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Nutrition Education Kits developed by Extension help LPS students learn about nutrition and physical activity

Alyssa Havlovic, MS, RDN,
ACSM EP-C and
Kristen Houska, MS
Extension Educators

The Nutrition Education Kit program is a statewide Nebraska Extension school enrichment program developed for grades K–5 that teaches students about health, nutrition and physical activity. The kits include lessons and supplies for grade-specific, hands-on learning activities.

In Lincoln, this program has been implemented in Lincoln Public Schools (LPS) for nearly two decades in the schools who qualify for Supplemental Nutrition Assistance Program Education (SNAP-Ed) — meaning, 50 percent or more of their students qualify for reduced or free lunch.

In 2011, Nebraska Extension received a USDA grant which allowed for expansion of the program to all LPS schools in grades K–2 and in the fall of 2017, a Nebraska Team Nutrition (TN) grant funded expansion of the program to all K–5 classrooms in LPS.

What is a Nutrition Education Kit?

The Nutrition Education Kit program is a unique, evidence-based approach to teaching health. The kits meet LPS health curriculum objectives required for each grade's nutrition unit. The kits also meet national health standards and are now delivered by Nebraska Extension to schools in 11 other counties.

Grade-specific lessons cover the following topics: MyPlate, nutrients, meal-planning,

the importance of breakfast, healthy snacking, food safety and physical activity. Lessons for the higher grade levels build upon the concepts taught in the younger grades. For example, in grades K–2, students learn about MyPlate and the importance of eating a variety of foods from each food group. In grades 3–5, students dive deeper into the nutrients in food and why our bodies need them.



As part of the Nutrition Kit program, Extension staff give presentations in classrooms, including:

- making healthy snacks (pictured above, Brock Shuler leads 2nd graders in making “cheese creatures”),
- proper handwashing (pictured at left, Alyssa Havlovic leads 1st graders in looking at glow lotion on their hands under a black light), and
- physical activity (pictured below, Kyleah Bowder teaches 4th graders how to use resistance bands).



Participating classrooms spend an average of 5–6 hours using the kits to teach nutrition and physical activity to youth grades K–5 through Extension team members and teachers.

Classroom teaching

Extension staff visit each classroom and teach the students an introductory lesson, which often focuses on food

safety — specifically hand washing. Students have an opportunity to see where germs might be on their hands and then practice using proper handwashing steps to clean them.

The teacher then utilizes the nutrition education kit in the classroom for a period of three weeks. At the end of the nutrition unit, Extension staff return to the classroom to teach a final lesson about healthy snacking which

includes preparing a healthy snack together or participating in a physical activity.

Program reach and impact

In the 2017–18 school year, the Nutrition Education Kit program reached 15,992 LPS Elementary students in grades K–5.

Pre- and post-nutrition knowledge and behavior evaluations are administered in each classroom to measure program impact. Based on these evalua-

tions, significant improvements in students' nutrition knowledge were found in all grades:

- Kindergarten students improved by 36%.
- 1st graders improved by 34%.
- 2nd graders improved by 35%.
- 3rd graders improved by 18%.
- 5th graders improved by 56%.
- 4th grade students were asked a behavioral question about reading a food label and how frequently they eat breakfast, but responses did not change significantly from pre- to post-evaluation.



Supplies in the kits vary by grade and include: handouts, posters, science experiments, math and reading activities, food models, puppets, videos and books.

Teacher feedback

“I wanted to tell you how wonderful the nutrition kits were for fourth grade and how excited the kids were for all the activities! They said it was the most fun they have had in health. That made me very excited to hear.”
—Eastridge 4th grade teacher

“I just wanted to provide positive feedback from the nutrition unit. It was a great unit. My students were engaged with the group work of sorting cards, reading labels etc. The moldy bread experiment was simple yet relevant to their lives.”
—Meadow Lane 4th grade teacher

“The kids love all the interactive demonstrations and activities/experiments/presentations. I also thoroughly enjoy the kits — they really make it enjoyable to teach since there is very little prep to do. We wish we had more kits like these to go along with our curriculum.”
—Clinton 2nd grade teacher

“Love the hands-on opportunities and lessons. We appreciate having enough for all students. We really enjoy using the nutrition kit and look forward to receiving it every year!”
—McPhee kindergarten teacher

“The kit makes this my favorite health unit to teach! All children can be successful! Thank you.”
—Saratoga 1st grade teacher

“This timing worked great — we had our school-wide health and wellness week while we had our kits! :) Ms. K [Extension staff member] is a fabulous teacher!”
—Norwood Park 1st grade teacher

“Excellent curriculum development that fits well with LPS objectives. Students enjoy and learn — thank you!!”
—Brownell 1st grade teacher

“It's a wonderful teacher- and student-friendly program. Thank you! We enjoyed our presentations from the Extension.”
—Campbell 4th grade teacher

Photos: Vicki Jedlicka, Nebraska Extension in Lancaster County

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4-H Healthy Habits grant helps youth learn healthy choices

**Kayla Colgrove, MS, RDN,
ACSM-CPT
& Natalie Sehi, MS, RD
Extension Educators**

The 4-H Healthy Habits grant sponsored by National 4-H Council and Walmart Foundation is currently active in more than 30 states to mobilize youth to take action around healthy food choices and physical activity in grades 4–12.

Statewide program

In Nebraska, 4-H Healthy Habits is led by Kayla Colgrove and Natalie Sehi. A joint effort by Nebraska Extension staff who focus on youth development, nutrition education, Expanded Food and Nutrition Education Program (EFNEP) or Supplemental Nutrition Assistance Program – Education (SNAP-Ed) — along with 4-H teen ambassadors — made this program successful. This program was implemented in Lancaster County and 21 other counties between September 2017 and July 2018.

More than 2,000 students and 50 teen ambassadors participated in the program and were encouraged to make healthy food choices and be physically active. At the end of each program, participants received ingredients to enjoy a family meal at home.

The volunteer teen ambassadors were an important part of this program. They gained valuable experience working with their Nebraska Extension mentor to help plan, prepare and deliver the program.



Vicki Jedlicka, Nebraska Extension in Lancaster County

Malcolm Healthy Habits program teen ambassadors help the Malcolm fourth grade students prepare a breakfast parfait.

Ryan Zoucha, a teen ambassador, shared, "I was excited to get some exposure in the world of teaching and education, which has been useful in my decision to become a teacher. Not only that, but it also has given me a chance to help make a change by helping students learn the benefits of living healthy and giving them the tools to do so."

Malcolm program

As part of this grant, 46 fourth grade students at Malcolm Public Schools engaged in over six hours of nutrition education focusing on MyPlate, healthy beverages, fruits and vegetables, whole grains, eating healthier when eating out, the nutrition facts label and breakfast. Lessons were led by Natalie Sehi, Kayla Colgrove and four teen ambassadors: Dillon Beach, Laura Reiling, Ashlynn Sehi and Ryan Zoucha.

The students learned how to make — and sampled — several healthy snacks including a Shamrocks and Gold Smoothie,

Banana in a Blanket, oatmeal pancakes [see recipe below] and a breakfast parfait. The smoothie included spinach, and at first, students were apprehensive about trying it, but it ended up being a favorite and many of the students made it at home.

Paige Westerbuhr, a Malcolm 4th grader, shared, "I enjoyed all the amazingly healthy snacks. I LOVED the oatmeal pancakes! I learned how to read the label on foods."

Mrs. Stacy Kopecky, a teacher at Malcolm, shared, "The Healthy Habits program was an excellent way for students to learn new ways to stay active and stay healthy. They played games to keep them engaged in hands-on learning. Many kids tried recipes they would not normally try. They were able to take new recipes and ideas home for parents. The program made everyone more aware of food groups, food labels and the food we take in. The kids loved the program."



RECIPE OF THE MONTH

Featuring a 4-H Healthy Habits (see above) favorite recipe

Kayla Colgrove, MS, RDN, ACSM-CPT, Extension Educator

OATMEAL PANCAKES WITH APPLESAUCE

(About 12 Servings)

3/4 cup quick or old fashioned oats
1-1/2 cups fat-free milk
3/4 cup enriched all purpose flour
1/2 cup whole wheat flour
2 tablespoons sugar
1 tablespoon baking powder
1/2 teaspoon salt
2 eggs, beaten
1 tablespoon oil, plus more for cooking
3 cups unsweetened applesauce
Cinnamon



Kayla Colgrove, Nebraska Extension in Lancaster County

1. Combine oats and milk in large bowl. Let stand 5 minutes.
2. Mix flour, sugar, baking powder and salt into medium bowl. Add to oat/milk mixture.
3. Beat eggs and oil together. Add to large bowl.
4. Stir only until all ingredients are combined. Mixture will be lumpy.
5. Spread a small amount of oil onto electric griddle or pan. Heat.
6. Spoon batter onto hot pan.
7. Turn pancakes when tops are covered with bubbles and edges look cooked. Remove from pan when second side is cooked.
8. Serve with applesauce and sprinkled cinnamon.

Source: From Choose Health: Food, Fun, and Fitness, Copyright 2011–15, Cornell University

KAYLA'S NOTES:

- When cooking pancakes, I like to use cooking spray instead of a small amount of oil on the griddle.
- Try these additional healthy pancake toppings: low-fat yogurt or Greek yogurt plus fresh fruit, peanut butter or your favorite nut butter with banana slices or fruit (fresh or frozen).

Nutrition Information per serving (1 pancake and 1/4 cup applesauce): Calories 140, Total Fat 4g, Saturated Fat 0.5g, Cholesterol 40mg, Sodium 250mg, Total Carbohydrate 24g, Dietary Fiber 2g, Sugars 9g, Protein 4g

Resources to help manage your ag land

Tyler Williams
Extension Educator

Managing the finances for agricultural land you own or operate can be challenging, stressful and often covers topics which are hard to keep up with. The following resources can help you manage your farm and/or agricultural land.

Nebraska Crop Budgets

The Nebraska Extension publication, 2018 Nebraska Crop Budgets (EC872), includes 78 crop production budgets for 15 crops, as well as information on crop budgeting procedures, machinery operation and ownership costs, material and service prices, and a crop budget production cost summary. They are grouped by crop and are provided in a PDF or excel file. These budgets are created using assumptions for common operations; however, every operation is unique, so you can modify these budgets to fit your specific needs. These budgets were created by a team of Extension faculty and specialists.

Custom farming rates

Every two years, Nebraska Extension conducts a survey of custom operators to determine the current rates charged for specific machinery operations. The 2018 Nebraska Farm Custom Rates (EC823) is divided into two parts: spring and summer operations and fall and miscellaneous operations. Custom rates reported include charges for use of necessary equipment, fuel, labor and supplies such as baling wire or twine. Seed, fertilizer and chemical are not included in the report. The results of the survey are grouped by Nebraska Ag Statistics Districts and reflect the views of those who complete the survey. Actual rates paid for custom services may vary from those who responded to the survey.

Nebraska Farm Real Estate Report

The final results from University of Nebraska–Lincoln Department of Agricultural Economics' 2018 Nebraska Farm Real Estate Report show a fourth consecutive year of declining Nebraska agricultural land values. The statewide average value of all categories of ag land dropped 4 percent to \$2,270 per acre. This is an 18 percent reduction since land values peaked in 2014. Land values are reported by district, which are the same districts as the Custom Rates.

A few highlights in the report:

- Average land value changes by district varied from a 7 percent reduction in the North to 1 percent in the Southeast.
- Tillable grazing land saw the greatest decline of 7 percent. The changes were particularly notable in the East and Central districts where values dropped 11 and 10 percent, respectively. However, tillable grazing land in the Southeast district was an exception and increased 2 percent.
- Two other categories — dryland cropland with no irrigation potential in the Northeast and non-tillable grazing land in the Southeast — were the only others to see an increase.
- Survey participants identified crop prices and property tax levels as significantly contributing to the drop in land values.

This information may be useful to get an idea of land values and rental rates across the state, but should not be used to set a specific rental rate or value of a piece of property. These are the results of a survey and would not fully represent your situation.

Farm leases

Crop shares, cash rent and flexible leases are types of lease agreements for agricultural land. Although many land-

owners and tenants believe in the power of a handshake, having a written lease is a good practice to provide clarity between parties, create consistency from year to year and to protect yourself from unseen circumstances. In addition to the common cropland or pasture agreements, these leases can also include livestock, building or facility rental, or hunting rights.

If you are looking to create a lease, a good place to learn more about what should be included in a lease and sample lease forms is <http://aglease101.org>. This website is a multi-state Extension effort to develop resources for landowners and tenants. Because this is a multi-state effort, it may not include all of the Nebraska laws and provisions, but it does provide a good starting point.

Managing financial stress

Agriculture comes with stress, but weather, taxes, low commodity prices, among other reasons appear to have increased agricultural-related financial stress. While stress is a normal part of life, too much stress can trigger physical illness, depression or anxiety, among other challenges.

You can counter stress by eating a well-balanced diet, exercise daily, get enough sleep, set realistic goals, and separate work and family time.

If you or someone you know needs help managing stress or would like to talk to someone confidentially, Nebraska has many resources:

- Nebraska Farm Hotline/Rural Response Hotline, 1-800-464-0258
- Farm Mediation, 1-800-446-4071
- Nebraska Legal Aid, 1-877-250-2016

FOR MORE INFORMATION

All of the resources mentioned in this article, and many more, can be found at <http://lancaster.unl.edu/ag>

Ag land management workshop, Sept. 7

Nebraska Extension is presenting a workshop, Land Management for 2020 and Beyond, to provide the latest information to farm operators, tenants and landowners. It will be presented at five locations in eastern Nebraska, including on Friday, Sept. 7, 9 a.m.–noon at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln.

Please register by Wednesday, Sept. 5 by calling 402-441-7180. Cost will be \$15 per person or \$25 per couple which will cover the program, refreshments and handouts.

Topics include:

- Ag finance and the real estate market.
- Current trends in agricultural finance across Nebraska.
- Negotiation skills needed to effectively manage land leases.
- Current considerations on lease provisions.
- Strategic farmland succession and communications.

Extension Educators Austin Duerfeldt, Jim Jansen and Allan Vyhnaek are the instructors.

Vyhnaek says, "Austin, Jim and I have put together an excellent set of topics and have completely re-written our land management curriculum for this set of workshops. We encourage both landowners and farmers to attend to hear the same message about land management in the next decade."

Inspect and maintain your wastewater lagoon now



Properly maintained lagoons (pictured on the left) avoid problems such as tall grass and overgrowth of algae (pictured on right).

Meghan Sittler
Extension Educator

The arrival of warm weather and sunshine brings a flurry of activity around your property. Annual plantings are blooming and the mowing season is in full swing. All of those things are done annually to maintain homes and yards. If you have a wastewater lagoon, maintenance of your property should also include inspection and maintenance of your wastewater lagoon.

Lagoons "turnover" usually twice per year. You may notice this turnover by a change in color of the lagoon or a day or two of slight odor. The turnover usually lasts only several days and indicates the lagoon is functioning properly. If you notice the color change or odor persisting that means there may be issues with the lagoon.

Often those issues can be prevented

through regular inspection and proper maintenance of the lagoon. Below are periodic operation and maintenance items to complete and things to look for when inspecting your lagoon:

- Regularly check that grass covering the lagoon berm remains between 3–6 inches to prevent shading and allow airflow through the lagoon. Mowing needs to be done to keep grass under 6 inches.
- Make sure trees, shrubs or other plants are at least 50 feet from the lagoon berm to maintain good airflow and sun exposure in the lagoon. This also ensures the roots will not damage the integrity of the berm.
- Check your lagoon for signs of duckweed, cattails, reeds, undesirable types of algae or other vegetation that doesn't belong. If any of those are present, take steps to mechanically or chemically remove them sooner than later.
- Make sure the fence around your lagoon

does not have gaps or holes that could allow wildlife or small children into the lagoon. Also check that your gate latches and locks securely.

- Use bleach or other disinfectants sparingly in your home to limit potential to harm good bacteria within the lagoon.
- Do not pour grease, cooking fats, chemical drain openers, paints, solvents, fuels, oil, pesticides or other chemicals down the drain in your home.

Spending some time regularly to look for potential issues can make your maintenance efforts pay off in both time and money savings down the road. Also, you and your wastewater lagoon are part of the effort to protect our important water resources, wildlife and the health and safety of your family.

FOR MORE INFORMATION

Nebraska Extension has numerous resources on lagoons and other wastewater systems at <http://water.unl.edu>.

Public meeting about accessory dwellings in ag areas, July 25

The County Planning Department is considering adopting zoning regulations for Accessory Dwelling Units (ADUs) in the agricultural areas of Lancaster County. An accessory dwelling is a self-contained dwelling unit on the same lot as a single-family dwelling.

A public informational meeting will be held on Wednesday, July 25, 5–6:30 p.m. at Charles H. Gere Library, 2400 S. 56th St, Lincoln. The public meeting will provide background on the use and purpose of ADUs and present the proposed zoning conditions developed by the County Planning Department in cooperation with a local work group. Staff and members of the work group will be present to answer questions and hear suggestions from the public.

Extension Educator Meghan Sittler is part of the work group contributing information about private well and wastewater options.

Itch mites: irritating and impossible to predict

Jody Green
Extension Educator

Mites are not insects. They are arachnids and more closely related to spiders and ticks than to insects. There are likely over a million species of mites in the world, many predatory, some parasitic and very few are pests of humans. This article will discuss an irritating mite called the oak leaf gall itch mite or the *Pyemotes* itch mite.

History of the outbreak

In August of 2004, individuals living in various communities in Nebraska, Kansas, Missouri and Texas suffered from an outbreak of bites consisting of red, itchy welts. After much investigation and scientific teamwork, the culprit was identified as the *Pyemotes* itch mite. Since then, there have been some reports of itch mite reactions, but the amount and distribution vary by year due to environmental conditions throughout the winter and spring that may be favorable for the mites to thrive. This pest is known to cause intense itching for some residents in Lancaster County from July through late fall.

Oak gall midges

Galls are abnormal growths on leaves formed by plant tissues in response to a pest. On oak leaves, galls formed by the oak gall midges (small flies) are brown, crusty, curled up shells along the edges. Pin oak trees and other trees in the 'red oak' group are common trees known to host the oak gall midge larvae and its



Galls on oak leaves are made by oak gall midges whose larvae are food for oak leaf gall itch mites. When mites run out of food, they drop down and feed on humans or other animals.



Gravid (pregnant) female *Pyemotes* itch mites feed inside a gall (magnified).

predator, the oak leaf gall itch mite.

Pyemotes itch mites

The oak leaf gall itch mite is a predator of the oak gall midge larvae. The oak leaf gall itch mite is approximately 1/125th-inch long, invisible to the naked eye. It has four pairs of legs and piercing mouthparts, which allow it to inject a neurotoxic saliva into their hosts. Adult males do not feed, but females feed on oak gall midges. In populations with oak leaf gall itch mites, 10 percent are males and the remaining 90 percent are female. Male adult mites emerge first and mate with females as they emerge before the males die. Female adult mites find a leaf gall and begin to swell until they are incapable of movement. Her swollen abdomen may contain over 250 offspring. The mites are parasites of midges and attach to them until the mite offspring are ready to emerge as adults. Where food

and environmental conditions are favorable, the mite can complete its life cycle in seven days, multiple times throughout the season. This can lead to extremely heavy populations of mites in a small area. In late summer, the mature midges fly off to find mates and the parasitic mites are left without a food source. This is when the mites leave the galls and drop or are blown by the wind on to unsuspecting humans and animals below.

Itch mite bites

The oak leaf gall itch mites are not vectors of disease in the U.S. nor are they blood feeders. They feed on skin tissue and their feeding causes raised, red welts with a centralized blister. They cause itching and painful bites which include intense itching and scratching that may lead to secondary bacterial infections. Reactions from mites occur 10–16 hours after exposure as it takes a while for mites to attach and feed. Itching usually lasts about 10 days and bites can persist

for two weeks, unless infected, when it can last even longer. Bites are often found where clothing is loose like around the neckline, face, shoulders and chest. Bites have been reported on cats and dogs.

Prevention and control

Unfortunately, there is no practical control or prevention for oak leaf gall itch mite. There are no pesticides labeled to be applied to the tree to prevent oak galls from forming and mites from taking up residence in the galls. There is no conclusive research to support that mosquito and tick repellents are effective for reducing bites by the itch mites. The only way to protect from bites is to limit time outside, especially under infested trees. It is also recommended people remove their outdoor clothes immediately after coming in from outside and take a shower to dislodge mites. Do not re-wear clothing and have it laundered because mites can remain on fabric for several days.

When it is safe to go outside

The problem with itch mites is there is no way to predict where and when there will be an outbreak. Because they are windblown, they can travel great distances, there is no way of knowing how far they can spread. Due to their minute size, they can enter homes through screens. Itch mites can fall from trees by the hundreds of thousands per day. They can persist throughout the summer and even into the fall, subsiding when a hard freeze kills them.

You can't tell if an animal is rabid just by its behavior

Soni Cochran
Extension Associate

Recently, a Greeley, Colorado woman found a baby raccoon (kit) in her backyard abandoned by its mother. The Greeley Tribune (July 2, 2018) reported the woman brought the kit into the home. When other people heard about the kit, they stopped by the woman's home to visit the animal. The woman did contact a shelter in the area hoping they could rehabilitate the animal. In turn, the shelter contacted the local health department to ask if it could be tested for rabies. The kit did test positive for rabies and now 21 people are receiving treatments for exposure. This report came only a few weeks after CNN reported a 46-year old Georgia woman was the victim of an unprovoked attack by a bobcat while she was standing in her driveway. The bobcat later tested positive for rabies. These stories are important reminders to be aware

of the risks of possible rabies exposure and steps needed to prevent the virus. According to the Centers for Disease Control and Prevention (CDC), you can only get the rabies virus when you have direct contact to the saliva or brain/nervous system tissue of an infected mammal. It is usually spread by the bite of an infected animal or if the animal's saliva gets into your eyes, nose, mouth or an open wound like a scratch. The most recent report by the Nebraska Department of Health and Human Services states rabies has cyclical peaks every 5–7 years. Common wildlife species in our area which can be reservoirs for rabies include raccoons, skunks, bats and fox. Domestic animals include dogs, cats, ferrets and livestock.

Rabies symptoms

There are two forms of rabies: dumb and furious. Animals exhibiting **dumb rabies** appear calmer than normal or expected. This doesn't mean they are affectionate, it

means they will not run away from humans. Dumb rabies is more commonly seen in livestock and bats. **Furious rabies** is more common and mammals with this form of rabies are unusually aggressive, display odd behaviors and may or may not be displaying the stereotypical "foaming at the mouth." Here are symptoms you may see in wild animals:

- Unprovoked aggression (furious rabies). Some animals may attack anything that moves, or even inanimate objects. Furious rabies is typical when the virus infects animals like dogs, skunks and raccoons.
- Unusual friendliness (dumb rabies).
- Animals stumble, fall, appear uncoordinated or disoriented, and wander aimlessly.
- Paralysis beginning in the hind legs/throat. Animal may bark, whine, drool, choke or froth at the mouth.
- Nocturnal animals may become unusually active during the day (important: some nocturnal animals are active during the day when they are feeding their young).
- Raccoons walk as if they are on very hot pavement.

You can't tell if an animal is rabid just by its behavior. Other diseases, like distemper, or exposure to chemicals (like antifreeze) may also cause an animal to act "rabid." The only way to prove an animal is rabid



A raccoon and skunk eating cat food in a backyard.

is to test its brain tissue in a laboratory. There is no test for rabies available on living animals.

Bats and rabies

Less than 1/2 of 1 percent of bats have rabies. Bats with dumb rabies are not aggressive and most likely found on the ground or in structures. Bites by bats can be difficult to detect so extra precaution are warranted. Nebraska has adopted protocols for handling situations where there may have been bat-human exposure. These protocols assume a person was bitten if:

- He/she wakes up to find a bat in the room.
- A bat was found in a room with someone who has difficulty communicating (e.g., a child or a person who is intoxicated, otherwise mentally impaired or sleeping).
- A bat made contact with a person.

In any of these situations, it is important to capture the bat. Wear thick gloves, place a box over the bat. Do not swat at the bat or damage the bat's head during capture. Do not release

the bat. Instead, call local health officials or Nebraska Health and Human Services at 402-471-2937. In Lincoln, you can contact Animal Control at 402-441-7900 if the bat is in the home and can be located. If you have any concerns about exposure, contact your physician or health professional.

Prevent rabies exposure

- Visit your veterinarian regularly and keep rabies vaccinations up-to-date for your pets and livestock.
- Keep cats indoors and your dogs under direct supervision.
- According to the CDC, report all stray animals in your neighborhood to your local animal control since these animals may be unvaccinated or ill.
- Do not feed, touch or handle wild animals. Leave orphaned animals alone. Baby animals appear to be orphaned when they are not.
- If you find a wild animal and are concerned it is sick, injured or abandoned, contact your local Animal Control, Nebraska Game and Parks Commission or a veterinarian before attempting to remove it.
- Follow the protocols for bats as described in this article.

Vaccination of domestic animals is required by Nebraska statutes and continues to be a critical, safe, and cost-effective component of rabies control to safeguard both animal and public health from this fatal virus.

Source: Nebraska Department of Health and Human Services.

FOR MORE INFORMATION

A list of rabies resources is online at <http://lancaster.unl.edu/pest>



Land and Sky Photography

LANCASTER COUNTY Super Fair

let the good times grow

August 2-5, 2018

at

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

148
years of
fair fun!

Get FREE Gate
Admission tickets at



Schedule & Map

SuperFair.org



New Events



FREE Danny Conner's Reptile Adventures — #1 reptile show in USA



FREE Nowear BMX Stunt Show — pros and amateurs from our own town of Unadilla

700+ 4-H/FFA youth showcase 5,000+ exhibits! Come see their achievements!



Everyone is invited to enter
open class static exhibits! Deadline
is July 25. Info at SuperFair.org.

Free Music Series

Free music daily at the **pepsi** Main Stage



- Aug 2** | Wendy Jane (Alternative Folk) 5-7pm
Shawn Cole with Drunk Monkey (Classic Rock & Country plus Pop, Dance, Funk) 8-11:30pm
- Aug 3** | Bucka Ruse (Nebraska Country) 4-7pm
Emmett Bower Band (Sandhills Country & Rowdy Rock & Roll) 8-11:30pm
- Aug 4** | Colorful Magic by Bruce (Family Friendly) 12-12:45pm
Capital City Dance Shack (Clogging) 1-2pm
Lincoln Continentals (Men's Barber Shop Harmony) 2:30-3:30pm
TBA 4-6:30pm — see SuperFair.org for final live acts schedule
Lancaster GhettoBlaster with DJ Romeo (Old Skool Hip Hop) 7-11:30pm
- Aug 5** | Conjunto Invierno (Northern Mexico Folk) 12:30-2:30pm
Frailin' Hearts (Contemporary Folk, Acoustic & Americana) 3-5pm
McKenzie JaLynn Band (Contemporary Country from Lincoln to Nashville) 6:30-10pm

Next to **Shade Tent with fair food vendors & beer garden open 11am-12 midnight daily**

LUNCH & LEARN

Sat Aug 4 • 12-1pm
Business Center
Nebraska Room
Enjoy free tastes from our new menu at this informal meet and greet with our Ag Society board members and Lancaster Event Center staff. Learn and give input about future expansion plans for the fairgrounds.

You're invited!



Gana
TRUCKING &
EXCAVATING, INC.

Motor Mania!

GANA MULTISPORT OUTDOOR ARENA (all seats reserved)
Save time in line and get the seat you want with reserved tickets at SuperFair.org

FRI AUG 3 | FIGURE 8 RACES

SAT AUG 4 | DEMO DERBY hosted by County Engineer Pam Dingman

Doors open 5:30pm, Event 7pm

\$20 pit pass, \$10 adult reserved, \$5 ages 12 & under reserved
(under 2 free if on lap)

SAT AUG 11 | FAST TRACK MUD DRAGS

Doors open 5:30pm, Meet & Greet 6-7pm, Event 7-9:30pm

\$20 pit pass, \$10 adult reserved, \$5 ages 12 & under reserved
(under 2 free if on lap)

Presented by

ULTIMATE TRUCK
OFF ROAD CENTER



FREE DAILY ATTRACTIONS Aug 2-5

NEW



Danny Conner's Reptile Adventures
5, 6:30 & 8pm (plus Sat/Sun 3:30pm)
Attraction Zone
An 18' python, a 90lb water monitor lizard and a 100-year-old alligator snapping turtle are the stars of the USA's #1 interactive reptile show.

NEW



Nowear BMX Stunt Show
5:30, 7 & 8:30pm (plus Sat/Sun 2:30pm)
Attraction Zone
From our own town of Unadilla, where the world's first indoor BMX free practice facility for youth is being built. National pros and local amateur riders will amaze you!

NEW



Fairgrounds of the Future — Virtual Reality Tour
5, 6 & 7pm • **Business Center Lobby**
Experience 360°, 3D views of Lancaster County Fairgrounds Phase 3 updated expansion plan from the Ag Society's original 2000 vision and give your input! Hosted by The Clark Enersen Partners.



Daryl's Racing Pigs
4:30, 6, 7:30 & 9pm (plus Sat/Sun 1:30pm)
Attraction Zone
Daryl's Racing Pigs are a staple of the Lancaster County Super Fair. These little piggies aren't just smart — they're also fast!

NEW




A-Z Exotic Animal Petting Zoo & NEW Great Parakeet Experience
10am-10pm • **Attraction Zone**
A-Z ... with animals from around the world — now with parakeets.

4-H/FFA & Open Class Static Exhibits
10am-9pm • **Lincoln Room**
Come see Lancaster County residents' talents on display! Static exhibits include arts, horticulture, textiles (clothing), foods, STEM and more!
Note: Open Class Photography and Quilts are in the air-conditioned Business Center Lancaster Room with seating nearby.

4-H/FFA Livestock & Horse Exhibits
8am-10pm • **Pavilions 1, 2, 3 & 4**
See animals in their stalls up close! Most 4-H/FFA youth are happy to talk to fairgoers about their animals. Please ask before petting animals.

ESPECIALLY FOR KIDS — FREE! Aug 2-5



Fun at the Farm Kid Zone — DAILY
10am-8pm • **Pavilion 1**
This is a discovery and play area where children can learn about various aspects of farming and food production. A variety of farm animals will also be on display.

Sponsored by

NEW



Colorful Magic by Bruce — DAILY
4:30, 6 & 8pm (plus Sat 2pm)
Multipurpose Arena
Bruce and his team entertain crowds of all ages with their blend of humor, education and magic!

Scavenger Hunt — DAILY
Start and end at Multipurpose Arena, Super Fair Info Booth • Become a Super Fair expert and earn a free "Super Fair Junior Tour Guide" T-shirt and coupons (while supplies last).

Sponsored by



MULTIPURPOSE ARENA — DAILY Aug 2-5

10am-9pm



- **Super Fair Info & Souvenir Booth** staffed by Cornhusker Kiwanis Club
- **Bingo** — a fundraiser for Super Fair and Cornhusker Kiwanis Club
- **Commercial Vendors**
- **Railway Display — FREE** by Lincoln Area Railway Historical Society
- **Colorful Magic by Bruce — FREE**
- **Horseshoe Cafe** — a fundraiser for Lancaster County 4-H
- **Cheerful Bungee Trampoline — Aug 2 • 6-9pm**
Aug 3-5 • 1-9pm
Aug 6-11 • same as carnival



Fair Food

11am-11pm
daily Aug 2-5

- Lolo's Burgers & More
- Kings Funnel Cakes
- Austin Blues BBQ
- Misty's Famous Sandwiches
- Ol' Glory Kettle Corn
- Rosari's Kitchen
- Valentino's Pizza

DAILY SCHEDULE OF EVENTS

Color Key: 4-H/FFA Activities
Free Entertainment

Special Events
Affordable Fun

Pre-Fair Schedule

Aug 1, 8am

4-H English Horse Show: Hunter/Saddleseat Horse Halter/English Showmanship/English Pleasure/English Equitation, Pavilion 4
These classes showcase the horse movement and ability, as well as the exhibitor's horsemanship (riding skills). Hunter-type horses are used.



Thursday, August 2

COME LET THE GOOD TIMES GROW DAY

FREE Super Fair hand-held fan for every fairgoer
(while supplies last at Super Fair Info Booth in Multipurpose Arena)

9am

4-H Cat Show/Quiz/Costume Contest, Exhibit Hall North End
Cats and their 4-H owners are judged — proper care of the cat is emphasized.

9am

4-H Horse Hunter Hack Jumper Show, Pavilion 3 Arena
Hunter Hack classes showcase a combination of skills — jumping, horse movement and ability, as well as the exhibitor's. Hunter-type horses are used.

TBA

4-H Horse Hunter Show: Hunter/Equitation, immediately following Hunter Hack; Pavilion 4 Amy Countryman Arena
The Hunter Show is judged on the horse's movement, the rider's ability and position, as well as the accuracy and safety of the jumping course.

10am-12pm

4-H Poultry Judging Contest, Pavilion 1 Southwest Corner
4-H youth test their knowledge and expertise judging classes of poultry to sharpen their skills of evaluating birds and making decisions.

11am

4-H Poultry Showmanship/Show, Pavilion 1 SW Corner/West Arena
4-H youth show large fowl, bantams, ducks, geese, turkeys, guinea fowl and pet poultry. Youth also give showmanship presentations to a judge about their birds.

12pm

4-H Household Pets Show/Animal Bingo, Exhibit Hall North End
4-H youth exhibit a wide variety of household pets. Judges interview exhibitors on overall care of and knowledge of their animals. Animal Bingo follows.

2pm

4-H/FFA Meat Goat Show, Pavilion 1 West Arena
4-H and FFA youth compete for championship honors with their breeding and market meat goats. All youth are invited to show in peewee showmanship.

TBA

4-H/FFA Sheep Show, 10 minutes after Meat Goats, Pavilion 1 West Arena
4-H and FFA youth compete for championship honors with their breeding and market sheep. All youth are invited to show in peewee showmanship.

After 4:30pm

4-H Xtreme Horse Show: Discipline Rail/Horsemanship Pairs, Pavilion 4
The discipline rail class consists of advanced movements announced by the judge during the class. In horsemanship pairs, two riders must ride a pattern in sync.

TBA

South Prairie 4-H Club Dunk Tank Fundraiser, Court Yard

5-7pm

Froggy98 Free Music Series: Wendy Jane, Pepsi Main Stage

6:30pm

4-H Rabbit Breed Identification Contest/Quiz, Pavilion 1 SW Corner
In the Breed ID contest, 4-H youth must correctly identify 15 breeds, including variety and color. In the quiz, youth test their rabbit knowledge.

7pm

4-H Fashion Show, Exhibit Hall (enter Gate 3 off Havelock)
4-H youth model their clothing projects with pride and style. Judges look for selection, fit, creativity and accessories.

5-8pm

NEW — Buy Fresh Buy Local Market, Main Street
Come buy fresh produce from local Community Supported Agriculture organizations at this one-day-only Farmer's Market!



5-8pm

NEW— A Buzz About Bees with UNL Bee Lab, Main Street
Enjoy kid-friendly activities, interactive material and see a honey extraction demo at 5 & 7:30pm with opportunity to buy local honey.

5:30pm

Kids Ranch Rodeo, Pavilion 3
This free rodeo is just as competitive as a traditional ranch rodeo, but the wooden horses won't buck you off. This event is perfect for toddlers.

6pm

McClain's Mutton Bustin', Pavilion 3
This fun, free sheep-riding rodeo event is for kids 3 and up! Child must weigh 60 lbs or less. Pre-register at SuperFair.org to guarantee a spot.

8-11:30pm

Froggy98 Free Music Series: Shawn Cole with Drunk Monkey, Pepsi Main Stage



Now in Pavilion 3

Friday, August 3

KIDS AND GRANDPARENTS DAY

FREE Super Fair tote bag for grandparents and Super Fair frisbee for kids
(while supplies last at Super Fair Info Booth in Multipurpose Arena)

8am

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

4-H/FFA youth compete for championship honors with their hogs. The Peoples' Choice Award is judged by the public. All youth are invited to show in peewee showmanship.



8am

4-H Western Horse Show 1: Groom & Care/Western Showmanship/Stock Horse and Pony Halter, Pavilion 4

These are non-riding classes. In groom & care and showmanship, the exhibitor is judged. In halter, the horse is judged. Stock-type horses are used.

9:30am & 1pm

Fair Fun Day for Child Care Groups, Exhibit Hall Room A
Guided, interactive tours for child care groups with children ages 6-12. \$1/child. Registration is required by July 16. Contact Jaci Foged at 402-441-7180.

TBA

4-H Western Horse Show 2: Reining/Working Pleasure, immediately following Stock Horse and Pony Halter; Pavilion 3 Arena
These classes are all patterns which require a higher level of horsemanship. Stock-type horses are used.

3pm



4-H Bucket Calf Show, Pavilion 1 East Arena
These are young calves bottle fed by the 4-H exhibitors. All youth are invited to show in peewee showmanship.

4–7pm	Froggy98 Free Music Series: Bucka Ruse , <i>Pepsi Main Stage</i>	
4:30–6pm	FREE Watermelon Feed — Hosted by Lancaster County Board & Staff, and Lancaster County Ag Society , <i>Nebraska Lottery Shade Tent</i> Join us for all the FREE mouth-watering watermelon you can eat!	
TBA	South Prairie 4-H Club Dunk Tank Fundraiser , <i>Court Yard</i>	
TBA	4-H Horse Games Show: Keyhole Race/Figure 8 Stake Race/Pole Bending/Barrel Race , <i>immediately following Working Pleasure; Pavilion 4</i> These are speed events using buckets, poles and barrels to define a pattern. Everyone has fun — rider, horse and audience!	
5pm	4-H Llama/Alpaca Show , <i>Pavilion 1 East Arena</i> Lancaster County has one of the only Nebraska county fairs with a llama/alpaca show. An obstacle course tests how well exhibitors and animals work together.	
5pm	4-H Table Setting Contest , <i>Exhibit Hall</i> 4-H youth display a table theme, place setting and planned menu. Each gives a 5-minute presentation to a judge. Public may view tables about 7:45–8:15 p.m.	
5:30–7:30pm	Chicken Dinner 4-H Council Fundraiser , <i>Exhibit Hall Lancaster County Farm Bureau Room (enter Gate 3 off Havelock, park near Exhibit Hall)</i> Dinner features Raising Cane's chicken fingers hot off their food truck, side dishes and dessert! \$9 at door. Help support Lancaster County 4-H programs and activities. New this year is a silent auction.	
5:30pm	4-H Rabbit Judging Contest/Breeder's Choice , <i>Pavilion 1 SW Corner</i> In the Judging Contest, 4-H youth judge the rabbits. In the Breeder's Choice Show, each exhibitor shows a rabbit and one of its parents.	
7pm	4-H Rabbit Pet Class , <i>Pavilion 1 Southwest Corner</i> Pet Class is for crossbred rabbits or purebred rabbits with traits that disqualify them from breed classes. Exhibitors are asked about the care of their rabbits.	
7pm	Figure 8 Races , <i>Gana Multisport Outdoor Arena</i> Timing is critical on the Figure 8 course! With crashes an inevitable occurrence, Figure 8 races become hair-raising as the cars cross each other's paths every single lap. Last car rolling wins! (See front page for ticket information.)	
8–11:30pm	Froggy98 Free Music Series: Emmett Bower Band , <i>Pepsi Main Stage</i>	

Saturday, August 4

VETS & HEROES DAY

FREE Super Fair water bottle for veterans, active military, first responders and preschool–high school educators & school staff.
(while supplies last at Super Fair Info Booth in Multipurpose Arena)

7:55am	4-H Rabbit Show Flag Ceremony , <i>Pavilion 1 Southwest Corner</i>	
8am	4-H Rabbit Market/Breed/Fur Show , <i>Pavilion 1 Southwest Corner</i> Market class includes purebred or crossbred commercial rabbits. Breed class is for purebred rabbits only. In the fur show, quality of coats are judged.	
8am	4-H Horse Roping/Working Ranch Show: Working Ranch/Boxing/Roping/Goat Tying/Dummy Roping/Ranch Horse Pleasure/Ranch Horse Versatility , <i>Pavilion 3 Arena</i> In roping, beginning ropers use dummies and the more advanced 4-H youth rope cattle. In Working Ranch, youth work a steer through an obstacle course.	
8am	4-H Miniature Horse Show: Halter/Showmanship/Miniature Horse Jumping/In-Hand Obstacle Trail/Pleasure Driving/Timed Cones , <i>Pavilion 4 Amy Countryman Arena</i> Miniature horses/Shetland ponies are used. These are non-riding classes or classes with two-wheel carts.	
9am	4-H Dog Obedience/Showmanship/Costume Contest , <i>Exhibit Hall</i> In obedience, dogs and exhibitors are judged on how well their dog responds to commands. In showmanship, youth are judged on their dog handling abilities.	
9am	4-H/FFA Beef Show , <i>Pavilion 1 East Arena</i> 4-H/FFA youth compete for championship honors in the breeding, market and feeder calf classes. All youth are invited to show in peewee showmanship.	
12–12:45pm	Froggy98 Free Music Series: Colorful Magic by Bruce , <i>Pepsi Main Stage</i>	
12–1pm	Lancaster Event Center Lunch & Learn — Hosted by your Lancaster Co Ag Society , <i>Business Center, Nebraska Room</i> Join us for a free appetizer tasting-style lunch and learn what's happening at the Lancaster Event Center, the Super Fair and the big ideas that have been planned since the fairgrounds were conceived 20 years ago. Bring your input and ideas!	
1–2pm	Froggy98 Free Music Series: Capital City Dance Shack , <i>Pepsi Main Stage</i>	
TBA	4-H Dog Agility/Creative Kennel , <i>1 hour after morning classes; Exhibit Hall</i> Dogs maneuver through obstacles, jumps and tunnels. In the Creative Kennel Contest at 2pm, youth use their creativity to decorate a kennel.	
TBA	4-H Horse Trail Show , <i>following 4-H Miniature Horse Show; Pavilion 4</i> 4-H youth ride their horses through a course with six to ten obstacles, three of which must be a bridge, a gate and passing over at least four ground logs.	
2:30–3:30pm	Froggy98 Free Music Series: Lincoln Continentals , <i>Pepsi Main Stage</i>	
4–6:30pm	Froggy98 Free Music Series: TBA , <i>Pepsi Main Stage</i>	
TBA	South Prairie 4-H Club Dunk Tank Fundraiser , <i>Court Yard</i>	
6pm	4-H/FFA Livestock Premium Auction , <i>Pavilion 1 West Arena</i> Champion and purple ribbon market animals are auctioned off to the highest bidder to help raise funds for participating youth and scholarships. This is a premium auction — animals are not physically sold.	
6:30pm	4-H Rabbit Specialty Show: Best Matched Pair/Tricks/Costume Contest/Peewee and Rabbit Races , <i>Pavilion 1 East Arena</i> These are fun, must-see events! All youth are invited to show in peewee class.	
7pm	Demolition Derby — Hosted by County Engineer Pam Dingman , <i>Gana Multisport Outdoor Arena (enter Gate 3 off Havelock Ave.)</i> This is the only competition where deliberately ramming into other vehicles is encouraged. Last car rolling wins! (See front page for ticket information.)	
7–11:30pm	Froggy98 Free Music Series: Lancaster GhettoBlaster with DJ Romeo , <i>Pepsi Main Stage</i>	

Sunday, August 5

FAMILY FUN DAY

8:30am	4-H/FFA Dairy Cattle Show , <i>Pavilion 1 East Arena</i> 4-H/FFA youth compete for championship honors in the dairy classes.	
9am	4-H Dairy/Pygmy Goat Show/Costume Contest , <i>Pavilion 1 West Arena</i> 4-H youth show their dairy and miniature goats. Afterwards is a “Best Dressed Kids” costume contest. All youth are invited to show in peewee showmanship.	
10am	4-H Horse Special Needs Show , <i>Pavilion 4 Amy Countryman Arena</i> Includes two riding classes for 4-H special needs youth. Classes are “Mounted obstacle, assisted” and “Mounted obstacle, non-assisted.”	
11am–3pm	Show & Shine Car Show , <i>Parking Lot E (enter Gate 3 off Havelock Ave.)</i> Free for spectators to enjoy from mint-condition, vintage vehicles to semi-restored hot rods. Registration to enter your car is \$5 at SuperFair.org, \$10 day of.	
TBA	4-H Western Horse Show 3: Bareback Equitation/Western Pleasure/Western Horsemanship/Extreme Versatility , <i>following the 4-H Special Needs Horse Show; Pavilion 4 Amy Countryman Arena</i> These classes require a higher level of horsemanship. Stock-type horses are used.	
12–2pm	4-H/FFA Livestock Judging Contest , <i>Pavilion 1</i> 4-H/FFA youth use critical thinking skills to evaluate livestock on muscle, structural correctness and other traits to rank livestock from 1st–4th place.	
12:30–2:30pm	Froggy98 Free Music Series: Conjunto Invierno , <i>Pepsi Main Stage</i>	
1pm	4-H Clover Kids Show & Tell , <i>Lincoln Room Clover Kids Exhibit Area</i> 4-H youth ages 5–7 show and tell one static exhibit they have entered or a small animal. Clubs may show a group project or perform a short skit or song.	
1–5pm	Equipment Rodeo — Hosted by Lancaster County Engineering Department , <i>Parking Lot E (enter Gate 3 off Havelock Ave.)</i> Watch as teams and individuals prove their expertise by maneuvering heavy machinery to complete tasks that require more finesse than force.	
2pm	Kids Big Wheel Race , <i>register at 1:30pm — Sponsored by Lancaster County Farm Bureau, Exhibit Hall</i> This is a chance for your kids to come out and race! Big Wheels provided.	
3pm	Pedal Tractor Pull , <i>register at 2:30pm — Sponsored by Lancaster County Farm Bureau, Exhibit Hall</i> Pedal pulling is a family activity where all ages can compete in child/adult classes to ride a pedal tractor down a track as more weight is slowly added.	
3–5pm	Froggy98 Free Music Series: Frailin’ Hearts , <i>Pepsi Main Stage</i>	
5pm	Hay Hauling Contest , <i>register at 4:30pm, Pavilion 3 Arena</i> Teams of three load hay bales onto a truck and drive through an obstacle course before re-piling their bales to see who's the fastest! Compete for a chance to win a 2018 Super Fair Hay Hauling champion hat and food voucher. Hilarious to watch! See SuperFair.org for rules.	
5pm	4H/FFA Elite Showmanship Contest , <i>Pavilion 1 West Arena</i> The champion senior showman in sheep, meat goats, swine, beef and dairy cattle show all species. Top winner represents our county at the State Fair contest.	
TBA	4-H Horse Costume Contest , <i>not to start before 5:30pm; Pavilion 4</i> Come to this fun event to see both horse and exhibitor in costume!	
6:30–10pm	Froggy98 Free Music Series: McKenzie JaLynn Band , <i>Pepsi Main Stage</i>	

Post-Fair Schedule

Aug 6–11	Lancaster County Carnival & Talent Festival , <i>Carnival in Lot A • Stage of the Stars in Multipurpose Arena</i> A benefit for the Lancaster County Fairgrounds Foundation. (See back page for details.)
Aug 9, 8am	4-H Horse Dressage Show — Special Needs/Walk/Trot/Novice/Green Horse/Western Dressage Classes , <i>Pavilion 3 Arena</i> Dressage is the performance of a specific pattern of movements — horse and rider are judged on presentation, accuracy and obedience of the horse.
Aug 10, 8am	4-H Horse Dressage Show — Elementary/Junior/Senior Classes , <i>Pavilion 3 Arena</i> . See above description.
Aug 11, 8am	Open Horse Dressage Show — Youth , <i>Pavilion 3 Arena</i> Exhibitors of all ages and horses of many breeds compete in open dressage schooling. Show recognized as a Nebraska Dressage Association schooling show.
Aug 11, 7pm	Fast Track Mud Drags — Presented by Ultimate Truck Off Road Center , <i>Gana Multisport Outdoor Arena (enter Gate 3 off Havelock Ave.)</i> Mud slingin’ trucks race head-to-head down the track. Now in its 3rd year, the competition format has been upgraded to provide non-stop action throughout the show! (See front page for details and ticket information.)
Aug 12, 8am	Open Horse Dressage Show — Adults , <i>Pavilion 3 Arena</i> See above description.






The Super Fair is brought to you by the Lancaster County Agricultural Society, a nonprofit 501(c)(3) organization that promotes agriculture, youth and community. Help let the good times grow by making a donation at [SuperFair.org](https://www.superfair.org) today!

Lancaster Event Center is a nonprofit 501(c)(3) organization dedicated to growing community through all-year-around events like yours and the Super Fair. Go to [LancasterEventCenter.org](https://www.LancasterEventCenter.org) to plan your next event.

The Nebraska Extension in Lancaster County 4-H Youth Development program is open to all youth ages 5–18. Learn more at [lancaster.unl.edu](https://www.lancaster.unl.edu)

National FFA (Future Farmers of America) is an agricultural education program based in classrooms. Local chapters are The Career Academy, Norris, Raymond Central, Waverly and Crete. Find out more at [ffa.org](https://www.ffa.org)

Thur Aug 2–Sun Aug 5
Fair Hours: 8am–12 midnight
Fair Gate Paid Admission & Parking:
10am–10pm

\$3 per day per person — cash only*

Parking
\$5 per day per vehicle — cash only*
**same day re-entry allowed with parking pass*

Drop Off/Pick Up Zones

Parents may drop off/pick up their kids (13 & older) at Gates 1 & 2 without paying a parking fee. Each child needs gate ticket. Must pick up by 11pm.

Handicapped Parking

- Special lot reserved at Gate 1 (Lot J) closest for most events.
- Use Gate 3 off Havelock Ave. for Exhibit Hall, equine and Gana Motorsport Outdoor Arena events.

Free Golf Cart Service

Available from/to each parking lot including handicapped Lot J — ask parking or any staff to call you a ride.
Golf carts staffed by volunteers of the Amateur Radio club.

Two Ways to Exit

- Use both Gate 1 (84th St.) and Gate 3 (Havelock Ave.) to exit faster.
- Left turn from Gate 1 onto 84th St. is restricted at busy times — use Havelock Ave.

Catch the Bus to the Fair

Ride the StarTran bus (route 49) to Walmart next door with Super Fair shuttle available daily upon request during fair hours (tell bus driver). Note: bus does not run on Sunday. See SuperFair.org "Plan Visit" for info.

Parking Rules

- Parking will be allowed in designated parking areas only. No parking in the fire lanes.

- **NO SMOKING INSIDE** the buildings per Nebraska state law. E-cigarettes and vaping also prohibited due to interfering with the smoke alarm system.
- **NO OUTSIDE ALCOHOL EVER** allowed anywhere inside or outside due to Nebraska liquor license laws.
- **NO ALCOHOL INSIDE DURING FAIR** — alcohol must be purchased and consumed in designated outdoor beer garden areas only.
- **NO PERSONAL TRANSPORT DEVICES** allowed due to public safety: no bicycles, scooters, Segways, hoverboards or personal utility vehicles (ATVs, golf carts).
- Absolutely no use of drones or lasers.
- No dogs allowed in any buildings except as required for special needs or for dog shows.
- Lincoln City Police and security will be patrolling fairgrounds.



Open Hours and All-You-Can-Ride Wristband Sessions:

WEEKDAY SESSION
(evening only)

Evenings only, 6–11pm
 • **Thur Aug 2**
 • **Tues Aug 7–Thur Aug 9**
 Buy wristband for \$25 at carnival until 10pm or buy before fair for \$20 at **SuperFair.org** through Aug 1

WEEKEND MEGA SESSION
(use all day & night)

Use all day & night, 1-11pm

- Fri Aug 3-Sun Aug 5,
- Fri Aug 10-Sat Aug 11

Buy wristband for \$30 at carnival until 10pm or buy before fair for \$25 at SuperFair.org through Aug 1

Super MONDAY Wristband Special

• **Mon, Aug 6 only: 6–11pm**
Save \$5 off AT-carnival price —
one day only!!
Buy wristband for \$20 at carnival
until 10pm or save time in line at
SuperFair.org through Aug 6

The Carnival
is in Town!!

Aug 2-11 • Parking Lot A

Wristband Sales

- Save time and money — save \$5 on carnival wristband pre-sales through Aug 1 at Lancaster Event Center office, M–F, 8am–4pm or save gas too and buy online at [SuperFair.org](https://www.superfair.org).
- Day of carnival wristband sales at [SuperFair.org](https://www.superfair.org) or see carnival ticket booths for wristbands and single ride tickets.



Sponsored by



A new tradition after the annual fair! Come out to support 4-H/FFA use of fairgrounds and two 4-H/FFA \$500 scholarships! \$5 parking-cash only.

CARNIVAL & MIDWAY OPEN!! (See hours & ticket info to the left.)

STAGE OF THE STARS (7pm nightly • Multipurpose Arena) Tickets: \$1 ages 5–12, \$2 ages 13 & up, with chance to win State Fair tickets, iPad or other prizes. Lots of fun food & beverages.

- **Tues: 7pm & Wed:** **Lancaster County Talent Search** — Official prelim to Galaxy of Stars® Talent Search. \$300 prize nightly + \$100 to top Lancaster 4-H/FFA contestant. Winners advance to State Fair to compete for \$9,000 in prizes and Nashville recording session.
- **Thur: 7pm** **Galaxy of Stars® Battle of the Bands** — compete for \$500 and a \$4,000 Nashville recording session.
- **Fri: 7–8:30pm** **American Strong Tribute Concert** honoring our veterans, U.S. Armed Forces and their families, featuring Justin Kane – Nebraska Veteran, 2013 Galaxy of Stars® Mega Star and Nashville recording artist — with special guests.
- **Sat: 9–11pm** **Live Music: Red Line Velocity** (modern & classic rock)
- **Sat: 1–4pm** **Be A Star Social Media Studio** — create your social media promotional package or electronic press kit. Get a star makeover with professional photo and performance video shoot.

SATURDAY EVENING WITH THE STARS

6-7pm	Meet & Greet the Stars
7-8:30pm	Special Entertainment & Recognition of Lancaster County Stars including 4-H/FFA Super Fair champions.
8:30-11pm	Galaxy of Stars® Spectacular featuring past Galaxy of Stars® Talent Search Mega Stars, state finalists, regional winners & Lancaster County's own Talent Search winners

For more info on nightly shows
or to enter the talent shows, go to
LancasterEventCenter.org

A benefit for

 LANCASTER COUNTY
Fairgrounds Foundation

at
Lancaster
EVENT CENTER

Vegetable gardening in the fall

Mary Jane Frogge
Extension Associate

By planning and planting a fall vegetable garden, it is possible to have fresh vegetables up to — and even past — the first frosts. Many varieties of vegetables can be planted in mid- to late-summer for fall harvests.

Succession plantings of warm-season crops, such as corn and beans, can be harvested until the first killing frost. Cool-season crops, such as beets, cabbage, kohlrabi, leaf lettuce, radishes, spinach, turnips, kale and collards grow well during the cool fall days and withstand light frosts.

Timely planting is the key to a successful fall garden. To determine the time to plant a particular vegetable for the latest harvest, you need to know the average date of the first hard freeze. For Lancaster County, it is approximately Oct. 10.

You also must know the number of days to maturity for the variety of vegetable you plan



Kale, mustard and lettuce in fall garden.

to grow. Count the days back from the frost date to figure your planting date.

An organic mulch will help keep the soil cool. Mulching between rows can decrease soil drying. Irrigate when necessary so plants have sufficient moisture during the warm days. Some of the best quality vegetables are

produced during the warm days and cool nights of the fall season.

FOR MORE INFORMATION

Nebraska Extension NebGuide, Fall Vegetable Gardening (G1343), is online at <http://extensionpublications.unl.edu/assets/pdf/g1343.pdf>.

Molly Jameson, University of Florida IFAS Extension



GARDEN GUIDE

THINGS TO DO THIS MONTH

Mary Jane Frogge, Extension Associate

Hand pick bagworms from your evergreen and deciduous trees.

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

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

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

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

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

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

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

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

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

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

Basic brain development in the first 3 years

Jaci Foged
Extension Educator

Why is it important to understand early brain development? As parents and childcare providers, knowing information about early brain development will help you understand young children's development and how best to nurture their growth. Understanding early brain development is also helpful because it provides information for how the brain plays an important role in behavior.

The first 3 years of brain development are particularly sensitive to the nurture and care young children receive. This sensitive period is when a particular part of the brain is growing and developing the most. What is really cool about the brain is that it grows and changes throughout our lifetime.

How does the brain develop?

At birth, an infant has 100–200 billion neurons (brain cells), but not many connections. Neurons send electrical signals to communicate with each other. These connections form circuits, which become the basic foundation of brain architecture. What we use gets stronger, what we do not use, we lose — this is known as pruning. The process of pruning may sound alarming but it is actually helpful. Pruning streamlines neural processing which makes the remaining connections and circuits work more efficiently.

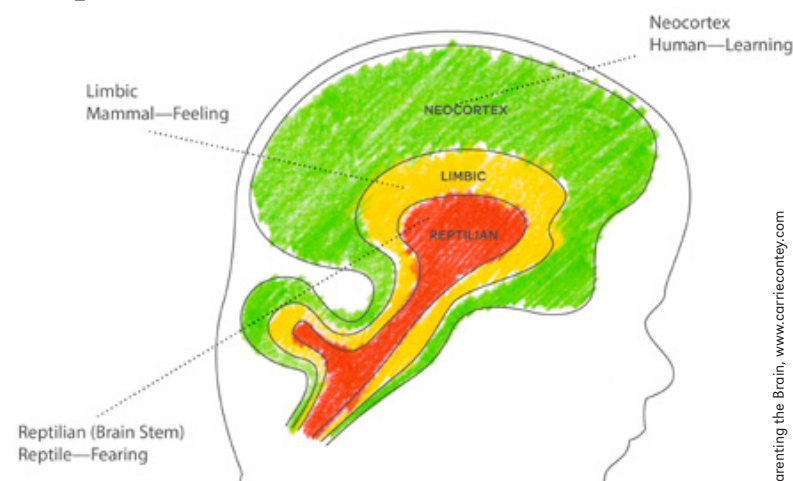
Brains develop from the bottom up, starting with the brainstem (reptilian), then moving up and to the front of the brain (the neocortex). Our brainstems control those involuntary things we do not think

about, such as breathing, heart-beat and body temperature. The limbic area of the brain controls our feelings and emotions. The cortex controls our ability to think, talk and play.

What does this look like?

Picture these scenarios:

- Refer to graphic at right: in the red (brain stem) — a toddler is in mid tantrum because they dropped their snow cone in the dirt and now they cannot eat it. This child is currently working from their brainstem. Simply, they are in survival mode. You might see behaviors such as kicking, screaming and possibly an all-out tantrum laying on the ground pounding their tiny fists. This would not be the best time to teach the toddler how to clean-up. Instead, stop and comfort this child. When a child is reacting from their brainstem, you want to acknowledge their feelings and connect. You may say something like, “You are feeling sad because you were enjoying your snow cone and it dropped on the ground.”
- Refer to graphic at right: in the yellow (limbic) — a preschooler might be crying or whining because their new at your school and their parent just dropped them off for their first day. This child is operating in their limbic system. As a provider, you should try to connect with and reflect with this child. Stay and play with them, they need you to provide comfort and help them feel safe and secure.
- Refer to graphic at right: in the green (neocortex) — an infant is sitting up on the floor with blocks in front of them. They appear to be happy and content. This child is operating



Parenting the Brain, www.carrieconley.com

in their cortex. Talk with them about what you are doing as you stack up the blocks. Talk to the infant about what you see them doing too! Language, physical and social development are learned through play and interacting with others. Help them make discoveries about how the world works!

Early experiences matter

Our brains are a social organ. Being present with young children, playing with them, cuddling with them, using eye contact and talking with children encourages healthy brain development. Be aware which part of the brain the child is working in before you respond.

How can you help your baby develop healthy brain connections?

The Zero to Three: National Center for Infants, Toddlers, and Families shares the following insights in a video, “Magic of Everyday Moments: Brain Wonders” at <https://www.zerotothree.org/espanol/brain-development>.

- Responsive care — tune into their signals, words, facial

expressions and actions.

- See your child as a partner in your interactions. Think of it as a game of catch. They throw the first pitch, and you take it and throw it back. If your infant puts a block on top of another — talk about it, use facial expressions and ask them if they can add another. If you have an older infant or a young toddler, start to count the blocks they have stacked. Ask them what comes next. Ask them to tell you what they are doing.
- A little stress goes a long way

to building a strong brain. Be there to support your child, let them know they can depend on you. Mastering new challenges builds brain power and motivation to learn.

What is important to remember?

- Children learn best when they feel safe and secure.
- Babies build their neuronal connections in their day-to-day interactions. The more they repeat something, the stronger their connection becomes.
- There are sensitive periods in brain development to assist with learning skills, but there are always opportunities to learn even into adulthood.
- Good nutrition helps support brain growth.

FOR MORE INFORMATION

Nebraska Extension NebGuide, Brain Development and Learning in the Primary Years (G2198), is online at <http://extensionpublications.unl.edu/assets/pdf/g2198.pdf>.

Upcoming Learning Child Trainings

Nebraska Extension teaches several early childhood development classes for child care providers. Listed are upcoming classes held at the Lancaster Extension Education Center, 444 Cherry Creek Road (unless location otherwise noted). For additional information or to sign up, contact Jaci Foged at jfoged2@unl.edu or 402-441-7180. Some registration forms are at <http://lancaster.unl.edu/family>

CHIME (Cultivating Healthy Intentional Mindful Educators) Program — The CHIME Program provides education and guidance on how to incorporate mindfulness and reflective practice into your daily routine, teaching and caregiving. Register by Aug. 22.

- Introduction to CHIME (must attend this class in order to attend 7 weekly sessions) Wednesday, Aug. 29, 6:30–8:30 p.m. Cost is \$10. 2 in-service hours.
- Seven weekly CHIME Sessions (optional, but if attending, must attend all 7 sessions) Wednesdays, Sept. 5, 12, 19, 26 & Oct. 3, 10, 17 | 6:30–8 p.m. Cost \$70. 14 in-service hours.



HEART OF 4-H VOLUNTEER AWARD

Kylee Plager

Lancaster County 4-H is proud to announce Kylee Plager of Lincoln as winner of the August “Heart of 4-H Award” in recognition of outstanding volunteer service.

Kylee has volunteered for 4-H since aging out as a member two years ago. She is the superintendent of the 4-H/FFA Meat Goat show at the Lancaster County Super Fair, been an instructor at Clover College workshops and helped at pillow sewing workshops.

“I get to give back to an organization that did so much for me in helping me learn, grow and deciding on a career path to pursue through college,” Kylee says. “I would like to help a young 4-H’er be able to do the same. I really enjoy being able to work with the 4-H’ers and their goats. But I also really like sharing my skills with 4-H’ers with sewing!”

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



4-H’ers problem solve real-life situations at Life Challenge

The 4-H Life Challenge contests focus on family and consumer science and entrepreneurial project areas.

County contest

The county Life Challenge contest was held June 2. Youth demonstrated their knowledge in the areas of foods & nutrition, personal finance, human development, healthy lifestyles and home environment design. Sarah Lange was the junior champion and Abby Kruse was the junior reserve champion. Senior champion was Madelyn Kreifels and Cecilia Yallaly was the senior reserve champion.

State contest

The 2018 State Life Challenge Event was held on University of Nebraska–Lincoln East Campus on June 25–26. Twenty-two Lancaster County 4-H’ers formed six teams. Teams applied information they have learned in 4-H projects to real-life situations such as creating and marketing a new product to help the elderly (Entrepreneurship Investigation Challenge/Human Development), designing a dorm room space (Design Challenge) and creating plans to alleviate food waste



(Foods & Nutrition Challenge). The highly successful Lancaster teams won seven top awards!

The Lancaster 2 team of Ellie Babcock, Emma Lanik, Madelyn Kreifels and Julia Stephenson each won a \$500 scholarship from the UNL College of Education and Human Sciences for their 1st place in the Food & Nutrition Challenge. This team also received the “Best Use of Elements” award in the Design Challenge and the “Most Viable Solution” award in the ESI/ Human Development Challenge.

The Lancaster 4 team of Clare Bauman, Lillian Johnson, Heather Lange and John Stump also won \$500 scholarships for their 1st place win in the Design Challenge. They also won 3rd place in the Foods & Nutrition Challenge.

The Lancaster 1 team of Aleyna Cuttlers, Nathan Gabel, Gregory Johnson and Abigail Kreifels garnered the “Most Organized” award in the Design Challenge.

The Lancaster 3 Team of Elise Chadwick, Hannah Dean and Clara Johnson won the “Most Useful Solution” award in the Design Challenge.

The Lancaster 5 team of Christopher Moore and Pierce Smith caught the judge’s attention with their motorized/pedal bicycle which won the Senior Choice Award in the ESI/ Human Development Challenge.

The Lancaster 6 team of Haylea Dean, Kylie Hansen, Lilly Riedel and Eliese Schwinck also represented Lancaster County with high scores.

Seven Lancaster County 4-H clubs receive Governor’s Ag Excellence Awards

Congratulations to the seven Lancaster County 4-H Clubs who received 2018 Governor’s Agricultural Excellence Awards: **Blazing Saddles, Bourne Equestrian, Hunters Pride, Lancaster County 4-H Teen Council, Prairie Star 4-H Club, Rabbits R Us and Shamtastic Clovers**. The awards are sponsored by the Nebraska 4-H Foundation and Nebraska Investment Finance Authority (NIFA). Each year, 25 Nebraska 4-H clubs are awarded \$500 to be used as described in the award application form.

AKSARBEN 4-H Show entries due online by Aug. 31

More than 2,000 4-H families from a 10-state area participate in the AKSARBEN 4-H Show. **There are many changes this year, please read carefully!**

The AKSARBEN 4-H Stock Show will be held Sept. 27–30 at the Nebraska State Fair Grounds (Fonner Park) in Grand Island. Exhibitors must be 10 years of age by Jan. 1. Categories of this 4-H-only competition include feeder calf, breeding beef, market beef, market goat, breeding doe, market lamb, breeding ewe and market swine. Market swine show is no longer terminal. Feeder calves no longer require DNA.

The AKSARBEN 4-H Horse Show will be held Sept. 22–23 at the Nebraska State Fair Grounds – Thompson Foods 4-H Arena (Fonner Park) in Grand Island. The age of horse exhibitors has been lowered to 10 years of age by Jan. 1. Horses must be nominated online through <https://showstockmgr.com>. A picture ID must be included.

4-H families must submit entries online by Friday, Aug. 31. Extension staff will NOT be accepting entries. For more information, tentative schedule and to submit entries, go to www.aksarbenstockshow.com.

4-H Golf Tournament Fundraiser, Sept. 16

A 4-H Council Golf Tournament Fundraiser will be held Sunday, Sept. 16 at the Hidden Valley Golf Club, 10501 Pine Lake Road, Lincoln with a 1 p.m. shotgun start. This tournament is a four-person scramble and costs \$75 per golfer or \$300 per team. It includes:

- 18 holes, cart and range balls
- Snacks and one meal
- Random flight prizes of \$150 each
- Beverage cart available
- Raffle prizes

For reservations, call Lancaster County Extension at 402-441-7180. 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.

4-H’ers test their knowledge of animals and decision-making skills at PASE

Congratulations to the Lancaster County 4-H’ers who competed at the state Premiere Animal Science Events (PASE) held at University of Nebraska–Lincoln East Campus on June 25–26.

Livestock Judging

The Livestock Judging Contest consists of ranking classes of four animals from the most to least desirable. Classes include market and breeding beef, sheep, meat goats and swine. Youth also give oral reasons to the official judges to defend their reasons for ranking

the animals. A big thank you to coach Roger Bell, who spent countless hours working with the Lancaster County teams.

Intermediate team

consisted of John Sump and Tayden Bell.

Individual intermediate

results included: Tayden Bell placed 9th overall in cattle.

Senior team

consisting of Adam Oldemeyer, Jaclyn Heinrich, Brett Heinrich, Colter Tietjen and Judson Tietjen earned 3rd overall in hogs, 5th overall in sheep/goats and 5th overall in reasons.

Individual senior results

included: Jaclyn Heinrich placed 6th overall sheep/goats, 8th overall hogs and 10th overall reasons.

Poultry Judging

Noah Jelinek (5th place individual) and Samuel Babcock competed in the poultry judging contest, comprised of two classes of judging hens for past production, oral reasons on a production hen class, grading eggs based on exterior quality, interior quality by candling, broken-out quality, grading ready-to-cook poultry and identification of ready-to-cook parts.

HORSE BITS

District horse shows results

Many Lancaster County 4-H’ers competed in the district horse show competitions held in York on June 14 and Central City on June 21. All purple and blue ribbon winners qualified for the Fonner Park State 4-H Horse Show and Exposition in Grand Island. Congratulations to all who participated! Below are the Lancaster County purple ribbon and trophy winners. Complete results are online at <http://4h.unl.edu/horse/district-shows>.

SR. HUNTER UNDER SADDLE, 15 & UP
Ally Quinn (York – Champion)

JR. HUNTER UNDER SADDLE, 10-14
Kali Maytum (York – Champion)

SR. HUNT SEAT EQUITATION, 15 & UP
Aubrey Hayes (Central City – Reserve Champion), Madi Brandt (York)

WESTERN PLEASURE PONIES
Skylar Frisbie (York – Reserve Champion)

SR. WESTERN PLEASURE HORSES, 15 & UP
Aubrey Hayes (Central City)

JR. WESTERN PLEASURE HORSES, 10–14
Ellie Bunz (York – Reserve Champion)

SR. WESTERN HORSEMANSHIP, 15 & UP
Madison Sobotka (York), Ally Quinn (York)

JR. WESTERN HORSEMANSHIP, 10–14
Ellie Bunz (York – Reserve Champion), Shyann Severson (York)

SR. POLE BENDING, 15 & UP
Aubrey Hayes (Central City)

JR. POLE BENDING, 10–14
Clara Bradbury (York – Champion)

SR. BARREL RACING, 15 & UP
Jayme Litchfield (Central City), Aubrey Hayes (Central City)

JR. BARREL RACING, 10–14
Clara Bradbury (York – Champion), Julia Soukup (York)

LANCASTER COUNTY
Super Fair
Aug. 2-5, 2018
Lancaster Event Center

4-H & FFA Fair Books have complete information about entering 4-H/FFA exhibits and contests. Fair Books are available at the Extension office and at <http://lancaster.unl.edu/4h/fair>

4-H will livestream from the fair!

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

4-H & FFA entry pass hangtags

4-H/FFA exhibitors can get free 4-H/FFA entry pass hangtags for their immediate families at the Extension office (available July 1–August 1). These entry passes allow one vehicle and its occupants to enter the fairgrounds each day Thursday, August 2–Sunday, August 5, 11 a.m. and park in designated areas. (No entry pass required starting Monday, August 6.)

4-H/FFA families may enter Gate 1 (84th Street) or Gate 3 (Havelock Avenue — 2nd driveway). Gate 3 right lane will be an exhibitor express lane when possible. Static exhibitors are recommended to use Gate 1 on check-in/check-out days (see instructions in Fair Book on page 8).

Every 4-H/FFA vehicle needs an entry pass hangtag — **NO EXCEPTIONS** — so be sure to get a hangtag for every vehicle used during the fair (e.g. mom, dad, teen exhibitors that drive). General parking without the entry pass will be \$5 daily.

These passes are for 4-H/FFA members and their immediate family only. Please do not abuse this privilege.

4-H volunteers needed

Lancaster County 4-H is asking for adults *and* youth to help 4-H during the Lancaster County Super Fair. If you, someone from your club or an interested volunteer would like to help, contact the Extension office at 402-441-7180.

- **IN THE 4-H FOOD STAND** (ages 8 and up) from Wednesday, Aug. 1 through Sunday, Aug. 5 (sign up online at <http://go.unl.edu/foodstandsignup>). All volunteers are strongly encouraged to attend a food stand training on Sunday, July 29, 5 p.m. at the Lancaster Event Center – Lincoln Room.
- **STATIC EXHIBIT SET-UP** (ages 8 and up) on Sunday, July 29, 5:30 p.m. in the Lincoln Room. Pizza will be served to volunteers after set-up.
- **DURING JUDGING OF STATIC EXHIBITS** (ages 12 and up) on Wednesday, Aug. 1.
- **TEEN TOUR GUIDES ARE NEEDED FOR FAIR FUN DAY** (ages 14 and up) for child care groups on Friday, Aug. 3 at 9–11:30 a.m. and 12:30–3 p.m.

Static exhibit check-in/release

4-H & FFA static exhibits do not preregister, but **MUST** be physically checked in during Static Exhibit Check-in on Tuesday, July 31 between 4–8 p.m. at the Lancaster Event Center, Lincoln Room.

An adult — such as a club leader or parent(s) — should assist 4-H members in entering exhibits. A registration table is set up for each of the project areas — please take project(s) to the appropriate area(s). All entry tags, additional information, recipe cards, data tags, etc. **MUST** be attached at this time.

EACH 4-H static exhibit must have a **4-H Static Exhibit Entry Tag** attached. Some classes require additional information — see 4-H/FFA Fair Book for detailed entry requirements for each class. Specific tags are required to be completed and attached to the following exhibits:

- **Home Environment Supporting Information Tag** for each home environment exhibit. Information on this tag may be provided on a half sheet of paper. Note: “Quilt Designs Other Than Fabric” exhibits also use this tag.
- **Food Preservation Card** for each food preservation item.
- **Photography Data Tag** for each photography exhibit.

4-H Clover Kids (ages 5-7) static exhibits require a Clover Kids Entry Tag.

All 4-H/FFA static exhibits will be released on Monday, Aug. 6 from 7–11 a.m. All static exhibits **MUST** be picked up during release time. Please pick up premium payouts **BEFORE** picking up static exhibits. Staff at the payout table will provide a list of each 4-Hers static exhibits, which will help families collect all of their projects without leaving any behind.

Static exhibitor parking

Static exhibitor parking is allowed on check-in/out and interview judging days only in Lot K at the Gate 1 entrance off 84th Street. For those that need to get closer to the doors of the Lincoln Room, there is temporary 20 minute active unloading/loading by the north and west doors of the Lincoln Room. After you have loaded or unloaded, please immediately move your vehicle back to Lot K while you finish your activities. See map in Fair Book p. 8.

Interview judging, Aug. 1

Interview judging is Wednesday, Aug. 1 beginning at 9 a.m. in the Lincoln Room. 4-Hers have the opportunity to talk to judges about their fair static exhibits and share what was easy, what was challenging and the lessons they learned. 4-Hers also learn what the judge looks for and how to improve skills. 4-Hers may interview judge ONE exhibit from each project area. Refer to page 17 of the Fair Book for project areas which have interview judging. **To sign up members for a five-minute time slot, call the Extension office at 402-441-7180 between July 9 and 27.** If slots are still available, you may sign up during Static Exhibit Check-in on Tuesday, July 31, 4–8 p.m.

Video Companion Animal Contest

The Nebraska 4-H Video Companion Animal (and Cat) Showmanship Contest is open to youth ages 10–18 who are enrolled in one of these companion animal projects: cat, ferret, guinea pig or rodent (mice, rats, hamsters, gerbils). More information, rules and regulations are at <https://4h.unl.edu/companion-animal/showmanship-contest>.

Lancaster County 4-H staff will record videos on Thursday, Aug. 2 after the 4-H Cat and Household Pets shows at the Lancaster County Super Fair. Youth should thoroughly review the rules and regulations before participating. The local Extension staff will then submit youth's entry including the video recording and, if required, cat and ferret vaccination form. To participate, contact Kate Pulec before the fair at 402-441-7180 or at the cat and/or household pets show check-in.

Clover Kids Show & Tell, Aug. 5

All Clover Kids, youth ages 5–7 by Jan. 1, 2018, are invited to show & tell one of their 4-H exhibits or a small animal during Clover Kids Show & Tell on Sunday, Aug. 5 in the Lincoln Room, Clover Kids exhibit area (15-minute time slots run from 1–2:45 p.m.). Clubs may show a group project or perform a short skit or song. For more information, see page 12 of the Fair Book. To sign up for a time slot, call 402-441-7180 between July 9 and July 27. If slots are still available, you may sign up at the static exhibit area Tuesday, July 31, 4–8 p.m.

Livestock Judging Contest, Aug. 6

A 4-H/FFA Livestock Judging Contest will be held Sunday, Aug. 5, noon–2 p.m. in Pavilion 1. Register by Thursday, Aug. 2, 6 p.m. in the Livestock Office at the fair. Come join the fun judging livestock and bring your parents! There will be a short orientation before the contest, outlining how to fill out the judging cards and where to answer questions for those who have never judged before. Youth may judge as individuals or teams. Teams will consist of four youth and one adult.

The 2018 Nebraska State Fair will be Friday, Aug. 24–Monday, Sept. 3 at Fonner Park in Grand Island! For a schedule of 4-H activities at the state fair and more, go to <http://4h.unl.edu/state-fair>

Static exhibits

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

Join the fun as a volunteer!

Nebraska 4-H is looking for volunteers to help with exhibit entry day, judging and serving as 4-H exhibit building hosts. Volunteers will be needed for assisting with all 4-H contests and events. State Fair 4-H volunteers will receive a fair pass for the day(s) they volunteer. Sign up by Aug. 15 at <http://4h.unl.edu/state-fair/volunteer>. If you have questions, call 402-472-1762.

Animal entries due Aug. 10

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

Again this year, 4-H/FFA youth and their families will be responsible for making their own livestock, rabbit and dog entries online for the Nebraska State Fair. Entries will be due Friday, Aug. 10. Instructions and link to register are at <http://go.unl.edu/sfentry>. Lancaster County Extension staff will **NOT** be collecting State Fair entries or entry fees during Super Fair. For more information, contact Cole Meador at cmeador2@unl.edu or 402-441-7180.

Support 4-H by eating at Clover Cafe/ Horseshoe Cafe

4-H Council's food stand during the Super Fair features a variety of snacks and beverages, including the popular Walking Taco, snow cones and cotton candy! The Clover Cafe (in the Lincoln Room) and the Horseshoe Cafe (in the Multipurpose Arena) will be open Aug. 2–5, 10 a.m.–9 p.m.

The food stand is Lancaster County 4-H Council's primary fundraiser. Proceeds support 4-H youth programs, activities and scholarships.

Chicken dinner fundraiser, Aug. 3

Lancaster County 4-H Council is hosting a chicken dinner on Friday, Aug. 3, 5:30–7:30 p.m. at the Exhibit Hall – Lancaster County Farm Bureau Room (during the 4-H Table Setting Contest). Dinner features Raising Cane's chicken fingers hot off their food truck, tasty side dishes, dessert and a drink!

This is a fundraiser for 4-H Council to help support 4-H youth programs, activities and scholarships. Advance tickets may be purchased for \$8 at the Extension office before the Super Fair or at the 4-H food stand during the fair. Tickets at the door are \$9.

New this year — a silent auction at the chicken dinner fundraiser. Cash or check only.

Premium payouts

STATIC EXHIBITS and CONTESTS (except cat and household pet static exhibits, and Livestock Judging and rabbit contests): Premium payouts for all static exhibits and contests held before and during the fair must be picked up on Monday, Aug. 6, 7–11 a.m. in the Lincoln Room. 4-H/FFA members or their representatives may pick up premium payouts — a signature will be required.

ANIMAL EXHIBITORS (except horse, rabbit and poultry): All 4-H & FFA animal exhibitors will receive premium payouts as they exit the show arena or at the conclusion of the show. Livestock Judging Contest participants will receive premium payouts after the contest.

HORSE EXHIBITORS (except dressage): Premium payouts must be picked up on Monday, Aug. 6, 7–11 a.m. in the Lincoln Room. The entire 4-H club must have removed all bedding from each stall in order for premiums to be received. Stalls will be checked. 4-H/FFA members or their representatives may pick up premium payouts — a signature will be required. **Note:** Dressage participants will receive premium payouts during the awards ceremony at the end of each day.

RABBIT EXHIBITORS: All rabbit payouts (including rabbit shows and contests) will be made to 4-H'ers at the Rabbit Awards on Sunday, Aug. 5, 5:30 p.m. in the Business Center – Nebraska Room.

POULTRY EXHIBITORS: Poultry premium payouts (including poultry shows and contests) must be picked up from the 4-H/FFA livestock office in Pavilion 1 during specified date and time. Date and time will be posted at the livestock office during the fair. Premiums not picked up by Sunday will be forfeited.



EXTENSION CALENDAR

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

July

- 26 Pesticide Applicator NDA Walk-in "Testing Only" Session .. 9 a.m.–2 p.m.
- 27 4-H Horse Incentive Program Forms Due to Extension
- 29 4-H Food Stand Volunteer Training, Lancaster Event Center – Lincoln Room ..
.....5 p.m.
- 29 4-H Static Exhibit Set-Up for Lancaster County Super Fair,
Lancaster Event Center – Lincoln Room..... 5:30 p.m.
- 31 4-H & FFA Static Exhibit Check-In for Lancaster County Super Fair,
Lancaster Event Center - Lincoln Room..... 4–8 p.m.

August

- 2–5 Lancaster County Super Fair (4-H Horse Show Aug. 1–5; 4-H Horse
Dressage Aug. 9–10), Lancaster Event Center
- 6 4-H & FFA Static Exhibit Release and Premium Payouts for Lancaster
County Super Fair Lancaster Event Center - Lincoln Room . 7–11 a.m.
- 9 Pesticide Applicator NDA Walk-in "Testing Only" Session .. 9 a.m.–2 p.m.
- 10 Deadline for State Fair 4-H Animal Entries — Must Enter Online at
<http://go.unl.edu/sfentry>
- 23 Pesticide Applicator NDA Walk-in "Testing Only" Session .. 9 a.m.–2 p.m.
- Aug. 24–Sept. 3 Nebraska State Fair, Fanner Park, Grand Island
- 29 Introduction to CHIME (Cultivating Healthy Intentional Mindful
Educators) Program.....6:30–8:30 p.m.
- 31 Deadline for AKSARBEN 4-H Show Entries — Must Enter Online —
Go To www.aksarbenstockshow.com

4-H Clover College: 59 workshops of hands-on learning!

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

2018 Clover College featured 59 workshops. 170 youth participated (varying from 1 to 15 classes each) with a total 960 class registrations! New workshops this year included: "Tunnel Adventure," "Busy Bees," "Fluid Painting," "Leaping Llama 101," "H2O Adventure" and "3-D Modeling."

A special thank you to the more than 75 instructors and assistants!

More photos are online at www.flickr.com/photos/unextlanco/sets. A video will be online at www.youtube.com/user/4HLancasterNE.



In the "Bridges & Roads" workshop presented by the Lancaster County Engineers, youth built bridges with straws and tape, then tested how many pennies the bridges could hold until they collapsed.

Photos: Vicki Jedicke, Nebraska Extension in Lancaster County unless noted



Youth led a llama or alpaca through an obstacle course in the new "Leaping Llama 101" workshop presented by the Star City Llama & Alpaca 4-H club.



In the new "3-D Modeling" workshop presented by Gavin Nielson, 4-H intern at Kimmel Education & Research Center, youth could choose to virtually model a design on computer or make a model with Play-Doh, then scan it from all angles with a tablet.



In the new "Tunnel Adventure" workshop presented by NRCS Soil Health Specialist Aaron Hird, youth learned about types of soil, life in soil and more.



Youth made wall hangings to hold photographs or other memorabilia in the new "Wood U Like 2 Build?" workshop presented by 4-H teen members John and David Swotek.

Courtesy photo

EXTENSION NEWS

New nutrition staff



Nebraska Extension in Lancaster County recently hired a new Nutrition Education Program (NEP) staff member. **Courtney Eitzmann** began working as an Extension Assistant with Nebraska Extension's Expanded Food and Nutrition Education Program (EFNEP) in May of 2018. Courtney will be focused on teaching limited-resource youth about nutrition, physical activity and cooking in out-of-school time programs. Courtney is from Lincoln and received her bachelor's degree in Nutrition and Dietetics from the University of Nebraska–Lincoln in May 2018. She has previous experience working with youth programs, as well as assisting with nutrition and cooking classes at a local Hy-Vee.

4-H interns assist during summer



Natalya Solorio (left) and Jovonna Alatraste (right)

Each year, student interns join the 4-H staff at Nebraska Extension in Lancaster County and provide much needed assistance during the summer. In addition to the interns helping with the 4-H club program (introduced in the July Nebline), this year, two interns, **Jovonna Alatraste** and **Natalya Solorio**, are part of the 4-H Teens as Teachers program and working with Tracy Anderson in 4-H outreach and education. Their focus is on engaging new Lancaster County audiences through hands-on 4-H activities in areas such as STEM and Home Environment. Jovonna and Natalya are new to the 4-H community. They just graduated from North Star High School and plan to attend Southeast Community College in the fall.

NEBLINE e-newsletter

Nebraska Extension in Lancaster County has started a web- and mobile-friendly version of the NEBLINE newsletter!

Sign up at lanaster.unl.edu/nebline

You have the option to subscribe to the print and/or online versions.

The NEBLINE e-newsletter now gives readers a choice of how they want to receive news and announcements from our Extension office. Every subscriber receiving the print NEBLINE will continue to do so unless you indicate you no longer want it.

4-H news articles will be included in the NEBLINE e-newsletter, but 4-H events and deadlines will not. Lancaster County 4-H has a weekly e-newsletter emailed only to 4-H families and volunteers enrolled through 4-H Online. Anyone may view it at <http://newsroom.unl.edu/announce/4h-lancaster>.