, but completing a soil test to determine existing nutrient levels is a good idea before additional fertilizer is applied. Phosphorus and nitrogen runoff are frequent pollutants of lakes, ponds and streams. Many states restrict the use of phosphorus in landscape fertilizers for this reason.

Calculating the Amount of Nitrogen Fertilizer Needed

First, determine the number of square feet under the tree’s canopy. Next, the actual pounds of fertilizer product to be applied is calculated based on the product’s nitrogen concentration. Recommended rates are 1.5 lb of actual nitrogen or 1 lb of actual phosphorus or potassium per 1,000 square feet of area under the tree’s drip line or a shrub’s bed area. The formula for finding the square foot area is:

Square feet of circle (area) = $\pi \times \text{radius}^2 = 3.14 \times \text{radius} \times \text{radius}$

The radius is the distance from the trunk to the end of



Fertilizer products always list nutrients as a percentage in this order: nitrogen, phosphorus, potassium.

the branches. The formula for pounds of actual N fertilizer needed is:

1.5 lb of actual N × (area/1,000 square feet).

Then, fertilizer mixture needed:

(lb of actual N/% of N in the fertilizer) × 100

In an example with a radius equal to 20 feet, the formula would be the following: Area = $\pi (20)^2 = 3.14 \times 20 \times 20 = 1,256$ square feet. Actual nitrogen needed would equal $1.5 \times 1,256/1,000 = 1.9$ lb of N. If the fertilizer had a 20 percent N composition, as in the sample label, the amount of fertilizer needed would then be $1.9/.20 = 9.5$ lb of fertilizer. Application rates greater than the recommended amounts can make trees more susceptible to insect and disease problems and drought injury.

Making Applications

Due to the potential damage to grass under trees when making granular fertilizer applications, do not exceed 1.5 lb of actual nitrogen per 1,000 square feet of ground area per application. This will reduce the risk of “burning” the grass. Fertilizer can be applied with a spreader calibrated to apply the recommended amount. Start 2–3 feet from the trunk and move outward in concentric circles until you reach 2–3 feet beyond the drip line (end of branches). Care should be taken to avoid overlapping your circles. Immediately irrigate to move fertilizer into the soil profile. Fertilizer spikes are a convenient and simple way to apply fertilizer, and can be effective if used in sufficient quantities. However, they are a more expensive alternative when compared to granular fertilizer.

Get Dirty: Help Young Children Learn About Science & Nature

Soni Cochran
Extension Associate

Exploring our natural world through hands-on science is an important way for children to learn. Teachers, parents and grandparents can encourage children to observe, make predictions and test those predictions by getting “dirty.”

When we engage children in science, they learn to explore, experiment, question, discover and understand natural and human-made objects and forces. Our natural environment stimulates a child’s curiosity, encourages the use of all five senses and helps build vocabulary.

Early science activities are most effective when children can explore while we ask interesting questions like “What do you think would happen if...?” Or “I wonder how this works.”

Here are some ideas you can use to engage young children to help them learn more about science and nature:

- Watch a butterfly on a flower, ants crawling across the sidewalk or spider building a web.
- Talk about birds, eggs and nests. Have the children recreate a nest or help them build a nest box and place it outside for birds.
- Examine objects with magnifying glasses or simple microscopes (this is my 5-year-old grandson’s favorite!).
- Explore and compare leaves, sticks and other natural objects.
- Explore the properties of water and ice.



Watching a painted turtle lay eggs.

- Experiment with wet and dry sand.
- Test magnets of different sizes.
- Mix colors (paint, chalk, crayons, liquids, etc.) to create new ones.
- Peel fruits and vegetables to see what’s inside. My dad used to split a banana length-wise for us so we could see the tiny seeds before eating it.

Some activities you choose may be messy or may not start out messy, but end up that way as children explore. That’s OK! Plan ahead. Have a play area outdoors too where clean-up is easier.

As parents, grandparents, teachers and mentors, we have opportunities each day to engage children in science and nature. Sometimes these opportunities take a bit of planning to prepare activities. Sometimes all it takes is capturing a moment while taking a walk outdoors and asking your child “What do you think would happen if...?”

Source: eXtension.org “Science and Nature Support Children’s Development”

Outdoor Fun: Leaf Rubbings

Mary Jane Frogge
Extension Associate

Leaf rubbing is a great activity to get kids outside and learning about trees.

While collecting leaves from your yard for this activity, look up the trees in a tree book. If you do not have a tree identification book, check one out at the library.

Are the trees that you collected leaves from native to the United States? Discuss how trees are beneficial supplying oxygen, providing shade and wildlife habitat. What are other ways trees are important to us?

Supplies:

- Different sizes and



- shapes of tree leaves (maple, oak, hackberry, mulberry, ginkgo)
- colored paper
- crayons
- Tree ID book

Directions:

1. Put a leaf upside down on the table.
2. Place a piece of paper over the leaf. Remove the paper covering from a crayon.
3. While holding the paper and leaf in place, use the side of a crayon to rub across the leaf.
4. Make sure you color over the entire leaf. Rubbing firmly all over the leaf will show the veins and the outline of the leaf.
5. A dark crayon will produce a clearer print of the leaf.
6. Do another leaf with a different color crayon. Continue until the paper is filled.

TWILIGHT ON THE TALLGRASS

Family fun under the harvest moon!

Spring Creek Prairie Audubon Center

11700 SW 100th St., Denton

Saturday, Sept. 26, 6–10 p.m.

- Live owl show at 7 p.m.
- Wagon rides through the prairie
- Guided bird and nature walks
- Views of the full harvest moon
- and many more activities for all ages.

(\$5 suggested donation for entry)

For more information, call 402-797-2301.

Do You Need to Hire a Pest Control Company?

Soni Cochran
Extension Associate

There’s a lot going on in the wildlife world as we move into late summer and early fall. You may be considering the services of a pest control company to help you manage any pests. How do you know if you need to hire someone or can you manage pests on your own?

First, are you having trouble with pests in and around your home?

If the answer is NO, then you don’t currently need a pest control company.

If you are having pest problems, take the first step by identifying the pest you are having trouble with. This will let you know if you can solve the problem yourself or if you need to contact a pest control company.

Nebraska Extension promotes an Integrated Pest Management (IPM) approach which involves:

1. Pest identification.
2. Monitoring and assessing pest numbers and damage.
3. Guidelines for when management is needed.
4. Preventing pest problems.
5. Using a combination of management tools: biological, cultural, physical/mechanical and finally, chemical.

Pest identification is a critical first step because you’ll

learn what your problem pest needs to survive – what they eat, where they live and their life stages.

Capture the problem pests and bring them to your local county Extension office. Of course, alive is always best, but if you can’t capture the pest alive, make sure the sample is in good condition. Pests squished between tissues are nearly impossible for us to identify when all that is left is a bit of dried goo and part of a hairy leg.

You can also take a digital photo of your pest, but this can be tricky, since some features to help identify an insect or spider need to be seen under a microscope. We still might ask you to bring one in, but you can try emailing us a high-resolution photo.

Once your pest is identified and you learn more about the pest, you’ll be able to make the best decisions for control. A solution may be as simple as sweeping up the pest with a broom or using a flyswatter (wood cockroaches are accidental invaders in our area — no pesticides needed). If it is one of the many pantry pests, you would search for an infested stored foods product and learning how to best store dry goods in your pantry to prevent pests.

Sealing and caulking around openings like windows and doors, keeping the home in

good repair by repairing leaks and rotted wood is also key to reducing pests in the home.

Depending on the pest, you may need to hire a pest control company. For example, German cockroaches can quickly get out of control. For people dealing with bed bugs or bat bugs, you’ll want to hire a pest control company. If you have bats in your home or raccoons tearing up your attic, consider a pest control company to help you.

If you have termites in your home, a treatment will need to be done by a certified pest control company. Do not attempt to control termites on your own. Pest control companies will also perform an annual inspection for termites if you are concerned about them on your property.

If you decide you need to use the services of a pest control company, ask if the company practices Integrated Pest Management. IPM is the best and safest way to control pests found in and around your home.

Reliable pest control companies work hard and do the best they can to earn your business.

FOR MORE INFORMATION

Nebraska Extension NebGuide “How to Select a Pest Control Company,” (G1647) available online at <http://lancaster.unl.edu/pest> or from the Extension office.



GARDEN GUIDE

THINGS TO DO THIS MONTH

Mary Jane Frogge, Extension Associate

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

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

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

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

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

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

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

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

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

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

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

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



HEART OF 4-H VOLUNTEER AWARD

Michelle Huber

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

Michelle has been a 4-H volunteer for 30 years. She is currently 4-H Photography Superintendent at the Lancaster County Super Fair, a parent volunteer with the South Prairie Wranglers 4-H rabbit club and instructor at Clover College.

Previously, she volunteered with the horse program for 20 years as a hippology and judging coach, member of Horse VIPs committee and horse judge.

"4-H has been in my family for four generations," she says. "4-H provides an opportunity for youth to gain leadership experience, citizenship and community service. Participation in 4-H allows youth to develop lifetime skills. My favorite experience as a 4-H volunteer has been as the Photography Superintendent. I have enjoyed working with the 4-H youth, Extension staff and judges. It's been a joy to watch youth develop their photography skills, creativity and confidence."

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



4-H at State Fair

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 at the state fair, results and more, go to <http://4h.unl.edu/nebraskastate-fair>. State Fair information is at www.statefair.org.

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

Public gate admission will be \$10 with reduced price days Aug. 31–Sep. 3. Children 6–12 will be \$3 and children 5 and under will be free.

Rabbit Clinic, Oct. 31

A free 4-H Rabbit Clinic will be held Saturday, Oct. 31, 9 a.m.–12 noon at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln. Open to all youth and families. This is a great opportunity to learn about the 4-H Rabbit Program which is open to all youth ages 8–18. Sessions include feeding and care of a rabbit, how to judge rabbits and showmanship. For more information, call Marty at 402-441-7180.

4-H Teen Council Invites New Members

4-H Teen Council is a leadership organization for youth in grades 7–12. Meetings are held the second Sunday of each month at 3 p.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln. The next meeting will be Sunday, Sept. 13 at 3 p.m.

4-H Teen Council members:

- participate in several community service activities
- plan, set up and facilitate the



Teen Council leads the 4th & 5th Grade Lock-In.

annual 4th & 5th grade Lock-In • are involved in other leadership activities

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

Livestock Booster Club Scholarships

The Lancaster County 4-H Livestock Booster Club awards two \$500 college scholarships each year. Husker Auto Group sponsored both of the scholarships this year. Micah Scholl and Renae Sieck were presented the scholarships at the Lancaster County Super Fair 4-H/FFA Livestock Premium Auction.



State 4-H Horse Expo Results

The 2015 Fonner Park State 4-H Exposition was held July 12–16 in Grand Island. Here are the Lancaster County 4-H'er purple ribbon winners. Complete results are at <http://animalscience.unl.edu/anscdistrictstate4-hshowresults>.



Champion Team in Senior Horse Judging

Junior Hippology

Lancaster 1 Team (Champion): Aussia Stander, Chloe Stander

Senior Judging Contest

Lancaster 3 Team (Champion): Anna Heusinger (4th place individual), Nicole Ackland (3rd place individual), Madison Sobotka (6th place individual), Kate Erdkamp

Other: Cadi Wilbeck (8th place individual), Jadin Vogler (10th place individual)

All coached by Roger Bell

Junior Showmanship

Lillie Beach, Aubrey Hayes, Madison Sobotka

Senior Showmanship

Anna Heusinger (5th place), Grace Kim (9th place), Nicole McConnell (Finalist), Bailey Peterson (Finalist)

Trail

McKenzie Beach (9th place)

Junior Hunter Under Saddle

Cadi Wilbeck (5th place), Madison Sobotka (6th place)

Senior Hunter Under Saddle

Anna Heusinger (Champion)

Junior Hunt Seat Equitation

Madison Sobotka (Champion)

Hunter Hack

Heather Welch (Reserve Champion)

Senior Western Horsemanship

Bailey Peterson (3rd place), Sierra Nelson (6th place), Grace Kim (9th place), McKenzie Beach (10th place)

Senior Western Pleasure

Bailey Peterson (3rd place), Sierra Nelson (10th place)

Advanced Hunter Under Saddle

Bailee Sobotka (Reserve Champion, blue ribbon)

Advanced Hunt Seat Equitation

Bailee Sobotka (Champion)

Elementary Dressage

Marissa Carlson (Champion), Bailee Sobotka (Reserve Champion), Kate Rawlinson (5th place), Emily Cashmere (6th place)

Senior Pole Bending

Anna Heusinger (7th place), McKenzie Beach (9th place)

Junior Barrel Racing

Clara Bradbury (5th place)

Senior Barrel Racing

Anna Heusinger (7th place)

Working Ranch Horse

Dylan Schmidt (8th place, blue ribbon)

Daily Team Roping - Header

Kenzie Mayer (Champion)

Horse Awards Night, Oct. 1

Come one and all! The annual Lancaster County 4-H Horse Awards Night will be Thursday, Oct. 1, 6:30 p.m. at the Lancaster Extension Education Center, 444 Cherrycreek Rd., Lincoln. The Horse VIPs Committee will provide snacks. Awards presentation includes Incentive Awards, Horsemanship Levels, All-Around Awards, Herdsmanship, Top Judging buckles and ribbons, and a few surprise awards! Come help celebrate the outstanding accomplishments of the 2015 Lancaster County 4-H horsemen!





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

Ch=Champion; Res=Reserve

Top Static Exhibits

GENERAL AREAS

Poster: Addison Wanser
Club Banner: The Egg Basket Club
Quilt Quest: Kylee Plager
Dog Exhibit: Anna Sump

SCIENCE, ENGINEERING & TECHNOLOGY

Model Vehicle: Tyler Vander Woude
Aerospace: James Griess
Woodworking: Riley Peterson
Safety: Kylie Hansen
Overall Science, Engineering & Technology: Caidell Davis

FOOD & NUTRITION

Yeast Bread: Herman Dolezal
Quick Bread: Grant Johnson
Food Preservation: Emma Noel
Cake/Pie: Nate Becker
Cookie: Aidan Galusha

HOME ENVIRONMENT

Home Environment: Jared Nielsen
Home Environment: Lily Craig
Home Environment: Julia Stephenson

HUMAN DEVELOPMENT

Human Development: Alyssa Zimmer

PHOTOGRAPHY

Unit 1: Lydia Kramer
Unit 2: Kayla Humphrey
Unit 3: Philip Hanigan

CLOTHING

STEAM 1: Clare Bauman
STEAM 2: Riley Peterson
STEAM 3: Kylee Plager
Beyond the Needle: Ellie Babcock
Crocheting: Emma Noel
Knitting: Ellie Babcock

HORTICULTURE

Vegetable Exhibit: Kylie Hansen
Herb Exhibit: Kylie Hansen
Annual Flower Exhibit: Jacob Rushman
Perennial Flower Exhibit: Phillip Rushman
Rose Exhibit: Bailee Gunnerson
Specimen Plant: Kylie Hansen

CONSERVATION & WILDLIFE AND FORESTRY

Conservation and Wildlife Exhibit: Taygon Shaw
Forestry Exhibit: Riley Weitz

Top Contest Awards

BICYCLE

Sr Ch: Nathan Gabel
Jr Ch: Gregory Johnson
Jr Res Ch: Sarah Cunningham

LIFE CHALLENGE

Sr Ch: Ellie Babcock
Sr Res Ch: Valerie Gabel
Jr Ch: Aleyna Cuttlers
Jr Res Ch: Sarah Cunningham

PLANT SCIENCE

Horticulture Contest: Abby Babcock
Tree ID Contest: Grace Dowd
Grass & Weed ID Contest: Abby Babcock

PRESENTATIONS

Ch Premier Presenter: Rose Ingracia
Ch Sr Presenter: Rose Ingracia
Res Ch Sr Presenter: Abby Babcock
Ch Inter Presenter: Ellie Babcock
Res Ch Inter Presenter: Julia Stephenson
Ch Jr Presenter: Kylie Hansen
Res Ch Jr Presenter: Toby Jordan

STYLE REVUE

Ch Style Revue: Emily Pillard
Res Ch Style Revue: Renae Sieck
Ch Shopping in Style: Sheridan Swotek
Res Ch Shopping in Style: Mary Dowd
STEAM 1: Luke Johnson
Make One/Buy One Level 1: Karter Kinkaid
Make One/Buy One Level 2: Julia Stephenson
Make One/Buy One Level 3: Sheridan Swotek
Attention Shoppers: Clara Johnson
Upcycled Garment: Bailee Gunnerson

TABLE SETTING

Jr Picnic: Livia Swanson
Jr Casual: Clara Johnson
Jr Birthday: Clare Bauman
Jr Formal: Sarah Cunningham
Inter Picnic: Anna Sump
Inter Casual: Ella Hendricksen



Inter Birthday: Delaney Meyer
Inter Formal: Katie Borcharding
Sr Casual: Paige Borcharding
Sr Birthday: Bailee Gunnerson
Sr Formal: Emma Lanik

LIVESTOCK JUDGING

1st Overall: Kylie Gana
2nd Overall: Jaclyn Heinrich
3rd Overall: Caitlyn Walbrecht
4th Overall: Sophia Lentfer
5th Overall: Cole Cooper
Sr Ch: Sophia Lentfer
Inter Ch: Kylie Gana
Jr Ch: Toby Becker

ELITE SHOWMANSHIP

1st Place: Jaclyn Heinrich
2nd Place: Cole Cooper
3rd Place: Ashtyn Cooper
4th Place: Trevor Spath
5th Place: Dani Schreiber

Top Animal Exhibits

BEEF

Ch Supreme Breeding Heifer: Kylie Gana
Res Ch Supreme Breeding Heifer: Caitlyn Walbrecht
Ch Supreme Feeder: Renae Sieck
Res Ch Supreme Feeder: Kylie Gana
Grand Ch Market Heifer: Skylar Sterns
Res Grand Ch Market Heifer: Ashtyn Cooper
Grand Ch Market Steer: Ashtyn Cooper
Res Grand Ch Market Steer: Lauren Robertson
Supreme Ch Showmanship: Brett Heinrich
Ch Sr Showmanship: Jaclyn Heinrich
Ch Inter Showmanship: Brett Heinrich
Ch Jr Showmanship: Allison Walbrecht
Ch Lancaster County Born and Raised - Breeding: Taylor Nielsen
Ch Lancaster County Born and Raised - Market: Jaclyn Heinrich
Ch Rate of Gain Market Steer: Taylor Nielsen
Ch Rate of Gain Market Heifer: Skylar Sterns
Supreme Ch Market Animal: Ashtyn Cooper

DAIRY CATTLE

Overall Ch Showmanship: Ashtyn Cooper
Ch Sr Showmanship: Ashtyn Cooper
Ch Inter Showmanship: Cassie Meyer
Ch Jr Showmanship: Benjamin Meyer
Sr Ch Holstein: Cassie Meyer
Jr Ch Holstein Heifer: Cassie Meyer
Jr Ch Cross Breed Heifer: Benjamin Meyer
Jr Ch Jersey Heifer: Isabella Hytrek
Sr Ch Jersey Dairy: Catherine Hytrek
Sr Ch Milking Shorthorn: Benjamin Meyer
Jr Ch Milking Shorthorn Heifer: Benjamin Meyer

BUCKET CALF

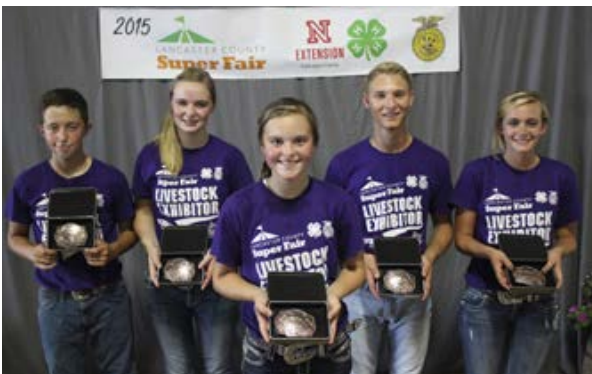
Ch Bucket Calf Jr Division: Elijah Delhay
Res Ch Bucket Calf Jr Division: Carlie Sorge
Ch Bucket Calf Inter Division: Allison Brandl
Res Ch Bucket Calf Inter Division: Carmen Vrbka

SHEEP

Grand Ch Market Lamb: Cole Cooper
Res Grand Ch Market Lamb: Riley Scott
Ch Exhibitor Bred & Owned Market Lamb: Allison Docter



Clockwise from upper left: Top Overall Science, Engineering & Technology (a restored 1934 Maytag engine), Top Clothing Beyond the Needle (skirt sewn from fabric woven on a loom), a Top Home Environment, English Horse Showmanship Senior Champion, Rabbit All-Around Showman Co-Champions, Livestock Elite Showmanship Contest participants, Top Quilt Quest.



Res Ch Exhibitor Bred & Owned Market Lamb: Allison Docter
Supreme Ch Breeding Ewe: Ashtyn Cooper
Supreme Res Ch Breeding Ewe: Sophia Lentfer
Ch Sr Showmanship: Madelyn Scott
Res Ch Sr Showmanship: Cole Cooper
Ch Inter Showmanship: Riley Scott
Res Ch Inter Showmanship: Megan Lange
Ch Jr Showmanship: Thomas Neal
Res Ch Jr Showmanship: Heather Lange

SWINE

Ch Overall Market Swine: Kylie Gana
Res Ch Overall Market Swine: Brett Heinrich
Ch Sr Showmanship: Trevor Spath
Ch Inter Showmanship: Jaclyn Heinrich
Ch Jr Showmanship: Nicole Keetle
Ch Breeding Gilt: Ashley Gruber
Res Ch Breeding Gilt: Taylor Nielsen
Ch Pen of Three: Brett Heinrich
Res Ch Pen of Three: Trevor Spath

DAIRY GOAT

Ch Alpine Goat: Corianna Kubicek
Res Ch Alpine Goat: Corianna Kubicek
Ch Nigerian Goat: Corianna Kubicek
Res Ch Nigerian Goat: Katherine Moyer
Ch Overall Nubian Goat: Taden Bell
Res Ch Overall Nubian Goat: Genevieve Moyer
Ch Toggenburg Goat: Corianna Kubicek
Res Ch Toggenburg Goat: Corianna Kubicek
Ch Recorded Grade Goat: Stella Uiterwaal
Res Ch Recorded Grade Goat: Stella Uiterwaal
Supreme Ch Dairy Goat: Taden Bell
Res Supreme Ch Dairy Goat: Corianna Kubicek
Ch Sr Showmanship: Stella Uiterwaal
Ch Jr Showmanship: Taden Bell

MEAT GOAT

Overall Grand Ch Meat Goat: Madelyn Scott
Overall Res Ch Meat Goat: Lilian Bogle
Overall Ch Breeding Goat: Lilian Bogle
Overall Res Ch Breeding Goat: Samuel Bogle
Sr & Overall Ch Meat Goat Showmanship: Madelyn Scott
Overall Res Ch Meat Goat Showmanship: Danielle Schreiber
Ch Jr Meat Goat Showmanship: Lilian Bogle
Res Ch Jr Meat Goat Showmanship: Cyrus Harner

LLAMA/ALPACA

Ch Sr Showmanship: Alyssa Jensen
Ch Inter Showmanship: Olivia Waters

POULTRY

Poultry Part ID Jr Ch: Linara Carlson
Poultry Part ID Jr Res Ch: Zachary Pittman
Ch Sr Showmanship: Eliana Babcock
Ch Jr Showmanship: Linara Carlson

RABBIT

All-Around Showman Award Co-Ch: Joli Brown
All-Around Showman Award Co-Ch: Rhianna Metcalf
All-Around Showman Award Res Ch: Emily Harms
Best 4 Class: Noah Huber
Best 4 Class Res: Corby Vrbka
Best 6 Class: Noah Huber
Best 6 Class Res: Emma Sondgeroth
Ch Sr Showmanship: Austin Hurt
Ch Inter Showmanship: Joli Brown



Ch Jr Showmanship: Carter Smith
Judging Contest - Sr: Morgan Bodfield
Judging Contest - Inter: Chris Bonifant
Judging Contest - Jr: Kennedy Bellin
Breed ID Contest Sr: Austin Hurt
Breed ID Contest Inter: Alyssa Zimmer
Breed ID Contest Jr: Rhianna Metcalf
Quiz Bowl Sr: Bailee Gunnerson
Quiz Bowl Inter: Emily Harms
Quiz Bowl Jr: Rhianna Metcalf

DOG

Ch Sr Showmanship: Jasmine Allen
Ch Inter Showmanship: Emmi Dearthmont
Ch Beginning Jr Showmanship: Emely Troy
Pre-beginning Agility A - Level 1 Ch: Kalli Honnor
Pre-beginning Agility B - Level 1 Ch: Hailee Lynn
Beginning Agility A - Level 2 Ch: Sidney Schlesiger
Inter Agility - Level 3 Ch: Bethany Wachter
Inter Agility - Level 4 Ch: Spencer Peters

CAT

Best in Show: Celeste Uiterwaal
Best in Show Long Hair: Emma Jo Whaley
Best in Show Short Hair: Celeste Uiterwaal

HOUSEHOLD PETS

Grand Ch Mammal: Lydia Duffy
Res Grand Ch Mammal: Josiah Phillips
Ch Fish, Reptiles/Amphibians: Nathan Gabel
Res Ch Fish, Reptiles/Amphibians: Emma Timmer

HORSE

Grand Ch Hunter/Huntseat Ages 4 and up: McKenzie Beach
Res Grand Ch Hunter/Huntseat Ages 4 and up: Clara Bradbury
Grand Ch Hunter/Huntseat Aged Horse: Anna Heusinger
Res Grand Ch Hunter/Huntseat Aged Horse: Aubrey Hayes
Grand Ch Stock Horse Ages 4 and up: Bryanna Loudon
Res Grand Ch Stock Horse Ages 4 and up: Joshua Ronnau
Grand Ch Stock Horse Aged Horse: Ally Quinn
Res Grand Ch Hunter/Huntseat Aged Horse: Heather Welch
Grand Ch Pony: Miya Higgins
Res Grand Ch Pony: Kate Rawlinson
Grand Ch Miniature Horse: Allison Densberger
Res Grand Ch Miniature Horse: Kyra Hinrichs
Ch Sr English Showmanship: Grace Kim
Ch Jr English Showmanship: Aubrey Hayes
Ch Elem English Showmanship: Lillie Beach
Ch Sr Western Showmanship: Nicole McConnell
Ch Jr Western Showmanship: Madison Sobotka
Ch Elem Western Showmanship: Lillie Beach
Ch Jr/Sr Miniature Horse Showmanship: Allison Densberger
Ch Elem Miniature Horse Showmanship: Kyra Hinrichs
Ch Groom and Care: Chase McInteer

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



EXTENSION CALENDAR

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

August

Aug. 28–Sept. 7 **Nebraska State Fair**, *Fonner Park, Grand Island*

September

- 1 **4-H Council Meeting**..... 7 p.m.
- 8 **Guardian/Conservator Training**..... 1:30–4:30 p.m.
- 10 **Co-Parenting for Successful Kids Class** 9:30 a.m.–1 p.m.
- 11 **Extension Board Meeting** 8 a.m.
- 13 **4-H Teen Council Meeting** 3 p.m.
- 14 **Stepping On Workshop**..... 1–3 p.m.
- 15–17 **Husker Harvest Days**, 9000 W. Husker Highway, Grand Island
- 19 **Composting Demonstration**, *Pioneers Park Nature Center's backyard composting demonstration area*..... 10 a.m.
- 19–20 **Ak-Sar-Ben 4-H Horse Show**, *Lancaster Event Center*
- 21 **Stepping On Workshop**..... 1–3 p.m.
- 24–27 **Ak-Sar-Ben 4-H Stock Show**, *CenturyLink Center*
- 28 **Stepping On Workshop**..... 1–3 p.m.

Maureen Burson Retires Public Invited to Reception Sept. 29

Extension Educator Maureen Burson is retiring after 40 years in Extension. Her last day will be Oct. 1. She has worked at Nebraska Extension in Lancaster County since 1985, after 10 years with Kansas State Extension.

The public is invited to Maureen's retirement celebration on Tuesday, Sept. 29, 3–5 p.m. with a formal presentation at 4 p.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln.

If you would like to submit a letter or card to be included in a book of letters for Maureen, please send by Sept. 22 to: Attn Lorene, Nebraska Extension in Lancaster County, 444 Cherrycreek Road, Suite A, Lincoln NE 68528.

Originally from Salina, Kan., Maureen earned her B.S. from Kansas State University in Home Economics and M.S. in Adult Education. Maureen served Nebraskans and Kansans by teaching, developing curriculum and writing grants in a variety of positions throughout her Extension career:

- Family and Consumer Science Extension Agent in Graham County, Kansas (1975–1978)
- 4-H Agent in Riley County, Kansas (1978–1984)
- Lancaster County 4-H Extension Educator (1985–1993)
- Nutrition Education Program (NEP) Lancaster County Coordinator (1994–2006)
- Family Living Educator (2006–2015)

Maureen says, "Some of the most gratifying experiences during my Extension career were watching youth develop life skills over a period of years and the lifetime friendships developed as a 4-H professional. I've also been inspired by the heart-felt appreciation expressed by participants of 'Co-Parenting for Successful Kids' and 'Guardianship Training' classes."

She also has enjoyed the positive teamwork with various community partners to improve the quality of life for families. Examples of partnerships include: "Guardianship Training" (attorneys from the Nebraska



Maureen Burson teaching recent Guardianship Training.

State Bar Association, Nebraska Supreme Court and others); "Co-Parenting for Successful Kids" online and on-site classes (Nebraska Supreme Court and others); Nutrition Education Program School Enrichment nutrition kits (LPS) and Garbology (LPS, City of Lincoln Recycling office and others).

Maureen was a member of Nebraska Cooperative Extension Association (NCEA) (31 years), National Extension Association of Family and Consumer Science (NEAFCS) (14 years, including serving as state affiliate president), and National Association of Extension 4-H Agents (NAE4-HA) (17 years, including serving as state affiliate president).

Throughout her career, Maureen has earned many awards, including:

- 2014 Creative Programming by a Team award presented by NCEA to the Co-Parenting for Successful Kids adapting on-site to online team
- 2010 2nd place national Community Partnership Award presented by NEAFCS for Guardianship training team
- 2009 National Distinguished Service Award presented by the National Extension Association of Family and Consumer Sciences (NEAFCS)

Maureen and Dennis, husband of 31 years and Nebraska Extension Meat Specialist, have three children. As young adults, Kristen, Andrew and Becca continue to benefit from the life skills they learned as Lancaster County 4-H members.

On behalf of Extension staff, we will miss Maureen's dedication and passion for serving the community. Best wishes and happy retirement, Maureen!



From May 1993 NEBLINE (at right)

4-H Kick Off

Thurs., Oct. 15 • 6 p.m.
Lancaster Extension Education Center
444 Cherrycreek Rd., Lincoln

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

Adults — Help Youth Grow By Volunteering!

Husker Harvest Days Sept. 15–17

Agricultural producers and Nebraskans of every stripe can access a wealth of information on planning for climate change when they visit University of Nebraska–Lincoln Institute of Agriculture and Natural Resources (IANR) exhibits at this year's Husker Harvest Days show, 9000 W. Husker Highway near Grand Island.

"Successfully weathering extremes" is the theme for Nebraska Extension exhibits dealing largely with planning for potential weather extremes from climate change on the farm and ranch, as well as climate change-induced challenges and opportunities in our everyday lives.

Admission: adult \$12, ages 13–17 \$6. For more information, go to <http://huskerharvestdays.com>.

EXTENSION NEWS

Tyler Williams Receives Communication Award

Nebraska Extension in Lancaster County's Extension Educator Tyler Williams was one of three national finalists for the National Association of County Agricultural Agents (NACAA) Communication Award for Individual Newsletter. The award was presented in July at NACAA's annual meeting in Sioux Falls, S.D. for Tyler's monthly Nebraska Ag Climate Update. Ag Climate Update is distributed via Tyler's blog, <http://agclimatenebbraska.weebly.com>, Nebraska Extension's CropWatch and other email lists. It is also posted at <http://lanaster.unl.edu/ag/weather.shtml>.



Extension Educator Tyler Williams (left) with a Bayer representative.

Lorene Bartos Receives Community Action Award

In July, Community Action Partnership of Lancaster and Saunders Counties named Nebraska Extension in Lancaster County's Extension Educator Lorene Bartos the 11th recipient of their Community Action at Work Award. These awards are given annually to individuals, groups or businesses who demonstrate extraordinary effort in furthering the mission of Community Action and its work to fight poverty. Lorene has partnered with Lincoln Housing Authority to provide RentWise classes to local tenants since 2008.

Lee Heflebower, supportive housing administrator, said, "Lorene's passion for helping others has been an inspiration for those who have worked with her and a true asset for our community. She has been such a support to our staff, and has provided invaluable wisdom and knowledge to renters aimed at keeping them stably housed. We are so thankful for Lorene, and her commitment to our community."



(L–R) Community Action Executive Director Vi See, Extension Educator Lorene Bartos and Supportive Housing Administrator Lee Heflebower.