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Septic systems need regular maintenance to function properly

Meghan Sittler
Extension Educator

National Septic Smart week is Sept. 17–21, 2018. The U.S. Environmental Protection Agency (EPA) uses a week in September each year to focus on improved awareness of proper operation and maintenance of septic systems across the U.S.

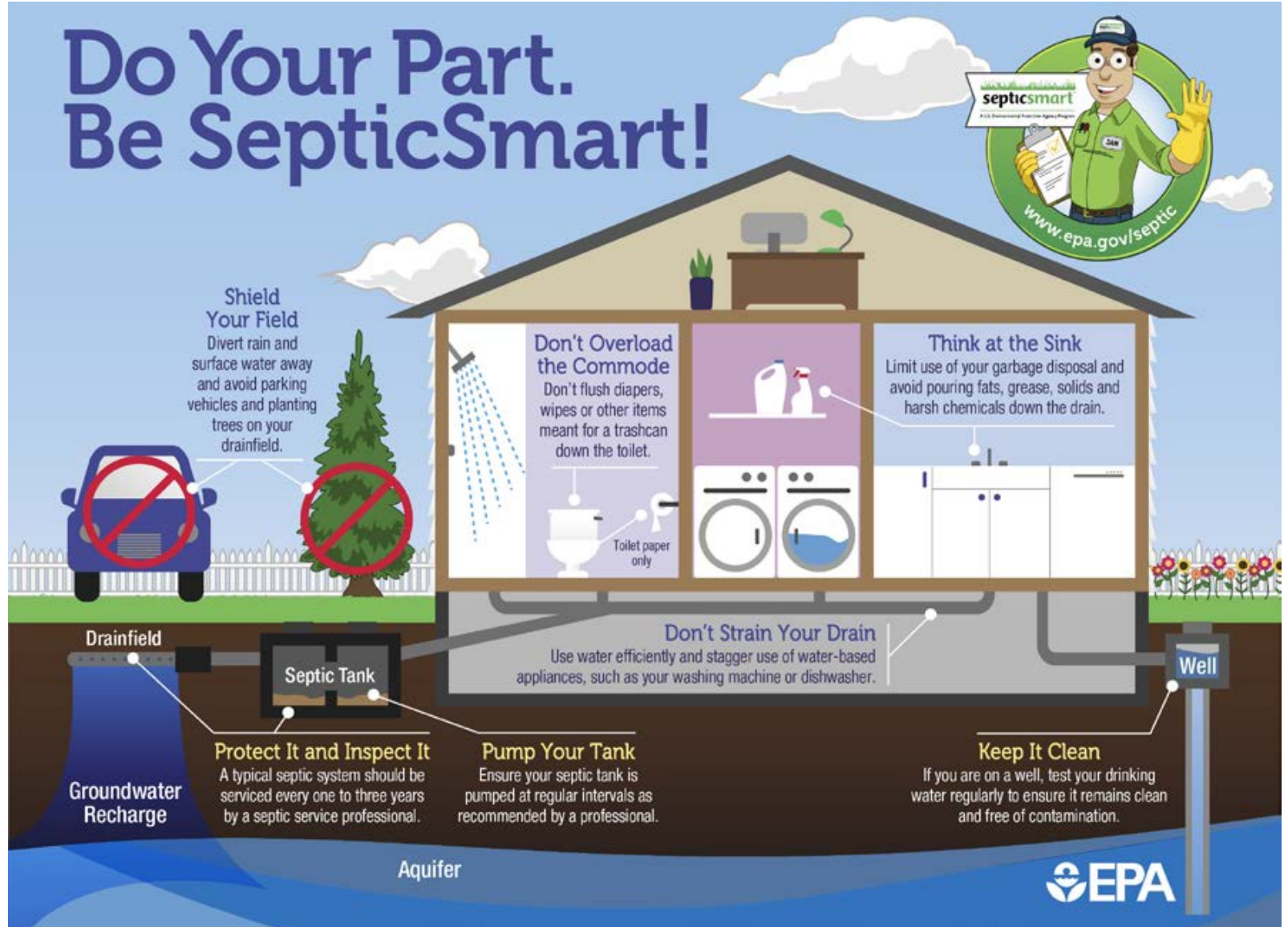
The wastewater of approximately 25 percent of the population of the U.S. is treated by on-site or individual wastewater systems. In Nebraska, that statistic holds consistent with approximately 25 percent of our state's population served by onsite wastewater systems on farms, acreages, suburbs and even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

Septic systems are the most common type of onsite system utilized throughout Nebraska. Certified on-site wastewater professionals are trained and required to install on-site wastewater systems. Regular large scale maintenance such as pumping septic tanks or major repairs of system components should be handled by certified professionals as well.

However, on a day-to-day basis it is up to the individual system owner to operate and maintain the system correctly. Systems that are not operated or maintained correctly by the homeowner can potentially cause damage to property and negatively impact water quality and public or environmental health. Wastewater carries pathogens, nutrients, bacteria, organic matter and other chemicals which are harmful to human health and water resources if left untreated.

Septic systems are designed to use naturally occurring aerobic and anaerobic bacteria to digest nutrients and organic matter within the tank. Treatment within the tank is step one in the treatment process. Water that leaves the tank enters the drainfield and enters the soil. The soil performs its natural "filter" action to continue to remove, digest or hold the majority of potential contaminants before they continue into groundwater resources.

However, like most things, "too much of anything can be a



bad thing," so it is the responsibility of the homeowner to do their part to help septic systems function properly. Here are some ways homeowners can "be septic smart."

Think at the sink

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

Don't overload the commode

- The toilet is also another

inviting place to dispose of items that can damage your septic system or cause it to fail.

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

Don't strain your drain

- Average water use for each person in the U.S. is 75 gallons per day. Conserving water in the house means there is less water entering the septic system which reduces the risk of the system failing and improves the operation of the septic system.
- Consider installing water-efficient fixtures in your home:
 - High-efficiency toilets use 1.6 gallons of water or less per flush instead of 5 gallons of water per flush in old toilets.
 - High-efficiency shower-

heads reduce water use to a maximum of 2 gallons of water per minute.

- "Energy Smart" washing machines use 50 percent less water than standard models. (Also remember to spread washing machine use out through the week and select the appropriate load size.)

Shield your field

- Don't drive or park on your drainfield which can damage the laterals that are dispersing the water across the area.
- Only plant trees or shrubs with large root systems a safe distance from the drainfield. Roots can damage or clog the laterals causing the system to fail.
- Make sure you direct storm-water or other drainage away from your drainfield to ensure the additional water flow doesn't impact the wastewater treatment process.

Protect it and inspect it

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

Don't forget about your drinking water well — the other half of your water system

- Test your drinking water regularly.
- Practice good wellhead protection habits.

FOR MORE INFORMATION

- Nebraska Extension has many wastewater resources at <http://water.unl.edu>
- U.S. EPA has many resources at www.epa.gov/septic

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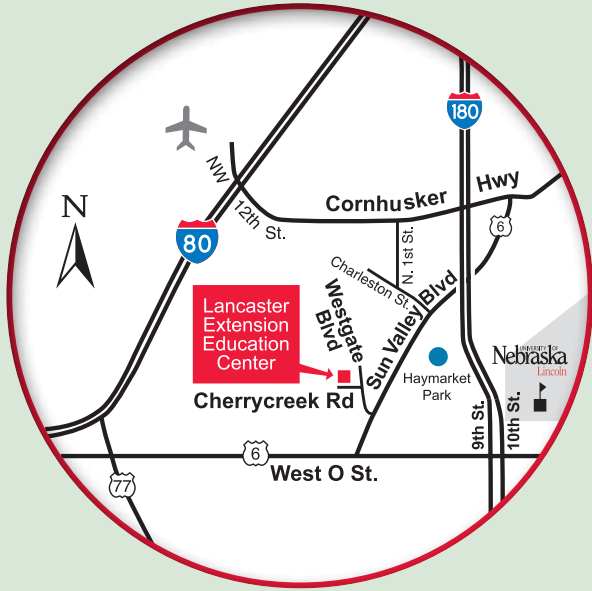
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NEBLINE

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Food and wellness festival promoted healthier lifestyles

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

Nebraska Extension staff, 4-H teen ambassadors and Produce From the Heart organized the Community Food & Wellness Festival on Sunday, July 15 at Bluestem Health in Lincoln as part of the 4-H Food Smart Families (FSF) grant. Over 100 people attended the festival and learned skills to eat healthier today and tomorrow. The support of many community partners was extremely important in the success of the event.

Food Smart Families grant

The 4-H FSF grant sponsored by National 4-H Council and UnitedHealthcare, equips youth and their families to make healthy living part of their everyday lives through nutrition education, cooking skills and food budgeting skills. Kayla Colgrove, Natalie Sehi, Tracy Anderson and Carrie Schneider-Miller are leading this grant in Lancaster, Douglas-Sarpy, Hall and Lincoln counties in Nebraska from June 2017 through May 2019.

Community Food & Wellness Festival

The festival was an expanded FoodNet distribution event and helped provide the community with access to nutritious food and educational resources for a healthier lifestyle.

Festival participants:

- Tried samples of Applesauce Oatmeal Muffins with Blueberries and Vegetable Pasta Salad (see recipe below).
- Made their own fruit smoothie with a pedal-powered blender bike.



Nic Colgrove

The Community Food & Wellness Festival was organized and presented by staff from Nebraska Extension, Produce From the Heart and UnitedHealthcare, as well as 4-H Teen Ambassadors.

- Learned about MyPlate.
- Participated in a fitness obstacle course.

Lincoln Bike Kitchen, Walmart and Sam's Club donated raffle items that festival participants had a chance to win by participating in educational booths.

The Nutrition Education Program (including Supplemental Nutrition Assistance Program-Education and Expanded Food and Nutrition Education Program), UnitedHealthcare, Produce from the Heart, Good Neighbor Center, Bluestem Health and Sunday Farmers' Market at College View teamed up with Nebraska Extension to host this festival.

Mike Shambaugh-Miller, director of Produce From the Heart was a key player in making community connections and organizing the distribution of 520 pounds of fresh produce and 130 half-dozen cartons of eggs.

4-H Teen Ambassadors

4-H empowers kids to be leaders today. Lancaster County 4-H is growing true leaders by hiring Bailee Gunnerson, Valerie Gabel, Emma Lanik and Ryan Zoucha as 4-H FSF



Doug Carroll

Festival attendees could make their own fruit smoothie on a blender bike. Extension staff member Kyleah Bowder led the booth.

teen ambassadors. They helped plan, prepare and deliver 4-H FSF programs during June and July. For the festival, additional 4-H teen ambassadors (Natalya Solorio, Jovonna Alatraste, Ashlynn Sehi and Nathan Gabel) were recruited to help lead educational booths.

This experience helped teens learn about the power of their actions, as they were tasked with planning the event with the help of their Extension mentors. The teens got to see, firsthand, how much community members enjoyed the event while learning about healthy lifestyles. Many attendees asked when the next festival would be!



RECIPE OF THE MONTH

Featuring a 4-H Food Smart Families recipe (see above)

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

VEGETABLE PASTA SALAD

(6 Servings)

- 1-1/2 cups whole wheat pasta, uncooked
- 1/2 cup vinegar
- 1/2 cup water
- 1/4 cup sugar
- 1/3 cup vegetable oil
- 1/8 teaspoon salt
- 1/8 teaspoon pepper
- 1/2 teaspoon garlic powder
- 1/4 teaspoon dill weed
- 1/4 teaspoon dried parsley
- 3 cups fresh vegetables, chopped (any of these work great: carrots, celery, broccoli, green pepper, red pepper, cucumber, onion and many more!)



Craig Chandler, UNL Communications

1. Cook pasta according to package directions.
2. In a small saucepan, combine vinegar, water, sugar, vegetable oil, salt, pepper, garlic powder, dill weed and dried parsley. Bring to a boil, then remove from heat and cool.
3. In a large bowl, combine pasta and vegetables.
4. Pour cooled dressing mixture over pasta and vegetables. Stir well.
5. Refrigerate 3-4 hours before serving.

Source: Nebraska Nutrition Education Program

Nutrition facts per serving: Calories 260, Total Fat 13g (20% DV), Saturated Fat 1.5g (7% DV), Cholesterol 0mg (0% DV), Sodium 90mg (4% DV), Total Carbohydrate 33g (11% DV), Dietary Fiber 2g (8% DV), Sugars 12g, Protein 4g, Vitamin A 100%, Vitamin C 30%, Calcium 4%, Iron 4%.

Corn residue impact: Feed or fallow?

Kristen Ulmer

Beef Systems Extension Educator

Nebraska has 9.5 million acres harvested for corn grain with an average yield of 178 bu/ac. For every bushel of corn grain, there are 16 pounds of husk and leaf left on the field. There is an opportunity to utilize this valuable resource for cattle feed. However, only about 52 percent of the Nebraska corn acres are grazed.

The benefit to the crop producer is the opportunity to bring in additional income by renting acres for grazing. The use of shredding or strip tilling due to increased crop residue on the field may be reduced or eliminated due to cattle removing a portion on the corn residue. What effect does utilization of the corn residue have on the following year's crop yield?

Corn residue left on the field provides organic matter and nutrients for the field, while maintaining soil cover over the winter (soil insulation and moisture entrapment). Research indicates that no-till farming improves soil moisture, prevents soil moisture loss and builds up organic matter over time. With increased corn yields, there are greater quantities of corn residue covering the fields.

A 16-year study evaluating an irrigated corn field in an annual corn-soybean rotation indicated that cattle grazing corn residue in the spring at the UNL recommended rates of 50 percent removal of the leaf and husk, meaning 20 percent removal of corn residue, did not have a negative impact on the following year's corn crop. Corn yields were 214 bu/ac for the spring grazed and ungrazed areas. In fact, corn grazed in either the fall or spring, provided a slight improvement in the following year's soybean yield,



Mary Dzewnoski, UNL Animal Science Dept.

59.3 bu/ac in the spring grazed compared to 57.8 bu/ac in the ungrazed areas.

A five-year study conducted out at Brule, Neb. resulted in no impact on subsequent corn yield when cattle fall grazed an irrigated continuous corn field with yields of 155 bu/ac compared to 148 bu/ac for ungrazed (not statistically different). A three-year study across five locations in Nebraska confirmed that cattle grazing corn residue does not negatively affect subsequent crop yields. The corn yield from three irrigated fields managed under continuous corn where 239 bu/ac for grazed and 223 bu/ac for ungrazed, which is not statistically different, and the soybean yields from two corn-soybean fields (one rainfed and one irrigated) averaged 59 bu/ac for grazed and 62 bu/ac for ungrazed, which is also not statistically different.

With the UNL recommendation of 50 percent removal of husk and leaf, less than 20 percent of the corn residue is removed by grazing. Eighty percent of above-ground corn residue is left on the soil surface, not to mention that all of the root biomass underground is still there.

A recently published producer and consultant survey at UNL evaluated the perception of crop consultants and crop producers on grazing corn residue in Nebraska. Crop producers indicated that soil compaction was a major reason land was not grazed. However, studies

indicate that compaction occurring when grazing corn residue was insignificant. The 16-year study indicated no impact with fall grazing. The soil penetration resistance measurement, simply the force needed for a root to penetrate the soil, indicated there was a slight increase in compaction in spring grazed fields; however, the increase did not impede root growth and did not carry over into the next year.

The ground goes through freeze and thaw events in the spring along with the wetting and drying cycles, and the microbial activity results in no measurable differences in penetration resistance by June. Yes, there are hoof marks marring the ground, but research noted that spring grazed crop residue does not affect the subsequent year's yield. A thought to consider too is the amount of force a split hoof has on the soil versus a tractor tire.

Another concern is that crop residue is removed from the field. One should consider the manure and urine additions from the animal provide nutrients back to the soil and in a form that is more readily available to the soil microbes. The majority of the nutrients (N, P, K) consumed by the animal are returned to the field. In fact, most cattle producers supplement at a minimum, a free choice mineral which contains P and trace minerals — which results in an import of these minerals onto the land. Soil microbial communities increased with 16 years of corn residue grazing on fields, which may increase the rate of nutrient cycling in the soil.

CROP RESIDUE EXCHANGE

To list or find crop residue in your area, go to University of Nebraska-Lincoln's Crop Residue Exchange website at <https://croppresidueexchange.unl.edu>

Ag land 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 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, "We have 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."

Iron and manganese in water

Meghan Sittler

Extension Educator

Discolored water. A strange odor. Stained ceramic fixtures such as tubs, sinks and toilets. Discolored clothes, towels and dishes. Reduced water pressure. These are all some of the potential impacts from high levels of iron and manganese in your water supply.

Black or brownish-black or reddish-brown staining can indicate the presence of higher levels of manganese or iron in water. The stains are not easily removed by common household cleaners and some may even intensify the stains. Manganese and iron are naturally occurring metals in soils. Higher levels of iron and manganese is not an uncommon occurrence in Nebraska because of naturally occurring soil types and hydrogeologic conditions.

The U.S. Environmental Protection Agency classifies iron and manganese as secondary contaminants. Secondary contaminants are substances that can alter the taste, odor and color of drinking water. They can also have impacts on the structure or function of the water system within the home, the water well itself or, as noted above, personal belongings and home fixtures. Generally, secondary contaminants do not pose significant health risks.

Iron or manganese bacteria is



Iron stains



Manganese build-up.

a common problem when there are elevated levels of iron or manganese in water. These bacteria, unlike other bacteria such as e-coli or total coliform, do not pose a health risk, but they are often the cause of blackish or reddish slime that builds up in toilet tanks or within the pipes within your water system. Manganese and iron deposits in pipes and other water fixtures can cause significant impact to your water system or energy costs.

If you notice staining or discoloration, you should begin by having your water tested to determine iron and manganese levels or the presence of iron and manganese bacteria. The test results can then be used to determine appropriate treatment or mitigation options.

The most common treatment options for iron and manganese in water are ion exchange water softeners, oxidizing filters, aeration followed by filtration, and chemical oxidation followed by filtration. These treatment options are all considered point of entry treatment methods and, therefore, provide

treatment to all areas of your home's water system.

Shock chlorination is a common treatment method to remove iron and manganese bacteria. Shock chlorination is a process involving introducing a chlorine mixture directly into your well and thoroughly flushing that chlorinated water through your home's water pipes and the well components. It is an effective, but often short-term, method. Repeated shock chlorination treatments can cause corrosion or damage to well components.

A call should be placed to a water treatment or water well professional if frequent shock chlorination is used to determine possible alternate treatment methods and inspect the well components and well itself.

FOR MORE INFORMATION

Nebraska Extension has numerous resources about drinking water quality at <http://water.unl.edu/drinkingwater>

Wastewater professional development trainings

Nebraska Extension, Nebraska Onsite Wastewater Association (NOWWA), Nebraska Well Drillers Association (NWDA), Nebraska Department of Environmental Quality (DEQ) and Nebraska Department of Health & Human Services (DHHS) are partnering to conduct upcoming professional development trainings at locations across the state. Attendees will receive six professional development hours (PDH)/continuing education units (CEUs).

All trainings will be 9 a.m.–4 p.m. with check-in/registration at 8:30 a.m. Registration can be done online at www.nowwa.org or by contacting NOWWA. For more information, contact Meghan Sittler at 402-441-6717 or Meghan.sittler@unl.edu, or NOWWA at 402-476-0162.

Excavation and trench safety

Three trainings for onsite wastewater and water well industry professionals will focus on OSHA requirements for trench safety and other critical job site safety concerns.

- Monday, Sept. 17: Lake McConaughy Visitor Center, 1475 Highway 61, Ogallala
- Wednesday, Sept. 19: Hall County Extension Office 3180 W. Highway 34, Grand Island
- Thursday, Sept. 20: NECC Lifelong Learning Center, 701 E. Benjamin Ave., Ste 105, Norfolk

Soil training and field workshop

Two trainings for onsite wastewater professionals will be held rain or shine.

- Tuesday, Oct. 30: West Central Research and Extension Center, 402 W. State Farm Road, North Platte
- Thursday, Nov. 1: Rodgers Memorial Farm, 18600 Adams St., Lincoln

A year-end training is also tentatively planned for Monday, Dec. 10 at the Eastern Nebraska Research & Extension Center near Mead.

Cow killer ant: Wrongfully accused

Jody Green

Extension Educator

The cow killer is a species of velvet ant, which is neither a murderer of cows nor an ant. This insect is in fact a wasp! The female cow killer has no wings, so it resembles an ant. The males look and fly like the wasp they are, but are seldom recognized as being the same species. This is called an example of sexual dimorphism, where male and female members of the same species look very different. Nobody has ever called, emailed or brought in a male specimen for me to identify.



Female cow killer ant, a velvet ant, can be up to 3/4-inch long (shown above enlarged). Females have a large retractable stinger (see right). The sting may be painful but the venom is not very toxic.

Identification

All velvet ants belong to the family Mutillidae, which possess a dense pile of hair in a variety of striking colors that serve as a warning signal to potential predators. They can be found worldwide, but in Nebraska, the cow killer ant, *Dasymutilla occidentalis*, is the most common. They are often found during the months of July, August and September, wandering around the yard in urban landscapes around homes,

but are also found in pastures, parks and recreational areas.

The female cow killer ant is a large hairy, wingless wasp that resembles a worker ant. They can be up to 3/4-inch long with a black body with coarse, bright reddish-orange hair on the head, thorax and abdomen. The males are larger than females; possess dark brown wings and red and black patterns on its body. Both male and female velvet ants will produce a squeaking or chirping sound when alarmed or

disturbed. This is a warning to leave them alone!

Biology and behavior

Cow killer ants are solitary wasps. Males fly in search of females to mate. The mated female will enter a ground-nesting bee or wasp nest, and lay her eggs on or near the other insect's larvae. When the velvet ant larvae emerge from the eggs, they feed on the host's larvae, killing them. This is why they are considered parasitoids.

As adults, velvet ants feed on nectar (not cows, people or other insects). Though the female cow killer cannot fly, it has many defenses. Besides bright warning colors (called aposematism) and squeaking warning sound, they are quick movers, have a very solid exoskeleton and can release smelly odors. In addition, females are capable of delivering a very painful sting. Females have a large, retractable stinger, which is a modified egg-laying organ called the ovipositor.

Painful sting

On the Schmidt's sting pain index which ranks and describes insects based on one scientist's evaluation of stinging insects, it is ranked 3 out of 4 (4 is most painful). Therefore, they can inflict an excruciating sting if handled or stepped on, hence the name cow killers. As far as we know, no cow has ever died from a sting. The sting may be painful, but the venom is not very toxic.

Leave them alone

Despite their massive defenses, velvet ants are not aggressive and they will try and hide in leaf litter and mulch. If you see velvet ants around your home, no need to worry. Just leave them alone, and tell small children not to touch. No control measures are necessary for the yard and they are not an indoor pest. If there is concern about keeping them out of nearby buildings, practice pest exclusion techniques around the perimeter — sealing areas around and under doors, windows, gaps and holes around the foundation.



Other species of velvet ants can be found in Nebraska — some smaller and less hairy such as the one pictured above. The females are all wingless.

Who pooped? The scoop on scat

Soni Cochran

Extension Associate

Whether you are tracking an animal while out hiking with your family or trying to figure out what type of animal is visiting your backyard, make sure you consider more than footprints. Take note of any other signs left behind by the animal. Look for scat, tail marks, claw marks and burrows/tunnels/trails through the yard. Sometimes these are the only clues we have of the wildlife we might encounter.

Scat (animal excrement, feces, "poop") can tell us a lot of information about an animal. You can figure out the type of animal by the size, shape and consistency of the scat. Scat tells us where an animal has been and what it has been eating. Animals deposit scat where they rest or pause where they feel safe, so that tells us we may be able to find the animal there again. They may also deposit scat to mark their territory. Scat can also be a sign of an animal's health.

I love to go hiking and when I'm out on a trail, I look for the presence of scat. Scat can tell me what animals live in the area and if they are near the trail. If I see moist scat left by a bison or a bear, I know to avoid going further and step up my situational awareness. I also use scat clues to decide what animal might be causing damage to plants in my garden or in the case of bats, where they might be hanging out under a porch.

Observe scat from a distance. Always consider your own safety when near scat. Avoid handling any droppings without



Seeds and other plant materials are visible in this raccoon scat. Use caution when observing scat. Raccoon scat may also contain raccoon roundworm eggs which are dangerous to human health.

Caution: Raccoon roundworms

Raccoon roundworms (*Baylisascaris procyonis*) live in the intestines of raccoons. The roundworm lays upwards of 100,000 eggs each day which are shed through the raccoon's feces (scat). Because raccoon roundworm poses danger to human health, it is important to protect yourself, family and pets from exposure to raccoons and their scat.

If you accidentally come into contact with raccoon scat, keep your hands away from your face. Wash skin with plain soap and warm water. Pay special attention to the area under the fingernails, use a brush. Wash clothes separately in hot, soapy water. Bleach and other disinfectants do not kill roundworm eggs. Wash any equipment you used to clean up raccoon scat with hot soapy water.

proper personal protection. Avoid inhaling around scat. Some diseases may be contracted through dust-borne particles, so stay upwind if outdoors.

If you decide to examine scat, avoid handling it with your hands. When picking apart scat or pellets use a stick or disposable gloves. When you break apart the scat, take note of hulls of seeds, skins of berries and bits of leaves. This suggests the animal is an herbivore. Small bones, fur and feathers appear in the scat of carnivores. Insect wings and other insect body parts tells you the animal feeds

on insects. Some animals — like coyotes — will eat both plants and animals, so you may find scat with the fur from rabbits and the seeds of mulberry fruit.

You'll need to be a detective to try to identify what animal left the scat. Observe:

- Size, width and form. Is the scat round like a pellet? Tubular? Are both ends of the scat flat or pointed? Is one end pointed and the other flat? Is the scat smooth or is it segmented like a natural fibered rope?
- What do you see in the scat? Look for clues of what the animal has eaten.



Coyote scat is "rope-like" and contains hair, bits of bone and sometimes plant material like berries. You may find coyote scat in the middle of a trail or bordering their territory since they use scat to communicate their presence to others.



Bat scat (guano) can be found in porches, under eaves, and other places bats hang out.

- Are the droppings left at night or during the day?

Scat samples

If you bring scat to the Extension office for help with identifying an animal, keep safety in mind when collecting the scat and bringing it in. Your sample should be placed in a sealed clear plastic bag or clear container with a seal-tight lid. You will be asked to fill out a form with details such as where you found the scat. Office is located at 444 Cherrycreek Road, Ste. A, Lincoln. Hours are Monday–Friday, 8 a.m.–4:30 p.m.

FOR MORE INFORMATION

If you are interested in learning more about wildlife tracks and signs, there are a number of excellent field guides on the subject. Nebraska Extension in Lancaster County has many resources on pest animals online at <http://lancaster.unl.edu/pest>.

Jody Green, Nebraska Extension in Lancaster County

Jody Green, Nebraska Extension in Lancaster County

Inset photo by Jim Kallisch, UNL Dept. of Entomology



Stephanie McReynolds

Vicki Jedlicka, Nebraska Extension in Lancaster County

Storing vegetables and fruit

Mary Jane Frogge
Extension Associate

After a successful garden season, you may have vegetables and fruits you would like to store until you are ready to use them. Proper storage conditions are needed for fruits and vegetables that are not consumed immediately after harvest. The key to good storage is in controlling the temperature and relative humidity of the storage area. If not stored properly, they will rot and you will lose your produce.

Vegetables

Carrots: Trim carrot tops to one inch. Layer unwashed carrots in a container of moist sand. Carrots can be stored in a cool place, 35–40°F for 4–5 months.

Onions: Harvest onions when the tops have fallen over and begun to dry. Cure onions by spreading them in a single layer in open box and in a well-ventilated place for 1–2 weeks. Store cured onions in a dry location at 35–40°F.



for 2–6 months. Acorn squash will keep well in a dry place at 45°F for 35–40 days. Do not cure acorn squashes before storing them.

Fruit

For fruits such as apples, grapes and pears, store them in cool temperatures at 32–40°F and moist conditions at 90–95 percent relative humidity. Other fruits should be canned or frozen after harvest. Select containers for storage that have smooth inner surfaces. Baskets, melon crates or boxes are suitable. Line these containers with aluminum foil to help retain moisture.

Apples and pears will likely last through the fall and winter if stored properly. Apple varieties should be harvested firm and ripe to insure the longest storage possible. Harvest pears when they are full sized but still green and hard. Pears ripen quickly at 60–65°F.

Grapes will usually keep for one or two months. Grapes should be stored alone because they pick up odors of other fruits and vegetables.

Potatoes: Cure fresh dug potatoes 1–2 weeks in a dark, dry location at 50–60°F. Store cured potatoes in a dark location at 40°F for 5–6 months.

Sweet potatoes: Cure fresh dug sweet potatoes at 80–85°F for 10 days. Store cured sweet potatoes in a dry, dark location at 55–60°F for 4–6 months.

Turnips: Trim turnip tops to one inch. Layer unwashed turnips in a container of moist sand. Turnips can be stored in a cool place, 35–40°F for 4–5 months.

Winter squash: Cure vine ripen winter squash for 10 days at 80–85°F and high humidity. Store mature, cured winter squash in a dry location at 55°F



GARDEN GUIDE

THINGS TO DO THIS MONTH

Mary Jane Frogge, Extension Associate

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

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

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

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

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

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

Divide lily-of-the-valley.

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

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

Are you interested in gardening and enjoy helping others? Become a Master Gardener volunteer!



COMPOSTING DEMONSTRATION

Nebraska Extension in Lancaster County Master Gardeners receive 40 hours of training in return for volunteering 40 hours to Extension programs and activities.

The 2019 application and details about the program are online at <http://lancaster.unl.edu/mastergardener>

Composting demonstrations

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

Composting Demonstrations are presented at the Pioneers Park Nature Center's backyard composting demonstration area across the street from the Nature Center (look for the Extension banner). Demonstrations will be held at 10 a.m. on the following Saturdays: Sept. 15 and Oct. 13.

Transitions with young children in early childhood classrooms

Jaci Foged
Extension Educator

There is so much that happens in an early childhood classroom in one day — checking in, outdoor play, classroom activities, lunch and naptime — just to name a few. Between all of those activities are transitions.

Transitions are going to happen. Incorporate strategies that work for your age group to help the children be successful and save you from possible challenging behaviors.

What is a transition?

Webster's dictionary defines a transition as: "a passage from one state, stage, subject or place to another." Some transitions in an early childhood classroom are so fluid that you hardly even noticed one occurred. For example, waking children up from a nap to change diapers. Others are a little easier to spot, for instance parents dropping their child off in the classroom after a long weekend. This transition from parent to provider can sometimes be difficult and

requires a little extra patience for both the parent and provider.

Tricky times of day

Moving a group of young children from point A to point B can be stressful. Parents, you know how hard it is to simply leave the house with one or two kids. A toddler classroom with one teacher has up to six toddlers which the teacher needs to be able to move safely from one place to another. Anytime teachers leave their classroom with a group of children, they need to be focused and aware of the number of children they have with them, as well as the temperament of the group.

Young children are easily distracted by their environment. Stopping to smell the roses, watch the worm wriggle across the sidewalk or the bee buzz around a flower are all possible distractions.

In the classroom or home, teachers and parents have the walls to help keep the little ones safe, but as soon as that door opens, it is like a passageway to a new, exciting place. Adults working with children should remember that children are naturally curious and excited

to go and explore their new world. When transitions are poorly done, the end result can seem chaotic and may result in challenging behavior in the children.

When I was an early childhood teacher, some of the trickiest times for me were after lunch, clean-up time, and going in and out of the classroom.

Teaching expectations

Remember, children are naturally curious. Combine that with the fact they absolutely love attention and you have a learner on your hands! The best time to teach your child or a group of children something (or review something they have already learned) is when they are happy and ready to play. Please note, the best time is NOT when they are angry or upset.

Young children (two and three year olds) could be expected to sit and actively participate in a group discussion for about five minutes. Four and five year olds will be able to listen for a few minutes longer. Keep your discussion short, and actively practice what you are teaching.

Ideas to make the transition easy and fun

Buddy bands is one way to teach a group of toddlers to walk in pairs. Buddy bands are inexpensive and easily washable. Simply tie two scrunchies (ponytail bands) together and pair two children up. Each child holds on to their ponytail band and follows in line. This is great because instead of a long line of six toddlers, you now have a shorter line of three groups of two.

Sometimes children are not quite sure where they should stand. This creates more of a messy blob than a line of children. Try making a pattern of

pairs of feet. Tape or use contact paper to stick them to the floor. These feet will assist the children with knowing where they should stand.

Teachers should also make transitions as fun as possible. The children want your attention, and they learn by doing. Every moment can be a learning moment in an early childhood classroom.

- Count steps as you move from one place to another.
- Walk backwards.
- Clap, snap and stomp your hands and feet.
- Skip, hop or slide from one place to the next.
- Play eye spy, look for a specific color or try to find a bug.

Upcoming early childhood 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>

Nutrition and Physical Activity Self-Assessment for Childcare workshop (NAP SACC) — Tuesdays, Sept. 25, Oct. 2 and Oct. 9, 6:15–8:15 p.m. Must attend all three sessions. FREE. Register by Sept. 18.



HEART OF 4-H VOLUNTEER AWARD

Nichole Jelinek

Lancaster County 4-H is proud to announce Nichole Jelinek of Waverly as winner of the September "Heart of 4-H Award" in recognition of outstanding volunteer service.

A volunteer for two years, Nichole is co-organizational leader of the Amazing Treasures 4-H club. The club meets monthly and works on activities voted on by the group at the beginning of the year. Members also do many community service projects such as activities with Waverly Care Center residents. The Amazing Treasures was a 2017 Outstanding 4-H Club based on members' participation at the Lancaster County Super Fair.

"I love the life lessons that are being taught through the 4-H organization and seeing the ideas these kids bring to life," says Nichole. "The skills that are being taught are things they aren't necessarily learning in a text book, but things that can build upon what they are learning and give them an advantage in their future endeavors. I also love seeing things like quilting, canning, woodworking, etc. that seem to be becoming lost arts carried on by these future generations."

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



AKSARBEN 4-H Show entries due Aug. 31

More than 2,000 4-H families from a 10-state area participate in the AKSARBEN 4-H Show. Exhibitors must be 10 years of age by Jan. 1.

The AKSARBEN 4-H Stock Show will be held Sept. 27-30 at the Nebraska State Fair Grounds (Fonner Park) in Grand Island.

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.

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

Rabbit Clinic, Oct. 13

A free 4-H Rabbit Clinic will be held Saturday, Oct. 13, 9 a.m.-noon at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln. Open to all youth and families. This is a great opportunity to learn about the 4-H Rabbit Program which is open to all youth ages 8-18. For more information, call Kate at 402-441-7180.

4-H Teen Council invites new members

Youth in 7th-12th grade — want to have so much fun making new friends, learning how to run meetings, doing community service projects and other activities that you won't realize you are learning important leadership skills? Join 4-H Teen Council!

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

Meetings are held the second Sunday of each month at 3 p.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln. The next meeting will be Sunday, Sept. 9 at 3 p.m.

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

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.

Livestock Booster Club scholarships

The Lancaster County 4-H Livestock Booster Club awards two \$500 college scholarships each year. Katherine Nepper and Jaclyn Heinrich were presented this year's scholarships at the Lancaster County Super Fair 4-H/FFA Livestock Premium Auction. A portion of the proceeds from the auction funds these scholarships.



HORSE BITS

State 4-H Horse Expo results

The 2018 Fonner Park State 4-H Exposition was held July 15-19 in Grand Island. Here are the Lancaster County 4-H'er purple ribbon winners. Complete results and additional photos are at <http://4h.unl.edu/horse/state-expo>



Judging team champion



Halter: 6-10 Year Old Mares champion



Halter: Miniature/Shetland Mares champion



Dressage champion



Advanced Hunter Under Saddle and Advanced Hunt Seat Equitation reserve champion

JUDGING TEAMS

Lancaster 2 (Ch): Ellie Bunz, Sidney Froistad, Julia Soukup, Cadi Wilbeck

Coached by Roger Bell

JUDGING INDIVIDUAL

Kate Cooper

JUNIOR SHOWMANSHIP

Ellie Bunz, Kali Maytum

SENIOR SHOWMANSHIP

Aubrey Hayes (Res Ch), Madi Brandt, Kyra DeBuse, Ally Quinn, Madison Sobotka

HALTER: MINIATURE/SHETLAND MARES

Diamond LeBlanc (Ch), Bailey Hampton (Res Ch), Kamryn Kyhn (3rd)

HALTER: MINIATURE/SHETLAND GELDINGS

Madi Brandt (4th), Ally Quinn (5th), Emmi Dearthmont (6th), Shyann Severson (7th)

HALTER: 6-10 YEAR OLD MARES

Madi Brandt (Ch), Aubrey Hayes (3rd)

HALTER: 6-10 YEAR OLD GELDINGS

Taylor Root (6th, blue ribbon)

JUNIOR HUNTER UNDER SADDLE

Kali Maytum (5th), Lillie Beach (7th), Anne Cashmere, Samantha Fox, Cadi Wilbeck

SENIOR HUNTER UNDER SADDLE

Ally Quinn (5th)

SENIOR HUNT SEAT EQUITATION

Aubrey Hayes (3rd)

HUNTER HACK

Kate Cooper (3rd), Emmi Dearthmont, (4th) Madi Brandt (9th, blue ribbon)

WESTERN PLEASURE PONIES

Alyssa Loudon (10th)

JUNIOR WESTERN PLEASURE

Ellie Bunz (4th), Taylor Root

SENIOR WESTERN PLEASURE

Aubrey Hayes (10th), Madison Sobotka

JUNIOR HORSEMANSHIP

Lillie Beach

SENIOR HORSEMANSHIP

Madison Sobotka (6th), Ally Quinn

ADVANCED HUNTER UNDER SADDLE

Madison Sobotka (Res Ch), Emmi Dearthmont (4th), Miya Higgins (5th, blue ribbon)

ADVANCED HUNT SEAT EQUITATION

Madison Sobotka (Res Ch), Kate Cooper (5th, blue ribbon), Emmi Dearthmont (6th, blue ribbon), Miya Higgins (7th, blue ribbon)

ENGLISH AND WESTERN DRESSAGE

Anne Cashmere (Ch), Ally Quinn (Res Ch), Kate Cooper (7th), Skylar Frisbie (8th), Madi Brandt (9th, blue ribbon), Megan Danley (10th, blue ribbon)

JUNIOR POLE BENDING

Clara Bradbury (6th)

SENIOR POLE BENDING

Aubrey Hayes (10th)

JUNIOR BARRELS

Cadi Wilbeck (8th), Clara Bradbury

RANCH RIDING

Madi Brandt, Tristan Munderloh

DALLY ROPING-HEELER

Jadin Vogler (3rd)

Horse Awards Night, Oct. 4

The annual Lancaster County 4-H Horse Awards Night will be Thursday, Oct. 4, 6:30 p.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln. The Horse VIPS Committee will provide snacks. Awards presentation includes Incentive Awards, Horsemanship Levels, All-Around Awards, Herdsmanship, Top Judging buckles and ribbons, and a few surprise awards! Come help celebrate the outstanding accomplishments of the 2018 Lancaster County 4-H equestrians!



LANCASTER COUNTY
Super Fair

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

Ch=Champion; Res=Reserve

Top Static Exhibits

GENERAL AREAS

Poster: Jaisah Huber
Club Banner: All American Kids
Quilt: Ellie Babcock
Dog: Sarah Lange

SCIENCE, ENGINEERING & TECHNOLOGY

Aerospace/Rockets: Noah Babcock
Model Vehicle: Cael Morris
Wood Science: Ella Guerra
Safety: Kylie Hansen
Engineering: Charles Weitz

FOOD & NUTRITION

Yeast Exhibit: John Sump
Quick Bread: Mary Kate Ingracia
Food Preservation: Michaela Bunz
Cake or Pie: Anna Sump
Cookie: Ada Foral

HUMAN DEVELOPMENT

Human Development: Clare Bauman

HOME ENVIRONMENT

Home Environment: Rose Ingracia
Home Environment: Bailee Gunnerson
Home Environment: Danielle Schreiber

HERITAGE

Heritage: Eliese Schwinck

PHOTOGRAPHY

Unit 1: Isabelle Going
Unit 2: Emmalee Going
Unit 3: Ashley Clegg
True Leader Exhibit Print: Linsey Sheldon

CLOTHING

STEAM 1 Clothing: Nicole Gee
STEAM 1 Pillow: Elena Thomson
STEAM 2 Clothing: Kylie Hansen
STEAM 3 Clothing: Ellie Babcock
Beyond the Needle: Ellie Babcock
Accessory: Vanessa Peterson
Fiber Arts - Crocheting: Hannah Thomson
Fiber Arts - Knitting: Noah Babcock
Shopping in Style: Ella Hendricksen

HORTICULTURE

Vegetable: Mason Pillard
Herb: Kylie Hansen
Annual Flower: Jared Nielsen
Perennial Flower: Zachary Pittman
Rose: Laurel Frogge
Specimen Plant: Ella Hendricksen

CONSERVATION & WILDLIFE AND FORESTRY

Conservation and Wildlife: Zachary Pittman
Forestry: Anna Sump

Top Contest Awards

BICYCLE SAFETY

Sr Ch: Clare Bauman
Sr Res Ch: Cecilia Yallaly
Jr Ch: Jayan Hraban
Jr Res Ch: Cora Vander Woude

LIFE CHALLENGE

Sr Ch: Madelyn Kreifels
Sr Res Ch: Cecilia Yallaly
Jr Ch: Sarah Lange
Jr Res Ch: Abby Kruse

PRESENTATIONS

Premier Presenter: Julia Stephenson
Sr Ch: Julia Stephenson
Sr Res Ch: Nathan Gabel
Int Ch: Sarah Lange
Int Res Ch: Kylie Hansen
Jr Ch: Vanessa Peterson
Jr Res Ch: Emmy Sheldon
Special Topic: Noah Jelinek

FASHION SHOW

Fashion Show Grand Ch: Ellie Babcock
Fashion Show Res Grand Ch: Mariana Tines
Fashion Show Ch: Emily Pillard
Fashion Show Ch: Kali Burnham
Fashion Show Ch: Clara Johnson
Shopping in Style Ch: Clare Bauman
Beyond the Needle: Ellie Babcock
Make One/Buy One Level 1: Elena Thomson
Make One/Buy One Level 2/3: Hannah Thomson
Clothing Level 1 (Complete Outfit): Josie Johnson
Apron: Vanessa Peterson
Garment(s) Made for Others: Jacob Bauman
Attention Shoppers: Josie Johnson



Clockwise from upper left: Fashion Show grand champion and reserve grand champion, Elite Showmanship Contest top winners, Rocketry top exhibit, Rabbit All-Around Showman Award champion and reserve champion, Horse Reining senior champion, Photography top exhibits.



PLANT SCIENCE

Horticulture: Nathan Gabel
Tree Identification: Madelaine Polk
Grass & Weed Identification: Ellie Babcock

TABLE SETTING

Picnic Sr: Emma Lanik
Picnic Int: Livia Swanson
Picnic Jr: Emmy Sheldon
Casual Sr: Bailee Gunnerson
Casual Int: Kayllie Waite
Casual Jr: Holly Bowen
Formal Int: Kylie Hansen
Formal Jr: Cael Morris
Birthday Sr: Rose Ingracia
Birthday Int: Olivia Epp
Birthday Jr: Madison Johnson

ELITE SHOWMANSHIP

1st Place: Sarah Dilley
2nd Place: Caitlyn Walbrecht
3rd Place: Brett Heinrich
4th Place: Burke Settles
5th Place: Corianna Kubicek

LIVESTOCK JUDGING

Livestock Judging Sr Ch: Jaclyn Heinrich
Livestock Judging Int Ch: Heather Lange
Livestock Judging Jr Ch: Sarah Lange

Top Animal Exhibits

BEEF

Showmanship Supreme Ch: Caitlyn Walbrecht
Showmanship Sr Ch: Caitlyn Walbrecht
Showmanship Int Ch: Allison Walbrecht
Showmanship Jr Ch: Brody Sexton
Breeding Heifer Supreme Ch: Allison Walbrecht
Breeding Heifer Supreme Res Ch: Caitlyn Walbrecht
Feeder Calf Supreme Ch: Brett Heinrich
Feeder Calf Supreme Res Ch: Brett Heinrich
Market Animal Supreme Ch: Jaclyn Heinrich
Market Heifer Grand Ch: Jaclyn Heinrich
Market Heifer Res Grand Ch: Skylar Sterns
Market Steer Grand Ch: TJ Mueller
Market Steer Res Grand Ch: Luke Harms
Lancaster County Born and Raised - Breeding Ch: Caitlyn Walbrecht
Lancaster County Born and Raised - Market Ch: TJ Mueller
Rate of Gain Market Steer Ch: Ryan Kraus
Rate of Gain Market Heifer Ch: Jaclyn Heinrich
Overall Cow/Calf Pair Ch: Ryan Kraus

DAIRY CATTLE

Showmanship Overall Ch: Jordan Marsh
Showmanship Sr Ch: Catherine Hytrek
Showmanship Int Ch: Jordan Marsh
Showmanship Jr Ch: Ryan Marsh

BUCKET CALF

Bucket Calf Int Ch: Aleya Cuttlers
Bucket Calf Int Res Ch: Jordan Marsh
Bucket Calf Jr Ch: Josie Johnson
Bucket Calf Jr Res Ch: Fox Funk

SHEEP

Showmanship Sr Ch: Burke Settles
Showmanship Sr Res Ch: Emma Lanik
Showmanship Int Ch: Heather Lange
Showmanship Int Res Ch: Noah Jelinek

SWINE

Showmanship Sr Ch: Jaelyn Heinrich
Showmanship Int Ch: Kyson Gana
Showmanship Jr Ch: Kaden Gana
Market Swine Grand Ch: Jaclyn Heinrich
Market Swine Res Grand Ch: Brett Heinrich
Breeding Gilt Ch: Addison Gruber
Breeding Gilt Res Ch: Hannah Hoge
Pen of Three Ch: Colter Tietjen
Pen of Three Res Ch: Olivia Kerrigan

DAIRY GOAT

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

MEAT GOAT

Showmanship Sr Ch: Sarah Dilley
Showmanship Sr Res Ch: Andrew Dilley
Showmanship Jr Ch: Heather Lange
Showmanship Jr Res Ch: Samuel Babcock
Market Goat Overall Grand Ch: Andrew Dilley
Market Goat Overall Res Grand Ch: Sarah Dilley
Breeding Goat Overall Ch: Sarah Dilley
Breeding Goat Overall Res Ch: Sarah Dilley
Exhibitor Bred & Owned Ch: Fox Funk

LLAMA/ALPACA

Showmanship Int Ch: Jayden Hamel
Showmanship Jr Ch: Laynee Price

RABBIT

All-Around Showman Award Ch: Bailee Gunnerson
All-Around Showman Award Res Ch: Rhianna Metcalf
Showmanship Sr Ch: Bailee Gunnerson
Showmanship Int Ch: Rhianna Metcalf
Showmanship Jr Ch: Holly Bowen
Best 6 Class: Bailee Gunnerson
Best 6 Class Res: Ava Vogel
Best 4 Class: Josiah Phillips
Best 4 Class Res: Rhianna Metcalf
Judging Contest Sr Ch: Ceaira Brandt
Judging Contest Int Ch: Kayden Nyhoff
Judging Contest Jr Ch: Benjamin Phillips
Breed Identification Contest Sr Ch: Alyssa Zimmer
Breed Identification Contest Int Ch: Rhianna Metcalf
Breed Identification Contest Jr Ch: Macie Micek
Breeders Choice Sr Ch: Joli Brown
Breeders Choice Jr Ch: Macie Micek

HOUSEHOLD PETS

Mammal Ch: Valerie Griess
Mammal Res Ch: Jayan Hraban
Non-Mammal Ch: John Donlan
Non-Mammal Res Ch: Sidney Schlesiger

POULTRY

Showmanship Sr Ch: Diamond LeBlanc
Showmanship Jr Ch: Todd Munk
Judging Contest Sr Ch: Rachel Haeffner
Judging Contest Jr Ch: Layton Shaw
Best of 4-H Poultry Show: Zachary Pittman
Large Fowl Grand Ch: Samuel Babcock
Water Fowl Grand Ch: Diamond LeBlanc
Bantam Grand Ch: Zachary Pittman

DOG

Showmanship Sr Ch: Emmi Dearmont
Showmanship Int Ch: Taylor Root
Showmanship Beginning Ch: Claire Mathis
Intermediate Agility - Level 4 Ch: Maleah Jamison
Intermediate Agility - Level 3 Ch: Samantha Fox
Beginning Agility A - Level 2 Ch: Kaitlyn Dumler
Pre-beginning Agility B - Level 1 Ch: Claire Mathis
Pre-beginning Agility A - Level 1 Ch: Taylor Root
Obedience Graduate Novice Ch: Emely Troy
Obedience Novice Ch: Maleah Jamison

CAT

Long Hair Best in Show: Alexandra Tremblay
Short Hair Best in Show: Eliza Colbert
Working Cat Best in Show: Katie Fisher

HORSE

English Showmanship Sr Ch: Aubrey Hayes
English Showmanship Jr Ch: Ellie Bunz
English Showmanship Elem Ch: Elizabeth Funk
English Baby Green Equitation Ch: Emma Sondgeroth
English Hunter/Saddleseat Ages 4 and Up Grand Ch: Clara Bradbury
English Hunter/Saddleseat Ages 4 and Up Res Grand Ch: Elizabeth Funk
English Hunter/Saddleseat Aged Horse Grand Ch: Miya Higgins
English Hunter/Saddleseat Aged Horse Res Grand Ch: Cayleigh Harre
Miniature Showmanship Jr/Sr Ch: Aubrey Hayes
Miniature Showmanship Elem Ch: Afton Byelick
Western Showmanship Sr Ch: Madison Sobotka
Western Showmanship Jr Ch: Ellie Bunz
Western Showmanship Elem Ch: Chase McInteer
Groom and Care Ch: Scarlett Battles
Western Stock Horse Ages 4 and Up Grand Ch: Michaela Bunz
Western Stock Horse Ages 4 and Up Res Grand Ch: Madi Brandt
Western Stock Aged Horse Grand Ch: Tanner McInteer
Western Stock Aged Horse Res Grand Ch: Emma Ohle
Reining Sr Ch: Jadin Vogler
Reining Jr Ch: Clara Bradbury
Reining Elem Ch: Chase McInteer
Break-Away Calf Roping Ch: Jadin Vogler

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



EXTENSION CALENDAR

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

August

- 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

September

- 3 Labor Day — Office Closed
- 5 CHIME (Cultivating Healthy Intentional Mindful Educators) . 6:30–8 p.m.
- 6 Pesticide Applicator NDA Walk-in “Testing Only” Session .. 9 a.m.–2 p.m.
- 7 Land Management for 2020 and Beyond Workshop 9 a.m.–Noon
- 9 4-H Teen Council Meeting 3 p.m.
- 11 4-H Council Meeting 6 p.m.
- 12 CHIME (Cultivating Healthy Intentional Mindful Educators) . 6:30–8 p.m.
- 13 Co-Parenting for Successful Kids Class 9 a.m.–12:30 p.m.
- 14 Extension Board Meeting 8 a.m.
- 15 Composting Demonstration, *Pioneers Park Nature Center’s backyard composting demonstration area across from Nature Center.....* 10 a.m.
- 16 4-H Council Golf Tournament Fundraiser, *Hidden Valley Golf Club, 10501 Pine Lake Road 1 p.m.*
- 19 CHIME (Cultivating Healthy Intentional Mindful Educators) . 6:30–8 p.m.
- 20 Pesticide Applicator NDA Walk-in “Testing Only” Session .. 9 a.m.–2 p.m.
- 22–23 AKSARBEN 4-H Horse Show, *Fonner Park, Grand Island*
- 25 Nutrition and Physical Activity Self-Assessment for Childcare Workshop (NAP SACC) 6:15–8:15 p.m.
- 26 CHIME (Cultivating Healthy Intentional Mindful Educators) . 6:30–8 p.m.
- 27–30 AKSARBEN 4-H Stock Show, *Fonner Park, Grand Island*

4-H Information Night

Tues., Oct. 16 • 6pm

Lancaster Extension Education Center
444 Cherrycreek Rd., Lincoln



See animals such as rabbits and llamas



Free hot dogs!

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

Adults – Help Youth Grow By Volunteering!

UNL CASNR Visit Day, Oct. 6

University of Nebraska–Lincoln’s College of Agricultural Sciences and Natural Resources (CASNR) is hosting its annual Experience the Power of Red Visit Day for students grades 8–12 on Saturday, Oct. 6, 9 a.m.–2 p.m. There is no charge.

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

Please register at <http://casnr.unl.edu/visitday> by Friday, Sept. 28. For more information, call 800-742-8800, ext. 2541.

4-H youth showcase their projects at Super Fair

The 2018 Lancaster County Super Fair was held Aug. 2–5 at the Lancaster Event Center. Over 750 4-H/FFA exhibitors showcased over 5,400 exhibits (including static exhibits, Clover Kids, animals and contest entries).

The Super Fair provides 4-H youth an opportunity to showcase their projects.

A special thank you to all the volunteers and sponsors who helped make 4-H & FFA at the fair possible!

This year, the Lancaster County Super Fair reverted from a 10-day fair back to four days. Lancaster County Ag Society President Ron Dowding said, “The board got a lot of input on this change and we’re feeling like it’s the right time for our local youth and the community to focus in on the 4-H days of the fair which is the heart and soul of the Lancaster County Fair going back 147 years.”



Nearly 525 4-H/FFA exhibitors entered nearly 2,600 static exhibits. The Super Fair features the largest county 4-H static exhibit display in Nebraska. Pictured is a fairy garden being interview judged.



Many 4-H Clover Kids (ages 5–7) who entered static exhibits also participated in Show & Tell. Clover Kid activities are non-competitive, and they receive rainbow participation ribbons. Pictured is a youth talking about his insect collection box.



Lancaster County has the largest 4-H county fair horse show in the state, with 40 events spanning seven days. This year, 145 horse exhibitors competed in 993 total entries. Pictured is Western Pleasure horses.



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

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



The 4-H poultry show includes showmanship, which is one-on-one with a judge.



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



Numerous adult and youth volunteers work behind the scenes in all 4-H areas of the fair — including static exhibits, contests and animal shows. Pictured are 4-H clothing superintendents and additional volunteers during judging.

Photos by Vicki Jedlicka, Nebraska Extension in Lancaster County