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Early Childhood Educators Benefit from Mindfulness & Reflection

Jaci Foged
Extension Educator

Early childhood educators work with our youngest children, 6 weeks to age 8, and often work with a vulnerable population. Sometimes, educators are asked to work long days making minimum wage and some have more than one job. An early childhood educator is consistently busy throughout the day, attending to children's learning, managing the classroom and managing daily stress. Educators benefit from practicing mindfulness and reflection.

What is Being Mindful?

What is being mindful? The Association for Mindfulness in Education describes mindfulness as "...paying attention here and now with kindness and curiosity. Mindfulness reconnects students to their five senses, bringing them into a moment to moment awareness of themselves and their surroundings." Dr. Amy Saltzman defines mindfulness as paying attention to your life, here and now, with kindness and curiosity. Simply, it is the awareness and acceptance of the things that happen in the present moment.

What is a mindful early childhood educator? Practicing mindfulness is one way for educators to maintain their well-being while nurturing the children in their care. It is also a way to foster more enjoyment when teaching. Research finds early childhood educators using mindfulness benefits children by increasing their kindness, enhancing their self-regulation, increasing their working memory and decreasing their anxiety.

What is Reflection?

Reflection is the capacity to recognize the thoughts, feelings and intentions in ourselves and others. If we think about this definition, why would it be important for childcare teachers



During a recent mandatory training for childcare directors, Extension Educator Jaci Foged (center) incorporated mindfulness and reflection concepts into the existing curriculum.

and directors to be reflective? Jeree Pawl gives us the answer "...it is not possible to work on behalf of human beings to try to help them without having powerful feelings aroused in yourself." The work our early childhood educators do naturally elicits many emotions throughout the day.

I was lucky enough to land a spot as a toddler teacher right out of college. The first emotion I felt daily as I walked into my classroom of ten children 14-24 months was happiness. Still today, I miss the children racing to hug me and welcome me to the classroom. I often experienced many other emotions on the job. Joy, reading a book for the hundredth time to four children all scrambling for a spot on my lap. Sorrow, when I learned a child was leaving our program. Disappointment, when we could not go outside due to the weather. Frustration, when I was not able to reach a parent of an ill child. Delight, when a child learned to do something new (like put on their coat or use a cup without a lid).

The bottom line is without being reflective, I would not have been able to see each situation for what it was — a learning experience. I learned so much from each interaction I had with my co-workers, the children and their families. I wanted my

classroom and our program to have positive outcomes for the children and families who attended. The gift of time for reflection is valuable and can help us make better choices if we find ourselves in a similar situation in the future.

Local Management Required Trainings

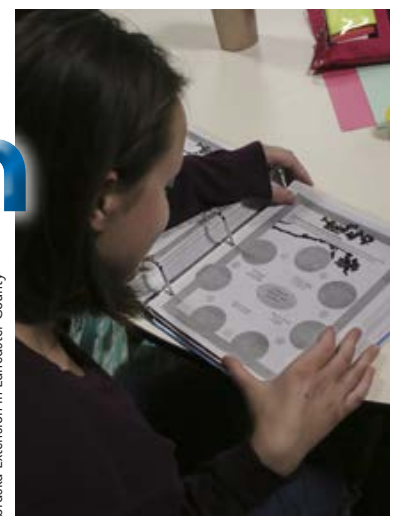
Earlier this spring I had the opportunity to work with 18 childcare directors who were participating in a mandatory management training. These trainings were delivered twice a month over a period of four months for a total of 45 hours.

I was interested to learn if infusing brief guided reflection discussions and mindfulness meditations into the existing training would be both feasible and accepted. I decided to reach out to Holly Hatton-Bowers, an Assistant Professor and Early Childhood Extension Specialist and Carrie Gottschalk, an Extension Educator in Early Childhood. Both have experience in mindfulness and reflection. We came together and talked about simple strategies for integrating these practices into the training.

During the first session of the training participants received an overview of reflective practice, mindfulness, the benefits of using mindfulness both person-

ally and professionally and were invited to participate in a guided meditation. Participants were also invited to use a mindfulness meditation app (calm app) for at least 10 minutes five days a week.

Before and after the training the group of directors were asked to provide their feedback and share their experiences learning about mindfulness, practicing meditations and participating in guided reflection groups.



At the end of the trainings, childcare directors spent five minutes reflecting on a "hot topic" using inquiry and questions.

Directors were asked, "What does mindfulness mean to you?" Reflection and being present were the most commonly stated words.

"Being present" was the second concept most used to describe what mindfulness meant to the group of directors. When we are working with young children (or parenting children), it can be easy to become distracted with a task you need to complete which may make you miss something wonderful the children are doing. We need to take time to stop and delight in their learning.

see *EARLY CHILDHOOD EDUCATORS* on page 5



In a recent Cultivating Healthy Intentional Mindful Educators (CHIME) training, childcare providers practiced the "starfish stretch" which can be a useful bedtime routine for children which incorporates mindfulness of breathing.

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Check Out **food.unl.edu**

Helpful, healthy food resources and recipes

**Alice Henneman, MS,
RDN**

Extension Educator

Everyone eats!

By visiting Nebraska Extension's <http://food.unl.edu> website, you can find practical, tested tips and recipes for helping you:

- Eat healthier
- Quickly and economically prepare tasty meals
- Follow food safety practices that keep you from getting sick.

<http://food.unl.edu> is one of the nation's most recognized Extension food-related websites. Last year it received over 2.6 million page views from 225 countries and is the University of Nebraska–Lincoln's Institute of Agriculture & Natural Resources most visited website. The website and its offerings have been recognized by six national awards, 25 peer-reviewed national posters and presentations, and nine peer-reviewed journal articles.

Find the following resources and more at <http://food.unl.edu>

PowerPoints and Handouts

View self-paced slideshows, handouts and related recipes from some of Nebraska Extension in Lancaster County's classes at <http://food.unl.edu/free-food-nutrition-fitness-and-food-safety-educational-powerpoints-and-handouts>. You also can download the PowerPoint if you'd like to give these presentations yourself. For example:

- **Makeover Your Leftovers**
- **Slow Cooker Meals**
- **Healthy Cooking with Fresh Herbs**
- **Holiday Food Mixes in a Jar**

Email Newsletters

Learn personally from these resources. Share and/or reproduce them to spread the word about healthy eating. Check them all out at <http://food.unl.edu/email-newsletters-signup>

Here's a brief description of the different newsletters:

- **Healthy Bites** focuses on a different food, nutrition and/or health theme each month.
- **Cook It Quick** aims to make you "hungry for healthy food" by offering tips and delicious, quick-to-prepare, inexpensive recipes.
- **Food Fun for Young Children** serves up quick, healthy meal and snack ideas and recipes for younger children.
- **Family Fun on the Run** is designed to help you and your family achieve a healthier lifestyle by making walking an important part of your personal fitness program.



Food Safety and Preservation

Nebraska Extension Educators have put answers to some of the questions we get asked most frequently at <http://food.unl.edu/food-safety-preservation>. These areas are included:

- Safe food storage
- Safe food preparation and handling at home
- Food poisoning
- Canning, freezing and drying food

Agriculture and Food in Nebraska

Nebraska Extension works with food from "farm gate to consumer plate." Learn more about these topics:

- **Ag and Food** at <http://food.unl.edu/ag-food>
- **Buy Fresh Buy Local Nebraska** at <http://food.unl.edu/buy-fresh-buy-local-nebraska>

Recipe Central

Enjoy healthy cooking from your own kitchen. Use recipes from the following Recipe Central collections to get started at

<http://food.unl.edu/recipe-central>.

Recipe sections include:

- **Food Fun for Young Children**
- **Cook It Quick**
- **Discover Seasonal Cooking**
- **Cooking with Kids**
- **Gluten-Free Baking with Sorghum**
- **Nutrition Education Program**

HEALTHY EATING

ENJOY NEBRASKA FOODS!

Alice Henneman, MS, RDN, Extension Educator

How to Keep Guacamole from Turning Brown

Here's a food tip idea I recently put on <http://the.food.unl.edu> and shared via the Cook It Quick email newsletter.

Avocados are frequently cited by health professionals as containing a healthy fat. Guacamole is a delightful way to enjoy avocados. Here is a way, I discovered recently, on how to keep guacamole from turning brown if you prepare it a few hours — or even 24 hours — ahead of time. Pack guacamole firmly (to remove air bubbles) and so it is level in a container with a tight-fitting lid. I pressed down on the guacamole with a spoon as I was packing it. Cover with about 1/2-inch of lukewarm water. Place lid on container and refrigerate. Carefully pour off the water before serving. Stir guacamole to mix in any remaining moisture.



Grain Storage Tips

Tyler Williams

Extension Educator

The ultimate success or failure when storing grain is judged by the condition of the grain coming out of the storage. The condition is going to depend on the quality going into storage, and how well the grain can be kept cool and dry while in storage.

Grain undergoes a natural respiration whenever the moisture content and temperature of the grain is sufficient to support the microbial and chemical processes involved. When grain respire, carbohydrates convert to carbon dioxide and water, with the release of heat, resulting in a loss of dry matter and grain quality.

Once grain is harvested and put into storage, the surface area exposed to air movement is greatly reduced compared to grain standing in the field. It is imperative to place high quality grain into storage facilities and monitor grain to maintain that quality.

Reduce Drying Costs

The cheapest way (obviously) to dry corn is to let it dry naturally in the field for as long as possible; however, good weather conditions (low humidity, light

winds and warm temperatures) aren't guaranteed and are often hard to come by.

Grain should be cooled whenever the average outdoor temperature is 10–15°F cooler than the grain. It should be cooled to near 30°F for winter storage. Cool grain with aeration to reduce the insect infestation potential. Insect reproduction is reduced at temperatures below 60°F. Insects are dormant below 50°F and can be killed by extended exposure to temperatures below 30°F. Cooling grain as outdoor temperatures cool, reduces moisture migration and the condensation potential near the top of the grain pile.

If you are natural-air drying in a bin, it becomes inefficient as outdoor air temperatures decrease. Turn the drying fans off when the outside temperatures average below 40°F (transition to cooling grain for winter storage). You will also want to turn the drying fans off when it is raining, snowing or foggy.

Grain Bags

Grain bags are long polyethylene “tubes” approximately 8–12 feet in diameter and are

often placed at the ends of fields. These are increasing in popularity in order to reduce capital investment in permanent structures, provide buffer in storage amounts and convenience for transport during harvest; however, there are many important considerations when using these bags for temporary storage.

There will be extra costs for the bags and special loading and unloading equipment, plus the labor of two to three people to load/unload. There is also the risk of damage to the bags from wildlife, pests, rodents, etc., plus aeration is not possible for moisture or temperature control.

Bags need to be placed on firm, level, well-drained ground and oriented north-south, so the sun more uniformly shines on the bag, limiting temperature variations. Do not overload bags as most bags only stretch about 10% and could risk breaking.

The most important and challenging aspect is grain moisture. Corn and soybeans stored in bags should be at moisture levels at or below 15% and 13%, respectively. Some research has shown commodity corn (at 14%) can be safely



Todd Whitney, Nebraska Extension, West Central Research and Extension Center

Grain bags are increasing in popularity for temporary storage.

stored in bags for up to four months without quality loss, but soybeans stored at 10.4% moisture lost approximately one grade after four months of storage. It is recommended to not store grain in bags beyond spring or for more than four months. Continuously monitor bags for punctures, leaks or any damage/tampering to the bags.

If you are new to using grain bags, you may want to utilize the help of a dealer or other producers who are familiar with the process. You should also contact your crop insurer to inform them of the decision to use grain bags and how it may affect your policy.

Never enter a grain bag because it is a suffocation hazard. If unloading the bag with a pneumatic grain conveyor, the suction can “shrink wrap” a person so he or she cannot move and will limit space for breathing.

**SMALL CHANGES
BIG
PAYBACK**

UNL Exhibit at Husker Harvest Days

“Small Changes, Big Payback: Strengthening Nebraska’s Agricultural Economy” is the theme for the University of Nebraska–Lincoln’s Institute of Agriculture and Natural Resources (IANR) exhibits at the Husker Harvest Days show Sept. 12–14 near Grand Island.

Exhibits inside IANR’s trademark Husker Red steel building at Lot 321 on the south side of the exhibit grounds will show farmers and livestock producers how small changes can bring big payback.

Outdoor exhibits adjacent to the building will feature a variety of demonstrations related to improving irrigation efficiency and reducing irrigation pumping costs.

September is National Septic Smart Week

Meghan Sittler

Extension Educator

This year’s National SepticSmart Week is Sept. 18–22. The Environmental Protection Agency (EPA) uses a week in September each year to focus on improved awareness of proper operation and maintenance of septic systems.

The wastewater of approximately 25 percent of the population of the U.S. is treated by on-site or individual wastewater systems. In Nebraska, this statistic holds consistent with 25 percent of our state’s population being served by onsite wastewater systems on farms, acreages, suburbs and even some small communities.

Septic systems are the most common type of on-site system utilized throughout the state. Certified professionals install a system or perform regular larger scale maintenance or repairs. But the individual homeowner is the key person for ensuring their septic systems performs as it is designed to prevent damage to property and to protect critical water resources.

Wastewater carries pathogens, nutrients, bacteria, organic matter and other chemicals harmful to human health and water resources if left untreated. Septic systems are designed to use naturally-occurring aerobic and anaerobic bacteria to digest nutrients and organic matter within the tank, and then allow soil to perform its natural “filter” action to continue to remove or hold potential contaminants before they continue into groundwater resources.

Here are some ways homeowners can “be septic smart.”

Think at the Sink

The drains in your house can look like easy and quick ways to dispose of any liquid within your house but they can introduce toxins that can kill the organisms in your tank. Some simple ways

to “think at the sink” are:

- Don’t pour cooking oil or grease down the drain.
- Use boiling water or a drain snake to open clogged drains instead of chemicals.
- Paints, solvents or large quantities of chemical based cleaners should never be poured down the drain.
- Reduce or eliminate the use of your garbage disposal. The garbage disposal introduces small particles of food as well as oils or grease that can change the stratification of the layers within your septic tank. Consider composting instead.

Don’t Overload the Commode

The toilet is also another inviting place to dispose of items that can damage your septic system or cause it to fail.

An easy rule of thumb to remember is to never flush anything — liquids or solids — besides human waste or toilet paper.

Don’t Strain Your Drain

Average water use for each person in the U.S. is 75 gallons per day. That amount of water is used to calculate the size of your septic system components to allow it to function as it should.

Conserving water in the house means there is less water entering the septic system which reduces the risk of the system failing and improves the operation of the septic system. Many technological advances have been made that increase water use efficiency of appliances and fixtures within your house. Some examples of water efficient products include:

- High-efficiency toilets use 1.6 gallons of water or less per flush instead of five gallons of water per flush in old toilets.
- High-efficiency showerheads reduce water use from 2.5 gallons of water per minute to a maximum of 2 gallons of water per minute.
- “Energy Smart” washing machines use

50 percent less water than standard models. (Also, spread washing machine use throughout the week and select the appropriate load size.)

Shield Your Field

The drainfield removes contaminants from the water that discharges from the septic tank by dispersing the liquid across a relatively large area of soil and allowing the soil to complete the job of filtering remaining contaminants before the water reaches clean water resources.

Protecting your drainfield is relatively easy by ensuring you:

- Don’t drive or park on your drainfield which can damage the laterals that are dispersing the water across the area.
- Only plant trees or shrubs with large root systems a safe distance from the drainfield. Roots can damage or clog the laterals causing the system to fail.
- Make sure you direct stormwater or

other drainage away from your drainfield to ensure the additional water flow doesn’t impact the wastewater treatment process.

Protect It and Inspect It

Proper care of your system happens on a day-to-day basis with the practices listed above, but periodic inspection and maintenance by a certified professional will still be necessary.

Set a regular schedule to have the system inspected and pumped. Keep all records including system location and design, registration, inspection results, maintenance dates and repairs.

FOR MORE INFORMATION

- Nebraska Extension wastewater resources, <http://water.unl.edu/wastewater>
- EPA SepticSmart week and septic system resources, <http://epa.gov/septic>

Upcoming Wastewater Professional Trainings

Nebraska Extension, Nebraska On-site Wastewater Association (NOWWA), Nebraska Department of Environmental Quality, Washington On-site Sewage Association and the National Onsite Wastewater Recycling Association are partnering to conduct six-hour professional development trainings for on-site wastewater professionals in September and October throughout the state.

The September trainings will be held in conjunction with National Septic Smart Week and will focus on both job site safety and pathogens of concern in wastewater. The October trainings will focus on troubleshooting installation and repairs of septic systems.

- **Tuesday, Sept. 19 — North Platte:** West Central Research and Extension Center, 402 W. State Farm Road
- **Wednesday, Sept. 20 — Grand Island:** Hall County Extension Office, 180 W. Highway 34, Room 1 & 2
- **Thursday, Sept. 21 — Lincoln:** Lancaster Extension Education Center, 444 Cherrycreek Road
- **Tuesday, Oct. 10 — Ogallala:** Lake McConaughy Visitor Center, 1475 Highway 61
- **Thursday, Oct. 12 — Norfolk:** Madison County Extension Office, 601 E. Benjamin Ave., Ste 105

For more information, contact Meghan Sittler at 402-441-7180 or NOWWA at 402-476-0162. Registration can be done online at <http://nowwa.org> or by calling NOWWA.

Termite Academy

Sept 12–13



Nebraska Extension will present a two-day termite hands-on training for termite applicators, home inspectors and others interested in wood-destroying insects. This "Termite Academy" will be held Tuesday, Sept 12–Wednesday, Sept. 13, 8 a.m.–5 p.m. both days. There will be classroom and field instruction by Nebraska Extension entomologists, UNL Pesticide Safety Education Program staff, Nebraska Department of Agriculture staff and industry specialists.

Classroom instruction will be at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln. Participants will travel to a house in Lancaster County to observe preparation and treatment for subterranean termites.

Registration fee is \$300 before Aug. 31, \$325 after Sept. 1. Fee includes manual, refreshments and lunches.

Registration form is online at <http://lancaster.unl.edu/pest> and available at the Extension office.

For more information, contact Jody Green at 402-441-7180 or jgreen17@unl.edu.

Minute Pirate Bug: A Good Little Bug with a Big Bite

Jody Green
Extension Educator

Ever wonder about those small bugs that tend to bite during football season? These are minute pirate bugs, scientific name: *Orius insidiosus*, sometimes referred to as the insidious flower bug. For years they flew under our pest radar, but recent attention has focused on their ability to inflict a painful bite relative to their size.

Description

As their name implies minute pirate bugs are tiny, measuring 1/8-inch in length. Their bodies are flattened and oval-shaped, with wings positioned flat over the body. They are mostly black in color, with a gold patch across the back and white tip of the wings, which extends past the abdomen. Like other "true bugs" they have piercing-sucking mouthparts used to inject digestive enzymes into prey before ingesting the liquid from the plant or animal source.

Good Eater

Minute pirate bugs are predators and feed on a variety of soft-bodied invertebrates, which include thrips, aphids, leafhoppers, spider mites, whiteflies, caterpillars and the eggs of other insects. Due to their generalist diet and diverse distribution, they are considered beneficial insects and biological control agents in a variety of agricultural crops, greenhouses, orchards and home gardens.

Natural enemies, like the minute pirate bug, are very important to the ecosystem.



Minute pirate bugs are small bugs with a big bite. They are predaceous and also feed on plant sap. (Shown magnified.)

Photos by Jody Green, Nebraska Extension in Lancaster County



In high enough densities, they can effectively control pest species that destroy crops like corn and soybean. Minute pirate bugs are predaceous throughout their entire lives, but are omnivores and feed on plant sap and juices from flowers.

Life Cycle

Minute pirate bugs undergo incomplete metamorphosis where the immature form or nymph resembles the adult, only smaller and without wings. They overwinter as adults in protected places such as leaf litter and plant debris. They

become active in March-April and fly until October, producing two to three generations per year. Females lay 80–100 eggs in her lifetime, often in plant tissue, where they hatch four to five days later. Nymphs are teardrop-shaped, brown-orange color and lack wings. They undergo five stages of development, growing larger with each molt, which lasts two to three weeks. The oldest nymphs possess wing pads and develop wings on their final molt. Adults are highly mobile, actively searching for prey and can live for three to four weeks.

Bad Biter

Minute pirate bugs spend the spring and summer unnoticed, staying close to plants with attractive flowers. Once fall comes, their bites cannot be ignored. They land on the exposed skin of humans and will use their short, blunt mouthparts to probe and puncture our skin. They do not feed on human blood, nor do they inject saliva or venom. Some people react to bites with redness or a welt and others have no reaction. Minute pirate bugs are slow to respond and are easily squished.

Control

It is not practicable to control minute pirate bugs. Insecticidal treatment to plants harm these predators and consequently increase plant pests. Unfortunately, the use of insect repellent is not effective at minimizing bites.

The good news is minute pirate bugs do not transmit pathogens, survive or reproduce indoors. Predators of the minute pirate bug include spiders, lacewings and other predaceous true bugs.

Education is Key to Preventing Conflicts with Coyotes

Soni Cochran
Extension Associate

A native predator of the prairie grasslands and southwestern United States, the coyote has expanded its range to include every state in the union. As cities grew and people built acreages in rural areas, these members of the dog family were able to adapt and survive in relatively close proximity with humans.

About Coyotes

Description — Coyotes are medium-sized and adults weigh between 25–35 lbs. Their heavy coat may make them appear larger. With its pointed ears, drooping bushy tail with a black tip and a slender muzzle, coyotes can resemble a German Shepard dog. The coloration of coyotes can vary from grayish brown to silver-gray and even black. Coyotes with missing hair and wrinkled skin are sometimes reported. These animals are most likely suffering from sarcoptic mange caused by a mite.

Diet — Coyotes are opportunists and take advantage of what prey or other foods are available. This includes small rodents like voles which are a common pest found in southeast Nebraska. Other prey animals include rabbits, deer, birds and bird eggs. Coyotes will also eat plants and fruit. Although there are reports of coyotes taking pets, this is an uncommon occurrence. However,



Coyote scat (droppings or feces) is described as "rope-like" and is full of hair, bits of bone and sometimes plant material like berries.

Vicki Jedicke, Nebraska Extension in Lancaster County

people should be aware of the possibility and understand animals like cats that are allowed to be outdoors, can become prey for predators like coyotes.

How Do You Know If Coyotes Are In The Area?

Sounds — You may never see a coyote, but you may hear the whines, howls and yips of a pack in the distance at night. Growing up in rural Lancaster County, the sounds of coyotes in nearby fields were a regular occurrence, and I enjoyed listening to them.

Tracks — Coyotes leave prints similar to those of a medium-sized dog and can be tough to distinguish from a dog. Coyotes are more likely to travel and leave prints in a straight

line whereas dogs shift their directions constantly. Coyote scat (droppings or feces) is described as "rope-like" and is full of hair, bits of bone and sometimes plant material like berries. Most dog feces are soft in comparison because of a pet food diet. Coyotes will leave scat in obvious places such as in the middle of a trail or bordering their territory as a way to communicate their presence to others.

Preventing Conflict

Coyotes play an important role as predators in our ecosystem. However, there are times when human activities and property can come into conflict with coyotes. In urban areas, conflicts with coyotes can be avoided by taking precautions or by altering behaviors to avoid confrontation. City of Lincoln Animal Control (402-441-7900) is monitoring coyote reports in the area, and has tips on what to do around coyotes — see sidebar at right. USDA Wildlife Services (402-434-2340) is able to help rural residents outside city limits with problem wildlife like coyotes.

FOR MORE INFORMATION

- City of Lincoln Animal Control at <http://lincoln.ne.gov/city/health/animal>
- Extension at <http://lancaster.unl.edu/pest>

Reprinted with permission from City of Lincoln Animal Control.

Lincoln Animal Control has received reports of coyotes in the Holmes Lake Park area and in areas south and east of Holmes Lake and Rickman's dog run. Animal Control continues to patrol the Holmes Lake Park and surrounding areas. Animal Control will investigate calls where there is a threat to the safety of the public. Lincoln Animal Control has received no reports of aggressive coyotes.

Tips on What to Do Around Coyotes

The urban coyotes in Lincoln have become more acclimated to people and pets. Most all of them are just curious and, therefore, may not be as fearful.

- Make loud noises, carry a walking stick, blow a whistle, clap your hands.
- Presence of a coyote does not automatically mean it's a threat.
- Report aggressive coyotes to Lincoln Animal Control at 402-441-7900.
- **What to do with your pets:**
 - Keep your pet confined to your yard.
 - Stay with small pets while outside.
 - Avoid letting pets out at night/dawn/dusk especially unattended.
 - Keep your pet on a leash or under your complete control while on walks.

Coyotes are more likely to stay around if they have a food source. The open areas in Lincoln and especially around the Holmes Lake area provide good habitat for the prey that coyotes hunt.


- Coyotes generally feed on rabbits, rodents, fruits, insects.
- Do NOT feed coyotes or other wildlife.

Good Trees to Plant

After the stormy summer we just had, many of us were forced to remove damaged trees. The next task is to select a tree to replace the one you lost. When replacing those unsalvageable trees, you may want to consider a low maintenance tree. These are trees that need minimal pruning, have minor

insect or disease problems, have a slower growth rate and add value to your landscape. Consider selecting one of the trees on this list. After these trees become established, they will beautify your landscape for years to come.
—Mary Jane Frogge, Extension Associate

Name	Mature Height	Crown Spread	Growth Rate	Mature Form	Fall Color
Ginkgo	40'–60'	30'–40'	slow	oval	yellow
Golden Rain Tree	20'–25'	25'–30'	slow	round	brown
Hackberry	50'–70'	30'–40'	slow	vase	yellow
Maple, Norway	40'–50'	30'–40'	medium	oval to round	yellow to orange
Maple, Sugar	50'–70'	40'–60'	slow	oval to round	yellow to red
Maple, Amur	15'–20'	10'–15'	medium	round	scarlet
Maple, Tatarian	15'–20'	15'–20'	medium-slow	round	yellow-red
Oak, Bur	50'–70'	50'–70'	slow	oval	yellow-brown
Oak, White	50'–70'	30'–50'	slow	round	purplish
Oak, Swamp White	40'–60'	20'–40'	medium	oval	yellow brown
Oak, Shingle	50'–60'	50'–60'	medium-slow	round	yellow to red
Spruce, Colorado	30'–60'	10'–20'	medium-slow	pyramid	
Spruce, White	40'–60'	10'–20'	medium	pyramid	
Douglas-fir	40'–80'	12'–20'	medium	pyramid	
Hornbeam, European	40'–60'	30'–40'	medium-slow	oval	yellow
Magnolia, Star	15'–20'	10'–15'	slow	oval to round	yellow to bronze
Smoketree, Common	10'–15'	10'–15'	medium	round	red-purple
Japanese Tree Lilac	20'–25'	15'–25'	medium	vase	green
Amur Cork Tree	20'–30'	15'–25'	medium	round	yellow-brown
American Hophornbeam	25'–40'	25'–30'	slow	oval	yellow
Amur Maackia	20'–30'	20'–30'	slow	round	green
Maple, Black	50'–70'	40'–50'	slow	round	yellow
Witch-hazel, Common	15'–30'	20'–25'	medium	oval	yellow
Magnolia, Saucer	20'–30'	20'–30'	medium	round	yellow brown



GARDEN GUIDE

THINGS TO DO THIS MONTH

Mary Jane Frogge, Extension Associate

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.

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 to long they will take over gardens and other landscape plantings.

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

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.

Early Childhood Educators

continued from page 1

Just the other day, my 8-year-old was swimming. We have struggled for several years now to get her to go underwater due to a crazy case of swimmers ear and an aversion to ear drops. I was elated when she said she wanted to jump in the water. Then, she started doing cannon-balls. Next, she wanted to dive into the water! Each time she experienced success she would swim over to me, put her arms around my neck and squeeze so hard. She whispered, “I love you mom” and then would swim away declaring this was the “best day ever.” I was so happy I decided to be present, not only at the pool, but in the water to celebrate in her joy. I encourage you all to be present; you never know what you might miss.

Although our intervention with the directors consisted of only 20 minutes of the 6-hour training day, I was pleased to learn 91 percent of the childcare directors agreed they liked participating in the mindfulness meditations. One director stated, “I like relaxing and getting in the moment with my thoughts.” Another said, “It was hard to meditate. But I like how mindfulness has made me more aware of the present.”

Eighty-two percent of the childcare directors agreed the activities for reflecting were helpful. A director said, “It made

me think about the way I feel emotions and I typically don’t take the time to do.”

Additionally, 64 percent of the participants reported they use mindfulness in their daily life. One participant stated, “I’ve always practiced yoga. But now I take more time for myself and notice the waves of my emotions.”

New Childcare Program Focuses on Mindfulness and Reflection

The integration of guided reflection, learning about mindfulness and practicing guided meditations was well-received by the childcare directors. I am excited to now be piloting a program with Hatton-Bowers and Gottschalk termed Cultivating Healthy Intentional Mindful Educators (CHIME) with approximately 40 early childhood teachers. This 12-week program meets every other week for an hour in small groups where we practice guided reflections, meditations, and learn different strategies for practicing mindfulness in the early childhood classroom.



During a Cultivating Healthy Intentional Mindful Educators (CHIME) recent program, childcare providers learned how to teach mindful listening by listening to the sounds of items being shaken in plastic eggs (at left), and how to use animal emotion dice (at right) to teach social emotional skills.



Photos Jaci Foged, Nebraska Extension in Lancaster County

One week we practiced mindful listening while listening to sounds of different items being shaken in a plastic egg.

Moving Forward

So, where do we go from here? How do we develop more mindful early childhood educators? Let’s start by setting a goal for being intentional. An intention is a guide for how one wants to live. For example, “Today I intend to be more positive” or “Today I intend to be more present during drop off.” You can set your intention at any time throughout the day, just be sure to check in with yourself and reflect if you are following through with your intention.

I think we can all agree we want mindful educators working with our youngest population.

Upcoming Learning Child Trainings

Nebraska Extension teaches several early childhood development classes for childcare providers. Listed are upcoming classes held at the Lancaster Extension Education Center, 444 Cherrycreek Road (unless location otherwise noted). For additional information or to sign up, contact Jaci Foged at jfoged2@unl.edu or 402-441-7180.

CPR/AED and First Aid Training — Friday, Sept. 1, 8:30 a.m.–12:30 p.m. Cost is \$40. Register by Aug. 28.

Water Science Resources Training — Wednesday, Sept. 20, 10 a.m.–12 p.m. For school-age teachers and childcare providers. Cost is \$10. Register by Sept. 13.

Early Learning Guideline (ELG) Health and Physical — Part 1: Thursday, Sept. 21, 6–9 p.m. Part 2: Thursday, Sept. 28, 6–9 p.m. Cost is \$25. Register by Sept. 15.

Nutrition & Physical Activity Self-Assessment for Childcare (NAP SACC) — Tuesday, Nov. 7 and Tuesday, Nov. 14, 12:30–3:30 p.m. (must attend both dates). Free. Register by Nov. 1 at <http://go.unl.edu/novnapsacc>



HEART OF 4-H VOLUNTEER AWARD

Analisa Peterson

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

A volunteer for seven years, Analisa is co-leader for the Fusion 4-Hers club which has been a Nebraska 4-H Club of Excellence for four years (which means it meets criteria outlined by the State 4-H Office) and an Outstanding 4-H Club for four years (which is based on member participation at the Lancaster County Super Fair). She has helped with all the club's community service projects, including helping at Kiwanis Karnival. Analisa has also volunteered in various ways at the Super Fair, including working at the 4-H food stand.

"I like being a 4-H volunteer because it gives me the opportunity to pass on the great experiences and life learning opportunities I experienced as a 4-H'er," she says. "I like seeing the kids take on a challenge, learning life skills or practical skills that will benefit them for years to come. My favorite part of being a 4-H volunteer is teaching sewing. I love seeing them succeed every time we add a new skill, and how their creativity blossoms."

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



Household Pets Fest, Sept. 30

A 4-H Household Pets Fest will be held Saturday, Sept. 30, 9 a.m.–12 noon at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln. Open to all youth ages 8 & up and their families. No registration is necessary. Cost is \$2 per family (includes three free raffle tickets). Bring your small critter or just come for info and fun! This event will include guest speakers, a raffle and more. For more information, call Kate Pulec at 402-441-7180.

4-H Information Night, Oct. 10

The annual 4-H Information Night will be held on Tuesday, Oct. 10, 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. 4-H is open to all youth ages 5–18.

Rabbit Clinic, Oct. 21

A free 4-H Rabbit Clinic will be held Saturday, Oct. 21, 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. For more information, call Kate Pulec at 402-441-7180.

4-H Teen Council Invites New Members

Youth 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? Join 4-H Teen Council!

The biggest annual activity is planning, setting up and facilitating the 4th & 5th Grade Lock-In each January.

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. 10 at 3 p.m.

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

4-H Council Golf Tournament Fundraiser, Oct. 1

A 4-H Council Golf Tournament Fundraiser will be held Sunday, Oct. 1 at the Woodland Hills Golf Course, Eagle. 1 p.m. shotgun start. This tournament is a four-person scramble and costs \$80 per golfer or \$320 per team. It includes:

- Pin prizes
- 18 holes, cart and range balls
- Snack and one meal
- Random flight prizes of \$160 each
- Beverage cart available
- Raffle prizes

For reservations, call Woodland Hills at 402-475-4653. For hole, other sponsorships or prize donations, contact Mitch Sump at 402-432-1031 or mitchsump1996@gmail.com or Jerry Morris at 402-261-9861 or packmn69@yahoo.com. Tournament sponsor is The Duffers Golf League.

Livestock Booster Club Scholarships

The Lancaster County 4-H Livestock Booster Club awards two \$500 college scholarships each year. Emma Lanik and Taylor Nielsen 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 2017 Fonner Park State 4-H Exposition was held July 16–20 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>



Judging Team Reserve Champion



Judging Individual Reserve Champion



Halter Miniature/Shetland Mares Champion



Advanced Hunter Under Saddle and Advanced Hunt Seat Equitation Champion



Senior Barrels Champion

HIPPOLOGY — SENIOR

Lancaster 3 (4th): Emmi Dearmont, Kyra DeBuse, Kat Moyer, Sidney Schlesiger

Lancaster 2 (5th): Ally Quinn, Madi Brandt, Lucy Polk, Madison Polk

Hippology 3 coached by Andy Dearmont

Hippology 2 coached by Teresa Brandt

JUDGING TEAMS

Lancaster 2 (Res Ch): Adam Oldemeyer, Sidney Froistad, Bailey Hampton, Porsche Miller

Lancaster 5 (5th): Julia Soukup, Ellie Bunz, Cadi Wilbeck

JUDGING INDIVIDUAL

Emily Burnside (2nd), Cadi Wilbeck (8th), Adam Oldemeyer (9th), Porsche Miller (10th)

Judging coached by Roger Bell

HALTER: 6–10 YEAR OLD MARES

Madi Brandt (Ch), Aubrey Hayes

HALTER: MINIATURE/SHETLAND MARES

Diamond LeBlanc (Ch), Bailey Hampton (Res Ch)

HALTER: MINIATURE/SHETLAND GELDINGS

Kristen Loudon (Ch), Emmi Dearmont (Res Ch)

JUNIOR SHOWMANSHIP

Ellie Bunz (5th), Lillie Beach, Isabella Gerlach, Kali Maytum

SENIOR SHOWMANSHIP

Aubrey Hayes

SENIOR HUNTER UNDER SADDLE

Madison Sobotka (4th)

ADVANCED HUNTER UNDER SADDLE

Madison Sobotka (Ch)

JUNIOR HUNT SEAT EQUITATION

Cadi Wilbeck (3rd), Emmi Dearmont (4th)

ADVANCED HUNT SEAT EQUITATION

Madison Sobotka (Ch), Cadi Wilbeck (Res Ch, Blue Ribbon)

WESTERN PLEASURE PONIES

Miya Higgins (5th)

JUNIOR WESTERN PLEASURE

Isabella Gerlach (Ch), Ellie Bunz (9th)

SENIOR WESTERN PLEASURE

Audrey Heusinger (9th)

ADVANCED WESTERN PLEASURE

Nicole McConnell (3rd)

SENIOR WESTERN HORSEMANSHIP

Nicole McConnell (7th), Aubrey Hayes (9th), Audrey Heusinger, Ally Quinn

ADVANCED WESTERN HORSEMANSHIP

Cassie Meyer (Res Ch), Miya Higgins (4th), Nicole McConnell (6th)

SENIOR BARRELS

Jayne Litchfield (Ch), Aubrey Hayes (7th), Audrey Heusinger (9th), Cassie Meyer

Horse Awards Night, Oct 5

The annual Lancaster County 4-H Horse Awards Night will be Thursday, Oct. 5, 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 2017 Lancaster County 4-H Equestrians!



 **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: Jaisah Huber
Club Banner: Joe's Clover Knights
Quilt: Sarah Dilley
Dog: Brianna Pittman
Celebrate Nebraska 150 Statehood:
Danielle Schreiber

SCIENCE, ENGINEERING & TECHNOLOGY

Aerospace: John Paul Barger
Model Vehicle: Allison Morrow
Woodworking: Steven Weitz
Safety: Riley Weitz
Engineering: Allison Morrow

FOOD & NUTRITION

Yeast Bread: John Sump
Quick Bread: Clara Johnson
Food Preservation: Layton Shaw
Cake/Pie: Ella Hendricksen
Cookie: John Donlan

HOME ENVIRONMENT

Home Environment: Caidell Davis
Home Environment: Bailee Gunnerson
Home Environment: Rose Ingracia

CHILD DEVELOPMENT

Child Development: Clare Bauman

PHOTOGRAPHY

Unit 1: Gregory Johnson
Unit 2: Sophie Polk
Unit 3: Madison Sobotka
Nebraska Exhibit Print: Laurel Frogge

CLOTHING

STEAM 1: Gianna Doty
STEAM 1 Pillow: Nicole Kenney
STEAM 2: Abigail Kreifels
STEAM 3: Eliana Babcock
Beyond the Needle: Rose Ingracia
Accessory: Hannah Thomson
Crochet: Abigail Babcock
Knit: Abigail Babcock
Shopping in Style: Eliese Schwinck

HORTICULTURE

Vegetable: Mason Pillard
Herb: Lily Noel
Annual Flower: Linara Carlson
Perennial Flower: Julia Fleeman
Rose: Bailee Gunnerson
Specimen Plant: Kylie Hansen

CONSERVATION & WILDLIFE AND FORESTRY

Conservation and Wildlife: Catherine Polk
Forestry: Madelaine Polk

Top Contest Awards

BICYCLE SAFETY

Sr Ch: Gregory Johnson
Sr Res Ch: Jonah Lanik
Jr Ch: Jayan Hraban
Jr Res Ch: Jacob Bauman

LIFE CHALLENGE

Sr Ch: Sarah Cunningham
Sr Res Ch: Anna Sump
Jr Ch: Clare Bauman
Jr Res Ch: Sarah Lange

PRESENTATIONS

Premier Presenter (Team): Lillian Johnson,
Clare Bauman
Sr Ch: Eliana Babcock
Sr Res Ch: Abigail Babcock
Int Ch (Team): Lillian Johnson, Clare
Bauman
Int Res Ch: Lilly Riedel
Jr Ch: Micah Pracheil
Jr Res Ch: Gemma Johnson
Special Topic: Samuel Babcock

FASHION SHOW

Fashion Show Grand Ch: Emily Pillard
Fashion Show Res Grand Ch: Eliana
Babcock
Shopping in Style Ch: Clara Johnson
Shopping in Style Res Ch: Bailee Gunnerson
Beyond the Needle: Eliana Babcock
Make One/Buy One Level 1: Kaylee Boysen
Make One/Buy One Level 2/3: Clare
Bauman
Clothing Level 1 (Complete Outfit): Kylie
Hansen
Upcycled Garment: Jacob Bauman
Apron: Mindy Bartels
Garment(s) Made for Others: Clare
Bauman



Clockwise from upper left: Top Engineering exhibit, Rabbit All-Around Showman co-champions, Best of 4-H Poultry Show, Horse Hunter Baby Green Equitation champion, Elite Showmanship Contest top winners, Fashion Show reserve grand champion and grand champion.



PLANT SCIENCE

Horticulture: Abigail Babcock
Tree Identification: Erik Henry
Grass & Weed Identification: Abigail
Babcock

TABLE SETTING

Picnic Sr: Lydia Clarke
Picnic Int: Grace Spaulding
Picnic Jr: Andrew Frain
Casual Sr: Honoria Clarke
Casual Int: Livia Swanson
Casual Jr: Sarah Lange
Formal Sr: Eliana Babcock
Formal Int: Emma Timmer
Formal Jr: Story Stell
Birthday Sr: Emma Lanik
Birthday Int: Olivia Epp
Birthday Jr: McKenna Morris

ELITE SHOWMANSHIP

1st Place: Caitlyn Walbrecht
2nd Place: Brett Heinrich
3rd Place: Cole Cooper
4th Place: Sarah Dilley
5th Place: Catherine Hytrek

LIVESTOCK JUDGING

Livestock Judging Sr Ch (Tie): Jaclyn
Heinrich, Bella Chaffin, Adam
Oldemeyer, Cole Cooper, Brett
Heinrich
Livestock Judging Int Ch (Tie): Carter
Ibsen, Kaelin Kuebler
Livestock Judging Jr Ch (Tie): Carson
Ibsen, Cameron Kuebler

Top Animal Exhibits

BEEF

Showmanship Supreme Ch: Caitlyn
Walbrecht
Showmanship Sr Ch: Caitlyn Walbrecht
Showmanship Int Ch: Skylar Sterns
Showmanship Jr Ch: Clara Johnson
Breeding Heifer Supreme Ch: Caitlyn
Walbrecht
Breeding Heifer Supreme Res Ch: Brett
Heinrich
Feeder Calf Supreme Ch: Madysen Cox
Feeder Calf Supreme Res Ch: Wyatt
Gallagher
Market Animal Supreme Ch: Jaclyn
Heinrich
Market Heifer Grand Ch: Jaclyn Heinrich
Market Heifer Res Grand Ch: Skylar
Sterns
Market Steer Grand Ch: Taylor Nielsen
Market Steer Res Grand Ch: Skylar Sterns
Lancaster County Born and Raised -
Breeding Ch: Bailey Donner
Lancaster County Born and Raised -
Market Ch: Taylor Nielsen
Rate of Gain Market Steer Ch: Taylor
Nielsen
Rate of Gain Market Heifer Ch: Skylar
Sterns
Overall Cow/Calf Pair Ch: Sophia
Fahleson

DAIRY CATTLE

Showmanship Overall Ch: Catherine
Hytrek
Showmanship Sr Ch: Catherine Hytrek
Showmanship Int Ch: Franklin Moyer
Showmanship Jr Ch: Isabella Hytrek

BUCKET CALF

Bucket Calf Jr Ch: Thomas Tvrdy
Bucket Calf Jr Res Ch: Sarah Lange

SHEEP

Showmanship Sr Ch: Cole Cooper
Showmanship Sr Res Ch: Emma Lanik
Showmanship Int Ch: Burke Settles
Showmanship Int Res Ch: Megan Lange
Showmanship Jr Ch: Michael Lockee
Showmanship Jr Res Ch: Heather Lange
Market Lamb Grand Ch: Cole Cooper
Market Lamb Res Grand Ch: Michael
Lockee
Lancaster Born and Raised Market Lamb
Ch: Michael Lockee
Lancaster Born and Raised Market Lamb
Res Ch: Grant Johnson
Breeding Ewe Supreme Ch: Michael
Lockee

SWINE

Showmanship Sr Ch: Brett Heinrich
Showmanship Int Ch: Nicole Keetle
Showmanship Jr Ch: Chase Keetle
Market Swine Grand Ch: Brett Heinrich
Market Swine Res Grand Ch: Brett
Heinrich
Breeding Gilt Ch: Jaclyn Heinrich
Breeding Gilt Res Ch: Addison Gruber
Pen of Three Ch: Conner Nielsen
Pen of Three Res Ch: Mickayla Larsen

DAIRY GOAT

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

MEAT GOAT

Showmanship Sr Ch: Sarah Dilley
Showmanship Sr Res Ch: Anne Marie
Wurtz
Showmanship Jr Ch: Aleyna Cuttlers
Showmanship Jr Res Ch: Elizabeth Funk
Market Goat Overall Grand Ch: Sarah
Dilley
Market Goat Overall Res Grand Ch: Lilian
Bogle
Breeding Goat Overall Ch: Samuel Bogle
Breeding Goat Overall Res Ch: Lilian
Bogle

LLAMA/ALPACA

Showmanship Inter Ch: Sophia Frank
Showmanship Jr Ch: Jayden Hamel

RABBIT

All-Around Showman Award Ch (Tie):
Bailee Gunnerson, Sam Schuster
Showmanship Sr Ch: Bailee Gunnerson
Showmanship Int Ch: Rhianna Metcalf
Showmanship Jr Ch: Connor Vogel
Best 6 Class: Bailee Gunnerson
Best 6 Class Reserve: Connor Vogel
Best 4 Class: Macie Micek
Best 4 Class Reserve: Rhianna Metcalf
Judging Contest Sr Ch: Noah Huber
Judging Contest Int Ch: Rhianna Metcalf
Judging Contest Jr Ch: Ava Vogel
Breed ID Contest Sr Ch: Bailee Gunnerson
Breed ID Contest Int Ch: Rhianna Metcalf
Breed ID Contest Jr Ch: Macie Micek
Breeders Choice Sr Ch: Joli Brown
Breeders Choice Jr Ch: Macie Micek

HOUSEHOLD PETS

Mammal Ch: Caitlyn Barry
Mammal Res Ch: Kaianna Hraban
Fish, Reptiles/Amphibians Ch: Maleah
Jamison
Fish, Reptiles/Amphibians Res Ch: Sidney
Schlesiger

POULTRY

Showmanship Sr Ch: Sarah Dilley
Showmanship Jr Ch: Jenna Kramer
Judging Contest Sr Ch: Hannah Reiter
Judging Contest Jr Ch: Elaina Furguson
Best of 4-H Poultry Show: Zachary
Pittman
Large Fowl Grand Ch: Zachary Pittman
Water Fowl Grand Ch: Jake Aberg
Bantam Grand Ch: Zachary Pittman

DOG

Showmanship Sr Ch: Sidney Schlesiger
Showmanship Int Ch: Kaitlyn Dumler
Showmanship Beginning Ch: Elizabeth
Boshart
Intermediate Agility Ch: Ella Guerra
Beginning Agility A - Level 2 Ch: Emmi
Dearthmont
Pre-Beginning Agility A - Level 1 Ch:
Allison Schilf
Obedience Graduate Novice Ch: Sidney
Schlesiger
Obedience Novice Ch: Emely Troy

CAT

Long Hair Best in Show: Emma Jo Whaley
Short Hair Best in Show : Katie Fisher
Working Cat Best in Show : Katie Fisher

HORSE

Dressage Western Dressage Seat
Equitation Ch: Ally Quinn
Dressage USEF Dressage Seat Equitation
Sr Ch: Aussia Stander
English Showmanship Sr Ch: Aubrey
Hayes
English Showmanship Jr Ch: Isabella
Gerlach
English Showmanship Elem Ch: Sophie
Schumacher
English Baby Green Equitation Ch: Sidney
Froistad
English Hunter/Saddleseat Ages 4 and
Up Grand Ch: Ellie Bunz
English Hunter/Saddleseat Ages 4 and
Up Res Grand Ch: Cadi Wilbeck
English Hunter/Saddleseat Aged Horse
Grand Ch: Emma Ohle
English Hunter/Saddleseat Aged Horse
Res Grand Ch: Miya Higgins
Miniature Showmanship Jr/Sr Ch: Aubrey
Hayes
Miniature Showmanship Elem Ch: Harper
Rosenstiel
Western Showmanship Sr Ch: Aubrey
Hayes
Western Showmanship Jr Ch: Isabella
Gerlach
Western Showmanship Elem Ch:
Michaela Bunz
Groom and Care Ch: Lauren Eilers
Western Stock Horse Ages 4 and Up
Grand Ch: Emma Sondgeroth
Western Stock Horse Ages 4 and Up Res
Grand Ch: Audrey Heusinger
Western Stock Aged Horse Grand Ch:
Chase McInteer
Western Stock Aged Horse Res Grand Ch:
Katherine Malina
Break-Away Calf Roping Ch: Jadin Vogler

*Additional 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. 25–Sept. 4 **Nebraska State Fair, Fonner Park, Grand Island**

September

- 1 **CPR/AED & First Aid Training for Childcare Providers** ..8:30 a.m.–12:30 p.m.
- 5 **4-H Council Meeting**..... 6 p.m.
- 8 **Extension Board Meeting** 8 a.m.
- 9 **Composting Demonstration, Pioneer Park Nature Center's Backyard**
Composting Demonstration Area 10 a.m.
- 10 **4-H Teen Council Meeting** 3 p.m.
- 11 **Pesticide Applicator NDA Walk-in "Testing Only" Session** ..9 a.m.–2 p.m.
- 12–13 **Termite Academy for Industry Professionals**8 a.m.–5 p.m.
- 12–14 **Husker Harvest Days, 9000 W. Husker Highway near Grand Island**
- 14 **Co-Parenting for Successful Kids Class**..... 9 a.m.–12:30 p.m.
- 21 **OSHA Construction Focus Four and Pathogen Exposures Workshop**
for Wastewater Professionals 8:30 a.m.–3:30 p.m.
- 20 **Water Science Resources Training for School-Age Teachers and**
Childcare Providers..... 10 a.m.–12 noon
- 21 **Early Learning Guideline (ELG) Health and Physical Part 1**
for Childcare Providers 6–9 p.m.
- 23–24 **AKSARBEN 4-H Horse Show, Nebraska State Fair Grounds – Thompson Foods**
4-H Arena (Fonner Park), Grand Island
- 28 **Early Learning Guideline (ELG) Health and Physical Part 2**
for Childcare Providers 6–9 p.m.
- Sept. 28–Oct 1 **AKSARBEN 4-H Stock Show, Nebraska State Fair Grounds (Fonner**
Park), Grand Island
- 30 **4-H Household Pets Fest** 9 a.m.–12 noon

4-H Information Night

Tues., Oct. 10 • 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!

UNL CASNR Visit Day, Sept. 30

University of Nebraska–Lincoln's College of Agricultural Sciences and Natural Resources (CASNR) is hosting its annual Experience the Power of Red Visit Day for students grades 8–12 on Saturday, Sept. 30, 9 a.m.–2 p.m. There is no charge.

Learn how CASNR prepares students for careers in everything from animals to plants, soil to climate, golf to business, mechanization to leadership, and food to forensic science. Meet faculty, staff and current students. Explore campus in person.

Please register at <http://casnr.unl.edu/visitday> by Friday, Sept. 22. For more information, call 402-472-2541.

4-H Youth Grow Into True Leaders at Super Fair

The 2017 Lancaster County Super Fair was held Aug. 3–12 at the Lancaster Event Center. Nearly 702 4-H/FFA exhibitors showcased 5,261 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, as well as with hands-on experiences helping them grow into true leaders. True leaders are people who know how to work well with others, can endure through challenges and stick to a job until it gets done. Youth also learn life skills such as responsibility, goal setting, problem solving, communication and record keeping.

See page 7 for top results. Go to <http://lancaster.unl.edu/4h/fair> for complete 4-H results, photos and videos.



Nearly 500 4-H/FFA exhibitors entered a total 2,498 static exhibits. The Super Fair features one of the largest county 4-H static exhibit displays in Nebraska. Pictured is a food and nutrition project being interviewed judged.



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



The Table Setting Contest is one of several 4-H contests held at the fair. Some contests, such as Presentations and Bicycle Safety, are held prior to the fair.



The 4-H dog show includes showmanship, obedience and agility classes.



Lancaster County has the largest 4-H county fair horse show in the state, with 41 events spanning seven days. This year, 123 horse exhibitors competed in 1,076 total entries. Pictured is English Pleasure.



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



The Go Go Goat Getters 4-H club presented a special show, "Goat Glamour: Fashion Through the Ages" featuring custom costumes. Celebrity judges were Lancaster County Commissioners Todd Wiltgen and Deb Schorr, and Lincoln City Council Member Cyndi Lamm. Pictured is "Super Goat" eating the winning prize — a cracker.



More than 200 4-H youth and adults volunteered at the 4-H food stand this year, which is 4-H Council's primary fundraiser. Proceeds support the 4-H program throughout the year. Pictured is the Clever Clovers club.