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### NEBLINE, August 2020

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# Be an Active Family with Outdoor Activities

**Kayla Colgrove**  
Extension Educator,  
Lancaster County

It's summer. The sun is out. The mornings are refreshing and the evenings are long. It is time to be outside and have some fun! Great news, most outdoor activities can help fit more physical activity into your day. Being active as a family can benefit everyone.

### How Much Activity

Kids and teens need at least one hour of physical activity a day. Include a mix of activities that make their heart beat faster, build their muscles and strengthen their bones. Running, jumping or doing a cartwheel can help bones get stronger.

Adults need 150 minutes a week of physical activity that gets your heart beating faster. Do activities that make your muscles work harder than usual at least two days a week. For older adults, it is recommended to add balance training and evaluate your level of effort based on your level of fitness. Chronic health conditions may affect your ability to do regular physical activity safely. Always check with your doctor before starting a physical activity routine.

### What Counts

All sorts of activities count. Whatever gets you moving! Some examples include:

- Swimming
- Walking
- Jogging or running
- Dancing
- Golfing (without a cart)
- Sports
- Yoga
- Weight machines
- Body-weight exercises

Luckily for us adults, there are several outdoor summer activities that can count as exercise but don't feel like exercise at

the time. Some of these activities would include:

- Gardening and weeding
- Yardwork
- Mowing the lawn with a push mower
- Household chores such as vacuuming
- Home repairs

The goal is to get kids outside and moving without feeling like they are exercising. The TV and game consoles are all too tempting, but there are several ways to encourage activity and decrease screen time.

### Fun Outdoor Activities for Your Family

Make physical activity fun for the whole family. Involve your children in the planning. It is important to walk, run and play with your child instead of sitting on the sidelines. Try one of these outdoor activities to get active as a family:

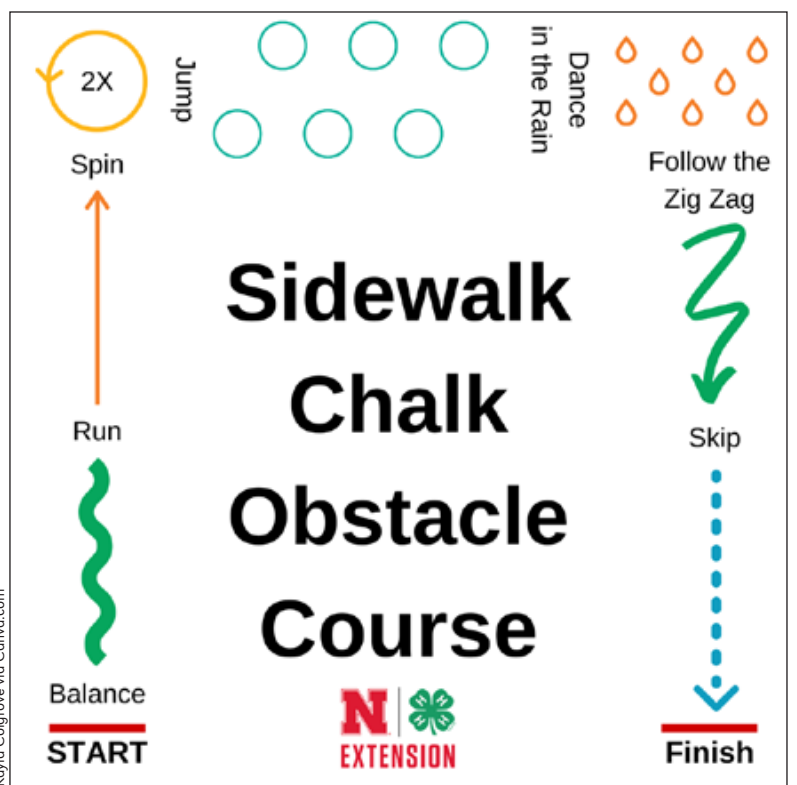
### Go on a Scavenger Hunt

This is a great activity that involves the whole family. It is inexpensive and can be played many different ways. Create a list or try this outdoor scavenger hunt that focuses on items your family can find on a walk. See how many items you can cross off on your next walk.

### Create a Sidewalk Chalk Obstacle Course

If you have been on a walk in any neighborhood recently, you probably have seen some sidewalk chalk art. Try making an obstacle course. It is a fun activity all ages enjoy. Create your own chalk obstacle course using your sidewalk and/or driveway. Here is an example course to try:

- Create a start line
- Balance along a squiggly line



- Run to the next activity
- Spin 2 times
- Jump to each circle
- Dance in the rain
- Follow the zig zag
- Skip to the finish line

be done with just an old towel or sock. Ask your kids what sport they like playing. Help them practice and work on their skills.

### Explore the Trails

This is a great way to get active as a family. Enjoy walking, running or riding bikes. When riding bikes, set an example by using safety gear, like bike helmets. If your community doesn't have trails, search for *see ACTIVE FAMILY on page 2*

### Play Active Games

Choose games that require catching, throwing, kicking or chasing to be more active without thinking it is exercise. Capture the Flag is a great game to play with the family. This can

 <b>OUTDOOR SCAVENGER HUNT</b> How many items can you find on your walk?			
Nest 	Cloud or Sun 	Building 	Rock 
Bug or Insect 	Road Sign 	Fence 	Animal 
Flower 	Tree 	Bird 	Wheels 
Tower 	Pine Cone or Acorn 	Plane 	Flag 

## EXTENSION OFFICE OPEN

*although some restrictions to staff office area remain in effect.*

Limited public meetings and events are being held in the conference rooms with social distancing guidances in place.

Masks are highly encouraged.

Please visit [lancaster.unl.edu](http://lancaster.unl.edu) for up-to-date information

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## ACTIVE FAMILY

continued from page 1



Kayla Colgrove via Camva.com



safe routes near you. Learn more about the trails in Lincoln at <https://lincoln.ne.gov/city/parks/parksfacilities/trails/>.

### Build an Outdoor Obstacle Course

Kids love to run, tumble and jump. Put some organization to it and call it a game. This can be built with supplies you already have, or by purchasing a few inexpensive items. Choose items that will help kids learn to go under, over, around and through. Add a little competition

by timing each family member. A little friendly competition is a great way to sneak in extra effort and workout intensity.

### Teach the Kids Some of Your Favorite Active Games Growing Up

Think back to what you used to enjoy playing. Maybe it was Hopscotch, Double Dutch Jump-Rope, Kickball, Red Light-Green Light, Simon Says, Freeze Dance, etc. Some of these classic games

will still get your heart pumping.

### Be a Role Model

Show off your dance moves, model some yoga poses or teach them your favorite sport. This can be a great time to warm up the throwing arm, just in time for football season. When kids see you enjoying physical activity, they may want to try it too.

Sources:

- Move Your Way, U.S. Department of Health and Human Services
- 10 Tips: Be a Healthy Role Model for Children, Choose MyPlate

## RECIPES OF THE MONTH

Kayla Colgrove, MS, RDN, ACSM-CPT, Extension Educator, Lancaster Co.

One of my favorite things about summer is eating fresh produce like watermelon, tomatoes and corn. Try one of these easy recipes from Nebraska Extension.

### SIMPLY SUMMER FRUIT SALAD

- 1 cup watermelon, scrubbed with clean vegetable brush under running water
- 1 cup blueberries, gently rubbed under cold running water
- 1 cup diced kiwi, gently rubbed under cold running water
- 1 cup canned mandarin oranges, drained
- 1 cup pineapple chunks, fresh, frozen or canned

Wash hands with soap and water. Stir fruit together in a medium-sized bowl. Serve immediately or cover and store in the refrigerator.

Nutrition Information:

Serving Size (1 cup): Calories 77 Total Fat 0.4g Sodium 4mg Total Carbohydrates 19.4g Fiber 2.7g

Source: Nebraska Extension Food Dept.



Photo provided by Cami Wells

### SUMMER VEGETABLE SALSA

(6 Servings)

- 1 medium zucchini, gently rubbed under cold running water, diced
- 1 medium white onion, scrubbed with clean vegetable brush under running water, diced
- 3 Roma tomatoes, gently rubbed under cold running water, diced
- 1 Jalapeno pepper (optional), scrubbed with clean vegetable brush under running water, minced
- 4 garlic cloves, minced
- 1/2 cup fresh cilantro or parsley, gently rubbed under cold running water, chopped
- 1/2 teaspoon salt (optional)
- 1/4 cup lime juice

Wash hands with soap and water. Put zucchini, onion and tomatoes in a medium bowl. Because the jalapeno can burn the skin, an adult should remove the seeds and mince it. Mince the garlic. Add jalapeno and garlic to the tomato mixture. Add cilantro, salt and lime juice to the tomato mixture. Stir well. Chill in the refrigerator at least 30 minutes before serving.

Nutrition Information: Serving Size (1/6 of recipe): Calories 25 Total Fat 0g Saturated Fat 0g Cholesterol 0mg Sodium 198mg Total Carbohydrates 6g Fiber 1g Total Sugars 3g Protein 1g Vitamin D 0% Calcium 2% Iron 0% Potassium 4%

Source: Nebraska Extension Nutrition Education Program





# What You Need to Know About Having a Well Drilled

**Becky Schuerman**  
Extension Associate,  
Lancaster County

Those residences that are not served by a public water system need a source of water for both consumption and daily needs. A private well, most often, fulfills these needs. While the cost of drilling a well is not a huge expense in the overall purchase or building of a home, it is a necessary expense to provide the residence with a useable water supply and it adds value to the property.

## Reviewing Your Water Needs

Whether or not you have an existing residence or are building a new home, making a list of water needs is an important initial step. Questions that need to be considered and shared with the licensed water well contractor you hire are:

- How many people will be living in the household?
- Beyond the normal daily water usage needs, what seasonal uses do you foresee, e.g. lawn and/or garden irrigation, washing cars, filling a swimming pool, creating an ice rink, etc.?
- Possible geothermal demands?

- Emergency needs such as fire protection or possible water storage in case of emergency?
- Where should the well be drilled, e.g. in the middle of the front yard, further away from a septic system, etc.?

Typically, private household wells are designed to pump 10 or less gallons/minute. This is usually plenty for most home situations, but having a list of what all will place a demand on the well is important knowledge to have.

## Hiring a Contractor

To accomplish this, the next important step is to hire a Nebraska licensed Water Well Contractor. Never be afraid to ask the following questions, such as:

- Are they licensed in the State of Nebraska to drill wells and install pumps? This is a requirement in the State of Nebraska.
- Are they adequately insured and bonded? Currently, Nebraska licensed water well contractors must maintain a minimum of \$100,000 public liability and property damage insurance.
- Will they supply you a detailed explanation of the work/conditions of the bid/job contract?

Details include, but are not limited to:

- ▶ Estimated depth of the well;
- ▶ Bore hole diameter;
- ▶ What type and size of well casing will be used;
- ▶ What type and length of well screen will be used;
- ▶ Approximately how long will the well be developed and test pumped;
- ▶ Will they provide you with a copy of the well log, well registration and any other documents from installed water equipment?

- Will they take care of registration requirements for the well with the Department of Natural Resources?
- Can they provide you with multiple references of past jobs they have done? If so, what is the overall reputation of the contractor being considered?

Don't hesitate to get multiple quotes when looking to hire a licensed water well contractor, it is really no different than shopping around for a home builder or a new car. Make sure you are comparing each contractor along the same criteria, this is where your list of water needs and getting a detailed bid comes into play. A qualified, licensed water well contractor should:

- be able to tell you if quality

water is fairly easy to come by or is scarce in your area;

- be familiar with the geology and the static water level/water table in your area;
- be familiar with how deep nearby domestic wells are drilled and well yields; and
- know if there are any contaminants of concern in your area.

Remember, the cheapest bid is not always the best one and that references can be immensely helpful.

## To Build a House or Drill a Well First, That is the Question

If you are building new, it is wise to drill your well first so you don't have a home built and find out later you aren't able to provide a good water supply. Once the well is drilled, you can then move forward with the placement of your onsite wastewater system and the building of your home. This is not to say you shouldn't have an initial plan of where your well, onsite wastewater system and home will be placed, but know plans may have to be changed up a bit to accommodate the location of a good water supply, proper construction and setback requirements.



## WATER WELL RESOURCES

For a list of currently-licensed Water Well Standards Contractors by county, consult the Water Well Standards and Contractors' Licensing Program website: <http://deq.ne.gov/NDEQProg.nsf/OnWeb/WWS>.

For University of Nebraska Extension NebGuide publications on private well ownership, wellhead protection for private drinking water wells, water quality testing and other water related topics, consult the UNL Water website: <https://water.unl.edu/article/drinking-water/nebguides>.

# Almost Time for Fall Lawn Seeding

**Sarah Browning**  
Extension Educator,  
Lancaster County

The best time to seed cool season grasses, such as Kentucky bluegrass and tall fescue, is between August 15th and September 15th, so its time to start your site preparation.

Getting your seeding done as early as possible is really important, because each week of delay in seeding translates into 2-4 additional weeks required for the grass to mature. It is critical to seed tall fescue no later than mid-September. Tall fescue seedlings take a longer time to develop cold hardiness, so to avoid winter damage, get your seeding done early.

Fall is, in fact, the best time of year for seeding lawns due to a combination of factors. First, there's less weed pressure than in spring, and late summer weather is less problematic during the soil preparation phase. Plus, the extended period of cool weather, usually with good rainfall, that occurs from September through late November is ideal for growth of cool-season turfgrasses.

## Getting Started

**Total Renovation** - If you need to renovate the entire lawn, start by killing the remaining grass and weeds with glyphosate (RoundUp), then wait for 10-14 days for the herbicide to take effect. Next, mow the dead

vegetation as short as your mower will allow and move on to soil preparation.

**Overseeding** - If you just need to fill in thinned areas, and still have more than 50 percent

seed can make contact with it. Watering the lawn area a day or two beforehand will make aeration easier and allow the machine to take deeper cores.

**Fertilization** - Nebraska



Aeration is the best way to prepare grass for overseeding.

good turf, then overseeding is the answer. Skip the RoundUp, but mow the existing grass fairly short, 2.5-3 inches tall, to make soil preparation easier.

**Soil Preparation** - Prepare the seedbed through aeration, making at least three passes over the lawn. You need to produce lots of bare soil, so the

soils are rarely low in phosphorus, but turfgrass seedlings do benefit from a starter fertilizer high in phosphorus at seeding. Once the area is prepared, apply a starter fertilizer totaling 1-1.5 lbs Phosphorus/1,000 sq.ft.

Phosphorus is the second number in the fertilizer ratio. For example, a 16-22-8 product

contains 22% phosphorus. At 22% phosphorus, you would need to apply approximately 4.5 lbs. of product per 1,000 sq.ft. to supply 1 lb. phosphorus/1,000 sq. ft.

## Spreading Seed

After preparing the area, use a drop spreader to apply the seed. Rotary spreaders are great for fertilizing, but not so great for seeding. Seed is too light to spread uniformly with a rotary spreader so purchase, rent or borrow a drop seeder. Divide the seed in half; apply the first half as you walk North to South, and the second half going East to West. This helps ensure even distribution.

Afterwards, rake the seed slightly to ensure good seed/soil contact. The full seeding rate for turf-type tall fescue is 6-8 lbs./1,000 sq.ft., and 2-3 lbs. for Kentucky bluegrass. When seeding into an existing lawn, the seeding rate can be cut in half.

## Watering & Mowing

Irrigate the seeded area two to four times a day during the first two weeks, depending on temperatures. Keep the top 1/2-1 inch of soil moist as the seedlings germinate. Taper off your watering schedule as the seedlings develop. As they approach mowing height, reduce the number of irrigations to two to three per week, but water more deeply with each application to encourage deep root

development.

Begin mowing as soon as possible. Mowing encourages tiller development, and helps new plantings thicken up quicker. It also keeps weeds under control while the new seedlings become established. Just be sure to sharpen your mower blade.

## Dormant Seeding

If fall turfgrass seeding isn't possible for you, then consider dormant seeding. With this method, the area is prepared in late fall, late September through November, but the seed is not distributed until after the growing season has ended. The goal is to prepare the site and put the seed in place, but keep it dormant until conditions are right for germination next spring. Plan to spread the seed anytime from mid- to late-November through March.

## FOR MORE INFORMATION

For more information on lawn seeding, check out the following publications.

- Improving Turf in Fall, UNL Turfgrass info, <https://go.unl.edu/fallseeding>
- Establishing Lawns From Seed, UNL Turfgrass info, <http://go.unl.edu/lawnseeding>
- Overseeding Turf, Backyard Farmer Video, <http://go.unl.edu/overseedturfgrass>
- Lawn Renovation Overview, Backyard Farmer Video, <http://go.unl.edu/lawnrenovation>



# Chiggers: Itching in all the Wrong Places

**Kait Chapman**  
Extension Educator,  
Lancaster County

With summer comes spending more time outdoors, and more time outdoors inevitably leads to more exposure to things that can make us itch – plants, mosquitos and chiggers to name a few. But what exactly is a chigger? Chances are, you've never actually seen one. Instead, you've probably discovered hours after spending some time outdoors you're now covered in some uncomfortable and unbearably-itchy bites.

## What Exactly is a Chigger?

Chiggers are immature or larval red harvest mites and are the only life stage of the mite that bites and feeds on people and animals alike. Larvae have six legs and can measure up to 1/100 of an inch in diameter, making them incredibly difficult to see with the naked eye. Adults are more recognizable due to their larger size and bright red color and feed on small insects and insect eggs. Females lay eggs on vegetation throughout the summer and overwinter as adults.

## Bites

In Nebraska, chiggers are most active in June and July, but can persist throughout the summer. People can become exposed to chiggers nearly anywhere outdoors, whether it be strolling through tall grass in a park, gardening or simply enjoying some time in their yards. Chiggers locate their hosts by detecting

carbon dioxide and climbing to higher places to attach themselves to the clothing or fur of their victims. They particularly prefer tight or constricted areas like waistlines, ankles, armpits and other areas of snug-fitted clothing.

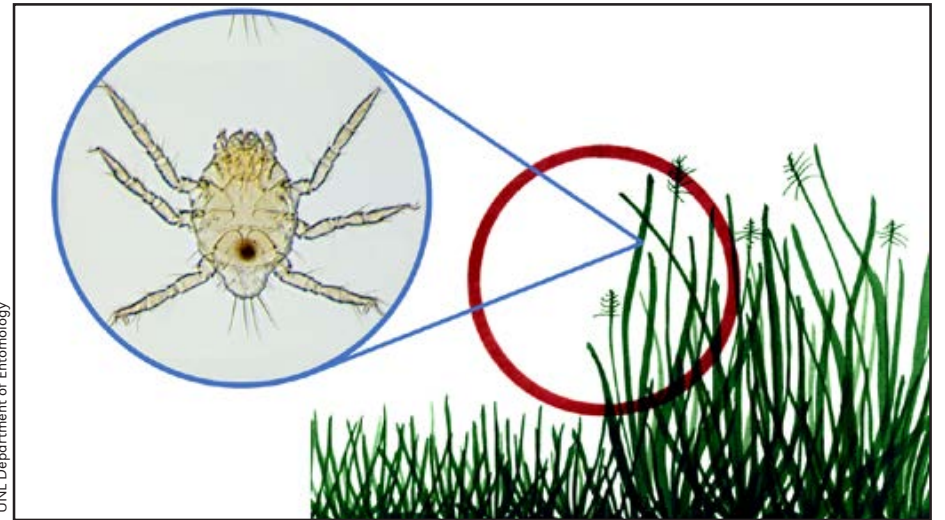
Chiggers do not borrow into the skin. Instead, they crawl into the hair follicle



Adult chigger or the common red harvest mite.

and inject a salivary fluid to dissolve nearby cells – this is what makes their bites so itchy. Within a few hours, small, red welts begin to appear where the chigger bit. Itching tends to peak after 1-2 days of the initial bite, and sometimes persists for up to a week. Chiggers can remain on their hosts for 3-5 days unless removed. These mites are not known to transmit any diseases, however secondary infections may occur as a result of scratching.

If you are bitten by chiggers, over-the-counter treatments such as calamine lotion, hydrocortisone ointment or other non-prescription local anesthetics can reduce the itch.



Where are they? Chiggers (blue) are tiny and are rarely ever seen with the naked eye but lurk in grassy habitats (red). Because they're nearly impossible to avoid, it's important to take measures to protect yourself from their bites.

## Prevention and Management

As mentioned, because chiggers are impossible to spot, protection and avoidance is key. To protect yourself from chiggers and their bites, you should:

- Wear loose-fitting and protective clothing when possible.
- Avoid sitting or reclining on the ground while outdoors.
- Apply a repellent, such as DEET or a permethrin clothing spray. Many plant-based or natural repellents have not been tested for effectiveness against chiggers.
- After returning from a chigger-infested area, shower or bathe with hot water as soon as possible. Scrubbing your skin thoroughly dislodges any mites and

prevents future bites.

- Remove and launder your clothing before re-wearing.
- Keep landscapes and lawns well-manicured.

Areas infested with chiggers can be treated with insecticides containing bifenthrin. Before applying any insecticide, you should always read and follow the label instructions and precautions.

### FOR MORE INFORMATION

Contact your physician for severe cases of chigger dermatitis or hypersensitivity to bites.

For local pest diagnostic services, including identification and control recommendations, please contact the Nebraska Extension in Lancaster County office.

# Collect – Share – Practice: Family Emergency Communication Plans

**Soni Cochran**  
Extension Associate,  
Lancaster County

The time to prepare is before something happens. No matter where you are, work, school or home, a Family Emergency Communication Plan is essential in the event of any crisis! Every member of your household should know how to reach each other or a designated contact in the event of emergency and have a meeting place if you are separated.

**There are three steps to creating a Family Emergency Communication Plan:**

1. **COLLECT.** Collect the information for family members and important contacts like your physician, veterinarian, school, child care providers and more. Have a paper copy of this information and update it regularly.
2. **SHARE.** Make sure every member of your family has a copy of the Family Emergency Communication Plan. Go to <https://www.ready.gov/plan> and fill out the Family Emergency Communication Plan Checklist. Once the plan is complete, you can print it and post it on the refrigerator or a family bulletin board in your home. **TIP:** A wallet-sized, fill-in-the-blank version of the Family Emergency Communication Plan can be found at <https://go.unl.edu/familycommplan-wallet>
3. **PRACTICE.** Hold regular family meetings to review the Family Emergency Communication Plan and practice how you will get in touch with

one another in an emergency. Even the youngest members of the family can participate in these important practice exercises.

## Choose a Primary Contact

Every family member should know who to contact if there is an emergency. Choose one person for all family members to contact. This person should live in a different town as they may be easier to reach if your community is involved in an emergency situation.

## Pick a Meeting Place

Where will you meet up with your family if you have to get out of your house quickly? Your meeting place could be the big tree in the front yard or a neighbor's house.

Where will you meet if your neighborhood is being evacuated and you're not at home? Consider a place everyone in the family knows like the local library, fire station or church.

If you have family pets and need to leave your home, where can you go with them? Make plans before an emergency happens and practice, practice, practice.

## Making Phone Calls in an Emergency

If you make a phone call to emer-

gency personnel, follow their directions carefully, you may be asked to stay on the phone. If you must redial a number, wait 10 seconds. Dialing too soon bogs down networks.

If there is an active emergency in your area, avoid using your phone for casual conversations. Do your part to keep networks free for first responders and emergency communications.

## Your Mobile Phone Can be an Important Asset in an Emergency

**Text, don't talk:** If you are using a mobile phone, a text message may get through when a phone call will not. This is because a text message requires far less bandwidth than a phone call. Text messages may also save and then send automatically as soon as capacity becomes available. If driving, do not text, read texts or make a call without a hands-free

device. (We all know this doesn't just apply to "an emergency.")

If you must make a phone call from a mobile phone during an emergency, keep the call brief and share vital information with your family/plan members. Practice making brief calls and sharing important information.

## Save Your Battery!

If you know there is severe weather approaching, make sure your mobile devices are fully charged. In an emergency, you can also conserve batteries by:

- Reducing the brightness of your display screen.
- Placing your mobile phone in airplane mode.
- Close any apps you don't need.

Mobile devices can be charged with portable power banks or power packs, solar battery chargers and car chargers. **TIP:** add a portable charger to your emergency preparedness kit.

**Evacuation.** If you must evacuate in an emergency and have a call-forwarding feature on your home or business landline, forward calls to your mobile number. Make sure you bring your portable charging devices with you.

### Helpful resources:

Ready.gov – FEMA: Family Emergency Communication Plan - <https://www.ready.gov/plan>  
Ready.gov – FEMA: Family Emergency Communication Plan – Wallet Size: <https://go.unl.edu/familycommplan-wallet>  
American Red Cross Emergency Contact Card - <https://go.unl.edu/red-cross-card>  
Nebraska Extension Disaster Education Resources - <https://disaster.unl.edu/>





# August Blooming Perennial Flowers

Mary Jane Frogge  
Extension Associate,  
Lancaster County

Are most of your early summer perennial flowers done blooming for the year? Wouldn't it be nice to have a selection of perennials that bloomed late in the summer? There are many attractive August blooming perennials available, and many bloom up until frost. Next year you can add a selection of late summer-blooming perennials to your flower garden.



Smooth Aster



Helenium



Swamp Milkweed



Sedum

Common name	Color	Height
Asters	Pink, blue, purple	3-4 ft.
Black-Eyed Susan	Yellow	2-3 ft.
Gayfeather	Rose, purple	1-2 ft.
Goldenrod	Yellow	3 ft.
Helenium	Yellow	3 ft.
Hosta	Lavender, white	1-3 ft.
Obedient Plant	Pink	2-4 ft.
Pitcher Sage	Blue	2-4 ft.
Sedum	Pink, red, white	2-3 ft.
Swamp Milkweed	Pink	2-4 ft.

Mary Jane Frogge, Nebraska Extension in Lancaster County

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Mary Jane Frogge, Nebraska Extension in Lancaster County

Soni Cochran, Nebraska Extension in Lancaster County



## GARDEN GUIDE

### THINGS TO DO THIS MONTH

Mary Jane Frogge, Extension Associate,  
Lancaster County

Water the garden early in the day so plants can absorb the moisture before the hot sun dries the soil. Early watering also insures 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.

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.

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.

Hand pick bagworms from your evergreen and deciduous trees.

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

Do not add weeds with mature seed heads to the compost pile. Many weed seeds can remain viable and germinate next year when the compost is used.

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

Bt (*Bacillus thuringiensis*) is used by many gardeners to protect cole crops from chewing caterpillars.

White flies are attracted to yellow, so use yellow sticky boards to reduce their populations.

# Creating Reading Routines During the Summer Months

Jackie Steffen  
Extension Educator,  
Cedar County

One of the most effective ways to improve children's reading ability is by reading often and early to them. When summer rolls around, we may be tempted to ease up on academic expectations and the amount of quality time we spend reading with children or children spend reading on their own. It is natural to get distracted by the nice weather, summer to-do lists and the freedom from structured schedules.

## Benefits

There are many benefits to keeping the reading momentum going throughout the summer including improved fluency, increased vocabulary, expanded background knowledge and greater confidence are just a few.

How can you enjoy the beauty of summertime and still foster a love of reading?

## Here Are a Few Quick Tips

- **Make reading a part of your daily routine.** If nighttime read alouds do not fit into your summer schedule because you are staying outside and time slips away from you, consider changing the time of day you and your child read. Stories outside with the birds chirping and the cool morning air will start your day off with a close connection and rich, warm discussions. A shared reading experience after mealtimes is effective as well. Classroom teachers tend to

do classroom read alouds after lunch, maybe that is tradition that would work well for your setting. No matter what you decide is the perfect reading routine; remember to be intentional but flexible.

- **Encourage children to select books they are genuinely interested in and excited about.** Although reading books at grade level is desirable, reading choice should be the

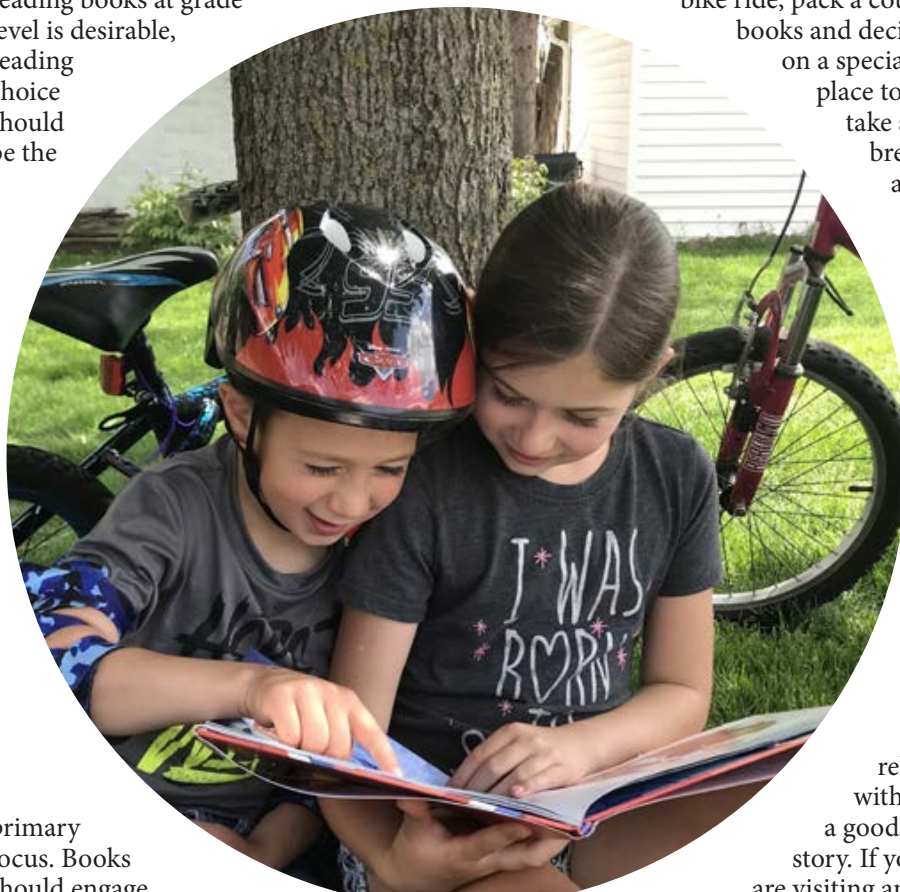
story line. Book selection is crucial to developing an intrinsic joy and it also promotes independence. It is much easier for children to get in the "reading zone" when they are hearing or reading books by authors and in genres that are engaging to them.

- **Connect reading to family outings.**

If you are heading out on a bike ride, pack a couple books and decide on a special place to take a break and

or hatcheries to prepare for the trip or to extend learning after the visit. Listening to a family audiobook as you are traveling from destination to destination sparks conversations about a shared reading experience and will leave children anticipating the next time they get to travel and hear the "rest of the story." Sharing stories as a family can leave a lasting impression.

Remember reading authentic texts for meaning and pleasure should be emphasized above all this summer. There is a contagious energy about books that are read for enjoyment and strong connections and relationships are developed. The benefits to keeping the reading momentum going throughout the summer are phenomenal. Improved fluency, increased vocabulary, expanded background knowledge and greater confidence are just a few. Above all, summertime reading creates wonder, curiosity and the eagerness to want to discover more.



primary focus. Books should engage children through text, pictures and the

relax with a good story. If you are visiting an aquarium, consider reading books about fish

## FOR MORE INFORMATION

Ideas for reading at home, visit <https://www.readingrockets.org/audience/parents>  
Visit <https://www.startwithabook.org/summer-reading-learning> to get additional suggestions for summer reading activities.  
To download fairy tale storybook guides to support literacy development, visit <https://child.unl.edu/nebraska-4-h-stem-reading-connections-program>





## HEART OF 4-H VOLUNTEER AWARD

### Jim & Nita Stell

Lancaster County 4-H is proud to announce Jim and Nita Stell of Lincoln as co-winners of the August "Heart of 4-H Award" in recognition of outstanding volunteer service.

4-H volunteers for over five years, the couple has helped in a variety of roles:

- Assisted with the Clover Kids 4-H club for two years.
- Assisted with the Clever Clovers 4-H club for three years, which has been recognized as a Nebraska 4-H Club of Excellence each of these years. Jim and Nita have helped club members with community service projects such as landscaping at Tabitha and making Christmas presents for Tabitha residents. Nita has taught crafts and helped 4-H'ers make dresses for Haitian orphans.
- Helped staff shifts at 4-H Council's food booth during the Lancaster County Super Fair for four years.

"We love helping 4-H'ers discover skills and create projects," Jim and Nita say. "Our favorite experience as volunteers is going to the county fair and seeing the talent and creativeness of 4-H'ers."

Lancaster County 4-H thanks Jim and Nita for donating their time and talents. People like them are indeed the heart of 4-H!

*Volunteers are needed to help lead 4-H clubs. If you would like to learn more about 4-H volunteer opportunities, call 402-441-7180.*



## 4-H Youth and Volunteers Sew 1,789 Hats and Masks for Bryan Health



Lancaster County 4-H launched two back-to-back community-service sewing projects which began on March 25 due to the need for protective gear for Bryan Health's medical staff in Lincoln.

The first was the "Hats for Hospitals" project where cotton surgeon hats were sewn. 4-H youth and adult volunteers picked up fabric kits from the Extension office. Initial funding of \$211 for this project was sponsored by a 4-H memorial fund and was used to purchase fabric and supplies for the first kits. In just a few weeks, hundreds of yards of fabric and elastic were donated, over 543 sewing hours were spent and 778 surgeon hats completed!

Once the need for hats was fulfilled, by April 13, the second project, "Sewing for Hospitals" was in full swing with volunteers sewing cotton face masks. In just a few days, 4-H face masks were already in use at the hospitals. The need was great since Bryan Health was using 100 face masks each day for patients, visitors and non-medical staff. At the conclusion of this project, volunteer sewers spent over 352 hours producing 1,011 face masks.

During both projects, one 13-year-old 4-H member sewed 330 hats and masks! Another dedicated volunteer sewed 350 items. Lancaster County 4-H thanks all of the sewing heroes involved in both of these projects!



## 4-H'ers Problem Solve Real-Life Situations at County Life Challenge

The county 4-H Life Challenge contest was held virtually this year. Thirty-one youth demonstrated their knowledge in the areas of Foods & Nutrition, Personal Finance, Human Development, Healthy Lifestyles and Home Environment in a written placement exam and an oral solution video. Emily Bauman was the Junior Champion and Evan Mittan-DeBuhr was the Junior Reserve Champion. Senior Champion was Lilee Chevalier and Melanie Wiggins was the Senior Reserve Champion.

## Virtual State Public Speaking Contest Results

Over 174 youth from across the state competed in the first 4-H virtual state public speaking contest. The top winners in each division received medals. Congratulations to all youth who participated! The following Lancaster County 4-H'ers earned purple ribbons.

### SPEECH CONTEST:

- **Intermediate division:** Sarah Lange, Samuel Livingston, Melanie Wiggins
- **Senior division:** Kylie Hansen, Gabriel Livingston

### PUBLIC SERVICE ANNOUNCEMENT (PSA) CONTEST:

- **Intermediate division:** Clara Johnson, Melanie Wiggins
- **Senior division:** Ella Hendrickson (medal winner), Riley Petersen

## State Fair to Focus on Showcasing 4-H & FFA Youth



**The 2020 Nebraska State Fair will be held Aug. 28–Sept. 7 at Fonner Park in Grand Island. The State Fair has been modified to focus on showcasing 4-H & FFA events and exhibits. Gate admission will be free!**

4-H exhibits, contests and livestock shows will be held on the first weekend. FFA livestock shows will take place on the second weekend. All events and activities will follow the most up-to-date directive health measures. For up-to-date details, information and schedule of 4-H activities, go to <http://4h.unl.edu/state-fair>. For up-to-date information about the overall State Fair, go to <https://statefair.org>.

### Static Exhibit Entries

Static exhibits will be on display for the public to view at the Pinnacle Bank Expo Building and will also be shown virtually. Static exhibits will not be judged at State Fair, but will receive special 2020 State Fair ribbons. Top awards may be selected.

At the Lancaster County Super Fair, 4-H static exhibits will be selected for the Nebraska State Fair by the judges in the respective areas. 4-H'ers with exhibits selected for State Fair will be notified after the Super Fair with instructions.

### Animal Entries Due Aug. 10

Animal exhibitors (4-H ages 10–18, FFA ages 10–21) are eligible to participate at the Nebraska State Fair regardless of county fair placing. 4-H/FFA youth or their families must submit their animal entries in ShoWorks online before Monday, Aug. 10, 8 p.m. Information, instructions and link to register are at <https://4h.unl.edu/state-fair/live-animal-exhibitor>. Lancaster County Extension staff will NOT collect State Fair animal entries or entry fees.

The state Dog Show will be Saturday, Oct. 3 at the UNL Animal Science Complex. Entries are due to the county Extension office by Monday, Aug. 10. For more information, go to <https://4h.unl.edu/dog-show>.

### New Virtual Project Showcase

Nebraska 4-H's 2020 4-H Project Showcase provides an opportunity for all enrolled youth to showcase a project they have learned a lot from this year or they are particularly proud of. All 4-H projects are eligible regardless of the award they received through judging or the ability to have that project judged at the county level. All enrolled 4-H members ages 8–18 may submit one project to the showcase. Projects submitted by Monday, Aug. 10 will be showcased at the 2020 Nebraska State Fair! Projects may also be showcased by Nebraska 4-H on Facebook, Twitter and Instagram. Learn more and submit your favorite project at [4h.unl.edu/project-showcase](http://4h.unl.edu/project-showcase).





## LANCASTER COUNTY Super Fair

**All public aspects of the Lancaster County Super Fair have been postponed to 2021 due to COVID-19. This year's Super Fair will focus solely on 4-H & FFA youth participation.**



**All details/plans are subject to last-minute changes. See <https://lancaster.unl.edu/4h/fair/changes> for up-to-date details.**

### Static Exhibit Virtual Entries Due July 28

This year, instead of in-person static exhibits, families must take photos and/or videos of each exhibit and submit entries online at <https://lancaster.fairmanager.com>. 4-H families and youth may submit entries. Static exhibit entries may be submitted online starting on Tuesday, July 21. Deadline is Tuesday, July 28, 8 p.m.

See 4-H/FFA Fair Book for detailed class requirements, including if supporting information is needed. See the handout, "2020 4-H Static Exhibit Virtual Entries — Procedures and Specifications," for a list of virtual requirements for each division (i.e., how many photos are needed, if video is needed, etc.).

The process starts in ShoWorks, where you can enter entries one after another. Once you "Check Out," you cannot edit or delete entries, but you can add more entries later. After "Check Out," ShoWorks automatically switches to Fair Vault for uploading files. You can upload more files later. A handout with step-by-step instructions how to submit entries — including screenshots — will be available.

More details and links to the handouts are at <https://lancaster.unl.edu/4h/fair/staticexhibits>.

### Livestreaming and Public Online Showcases

No general public at in-person events, but everyone may celebrate 4-Hers fair projects through livestreaming and public online showcases! Some of the following planned public showcases will be posted during fair, some afterwards. Livestream schedule and links to all public showcases will be posted at <https://lancaster.unl.edu/4h/fair/publicshowcases>.

#### YouTube ([www.youtube.com/user/4HLancasterNE](http://www.youtube.com/user/4HLancasterNE))

- 4-H will livestream as many shows as possible, which will then be automatically archived.
- Fashion Show Cyber Runway Show video with ribbons and winners announced.

#### Flickr ([www.flickr.com/photos/unextlanco/albums/](http://www.flickr.com/photos/unextlanco/albums/)):

- Table Setting online showcase
- Clover Kids Virtual Show & Tell videos
- Photos from animal shows

#### Fair Vault online media slideshows

- Static exhibits with names of exhibitors

#### Social media posts:

- Facebook @UNLExtensionLancasterCounty
- Twitter @LancasterCo\_4H

#### Virtual Scavenger Hunt presented by Lancaster Agricultural Society

- Keep an eye on SuperFair.org and on Facebook, Twitter & Instagram @SuperFairLNK for details to win free food and drink at LEC fairgrounds!

### Clover Kids Virtual Show & Tell Video Entries Due Aug. 2

All 4-H Clover Kids, youth ages 5–7 by Jan. 1, 2020, are invited to upload a video of their favorite project or small animal for the virtual Clover Kids Show & Tell. Recommended time is 90 seconds to 2-minutes. Submit videos by Sunday, Aug. 2, 1 p.m. Details are available at <https://lancaster.unl.edu/4h/fair/cloverkids>.

### Modifications for In-Person Animal Events

Daily attendance will be limited to three family members per exhibitor. See current list of modifications, go to <https://lancaster.unl.edu/4h/fair/changes>. Day-stalling for horses available for \$15/day. Must be reserved before Monday, July 27 by contacting Kate Pulec at [kpulec3@unl.edu](mailto:kpulec3@unl.edu). Beef exhibitors will be charged \$10/head bedding fee for temporary stalls in Pavilion 1. Must be paid before Monday, July 27 by contacting Calvin DeVries at [cdevries2@unl.edu](mailto:cdevries2@unl.edu).

## 4-H & FFA Exhibits & Events

No general public at in-person events, but everyone may celebrate online (see announcement below left). This replaces the 4-H & FFA schedule published in the Fair Book. Up-to-date schedule and map is at <https://lancaster.unl.edu/4h/fair/2020/4HFFAModifiedSchedule20.pdf>

### PRE-FAIR

Friday, July 17–Monday, July 27 — 4-H Dog Skill-a-thon Virtual Contest

Tuesday, July 28 — 4-H/FFA Virtual Static Exhibit Videos and/or Photos Need Submitted By . . . 8 p.m.

### THURSDAY, JULY 30

LEC Fairgrounds Office Open for Bagged Shavings and Camping Services . . . . . 7:30 a.m.–4 p.m.  
Wristband entry and animals may arrive on fairgrounds . . . . . not before 7:30 a.m.  
4-H Horse Ponies/Minis/Shetlands Measuring (Pavilion 3) . . . . . 8 a.m.  
4-H Horse Dressage Show — Elementary/Junior/Senior/Walk/Trot/Novice Western Dressage Classes (Pavilion 4 - Amy Countryman Arena) . . . . . 8 a.m.  
4-H Miniature Horse Show — Halter/Showmanship/Miniature Horse Jumping/In-Hand Obstacle Trail/Pleasure Driving/Timed Cones (Pavilion 3). . . . . 9 a.m.  
4-H Poultry Verbal Check-in (Multipurpose Arena) . . . . . estimated 8:30–9:30 a.m.  
4-H/FFA Sheep & Meat Goat Check-In & Weigh-In (Pavilion 1) . . . . . estimated 9:30–11:30 a.m.  
4-H Poultry Show/Showmanship (Multipurpose Arena) . . . . . estimated 9:30 a.m.  
4-H Meat Goat Show (Pavilion 1 Arena) . . . . . estimated 12:30 p.m.  
4-H/FFA Sheep Show (Pavilion 1 Arena) . . . . . estimated 3:30 p.m. or 15 minutes after completion of Meat Goat Show if it runs long

### FRIDAY, JULY 31

LEC Fairgrounds Office Open for Bagged Shavings and Camping Services . . . . . 7:30 a.m.–4 p.m.  
Wristband entry and animals may arrive on fairgrounds . . . . . not before 7:30 a.m.  
4-H English Horse Show — Groom & Care/English Bareback Equitation/English Pleasure/English Equitation/English Discipline Rail (Pavilion 4 - Amy Countryman Arena). . . . . 8 a.m.  
4-H Horse Hunter Hack Jumper Show (Pavilion 3 - Arena) . . . . . immediately following English Show  
4-H/FFA Swine Check-in & Weigh-in (Pavilion 1) . . . . . estimated 9:30–11:30 a.m.  
4-H Bucket Calf Check-in (Multipurpose Arena) . . . . . estimated 8–9 a.m.  
4-H Bucket Calf Interviews Start (Multipurpose Arena) . . . . . estimated 9 a.m.  
4-H Bucket Calf Show (Multipurpose Arena) . estimated 10:30 a.m. or 30 minutes after completion of interviews if they run long  
4-H/FFA Swine Show (Pavilion 1 Arena) . . . . . estimated 12:30 p.m.  
4-H Llama/Alpaca Verbal Check-in (Multipurpose Arena) . . . . . estimated 1–2 p.m.  
4-H Llama/Alpaca Show (Multipurpose Arena) . . . . . estimated 3 p.m.

### SATURDAY, AUGUST 1

LEC Fairgrounds Office Open for Bagged Shavings and Camping Services. . . . . 7:30 a.m.–12 p.m.  
Wristband entry and animals may arrive on fairgrounds . . . . . not before 7:30 a.m.  
4-H Horse Ponies Measuring (Pavilion 3) . . . . . 8 a.m.  
4-H/FFA Beef Check-in & Weigh-in (Pavilion 1) . . . . . estimated 9:30–11:30 a.m.  
4-H Rabbit Check-in (Multipurpose Arena) . . . . . 8–9:30 a.m.  
4-H Western Horse Show 3 — Western Bareback Equitation/Western Pleasure Ponies/Western Pleasure/Western Horsemanship/Western Discipline Rail (Pav. 4 - Amy Countryman Arena) 8 a.m.  
4-H Horse Trail Show (Pavilion 3) . . . . . 8 a.m.  
4-H Rabbit Show — Breeder's Choice Show/Pet Class/Market/Breed/Fur/Showmanship (Multipurpose Arena) . . . . . 10 a.m.  
4-H/FFA Beef Show (Pavilion 1 Arena) . . . . . estimated 12:30 p.m.

### SUNDAY, AUGUST 2

LEC Fairgrounds Office Open for Bagged Shavings and Camping Services. . . . . 7:30 a.m.–12 p.m.  
Wristband entry and animals may arrive on fairgrounds . . . . . not before 7:30 a.m.  
4-H Western Horse Show 2 — Reining/Working Pleasure/Ranch Horse Pleasure/Ranch Horse Versatility (Ranch Riding) (Pavilion 4 - Amy Countryman Arena) . . . . . 8 a.m.  
4-H Dairy/Pygmy Goats Verbal Check-in (Multipurpose Arena) . . . . . estimated 8–9 a.m.  
4-H Dairy/Pygmy Goat Show/Costume Contest (Pavilion 1 - West Arena) . . . . . estimated 9:30 a.m.  
4-H Xtreme Horse Show — Extreme Versatility (Pavilion 4 - Amy Countryman Arena) . . . immediately following Western Horse 2  
4-H Horse Games Show — Pole Bending/Barrel Race/Keyhole Race/Figure 8 Stake Race (Pavilion 4 - Amy Countryman Arena) . . . . . immediately following Extreme Versatility  
4-H/FFA Elite Showman Test (Pavilion 1) . . . . . estimated 2 p.m.  
4-H Clover Kids Virtual Show & Tell Video Entries Need Submitted By . . . . . 1 p.m.

### POST-FAIR

Friday, August 7 — ALL Premium Payouts (Static Exhibit, Contest and Animals) MUST Be Picked Up or Forfeited. Contact Your 4-H Leader if You Cannot Attend to Arrange for Proxy Pickup. Food Trucks and Live Music Will Be On-Site! (Lancaster Event Center Fairgrounds) . . . . . 4–8 p.m.



# EXTENSION NEWS

## Extension Promotions



Photo by Vicki Jedlicka, Nebraska Ext. in Lancaster Co.

Tracy Anderson at the Salvation Army teaching about electricity using circuit boards and laptops.

Congratulations to two Extension educators at Nebraska Extension in Lancaster County who recently received promotions.

- **Tracy Anderson** joined Nebraska Extension as an Extension Assistant in 1997. She serves as the 4-H Youth Development Urban Program Coordinator in Lancaster County. Tracy's emphasis is on leading the Lancaster County 4-H team, developing 4-H opportunities for all youth, expanding partnerships and serving as the 4-H Council liaison and Teen Council co-leader.

- **Jaci Foged** began her work with Nebraska Extension in July 2014 as an Extension Educator. She is a trainer and coach for childcare providers working with children birth to 8 years of age. The goal of Jaci's collective professional work is to provide and increase high-quality resources and education for early childhood professionals and families and improve learning experiences for children. Jaci also partners with Nebraska Department of Education – Step Up To Quality and Nebraska Children and Families Foundation - Rooted in Relationships to deliver coaching to childcare providers participating in those initiatives.



Photo by Vicki Jedlicka, Nebraska Ext. in Lancaster Co.

Jaci Foged teaching Emergency Preparedness for Child Care

- **Brie Frickenstein** has worked for the Lancaster County Nutrition Education Program since October 2016. Previous Extension experience included working at the Adams County office since January 2015.

Brie's responsibilities include in-school nutrition education programming with Kindergarten, 3rd and 5th grade classrooms in all Title 1 Elementary Schools in Lancaster County as well as adult nutrition education classes at homeless shelters and substance abuse treatment facilities.

She also has an emphasis in policy, system and environmental work surrounding healthy food access that includes: Double Up Food Bucks, Choose Healthy Here and Assisting with Farmers' Markets and Food Distribution sites throughout Lincoln.



Photo by Vicki Jedlicka, Nebraska Ext. in Lancaster Co.

Brie Frickenstein checking on the Choose Healthy Here display



# EXTENSION CALENDAR

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

## July

- 23 Pesticide Applicator NDA By Appt. "Testing Only" Session 9 a.m.–2 p.m.
- 24 4-H Horse Incentive Program Forms Due to Extension
- 28 4-H & FFA Static Exhibit Virtual Entries Due for Super Fair. . . . . 8 p.m.
- July 30–Aug. 2 Lancaster County Super Fair, Lancaster Event Center

## August

- 2 4-H Clover Kids Virtual Show & Tell Video Entries Due . . . . . 1 p.m.
- 6 Pesticide Applicator NDA By Appt. "Testing Only" Session 9 a.m.–2 p.m.
- 7 Lancaster County Super Fair 4-H & FFA Premium Payouts, Lancaster Event Center. . . . . 4–8 p.m.
- 10 Deadline for State Fair 4-H Animal Entries – Must Enter Online at <http://nebr.fairwire.com>
- 20 Pesticide Applicator NDA Walk-in "Testing Only" Session 9 a.m.–2 p.m.
- Aug. 28–Sept. 7 Nebraska State Fair, Fanner Park, Grand Island

# EXTENSION NEWS

## Summer Programming 4-H Interns



Photo by South Dakota State Univ. Athletic Dept.

Alaina Kauffman



Photo by Karen Weidling, Nebraska Ext. in Lancaster Co.

Erika Loseke



Ashtyn Cooper

Each summer, student interns join the 4-H staff at Nebraska Extension in Lancaster County and provide much needed assistance. Three full-time interns help with ongoing summer programming, including contests, Lancaster County Super Fair and other activities.

- **Alaina Kauffman** assists, Extension Assistant Kate Pulec, with the horse, rabbit, cat and household pet projects. This is her second summer as a 4-H intern in Lancaster County Extension. Alaina was a 4-H member for 12 years in Douglas/Sarpy counties and attended nationals for rabbits as well as horses. She just finished her senior year at South Dakota State University where she received a bachelors in Ag Education and Ag Leadership, with a minor in Ag Business. Alaina will be returning to South Dakota State in the fall pursuing a Masters in Student Affairs and will be a captain on the South Dakota State University Equestrian Team.
- **Erika Loseke** assists, Extension Associate Kristin Geisert, with virtual teaching sessions and activities along with Super Fair virtual static exhibits and contests. This is her first summer as a 4-H intern. Erika is majoring in Nutrition and Health Sciences with a minor in Child, Youth, and Family Studies, and she will graduate from the University of Nebraska-Lincoln in December with a Bachelor of Education and Human Sciences degree. Erika plans to pursue a master's degree in nutrition upon graduation as she continues her journey to becoming a Registered Dietitian. She was a 13-year 4-H'er in Platte County.
- **Ashtyn Cooper** assists, Extension Assistant Calvin DeVries, with the livestock, dog and poultry projects. This is her first summer as a 4-H intern in Lancaster County Extension. Ashtyn was a 4-H member for 10 years in Lancaster County and attended state and national competitions in sheep and beef projects. She just graduated from University of Nebraska at Omaha majoring in Elementary Education and Library Information Science to enable her to continue her passion of working with and educating the children of Nebraska.

## 4-H Resources You May Use at Home

[lancaster.unl.edu/4Hathome](http://lancaster.unl.edu/4Hathome)

Lancaster County 4-H has compiled a list of 4-H resources and activities 4-H families, volunteers and youth may use at home. You do not need to be enrolled in 4-H to use these resources.

- |  |  |                              |
|--|--|------------------------------|
| Resources include:                           | • Horse Judging At-Home Lessons                              | • Tower Building Activity    |
| • It's Magic! Clover Kids At Home Activities | • Excerpts from Nebraska 4-H "STEAM Clothing: Maker's Guide" | • Youth Gardening Activities |
| • Listen to Your Heart                       |  |                              |

## Upcoming Early Childhood Trainings

The Learning Child Team is currently offering a variety of free or low cost VIRTUAL trainings for childcare providers. Visit this website to learn more about the trainings and to sign up! <https://extension.unl.edu/statewide/douglas-sarpy/early-childhood-education-professional-development-programs/>