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NEBLINE

NEBRASKA EXTENSION IN LANCASTER COUNTY

4-H Youth Showcase Projects, Develop Skills at the Super Fair

The 2016 Lancaster County Super Fair was held Aug. 4–13 at the Lancaster Event Center. Nearly 730 4-H/FFA exhibitors showcased 5,358 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 Super Fair provides 4-H youth an opportunity to showcase their projects. Completed through hard work and determination, these projects are the culmination of the entire 4-H year. While working on their projects, 4-H'ers learn valuable practical skills such as how to bake, grow vegetables, use woodworking tools and raise animals. Youth also learn life skills such as responsibility, goal setting, problem solving, communication and record keeping.

At the fair, exhibitors receive lots of well-deserved recognition in the form of handshakes, high-fives, ribbons, trophies/certificates and premium payouts. Many family members attend the fair to support, cheer on and congratulate 4-H youth — even taking vacation days off work.

Carman Kinkaid (13-years-old) entered many static exhibits (such as food, home environment, clothing and a quilt) and showed a dairy goat. She says, “The fair is always the highlight of my summer! This year I was very excited with my static exhibits (with four going to the state fair) and earning reserve champion with my goat. But the best part of the fair this year was the goat wedding! My club, the Go Go Goat Getters, planned a fun wedding with the goats that even made the evening news! I can't wait to start working on new projects and learning new skills for next year.”

Kate Cooper (16-years-old) showed in the horse, swine and llama shows. She says, “I think the best thing I gained from the fair are the experiences. The feedback from judges is super helpful for future shows! I love that no superintendents think their show is more important than any other species, so when I had a time conflict between my three species, everyone was super accommodating. Other 4-H and FFA members were always willing to help me get animals prepared to show or hold my horse. Everyone helps out to make the fair possible and make it great, year after year!”

John Boesen (13-years-old) entered static exhibits (including photography and home environment) and a dairy goat, as well as volunteered. He says, “This year I helped with several activities as a teen volunteer. Some of these were giving a tour to a daycare group, helping to set up the livestock ring and helping to pair ribbons with static exhibits. I enjoyed these behind-the-scenes activities and they helped me appreciate how much work it is to keep the fair up and running. It also helps me build on my leadership and people skills every year.”

see 4-H AT SUPER FAIR on page 3

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>



Over 500 4-H/FFA exhibitors entered a total 2,543 static exhibits (which includes rockets). The Super Fair features one of the largest county 4-H static exhibit displays in Nebraska.



Live birds returned to the 4-H Poultry show after not being allowed at fairs in Nebraska last year due to the outbreak of avian influenza.



More than 195 4-H youth and adults volunteered at 4-H Council's food booth this year.



Thirteen 4-H teens volunteered as tour guides for child care groups during Fair Fun Day. Many 4-H youth shared their animals with the child care groups and with the public throughout the fair.



Lancaster County has the largest 4-H county fair horse show in the state, with 40 horse events spanning seven days. This year, 116 horse exhibitors competed in 1,064 total entries.



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



Many 4-H Clover Kids (ages 5–7) entered exhibits and participated in Show & Tell, earning participation ribbons.



Extension Board member Paula Peterson organized the “Fun at the Farm” interactive family-friendly activity area which taught how food goes from “farm to fork.” Lancaster County Commissioners Larry Hudkins (pictured helping a young boy plant a soybean seed) and Roma Amundson helped out with it.

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IN THIS ISSUE

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



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Fresh Food Tips and Recipes

Alice Henneman, MS, RDN
Extension Educator

About 40 percent of the available edible food in the United States is thrown away each year at a cost of about \$370 per person. Some of the greatest losses are from fruits and vegetables. These recipes and tips will help you use and enjoy tasty meals from fresh vegetables and help you avoid tossing these foods.

EVERYTHING BUT THE KITCHEN SINK CHOPPED SALAD

Sometimes you're left with a "bit of this" and a "little of that" of fresh produce in your fridge.

What to do? To the rescue — a chopped salad!

A chopped salad is known for containing small pieces of fresh produce, usually vegetables. You're limited only by your imagination. Possibilities include tomatoes, lettuce, cabbage, onions, bell peppers, carrots, tomatoes, celery, lettuce, spinach, cabbage, zucchini, cauliflower, broccoli, kale, peas, radishes, cucumbers, sweet corn cut from the cob and kohlrabi.

Additional foods tossed into a chopped salad, but not necessarily chopped, include individual cooked shrimp, nuts, sunflower seeds, strips of grilled or broiled steak, beans such as black or garbanzo beans, boiled egg slices or wedges, cubed ham, bacon bits, cheese, olive slices and fruits such as mandarin orange wedges, blueberries and apple chunks.

This salad is made with tomatoes, lettuce, cabbage and green bell peppers.

An assortment of vegetables — plan on enough to make about a 1-1/2 to 2 cup salad per person

Additional cooked meat, eggs, cheese, cooked dry beans, lentils, nuts, seeds, etc., if desired

Salad dressing of your choice
Salt and pepper to taste, if desired

- 1) Prepare vegetables shortly before serving. Wash all vegetables, even if you plan to remove the skin. Smaller-sized produce can be used "as is," larger vegetables, such as greens, carrots and so on are chopped into smaller pieces. Mix together.
- 2) Mix in any additional meat, cheese, etc.
- 3) Toss with about 1 to 2 tablespoons of dressing per each two cups of vegetables. Start with the smaller amount of dressing and add more if needed. Serve.

Alice's Tip:

- A chopped salad may be easier to eat served from some type of dish with sides.

Source: Recipe created by Alice Henneman, MS, RDN

TASTY MICROWAVE POTATO CHUNKS

This recipe is made from new potatoes; the really convenient thing about new potatoes is you don't need to peel them.

This recipe is quick to make and microwaves in about 10 minutes. The tip for the quick method "Toasty Potato Chunks" from any leftovers is also very quick!

Servings: 4-6



- 4 cups diced new red potatoes (leave skin on and cut into 1-inch cubes; amount need not be exact)**
- 2 tablespoons extra virgin olive oil**
- Seasoning(s) of choice**

- 1) Place potato cubes in a mixing bowl and mix in the olive oil until potatoes are thoroughly coated.
- 2) Sprinkle potatoes with your favorite seasoning(s) and stir to distribute. I sprinkled in some dried oregano leaves and ground some black pepper over the potatoes. You also might add a bit of salt at this time, or wait to salt "to taste" after the potatoes are done — or just pass the salt if you're feeding anyone limiting sodium intake.
- 3) Place potatoes in a 1-1/2 to 2-quart microwave-safe dish. Cover with lid. Microwave on high for about 10 minutes or until potatoes are tender when pierced with a fork; stir once.
- 4) Transfer to a serving dish. Enjoy!

Alice's Tips:

- To assure potatoes getting done at the same time, as much as possible make chunks similar in size.
- Wash the potatoes under running water, scrubbing them with a clean brush or with your hands; pat dry with a clean paper towel before dicing them. Do not wash potatoes until you're ready to use them.
- Got leftovers? Eat within 3 to 4 days for best quality and safety. Here's a way to "recycle" them into a new, flavorful dish,

TOASTY POTATO CHUNKS:

- 1) Transfer potato chunks, including any remaining olive oil, to a non-stick skillet at medium heat. Place in a single layer or the potatoes will steam instead of brown. There should be enough oil left on the potatoes to flavor them and help them brown.
- 2) Cook on one side until potatoes have turned brown; then, flip and cook on the other sides.
- 3) Remove from skillet and serve hot.

Source: Recipe created by Alice Henneman, MS, RDN

DILL CUCUMBER SAUCE

Dill Cucumber Sauce is delicious served with fish and is a great way to use cucumbers from your garden, a farmers'



market or grocery store. It is especially tasty with salmon. Or, use it for a vegetable dip or a topping for baked potatoes. Nonfat Greek yogurt adds calcium and helps keep the calories down.

Servings: makes about 4 1/4-cup servings

- 1/2 cup nonfat Greek yogurt**
- 3 tablespoons reduced-fat mayonnaise**
- 1 cucumber (peeled, with seeds removed), finely chopped**
- 1 tablespoon sweet onion, finely chopped**
- 1 tablespoon chopped fresh dill or 1 teaspoon dried dill**
- 1 garlic clove, minced**
- 1/2 teaspoon sugar**
- Freshly ground black pepper, to taste**

Mix all ingredients together. Refrigerate for about 1 hour to allow flavors to blend.

Alice's Tips:

- A quick way to remove the seeds from a cucumber is to cut it in half and scoop them out with the tip of a teaspoon-size measuring spoon.
- You also might like to thin this sauce with a little milk and use it for a salad dressing.
- Refrigerate sauce after it has been at room temperature for 2 hours, total time, and plan to enjoy any remaining sauce within 3-4 days.

Source: Recipe created by Alice Henneman, MS, RDN

For more tips and recipes on cooking fresh vegetables and fruits as they come into season this summer and fall, check the *Cook It Quick* blog at <https://cookitquick.org>

Good Weaning Management is Good for Animal Welfare and Your Bottom Line

Steve Tonn

Nebraska Extension
Beef Educator



Two-stage weaning uses a plastic anti-suckling device the calf wears while kept in the presence of the cow for several days.

Weaning time is a couple of months away, but now is the time to begin to start planning for weaning your calves.

When you ask producers about weaning experiences, you hear a variety of stories. The late night call from the sheriff looking for the owner of the black cows trotting down the highway; the favorite heifer calf that broke a leg getting out of the weaning pen; too much noise outside to carry on a conversation and enjoy the deck on a beautiful fall evening. Weaning is stressful for calves, cows and people. Weaning is second only to calving for death losses.

The magnitude of weaning as a stressor was emphasized by Dr. Joe Stookey, PhD, Western College of Veterinary Medicine, Saskatoon, Canada at the International Symposium on Animal Welfare held in Manhattan in May, 2015. He pointed to the fact cows and

calves will bawl for days after weaning as evidence to support his belief weaning is the most stressful experience in a calf's life. The survival instincts of cattle as prey animals would normally keep them from alerting predators of their whereabouts and to blend in with the herd.

Two methods have been researched recently to reduce the stress of weaning; fenceline weaning and two-stage weaning. Fenceline weaning separates cows and calves by a fenceline

in a familiar pasture for several days before removing cows from the area. Two-stage weaning uses an anti-suckling device in place for 3–7 days prior to actually separating the cow/calf pair. Both methods reduce the signs of behavioral stress by the calves as compared to traditional weaning. Walking and vocalization are particularly reduced with 2-stage weaning — leading some to view it as the least stressful method. Fenceline-weaned calves will still walk the fence for the first couple of days but not nearly as much as traditionally-weaned calves.

Is setting up for fenceline weaning or applying and removing the anti-suckling devices at a planned time better than treating sick calves on their schedule? Now is the time to be assessing current weaning practices and looking for ways of minimizing stress to improve calf health, performance and well being. It is also the time to be proactive in applying acceptable animal welfare techniques that also have positive production benefits for the producer.

Husker Harvest Days Sept. 13–15

9000 W. Husker Highway near Grand Island
huskerharvestdays.com

Weather Ready Farms: Successfully Managing Extremes is the theme for the 2016 University of Nebraska–Lincoln's Institute of Agriculture and Natural Resources (IANR) exhibit. Inside UNL's Husker Red steel building, showgoers will get the latest information for planning for successful agricultural operations with the weather and climate-related challenges and opportunities facing agriculture. Interactive exhibits and growing demonstration plots will also be featured outside of the building to illustrate production and management practices discussed in the building.

Disasters Happen: Five Ways to Help Children Cope

Jaci Foged

Extension Educator

Lately, it seems like every time I turn on the news, flip through the newspaper or scroll through my Facebook feed, I am inundated with news about another tragedy. Tragedies come in all shapes and sizes; from car wrecks, to weather related situations, to mass shootings. Caregivers do their best to protect the children in their lives from an unsafe situation, but sometimes the incident hits close to home. Disasters happen, so how do we help our children cope?

Here are five ways to help children cope when disaster strikes.

Provide physical comfort and listen carefully to what your child is telling you — when disaster occurs it can be quite frightening to young children. Children may wonder when the event will happen again. They may worry about being separated from family or a family member may be injured or killed. Encourage your child to talk about what is bothering them and listen to their concerns.

Respond to children's feelings — it is perfectly normal for children to have negative feelings of fear, anger and sadness after a tragedy. As caregivers of young children, we should provide opportunities for children to express and learn about their emotions. Some children might be very vocal about their feelings, whereas others may keep to themselves. It may be helpful for young children to draw a picture to express their feelings. Adults should respond truthfully to their young child's questions, being careful not to elaborate in the same way they would for an older child.

Reading aloud to young children



is a great way to build language and cognitive skills. Reach Out and Read National Center in Boston states reading aloud is a proven technique to help children cope during times of stress or tragedy. There are many children's books available that help young children begin to understand the different emotions they have. Some of my favorites are: *The Way I Feel*, *My Mouth is A Volcano* and *Glad Monster, Sad Monster*.

For infants, make sure to point to the pictures and name what you see. Be sure to stay on the page as long as the infant is interested. For toddlers, talk about how the book relates to their life experiences, repeat interesting words and read the same book over and over again if the toddler asks you too. For preschoolers, be sure to answer questions related to the book, pause and wait so the child can say the end of a predictable phrase and run your finger under the text as you read it.

Either turn off the TV or ensure you watch the news WITH your child — news casts are often repeated multiple times a day and disturbing photographs and clips may be played repeatedly in a 30-minute time frame. Young children need their caregiver nearby to answer questions that arise from watching the news. It is important to point out what

they are seeing happened only once, not over and over again as it may appear to on the news.

Reestablish routines — having a regular schedule can help children feel secure and more in control. Return to your normal routines as soon as possible. Times such as eating, sleeping and returning to childcare or school will help your child have a sense of security and regularity.

Prepare for disasters as a family — disasters happen and you never know when one will hit close to home. Be prepared and practice family drills. As a family, create an emergency kit. Use the kit to store your critical documents and prepare for your family's basic needs. Disasters do not always strike at home. Make sure you think about and discuss escape routes for when you are out in the public as well. For instance; where might you take shelter from a tornado at a public park or what is a second exit to take when you go out to eat in case the entrance is unusable?

ADDITIONAL RESOURCES

- Nebraska Extension NebGuide "How to Help Preschoolers Manage Their Emotions After a Disaster" (G2261) at <http://extensionpublications.unl.edu/assets/pdf/g2261.pdf>
- Article by Jaci Foged, "Remember Back in 1997 When Halloween was Cancelled in Locations in Eastern Nebraska Due to a Snowstorm?" at <http://parentsavvy.com/articles-and-blog/467>
- Nebraska Extension's The Learning Child Blog "Helping Children Cope With Severe Storms" <https://learningchildblog.com/2015/05/08/helping-children-deal-with-severe-storms-what-do-parents-need-to-know>

4-H at Super Fair

continued from page 1

Clever Clovers 4-H club leader Sara Hansen says, "As a second-year club leader, I was able to witness huge growth in the number of exhibits and contests in which my club members participated. My club members once again loved working in the 4-H food stand. 4-H is such a wonderful organization that develops skills in youth that will last a lifetime."

Extension Assistant Kristin Geisert joined the Lancaster County 4-H staff on the first day of Super Fair (see back page). She says, "Even for a large fair, I noticed Lancaster County 4-H's volunteers extending the 'personal touch' to each 4-H'er during static exhibit check-in, interview judging, Table Setting contest, Fashion Show and Clover Kids Show and Tell. In turn, it was evident that 4-H'ers were excited and proud to be part of something 'big!'"

The 4-H food booth at Super Fair is Lancaster County 4-H Council's primary fundraiser each year. Many 4-H clubs and independent members helped staff a shift. More than 195 4-H youth and adults volunteered at the food booth this year! All proceeds fund several important 4-H programs and activities, college and camp scholarships, and much more. 4-H Council President Shar Sieck says, "What I saw were adults working side by side with youth, empowering them to be decision makers, having a sense of responsibility, developing new skills and gaining work experience."

This was Extension Educator Jaci Foged's first year coordinating Fair Fun Day for child care groups. Thirteen 4-H teens led 310 child care youth and adults on guided tours of the fair. She says, "It was awesome to see the 4-H'ers in action — knowledgeable, friendly and responsible are just a few words I would use to describe this great group of future leaders."

After three years as coordinator of the Super Fair, Agricultural Society Board member Trudy Pedley trained Lancaster Event Center staff member Susie Weiler to take over next year. Trudy says, "A successful county fair doesn't happen without hard work and lots and lots of planning. It takes both the experience of those who have worked the fair for many years and the fresh ideas from newer faces to bring it all together. I want to thank a great Extension staff, fellow fair board members, the Lancaster Event Center staff, our volunteers and especially Susie Weiler who put in long hours to pull off the huge event. As one fair ends, we reevaluate, seek input and suggestions and begin planning the 2017 fair."

Close, Head-to-Head Contact Spreads Head Lice

Jody Green

Extension Educator

Believe it or not, head lice are rarely transmitted in schools. Although cases spike after extended periods away from school such as summer vacation, they are most often transmitted among close friends, cousins, siblings and other relatives during events such as sleepovers, camps and extended visits. The discovery occurs when children return to school, but seldom does it spread on school property.

Identification

Adults are small (1/16–1/8 inch), wingless, brown-colored insects with pincher-like claws allowing them to firmly grasp hair shafts. They do not jump (like fleas) or crawl long distances (like bed bugs), but they can navigate the jungle of human hair quite efficiently. Eggs or nits are less than 1/32 inch long, light brown/yellow/white, oval-shaped and sometimes appear to be the same color as the hair on which they are glued. They are securely cemented to one side of the hair shaft, close to the scalp. Eggs are often located at the nape of the neck and close to the ears. They do not move and cannot fall off.

Active Infestation

An active infestation of head lice is defined as live, moving and feeding individuals. Eggs or nits alone are not considered an active head lice infestation. Viable eggs are brown and located no more than 1/4 inch from the scalp, empty or hatched eggshells are pearly white and will remain attached to the hair regardless of status. Due to hair growth over time, nits are considered non-viable if found 1/4–1/2 inch from the scalp. Symptoms of an active case of head lice include tickling

sensations, difficulty sleeping, rashes from scratching and an itchy scalp. To check for active head lice and nits, use a bright light and methodically comb and separate hair, examining the hair close to the scalp with a magnifying glass.

Life Cycle and Biology



Live adult head lice with an egg (nit) in center (magnified)



Viable egg secured to a hair shaft (magnified)

Barb Ogg, Extension Educator Emeritus

Jim Kalisch, UNL Department of Entomology

The head louse undergoes three stages: egg, nymph and adult. The female louse lays 8–10 eggs per day, which hatch in seven days and mature to an adult in another seven days. They molt three times to maturity and live approximately 30 days. Eggs or nits do not move, therefore, are not transmittable; newly-emerged nymphs rarely leave the head; and so adult lice are the only contagious form. Head lice depend on the warmth, humidity and blood meal from the human scalp. Without a human host, adult head lice will typically die within 24-hours and nits within one to two days.

Demographics

Anyone can get head lice. It is not a low income, poor hygiene dilemma. Grooming may remove dead or dying lice, but not an active infestation of head lice. Infestations of head lice are found throughout the world and all U.S. children in preschool and kindergarten are affected

more often than other groups. Their caregivers and housemates are also at greater risk. According to research, it has been found the front legs of the head louse, *Pediculus humanus capitis*, have adapted to the round Caucasian hair shaft and found to be less common among oval-shaped hair shaft of the African-American child. Young girls are more likely to get head lice than boys because they generally have longer hair and play involves close contact.

Transmission and Lack Thereof

Items in contact with head lice such as clothes, hats, headphones, blankets, rugs, etc. after 24–48 hours with zero contact, will have a low risk of transmitting head lice to others. They do not live or breed on objects or other animals besides human heads. Transmission occurs through close, head-to-head contact, which could include hugging, immediate hat-, brush- or costume-sharing or head touching like sharing a bed or pillow.

The Problem With “No Nit” Policy

A “no-nit” policy disallowed children to be at school if nits (viable or non-viable) were observed on the scalp. It is estimated a child with head lice enrolled in schools with this policy missed an average of four days of school. During this time, they suffer loss of education, shame and stigma of head lice. The school loses annual funding and parents lose wages for missing work to stay home with their child. Head lice do not spread diseases and are more of a nuisance pest than a major public health concern. Many schools have lifted this policy due to research-based information debunking the myths about head lice transmission. It only makes sense, since by the time

symptoms are apparent (about 30 days), exposure to classmates has already occurred.

Treatment



Barb Ogg, Extension Educator Emeritus

Treatment of hair using fine-toothed, metal comb.

Objects such as brushes, combs, ponytail holders in contact 24–48 hours prior to treatment can be washed, soaked and dried in temperatures greater than 130°F to kill lice and eggs; any fabrics or carpeting vacuumed. Insecticide sprays are not recommended for objects in the home to protect children from unnecessary pesticide exposure.

Mechanical treatment includes combing hair with a metal, fine-toothed comb to remove viable nits and lice, repeated every few days for at least two weeks. In addition, there are a variety of FDA-approved pediculicides sold over-the-counter and as a prescription treatment for hair. These products are safe and effective when used as directed. Treat only those who have an active lice infestation or viable eggs and perform treatments on family members at the same time to prevent re-infestation through future close, head-to-head contact.

FOR MORE INFORMATION

Nebraska Extension in Lancaster County has several head lice resources (available in English, Spanish and Arabic) at <http://lancaster.unl.edu/pest/lice>

Household Hazardous Waste Collection Events

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

SOME ITEMS YOU CAN BRING FOR DISPOSAL: Thermometers, thermostats containing mercury, bleach cleaners, glues, oil-based paint, paint thinner, furniture stripper, oil-based stains, old gasoline, transmission fluid, pesticides, small propane cylinders. You can dispose of compact fluorescent light bulbs at these waste collections.

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

For more information or if you have questions how to recycle or dispose of items not accepted, call the Lincoln-Lancaster County Health Department at 402-441-8021 or go to www.lincoln.ne.gov (keyword: household).

Friday, Aug. 26

Shepherd of the Hills Church: 6901 Panama Rd, Hickman

Saturday, Aug. 27

Lincoln Industries: 600 W. E St.

Saturday, Sept. 24

Continental: 4021 N. 56th St.

Saturday, Oct. 22

Woods Park: S. 31st & J St.

Friday, Nov. 18

Appointment Only: Call 402-441-8021 to schedule

Latex Paint Exchanges

Latex paint is not accepted at Household Hazardous Waste Collections. USABLE latex paint can be taken to one of the latex paint exchanges. Residents can dry out latex paint and discard in regular household trash.

Saturday, Aug. 27

Habitat for Humanity ReStore: 47th & Y St., 402-464-0010

Saturday, Sept. 24

EcoStores Nebraska: 530 W. P St., 402-477-3606

(EcoStores disposes of UNusable paint for \$5/can)

Safely Clean Up After Rodents

Soni Cochran

Extension Associate

It isn't unusual for our office to get calls about mice in buildings and vehicles throughout the year. This summer is no different. Of course with higher temperatures and humidity, the musky smell in areas where mice have been living are always a concern to people.

We urge you to be cautious anytime you have to clean up after rodents. House mice aren't known to be carriers of diseases like hantavirus but it isn't always possible to identify what mouse you may have. It is better to be safe.

Eliminating rodents from your home/cabin or other dwelling is important. As you work on removing rodents, follow these steps for clean-up.

- Use rubber gloves and spray the nest or dead rodent until soaked with a household disinfectant solution of three tablespoons of bleach in one gallon of water. Other disinfectants can also be used as directed. Let the area soak thoroughly 10 to 15 minutes. Some disinfectants may damage or discolor surfaces. Be sure to test a hidden area first to make sure you don't

FROM THE CENTERS FOR DISEASE CONTROL

We do not recommend using glue traps or live traps. These traps can scare mice that are caught live and cause them to urinate. Since their urine may contain germs, this may increase your risk of being exposed to diseases.

Also place traps in outbuildings and in areas that might likely serve as rodent shelters. Natural rodent predators, such as non-poisonous snakes, owls and hawks, may also help control and reduce the number of rodents outside the home.

- damage the area.
- Remove the nest or rodent using a long-handled shovel or rubber gloves.
- Double bag the rodent or nest securely with plastic bags and dispose of them in the trash.
- Clean up the rodent area and any traps used to catch them by spraying with disinfectant solution. Let the area soak for 10 to 15 minutes. While still wearing gloves, wipe up the area with paper towels or rags. I like to use wood snap traps and if I catch a mouse in a trap, I dispose of the trap and the mouse in a plastic bag as described above.
- Double bag all paper towels, rags and gloves used in the cleanup. Dispose of them in a tightly covered trash container.
- Wash your hands with soap

and water after completing the cleanup. After the rodents are removed, floors, countertops, cabinets and other surfaces should be cleaned with a solution of three tablespoons of household bleach in one gallon of water, or by a commercial disinfectant. Do not sweep floors with a broom, or vacuum, until area has been disinfected. Rugs can be steam cleaned; dirt floors should be sprayed with a disinfectant solution.

FOR MORE INFORMATION

Nebraska Extension NebGuide “Controlling House Mice” (G1105) available at the Extension office or online at <http://lancaster.unl.edu/pest/rodents.shtm>

Acreage Tough Perennial Plants

Mary Jane Frogge
Extension Associate

Are you trying to raise perennial plants on your acreage and not having much luck? You are not alone. Your landscape plants have a lot of obstacles against them. Water limits, poor soil, rabbits, deer, the list goes on and on. Here is a list of plants that are drought tolerant once they are established and less likely to be eaten by our wildlife friends. As a bonus, all these plants are beneficial to pollinators.



Beebalm



Blanket flower



Coreopsis



Snow drops

Common Name	Scientific Name	Plant Type	Flower Color	Bloom Time	Height	Location
Beebalm	<i>Monarda fistulosa</i>	Perennial	Lavender	June to Aug.	24"	Sun to part shade
Black-eyed susan	<i>Rudbeckia fulgida</i>	Biennial or short-lived perennial	Yellow, brown center	July to Aug.	24"	Sun
Blanket flower	<i>Gaillardia aristata</i>	Perennial	Red with yellow	June to Aug.	18"	Sun
Blue false indigo	<i>Baptisia australis</i>	Perennial	Blue	July to Aug.	24-36"	Sun
Boltonia	<i>Boltonia asteroides</i>	Perennial	White	Aug. to Oct.	48"	Sun to part shade
Butterfly milkweed	<i>Asclepias tuberosa</i>	Perennial	Orange	July	24"	Sun
Coneflower, purple	<i>Echinacea purpurea</i>	Perennial	Purple	July to Aug.	36"	Sun
Coreopsis	<i>Coreopsis lanceolata</i>	Perennial	Yellow	June to Aug.	24"	Sun
Sedum, tall	<i>Sedum telephium</i>	Perennial	Rose to salmon	Aug. to Oct.	18"	Sun
Shasta daisy	<i>Leucanthemum x superbum</i>	Perennial	White	June to July	12-36"	Sun
Snow drops	<i>Galanthus nivalis</i>	Perennial bulb	White	March	4-6"	Sun
Speedwell	<i>Veronica spicata</i>	Perennial	Blue, pink white	June to Aug.	12-36"	Sun

Solving Water, Landscape and Habitat Problems With Buffer Strips

Sarah Browning
Extension Educator

What is a buffer strip? It's a planting of trees, shrubs, grasses or a combination of the three serving a function on your property. It could be a strip of land planted along the edge of a stream or pond to prevent erosion of the bank. Or it could be a planting that catches and filters water runoff from your landscape, removing chemicals like nitrogen or pesticides and preventing these contaminants from moving into a lake or stream.

Actually, buffer strips can serve many functions, such as:

- reducing the risk of water contamination by catching pesticides and fertilizers before they can wash into streams and ponds,
- providing habitat for pollinators, wildlife and aquatic animals and plants,
- reducing or slowing bank erosion by establishing permanent vegetation,
- providing a safety zone between fields and the edge of a stream to keep equipment and operators away from the edge of steep embankments,
- preventing farming of wet areas

along streams and ponds that are often difficult to manage profitably,

- preventing the practice of following the edge of a meandering stream that can lead to many short crop rows, and
- providing an area for alternative crop production.

Heavy algae blooms in urban lakes and ponds is a common problem. One way to address the underlying problem of excess nutrient load is to prevent water runoff from surrounding properties by planting buffer strips.

Planting Assistance Through CRP

There is no cost-share program available for establishing buffer strips on urban properties, but the USDA Farm Service Agency (FSA) offers an annual rental payment for establishing or improving conservation buffers on farms and acreages in cropland areas, field margins and marginal pastureland.

In most cases, land under consideration must have been cropland owned for at least 12 months prior to Conservation Reserve Program (CRP) sign-up. In some environmentally sensitive sites, such as the CRP Grasslands program, land can

be used that does not have a cropping history.

Popular CRP practices include the establishment of:

- permanent native grasses,
- field windbreaks and shelterbelts,
- filter strips,
- rare or declining wildlife habitat,
- upland game bird habitat, and
- pollinator habitat.

This year CRP enrollment began in December 2015 and concluded in February 2016. Check the USDA Farm Service Agency website at www.fsa.usda.gov/state-offices/Nebraska/index for details on 2017 enrollment later this year.

FOR MORE INFORMATION

Nebraska Extension has helpful resources to plan, design and install your riparian buffer at <http://extensionpubs.unl.edu>:

- NebGuide "Planning Your Riparian buffer: Design and Plant Selection," (G1557)
- NebGuide "Installing Your Riparian Buffer: Tree and Grass Planting, Postplanting Care and Maintenance" (G1558)
- A companion DVD, "Installing and Maintaining Your Riparian Buffer" (DVD227)

GARDEN GUIDE

THINGS TO DO THIS MONTH

Mary Jane Frogge, Extension Associate

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.

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.

Divide lily-of-the-valley.

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.

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

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

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

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

Fall Composting Demonstrations



Learn how to be successful with composting by attending a free composting demonstration sponsored by Nebraska Extension in Lancaster County and the City of Lincoln Recycling Office. Demonstrations are presented by Extension Master Gardeners. You will see three types of composting bins and how to use them. At each composting program, two lucky participants will win either a composting thermometer or a composting bin.

Composting Demonstrations are presented at the Pioneers Park Nature Center's backyard composting demonstration area. Demonstrations will be held:

- Saturday, Sept. 24, 10 a.m.
- Saturday, Oct. 15, 10 a.m.



HEART OF 4-H VOLUNTEER AWARD

Rachel Carlson

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

She is the organizational leader for the Lincoln Shooting Stars 4-H club and superintendent for the Lancaster County Super Fair BB Gun/Air Rifle and Air Pistol 4-H contests. Rachel has helped with 4-H Shooting Sports since 2002 when she became county-certified as a rifle leader (BB gun and air rifle). She is now a Nebraska State 4-H trainer for certifying rifle discipline volunteers.

"I like being a 4-H volunteer because I get the opportunity to educate local youth while spending time with community — engaged and energetic families," says Rachel. "I also get to be involved in a local and statewide network of like-minded volunteers. My favorite experience as a 4-H volunteer is traveling to 4-H events around the state with youth and parents from our club. I also love sharing in the little accomplishments 4-Hers achieve from week-to-week, month-to-month and year-to-year."

Lancaster County 4-H thanks Rachel for donating her time and talents. People like her 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.



Learn How to Join 4-H at Information Night, Oct. 6

Lancaster County youth and their families are invited to discover 4-H at the 4-H Information Night on Thursday, Oct. 6, 6 p.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln. 4-H staff will give an overview of 4-H and several 4-H members will showcase their projects. There will be hot dogs, prizes, and animals including rabbits, dogs and llamas! The Nebraska Extension 4-H Youth Development Program is open to all youth ages 5-18.

Household Pets Clinic, Oct. 8

A free 4-H Household Pets Clinic will be held Saturday, Oct. 8 at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln. More details in next Neblin.

Rabbit Clinic, Oct. 15

A free 4-H Rabbit Clinic will be held Saturday, Oct. 15, 9 a.m.-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



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

Teens in 7th-12th grade — want to have so much fun making new friends, learning how to run meetings, doing community service projects and other activities that you won't realize you are learning important leadership skills? The biggest annual activity is planning, setting up and facilitating the 4th & 5th Grade Lock-In each January.

Join 4-H Teen Council! 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. 11 at 3 p.m.

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. Ashtyn Cooper and Justin Hennessy were presented this year's scholarships at the Lancaster County Super Fair 4-H/FFA Livestock Premium Auction (pictured with Booster Club President Scott Heinrich). A portion of the proceeds from the Livestock Premium Auction funds these scholarships.



The Lancaster County 4-H Livestock Booster Club awards two \$500 college scholarships each year. Ashtyn Cooper and Justin Hennessy were presented this year's scholarships at the Lancaster County Super Fair 4-H/FFA Livestock Premium Auction (pictured with Booster Club President Scott Heinrich). A portion of the proceeds from the Livestock Premium Auction funds these scholarships.

HORSE BITS

State 4-H Horse Expo Results

The 2016 Fonner Park State 4-H Exposition was held July 10-14 in Grand Island. Here are the Lancaster County 4-Her purple ribbon winners. Complete results and additional photos are at <http://4h.unl.edu/horse/state-expo>



Horse Judging Champion Team



Hippology Senior Champion Team

JUNIOR HIPPOLOGY

Lancaster 7 (Ch): Alexa Starnier, Cally Dorff
Lancaster 6 (Res Ch): Chloe Stander, Jocelyn Cobb
Lancaster 5 (3rd): Kyra Debusse, Katherine Moyer
Lancaster 4 (5th): Emmi Dearthmont, Sidney Schlesiger

SENIOR HIPPOLOGY

Lancaster 8 (Ch): Aussia Stander, Kate Cooper, Jenna Wolfe, Ashley Clegg

Hippology coached by Kate Rawlinson and Andy Dearthmont

JUDGING TEAMS

Lancaster 3 (Ch): Jadin Vogler, Emily Burnside, Ally Quinn, Madi Brandt
Lancaster 1 (3rd): Cadi Wilbeck, Julia Soukup, Miya Higgins, Sidney Froistad

Lancaster 2 (7th): Ellie Bunz, Maureen Sughroue, Alexa Franzen

All judging coached by Roger Bell

JUDGING INDIVIDUAL

Sidney Froistad (1st), Madison Sobotka (5th), Ally Quinn (9th), Jadin Vogler (10th)

JUNIOR SHOWMANSHIP

Ella Gerlach (4th), Lillie Beach, Clara Bradbury, Emmi Dearthmont, Ally Quinn, Cadi Wilbeck

SENIOR SHOWMANSHIP

McKenzie Beach (4th), Aubrey Hayes, Audrey Heusinger, Nicole McConnell, Bailee Sobotka, Madison Sobotka

JUNIOR HUNTER UNDER SADDLE

Ally Quinn (4th), Cadi Wilbeck (7th), Miya Higgins

SENIOR HUNTER UNDER SADDLE

Madison Sobotka (7th), Cassie Meyer

JUNIOR HUNT SEAT EQUITATION

Cadi Wilbeck (3rd)

SENIOR HUNT SEAT EQUITATION

Madison Sobotka (4th)



Hippology Junior Champion and Reserve Champion Teams

JUNIOR WESTERN PLEASURE

Ella Gerlach (4th)

JUNIOR WESTERN HORSEMANSHIP

Ella Gerlach (Ch), Ally Quinn

SENIOR WESTERN PLEASURE

McKenzie Beach (6th), Aubrey Hayes, Bryanna Loudon, Nicole McConnell, Audrey Heusinger, Sierra Nelson

SENIOR WESTERN HORSEMANSHIP

Nicole McConnell, Audrey Heusinger, Sierra Nelson

ADVANCED HUNTER UNDER SADDLE

Bailee Sobotka (Ch)

ADVANCED HUNT SEAT EQUITATION

Bailee Sobotka (Ch)

ELEMENTARY DRESSAGE

Emily Cashmere (Ch), Miya Higgin (Res Ch)

RANCH HORSE PLEASURE

Madi Brandt, Tristan Munderloh

JUNIOR BARRELS

Clara Bradbury (Ch), Ally Quinn (10th), Julia Soukup

SENIOR BARRELS

Megan Hansen (3rd), McKenzie Beach (6th)

JUNIOR POLES

Clara Bradbury (Ch), Julia Soukup (5th), Ally Quinn (6th)

SENIOR POLES

Aubrey Hayes (4th), McKenzie Beach (5th), Audrey Heusinger, Megan Hansen

DAILY TEAM ROPING HEADER

Kenzie Mayer (Ch)

BREAK-AWAY ROPING

Kenzie Mayer (Ch), Jadin Vogler (Reserve Ch)

Horse Awards Night

The annual Lancaster County 4-H Horse Awards Night will be Thursday, Sept. 29, 6:30 p.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road, 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 2016 Lancaster County 4-H horsemen!



LANCASTER COUNTY
Super Fair

 **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: Kylie Hansen
Club Banner: All American Kids
Quilt: Eliana Babcock
Dog: Emma Timmer

SCIENCE, ENGINEERING & TECHNOLOGY

Model Vehicle: Tyler Vander Woude
Aerospace: Jady Greisen
Woodworking: Reed Weitz
Safety: Riley Weitz
Engineering: Taylor Yakel

FOOD & NUTRITION

Yeast Bread: Anna Sump
Quick Bread: Jady Greisen
Food Preservation: Claire Polk
Cake/Pie: Nathan Becker
Cookie: Olivia Harley

HOME ENVIRONMENT

Home Environment: Bridget Clarke
Home Environment: Lily Craig
Home Environment: Hailee Lynn

CHILD DEVELOPMENT

Child Development: Payton Filing

PHOTOGRAPHY

Unit 1: Anika Futo
Unit 2: Emma Lanik
Unit 3: Megan Lange
Nebraska Exhibit Print: Bailee Gunnerson

CLOTHING

STEAM 1: Hannah Thomson
STEAM 1 Pillow: Lilly Riedel
STEAM 2: Rose Ingracia
STEAM 3: Eliana Babcock
Beyond the Needle: Stacie Thompson
Accessory: Eliana Babcock
Crochet: Clare Bauman
Knit: Eliana Babcock
Shopping in Style: Clare Bauman

HORTICULTURE

Vegetable Exhibit: Mason Pillard
Herb Exhibit: Laurel Frogge
Annual Flower Exhibit: Laurel Frogge
Perennial Flower Exhibit: Laurel Frogge
Rose Exhibit: Sean Neal
Specimen Plant: Kylie Hansen

CONSERVATION & WILDLIFE AND FORESTRY

Conservation & Wildlife Exhibit: Anna Sump
Forestry Exhibit: Sophia Polk

Top Contest Awards

BICYCLE

Sr Ch: Gregory Johnson
Sr Res Ch: Adrienne Mongeon
Jr Ch: Clare Bauman
Jr Res Ch: Damien Johnson

LIFE CHALLENGE

Sr Ch: Lillian Johnson
Sr Ch: Tobias Jordan
Sr Res Ch: Aleya Cuttlers
Jr Ch: Eliana Babcock
Jr Res Ch: Bridget Clarke

PRESENTATIONS

Premier Presenter: Eliana Babcock
Sr Ch: Eliana Babcock
Sr Res Ch: Abigail Babcock
Inter Ch: Adrienne Mongeon
Inter Res Ch: Lilly Riedel
Jr Ch: Micah Pracheil
Jr Res Ch: Jayden Mongeon

FASHION SHOW

Grand Ch Fashion Show: Emily Pillard
Res Grand Ch Fashion Show: Eliana Babcock
Ch Shopping in Style: Chloe Hammond
Res Ch Shopping in Style: Kali Burnham
Complete Outfit: Lilly Reidel
Beyond the Needle: Emma Lanik
Make One/Buy One Level 1: Jacob Bauman
Make One/Buy One Level 2: Clara Johnson
Attention Shoppers: Clara Johnson
Upcycled Garment: Bailee Gunnerson
Apron: Clara Johnson

TABLE SETTING

Jr Picnic: Lilly Riedel
Jr Casual: Clara Johnson
Jr Birthday: Clare Bauman
Jr Formal: McKenna Morris



Clockwise from upper left: Grand Champion Fashion Show, Grand Champion Market Swine, Overall Champion Breeding Goat, Photography - Top Unit 3, Horse Western Showmanship Senior Champion, Food & Nutrition - Top Cake/Pie, Elite Showmanship Contest top winners.



Inter Picnic: Katie Borchering
Inter Casual: Eliana Babcock
Inter Birthday: Livia Swanson
Inter Formal: Nathan Gabel
Sr Picnic: Lydia Clarke
Sr Casual: Anna Sump
Sr Birthday: Valerie Gabel
Sr Formal: Bailee Gunnerson

PLANT SCIENCE

Horticulture Contest: Abigail Babcock
Tree Identification Contest: Lucy Polk
Grass & Weed Identification Contest: Abigail Babcock

Top Animal Exhibits

LIVESTOCK JUDGING

Sr Ch: Sophia Lentfer
Sr Res Ch: Caitlyn Walbrecht
Inter Ch: Allison Walbrecht
Inter Res Ch: Judson Tietjen
Jr Ch (3-way tie): Kyson Gana, Carson Ibsen, Kaelin Kuebler

ELITE SHOWMANSHIP

1st Place: Jaclyn Heinrich
2nd Place: Renae Sieck
3rd Place: Kylee Plager
4th Place: Cole Cooper
5th Place: Cassie Meyer

BEEF

Showmanship Sr Ch and Supreme Ch: Jaclyn Heinrich
Showmanship Inter Ch: Madysen Cox
Showmanship Jr Ch: Kyson Gana
Supreme Ch Market Animal: Jaclyn Heinrich
Supreme Breeding Heifer Ch: Lauren Robertson
Supreme Breeding Heifer Res Ch: Allison Walbrecht
Supreme Feeder Calf Ch: Renae Sieck, Supreme Feeder Calf Res Ch: Caitlyn Walbrecht,
Grand Ch Market Heifer: Jaclyn Heinrich
Res Grand Ch Market Heifer: Skylar Sterns
Grand Ch Market Steer: Taylor Nielsen
Res Grand Ch Market Steer: Lauren Robertson
Lancaster County Born and Raised - Breeding Ch: Renae Sieck
Lancaster County Born and Raised - Market Ch: Taylor Nielsen
Rate of Gain Market Steer Ch: Caleb Nielsen
Rate of Gain Market Heifer Ch: Carson Ibsen
Overall Cow/Calf Pair Ch: Ashtyn Cooper

DAIRY CATTLE

Showmanship Overall Ch and Sr Advanced Ch: Cassie Meyer
Showmanship Ch Sr: Catherine Hytrek
Showmanship Ch Inter: Ben Meyer
Showmanship Ch Jr: Jordan Marsh

BUCKET CALF

Ch Jr Division: Clara Johnson
Res Ch Jr Division: Allison Brandl
Ch Inter Division: Carli Sorge
Res Ch Inter Division: Bailey Donner

SHEEP

Showmanship Sr Ch: Cole Cooper
Showmanship Inter Ch: Grant Johnson
Showmanship Jr Ch: Burke Settles
Grand Ch Market Lamb: Cole Cooper
Res Grand Ch Market Lamb: Ashtyn Cooper

Ch Born and Raised Market Lamb: Sophia Lentfer
Supreme Ch Breeding Ewe: Cole Cooper
Supreme Res Ch Breeding Ewe: Burke Settles

SWINE

Showmanship Sr Ch: Jaclyn Heinrich
Showmanship Inter Ch: Brett Heinrich
Showmanship Jr Ch: Kyson Gana
Grand Ch Market Swine: Kylie Gana
Res Grand Ch Market Swine: Brett Heinrich
Breeding Gilt Ch: Nicole Keetle
Breeding Gilt Res Ch: Ashley Gruber
Pen of Three Ch: Mickayla Larsen
Pen of Three Res Ch: Toby Becker

DAIRY GOAT

Showmanship Sr Ch: Corianna Kubicek
Showmanship Jr Ch: Tayden Bell
Supreme Ch Dairy Goat: Corianna Kubicek
Res Supreme Ch Dairy Goat: Tayden Bell

MEAT GOAT

Showmanship Sr: Kylee Plager
Showmanship Jr Ch: Judson Tietjen
Overall Grand Ch Market Goat: Sarah Dilley
Overall Res Grand Ch Market Goat: Sarah Dilley
Overall Ch Breeding Goat: Samuel Bogle
Overall Res Ch Breeding Goat: Alexis Isaacs

LLAMA/ALPACA

Showmanship Sr Ch: Alyssa Jensen
Showmanship Inter Ch: Sophia Frank
Showmanship Jr Ch: Jayden Hamel

POULTRY

Showmanship Sr Ch: Sarah Dilley
Showmanship Jr Ch: Linara Carlson
Best of 4-H Poultry Show and Bantam Grand Ch: Zachary Pittman
Large Fowl Grand Ch: Evan Merrell
Water Fowl Grand Ch: Alexzandra Tremblay
Judging Contest Sr Ch: Abigail Babcock
Judging Contest Jr Ch: Samuel Bogle

RABBIT

All-Around Showman Ch: Alyssa Zimmer
All-Around Showman Res Ch: Bailee Gunnerson
Showmanship Sr Ch: Joli Brown
Showmanship Inter Ch: Sam Schuster
Showmanship Jr Ch: Rhianna Metcalf
Best 6 Class Ch: Sam Schuster
Best 6 Class Res Ch: Bailee Gunnerson



Rabbit All-Around Showman winners.

Best 4 Class Ch: Rachael Lange
Best 4 Class Res Ch: Joli Brown
Judging Contest Sr Ch: Austin Hurt
Judging Contest Inter Ch: Luke Harms
Judging Contest Jr Ch: Kayden Nyhoff
Breed ID Contest Sr Ch: Alyssa Zimmer
Breed ID Contest Inter Ch: Sam Schuster
Breed ID Contest Jr Ch: Rhianna Metcalf
Breeders Choice Sr Ch: Joli Brown
Breeders Choice Jr Ch: Rhianna Metcalf

DOG

Showmanship Trophy Ch: Ivy Dearthmont
Showmanship Sr Ch: Hailee Lynn
Showmanship Inter Ch: Emma Timmer
Beginning Showmanship Ch: Emely Troy
Obedience Novice Ch: Ivy Dearthmont
Obedience Open Ch: Lauren Lilienthal
Pre-Beginning Agility A - Level 1 Ch: Samantha Fox
Pre-Beginning Agility B - Level 1 Ch: Jasmine Allen
Beginning Agility A - Level 2 Ch: Bethany Wachter
Intermediate Agility Ch: Sidney Schlesiger

CAT

Best in Show: Lauren Lilienthal
Best in Show Long Hair: Christopher Phillips
Best in Show Short Hair: Natalie Arthur

HOUSEHOLD PETS

Grand Ch Mammal: Kaianna Hraban
Reserve Grand Ch Mammal: Valerie Griess
Ch Fish, Reptiles/Amphibians: Maleah Jamison
Reserve Ch Fish, Reptiles/Amphibians: Sidney Schlesiger

HORSE

English Showmanship Sr Ch: McKenzie Beach
English Showmanship Jr Ch: Isabella Gerlach
English Showmanship Elementary Ch: Lillie Beach
Western Showmanship Sr Ch: Audrey Heusinger
Western Showmanship Jr Ch: Isabella Gerlach
Western Showmanship Elementary Ch: Lillie Beach
Miniature Showmanship Jr/Sr Ch: Aubrey Hayes
Miniature Showmanship Elementary Ch: Shyann Severson
Ch Groom and Care: Sophie Schumacher
Grand Ch Hunter/Huntseat Ages 4 and up: Clara Bradbury
Res Grand Ch Hunter/Huntseat Ages 4 and up: Anne Cashmere
Grand Ch Hunter/Huntseat Aged Horse: Audrey 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: Isabella Gerlach
Grand Ch Stock Aged Horse: Aubrey Kelley
Res Grand Ch Stock Aged Horse: Nicole Ackland
Grand Ch Pony: Miya Higgins
Res Grand Ch Pony: Kyra Debus
Grand Ch Miniature Horse: Diamond LeBlanc
Res Grand Ch Miniature Horse: Breanna Kirby



EXTENSION CALENDAR

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

August

- Aug. 26–Sept. 5 **Nebraska State Fair**, *Fonner Park, Grand Island*
- 27 **Nutrition and Physical Activity Self-Assessment for Childcare Training**..... 8:30 a.m.–3 p.m.
- 27 **Emerald Ash Borer Seminar** 9–11 a.m.

September

- 8 **Co-Parenting for Successful Kids Class**..... 9 a.m.–12:30 p.m.
- 9 **Extension Board Meeting** 8 a.m.
- 11 **4-H Teen Council Meeting** 3 p.m.
- 13 **4-H Council Meeting** 6 p.m.
- 17–18 **AKSARBEN 4-H Horse Show**, *Chance Ridge, Elkhorn*
- 22–25 **AKSARBEN 4-H Stock Show**, *CenturyLink Center, Omaha*
- 24 **Composting Demonstration**, *Pioneers Park Nature Center's Backyard Composting Demonstration Area* 10 a.m.
- 29 **4-H Horse Awards Night** 6:30 p.m.

Blog is a Verb

Soni Cochran
Extension Associate

So what's a blog? The term, "blog," originally came from "web log." Twenty years ago, these blogs were a one-sided conversation. Today, they're evolving into interactive, social media resources. No longer do you just visit a blog and read it. Now you can share comments, ask questions and contribute to blog posts.

Over 100 million blogs are being added to the "blogosphere" every day and on nearly any topic you can imagine. Blogs are a tool anyone can use to tell stories, share a political view, recall history, review a product, answer a question or just share photos of favorite sunsets.

Several Nebraska Extension in Lancaster County staff write regularly for a number of blogs created as resources for our communities. These blogs are a terrific way for our staff to share their expertise and thoughts on timely topics, provide resources and engage with readers. Please take a moment to check out these blogs, follow the blogs you are interested in and actively participate in the conversations.

Connect, Learn & Share by Karen Wobig, Extension Educator, Unit Leader and County Department Head. This is the newest blog and we're excited to be sharing what's happening at Nebraska Extension in Lancaster County. <https://nebraskaextensionlanastercounty.wordpress.com>

Ag Climate Nebraska by Tyler Williams, Extension Educator. Tyler focuses on climate impacts as they pertain to the agriculture industry. <http://agclimatenebbraska.weebly.com>

Cook It Quick! by Alice Henneman, Extension Educator. Alice's goal for this blog is to



Nebraska Extension in Lancaster County's newest blog is by Unit Leader Karen Wobig

make you hungry for healthy foods. Fast. Healthy. Delicious. <https://cookitquick.org>

Home Wise! Family Smart! by Soni Cochran, Extension Associate and Jody Green, Extension Educator. Includes timely topics on urban pests, wildlife, energy, water, family, disaster education and more. <https://homewisefamilysmart.wordpress.com>

The Buzz at Cherry Creek by Mary Jane Frogge and Soni Cochran, Extension Associates. This blog focuses on pollinators, creating pollinator-friendly habitats and updates on the Cherry Creek Pollinator Habitat. <https://buzzatcherrycreekunl.wordpress.com>

The Learning Child by Nebraska Extension's Learning Child Team, including Extension Educator Jaci Foged. Helps connect adults who play a role in young children's lives to information and resources about early child development. <https://learningchildblog.com>

For a list of Nebraska Extension faculty and staff blogs, visit <http://extension.unl.edu/extension-blogs>

Ag Society Hall of Fame 2016 Awards

The Lancaster County Agriculture Society Hall of Fame Award, established in 2009, formally recognizes individuals who have dedicated time and effort to the Lancaster County Agriculture Society beyond the normal volunteer and who have made significant contributions to the establishment, development, advancement or improvement of the Lancaster County Fair.

GARY C. BERGMAN

served as Unit Leader of Lancaster County Extension from 1995 to 2014, strongly supported and helped with 4-H and FFA youth activities at the Lancaster County Fair during those years. He was a member of the Lancaster Event Center's original building



committee organized in January 1996. Gary recognized the need for enhanced facilities and the merit of a permanent location for a growing Lancaster County Fair and Lincoln/Lancaster County community. He frequently engaged individuals and groups about the proposed Event Center, getting letters of support and arranged public forums to gather further input.

HARRY MULBACH

has been involved in 4-H for 59 years. He began exhibiting livestock at age 8 in Buffalo County showing at the county and state level. As an adult 4-H volunteer, his involvement continued in Lancaster County as a project leader with the Rock



Creek Ranchers and swine show superintendent. Around 2008, he started the Pick-A-Pig 4-H club giving urban and rural 4-H members a place to experience real farm life and raise an animal to show at the county fair. Harry has passed his passion for agriculture and the 4-H program on to his children, grandchildren and many youth of Lancaster County.

JOE HAMPTON

founder and Chairman of Hampton Enterprises, Inc., has proven to be an ardent supporter of the Lancaster Event Center (LEC). Hampton Commercial Construction, the general contractor during the LEC expansion and upgrade projects, has brought together a highly qualified team to manage every aspect of these projects. Joe and his organization have contributed greatly to making LEC a premier multi-purpose facility.

EXTENSION NEWS

New 4-H Assistant, Kristin Geisert

On Aug. 1, Extension Assistant Kristin Geisert joined Nebraska Extension in Lancaster County as a 4-H Assistant. Some of her responsibilities include the 4-H static exhibit projects and clubs, as well as many contests, Clover Kids and Clover College. She has worked in Extension for six years, starting in Phelps County in Holdrege and most recently in Buffalo County in Kearney.



Kristin grew up in Ogallala where she was a 4-H member for 10 years and graduated from University of Nebraska–Lincoln with a bachelor's degree in Home Economics. Prior to joining Extension, she worked as a Paraeducator in Holdrege middle and high schools.

She is looking forward to helping 4-H youth grow in Lancaster County!

DeBuhr Receives Manager Award

Jenny DeBuhr, Administrative Aide at Nebraska Extension in Lancaster County since 2012, recently received honorable mention 2016 Manager of the Year by Leadership Link, which is Lincoln's government chapter of the National Management Association (NMA). The award recognizes managers in government whose accomplishments and superior work performance represent the best possible application of management principles.

Lincoln Vital Signs Behavioral Health Supplement

The Lincoln Vital Signs Behavioral Health Supplement 2016 is now available online at <http://go.unl.edu/lvsbh2016>.



Lincoln Vital Signs

The supplement to the Lincoln Vital Signs reports (2014, 2015) compiles information about persons with mental health and/or substance abuse needs. Areas explored in the report include trends in Nebraska-funded behavioral health clients, homelessness and police interactions.

The need for the report was highlighted over the past two years as people requested information about behavioral health trends at presentations of Lincoln Vital Signs data. To respond to this need, the City of Lincoln, Lincoln Community Foundation, Region V Systems, UNL Center on Children, Families and the Law, and University of Nebraska Public Policy Center successfully collaborated on a proposal to the USDA and the U.S. Substance Abuse and Mental Health Services Agency (through a subaward to Michigan State University) to compile a behavioral health-focused supplement to Lincoln Vital Signs.

The report was co-authored by Dr. Nancy Shank and Dr. Stacey Hoffman of the University of Nebraska Public Policy Center. Just as Lincoln Vital Signs reports have been used extensively throughout Lincoln, the Behavioral Health Supplement provides information which offers insights into public services for persons with mental health and substance abuse needs.

4-H Information Night



Thurs., Oct. 6 • 6pm

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!