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Nebraska's Bad Buzz: What You Need to Know About Mosquitoes and West Nile Virus

Jody Green, PhD
Extension Educator,
Lancaster County

Mosquitoes: The Deadliest Animals on Earth

Mosquitoes are both a nuisance pest and a health pest. Mosquitoes are known as the deadliest animal on earth due to the ability of some mosquitoes to transmit diseases like malaria, dengue fever, yellow fever, encephalitis and West Nile virus (WNV). Mosquitoes feed on a variety of hosts and the diseases they are able to transmit is specific to the type/species of mosquito.

Mosquitoes in Nebraska

There are 50 species of mosquitoes in Nebraska, but only half of them feed on human blood, the rest feed on other mammals, bird and reptiles. Males and females obtain nutrients from plant nectar, but female mosquitoes require blood to produce eggs.

In 2016, Zika virus was highly publicized due to the risk of birth defects and microcephaly in children born to mothers infected with Zika virus during pregnancy. All of the cases of Zika virus reported in Nebraska were attributed to travelers returning from affected areas because the particular



Female *Culex* mosquito taking a blood meal.



Culex mosquitoes lay eggs in rafts on the surface of standing water.

Aedes mosquitoes that transmit Zika are rare.

In 2018, Nebraska had the highest number of human cases of WNV in the United States and the second most number of deaths. The majority of cases

occurring in Eastern Nebraska. WNV is spread by the *Culex* species, which are common blood feeders in the Midwest. *Culex* mosquitoes rest on structures and in vegetation during the day and come out biting at dusk and continue after dark into the morning.

WNV Mosquitoes

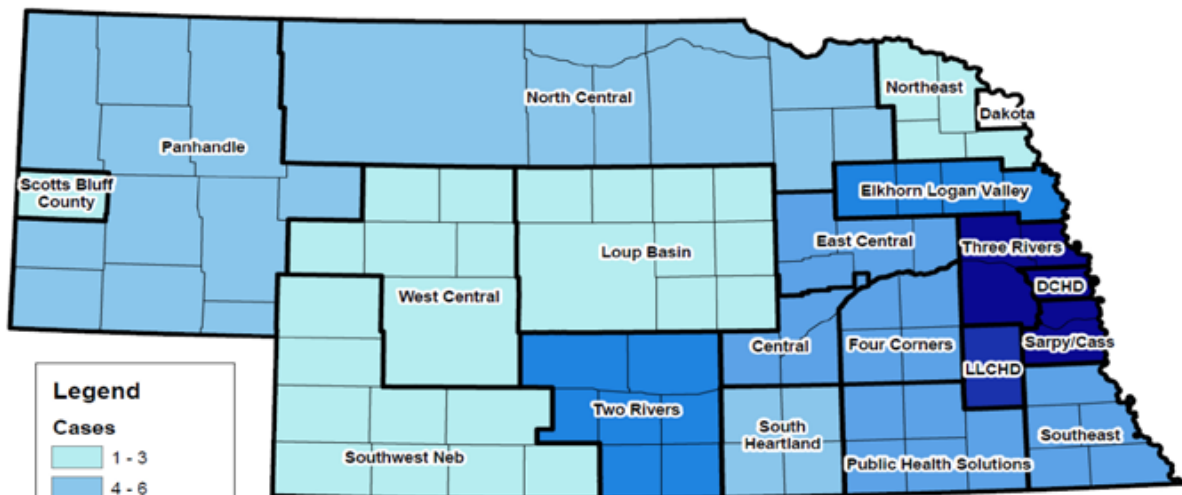
Culex mosquitoes lay their eggs on standing, stagnant water in irrigated fields and containers (i.e. tires, flower pots, toys, clogged gutters), and their populations and incidence of WNV are at peak levels during the fall months. Two things that lead to high incidents of WNV include:

1. **Higher-than-normal temperatures**, which speed up the mosquito life cycle, leading to a greater abundance of mosquitoes in a specific area.
2. **High rainfall**, which provides more breeding and larval habitats.

see WEST NILE VIRUS on p. 4

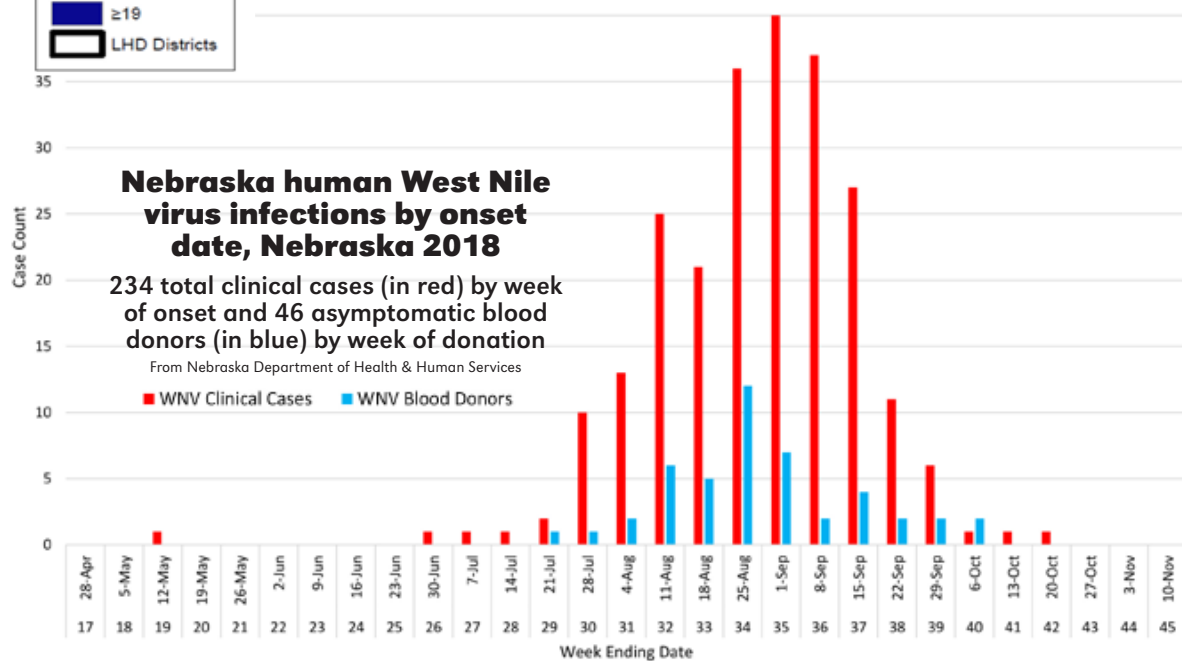
Fast Facts

- West Nile virus is spread from mosquito bites that feed on infected birds.
- It is NOT spread through touching infected people or birds, but can be spread through blood transfusion, organ donation or mother to baby.
- Symptoms can vary from having no symptoms at all, to flu-like symptoms and fever, to severe neurological damage to serious fatal illness.
- There are no vaccines or medication to treat people infected with West Nile virus, so education and prevention is important.



Nebraska human clinical West Nile virus cases by local health jurisdiction, 2018
235 total clinical cases in Nebraska

From Nebraska Department of Health & Human Services



Nebraska human West Nile virus infections by onset date, Nebraska 2018

234 total clinical cases (in red) by week of onset and 46 asymptomatic blood donors (in blue) by week of donation

From Nebraska Department of Health & Human Services

■ WNV Clinical Cases ■ WNV Blood Donors

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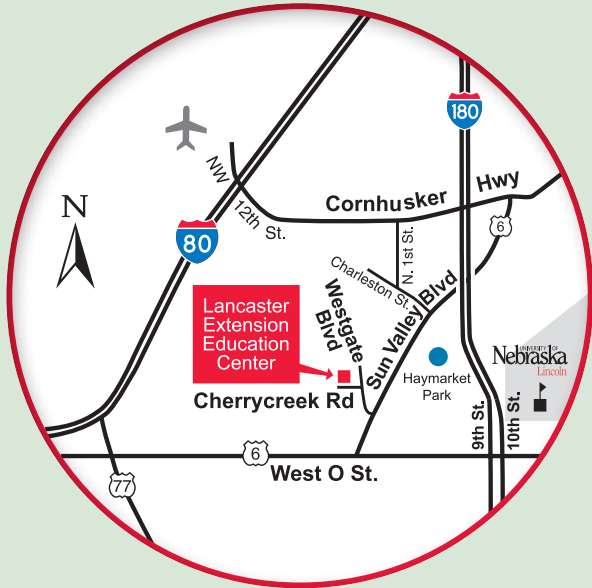
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Summertime Snacking With Salsa

Amy Peterson, MS, RD,
Extension Educator, Polk County

Nothing says summer more than fresh salsa! Eating fruits and veggies in a variety of colors — red, orange, yellow, green, blue, purple, white and brown make for a pretty plate and an even better palate of nutrients for good health!

Cooking with your children can also help show them early on about healthy eating and they can also stay sharp using math, measuring and reading skills by following recipes!

Lending a Helping Hand

Kids love to help in the kitchen! Keep the following tips in mind while you prepare the recipes below.

At 2 Years:

- Hand items to adult to put away (such as after grocery shopping).
- Place things in trash.
- Make "faces" out of pieces of fruits and vegetables.

At 3 Years:

- Rinse vegetables or fruits.
- All that a 2-year-old can do, plus:
 - Add ingredients.
 - Talk about cooking.
 - Name and count foods.

At 4 Years:

- All that a 3-year-old can do, plus:
 - Set the table.
 - Help measure dry ingredients.
 - Help assemble the salsa.

At 5 Years:

- All that a 4-year-old can do, plus:

- Measure liquids.
- Cut soft fruits and veggies with a plastic knife.

Sources:
• *Summer Food, Summer Moves from the United States Department of Agriculture (USDA)*; www.fns.usda.gov/tn/summer-food-summer-moves
• *Kitchen Activities for Kids from the USDA*; <https://choosemyplate-prod.azureedge.net/sites/default/files/audiences/KitchenHelperActivities.pdf>
• *Delicious Heart Healthy Latino Recipes: National Heart, Lung and Blood Institute*; <https://healthyeating.nhlbi.nih.gov/recipe/detail.aspx?cid=0&rid=190>



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RECIPES OF THE MONTH

Amy Peterson, MS, RD, Extension Educator, Polk County and
Ann Fenton, MS, Extension Educator, Pierce County

FRESH SALSA (PICO DE GALLO)

(Makes 8 servings, 1/2 cup each)

- 6 tomatoes, preferably Roma (or 3 large tomatoes), washed and diced
- 1/2 medium onion, washed and finely chopped
- 1 clove garlic, finely minced
- 2 serrano or jalapeno peppers, washed and finely chopped (optional)
- 3 tablespoons fresh cilantro, washed and chopped
- Juice of 1 lime
- 1/8 teaspoon dried oregano, finely crushed
- 1/8 teaspoon salt
- 1/8 teaspoon ground black pepper
- 1/2 avocado, washed and diced

1. Wash hands with soap and water.
2. Gently rub produce and fresh herbs under cold running water before cutting.
3. Combine all of the ingredients in a glass or stainless steel bowl.
4. Serve immediately, or refrigerate and serve within 4-5 hours.

Each serving contains 42 calories, 2g fat, 44mg sodium, 7g carbohydrate and 2g fiber.
Source of recipe: *Delicious Heart Healthy Latino Recipes from National Heart, Lung and Blood Institute.*



Cam Wells, Nebraska Extension in Hall County

FRESH FRUIT SALSA WITH CINNAMON CRISPS

(Makes 4 servings, 1/4 cup salsa and 1/2 tortilla).

- 4 strawberries
- 1/2 banana
- 1 apple
- 1 kiwi
- 1/8 cup orange juice
- 2 tablespoons sugar, divided
- 1 pinch nutmeg
- 1 teaspoon cinnamon
- 2 (8-inch) tortillas
- Cooking spray

1. Wash hands with soap and water. Preheat oven to 350°F. Gently rub produce under cold running water. Peel and core the kiwi. Dice the strawberry, apple, banana and kiwi into 1/4 inch pieces. Mix orange juice, 1 tablespoon sugar, nutmeg and 1/4 teaspoon cinnamon. Toss with fruit. Chill.
2. Cut each tortilla into 8 pieces. Arrange on a baking sheet. Lightly coat with cooking spray.
3. Combine 3/4 teaspoon cinnamon and 1 tablespoon sugar. Sprinkle over tortilla slices.
4. Bake 6-8 minutes until slightly browned.
5. Serve with fruit salsa.

Each serving contains 160 calories, 2.5g fat, 220mg sodium, 32g carbohydrate and 2g fiber.
Recipe adapted from *Fast Foods, Nebraska Extension 4-H Curriculum, 4H5000.*



Photos: Lisa Franzen-Castle, UNL Department of Nutrition & Health Sciences

Weather Challenges Keep Coming

Tyler Williams

*Extension Educator,
Lancaster County*

Even though we have had some time to let the March 2019 blizzard and flood sink in, it is still in the front of the minds of many Nebraskans. I constantly think back to the series of events that led up to that event and think “Could the March 2019 flood happen again?” or “Will our weather ever give us a break?”

The flooding event from the Bomb Cyclone on March 13–14 seemingly “snuck” up on us. Even though there were warnings a few days in advance of this incredibly powerful mid-latitude cyclone, I don’t think anyone realized what types of risks were out there.

As you recall, mid-January through early March of 2019 was one of the coldest and wettest periods in recent record for much of Nebraska. Parts of eastern Nebraska received over 20–30 inches above-normal snowfall and the average temperature in the state was



Photo courtesy of Jeff Berggren

Cornstalks and hay bales displaced by ice-covered flood waters on March 14 near Columbus.

10–15°F below normal for the 60-day period. The extremely cold temperatures froze the soil down a few feet and also created thick ice on top of lakes and rivers.

The ice proved to be the most detrimental factor in the entire March 13–14 event. The frozen ground prevented any moisture from infiltrating into the soil creating a near 100% runoff rate, exacerbated in some areas by steep terrain. Even saturated soils will allow some percolation through the profile, but the ice-packed soil just “sped up” the runoff at rates that are hard to quantify. The ice-covered lakes and rivers prevented this water from evacuating quickly

and added to the destruction typically seen by water alone.

The timing of this event could not have been much worse for many livestock producers. The cold and wet winter dwindled feed supplies and multiplied the energy needed by livestock just to maintain their condition. The 4–6 weeks prior to the “bomb cyclone” event left the livestock producers in tough shape and then this storm came, which was during calving season, and took out large portions of cow-calf herds. If the animals survived, the next challenge was dealing with mud, sickness and very little grass growth in the pasture. Spring-like conditions couldn’t come fast enough, and I

am not sure they ever really did.

Could It Happen Again?

This type of event is certainly possible to happen again, although, it is hard to get all of those conditions to align. A big component was the extended cold and we have been on a cooling trend in the month of February the past 30 years, even though our long-term trend is on a strong warming trend. Our late-winter pattern is proving to be “persistent,” whether it is warm or cold, and lately it has been cold. This persistence creates extreme conditions, and extreme cold and wet is definitely one of them.

The transition time from the extreme cold, snow and ice to spring-like weather systems is a key element to an event like this. We need time for snow and ice to melt and run off before we get heavy precipitation events. I do know I will be paying closer attention to ice and snow cover as we move into spring in the future.

El Niño Expected Through Summer

The outlook for the summer does not really show a “break” from the dominant pattern from the last nine months, as cool and wet conditions still have the highest odds for occurrence
see WEATHER on page 5

Block Play Encourages Children’s Development in Multiple Areas

Jaci Foged

*Extension Educator,
Lancaster County*

I would guess many families with young children have at least one set of blocks in their home. One of my oldest daughter’s first toys was a bag of plain wooden blocks, a gift from her uncle. We would spend lots of time stacking them up and knocking them down! Some of our other favorite blocks include: Fisher Price peek-a-boo blocks, soft activity blocks and the ever-popular Lego Duplos — which are considered an interlocking block or a manipulative. Have you ever considered how important block play is for child development?

What Is a Block?

Merriam-Webster defines a block as a lightweight, usually cubical, and solid wooden or plastic building toy, which is usually provided as a set.

Blocks Are Brain Builders

Block play supports and encourages children’s development in multiple areas.

Math: counting, numbers, quantity, measurement (length, height and weight), symmetry, patterns, estimation, addition, subtraction, geometry, size, spatial relations and more!

Science: gravity, weight, balance, cause and effect, designing, perseverance and problem solving, etc.

Language and Literacy: storytelling about what they

made or are making, differentiate different shapes and sizes and describing properties.

Physical Skills: large motor and muscle coordination (building uses arms, legs and core), small muscle development with smaller blocks (using fingers and hands), as well as hand-eye coordination.

Self-Regulation and Social Skills: problem solving, persistence, flexibility, cooperation skills, respect for others, sharing, independence and communication skills.

Which Blocks Are Best for My Child?

Consider the age and abilities of the child when purchasing or creating homemade blocks.

Infants 0–24 months are at the stage of discovery and stacking. Look for bigger, lighter blocks that are easy to clean. This age of child will put everything in their mouth, and will need something they can easily carry around. Stacking and lining up blocks are actions you will see.

Children 2–3 years of age begin complex stacking. Adults will begin to notice there are both vertical and horizontal stacks created to develop towers.

Children 3–4 years of age start creating foundations of buildings (like the floor plan at the zoo, or a house with rooms). These children will name their project “grandma’s house” or “parking garage.” This age of children also create bridges or arches and 4–5 year old children will begin to create complex buildings, adding in ramps and doors.

Children 5 and older begin to create block structures they will use for pretend play. We know that play is important, however research done by the Gesell Institute in Connecticut has found that pretend play matters a lot in order to be a successful grown up in our world. This type of play provides a safe space for children to practice using the types of mental skills that help them to self-regulate.

How Can I Make Homemade Blocks?

Put on your detective hat and search for old items you could repurpose into blocks. Milk cartons, old phone books, pudding or jello boxes, tissue boxes, and small or large cardboard shipping boxes. Wrap these items in colored duct tape to create lasting blocks. It can be fun to wrap some blocks in tin foil or colored paper for a different texture and color. Another suggestion to increase the depth of play would be to tape pictures of your child(ren), their friends or pictures of familiar landmarks (state capitol, their school, the zoo, your house or the football stadium).

What Can I Do to Support My Child’s Block Play?

Asking open-ended questions is a valuable way to encourage deeper engagement during block play. Asking questions also helps children analyze and evaluate their work. Some possible questions to ask children during block play are:

- How is your building different from your friends?
- Have you decided how to build the bridge?
- What is one way you could keep your tower from falling over?

- Which blocks make the most interesting buildings?
- What part of the castle was the most difficult part to build?

Peer reviewed by Tasha Wulf, Extension Educator, West Central Research and Extension Center.

Extension Offers “Block Party” for Childcare Programs

“Block Party” is a program developed by the University of Wisconsin Extension and adapted for Purdue Extension. Nebraska Extension is now offering Block Party as a statewide program to bring parents, early childhood educators and children together to engage in block play. Childcare programs may request Extension present either of the following workshops by contacting your local Extension office and asking for the Learning Child Educator. There is a nominal fee. In Lancaster County, call 402-441-7180 and ask for Jaci Foged — the programs can be offered at the childcare facility or Lancaster Extension Education Center.

- Two-hour Block Party professional development workshop for early childhood teachers — By taking time to play with a variety of blocks, teachers will develop a better understanding of the multitude of ways children learn by playing with blocks, and how to best support block play in their classrooms.
- Two-hour Block Party for childcare programs to offer their families provides a fun and interactive way to engage families. Families will learn how to support their child’s learning and development through block play.

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 Cherrycreek 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 Child Care (Go NAP SACC) Training for Childcare Providers — Thursdays, Aug. 22, Aug. 29 and Sept. 5. 6:30–8:30 p.m. Must attend all nights. Free. Register by Aug. 16 at <https://go.unl.edu/napsacc>.

West Nile Virus

continued from page 1

How Do You Get WNV?

WNV is spread from infected birds to people by mosquito bites. It cannot be transmitted from person to person touching, coughing or sneezing, but it can spread through blood transfusions, organ donation and from a mother to baby. The incubation period — the time between exposure by mosquito bite and appearance of symptoms — can range from 2–14 days.

What Are the Symptoms?

- The symptoms of WNV can vary:
- 80% of infected people do not develop any symptoms at all. This means numerous people have it or have had it, but did not even know.
 - 20% of infected people develop mild symptoms such as fever, headache, joint pain, fatigue, swollen lymph glands, eye pain, vomiting, diarrhea, loss of appetite or rash. This is self-limiting and will resolve itself without treatment and without long-term effects.
 - 1 in 150 of infected people develop a severe illness that affects the central nervous system, which includes high fever, paralysis, tremors, muscle weakness, seizures, meningitis and encephalitis. In severe cases, damage can be permanent and sometimes lethal.

If you are experiencing any of these symptoms, see your health-care provider.

Who Is at Greatest Risk?

People who spend a great deal of time outside, especially after dusk, may be exposed to more mosquito bites, especially in August and September when mosquitoes are most active. Persons over the age of 50 and those with medical conditions (such as cancer, diabetes, hypertension, kidney disease, received an organ transplant or take medications to suppress immune system) are at greater risk of developing a severe case of WNV. There is no greater risk to children.

What Other Animals Can Be Affected?

WNV primarily affects birds of over 250 species. Crows and jays are known to get sick and die from infection. Horses are another animal that can suffer a variety of symptoms, including encephalitis and death from mosquito bites.

How Long Has WNV Been Here?

Prior to 1999, WNV was not reported in the United States. Since then, it has been reported in all 48 continental states. In 2003, Nebraska recorded 1,994 cases and 27 deaths, which is the most throughout the years. In 2018, Nebraska had the highest number of cases in the United States with 245 cases and 11 deaths, which was second only to Illinois, with 16 deaths.

What Is the Treatment for WNV?

Unfortunately, there are no specific treatments like antiviral medication or licensed vaccines for WNV labeled to be used by humans. Treatment is supportive and based on symptoms. In severe cases, hospitalization, pain reduction and nursing care is necessary.

There is an equine vaccination available, which is very effective at protecting horses from WNV. Vaccinations are typically administered to horses each spring. Contact your veterinarian for more information.



Dump standing water at least once every five days so mosquito eggs do not have time to hatch into larvae. Standing water includes natural and human-made water collection sources such as livestock tanks (pictured above), toys (pictured below), tires, flower pots, etc.



If standing water cannot be dumped and replaced regularly, Mosquito Dunks are an organic option which use bacteria toxic only to fly larvae (which includes mosquitoes). Read label instructions. Pictured is a water pan for beneficial insects in a pollinator habitat.

If I Have or Had WNV, Will I Be Immune?

Once a person recovers, immunity to WNV is thought to be lifelong.

How Can I Protect Myself From Mosquito Bites and WNV?

- Use effective insect repellents that have been evaluated and approved by the U.S. Environmental Protection Agency. These active ingredients include: DEET, Picaridin, Oil of lemon eucalyptus, IR3535. Higher percentages indicate longer-lasting protection. See related article, "Choosing the Best Bug Spray to Protect Your Family From Mosquitoes and Ticks" by Jody Green in Nebline May 2019 or online at <https://lancaster.unl.edu/pest/resources/repellents.shtml>.
- Wear long sleeves and pants outside, loose fitting is best because mosquitoes can bite through some fabric.
- Fix and repair window and door screens to keep mosquitoes out of the house.
- Avoid the outdoors during peak mosquito times such as dawn and dusk.
- Dump standing water around your home at least once every 5 days so mosquito eggs do not have time to hatch into larvae.
- If water cannot be dumped and replaced regularly (i.e. bird path, pools, small ponds), consider treating with *Bacillus thuringiensis israelensis* (Brand name: Mosquito Dunks) which is an organic treatment that target mosquito larvae when they feed on the product.

What Are Community Agencies Doing?

Nebraska's WNV surveillance program tests dead birds, collects mosquitoes from routine surveillance sites around the state of Nebraska, collects data from clinical positive individuals, as well as blood donors that test positive. There are maps on their website that get updated regularly.

FOR MORE INFORMATION

- Nebraska Department of Health & Human Services Public Health, <http://dhhs.ne.gov/Pages/West-Nile-Virus.aspx> (includes testing criteria for dead birds).
- Centers for Disease Control and Prevention, www.cdc.gov/westnile.

My Personal Experience With West Nile Virus

Jody Green, PhD
Extension Educator,
Lancaster County

It is not a secret that I love being outdoors. If you follow me on Twitter (@JodyBugsMeUNL), you know I try my best to explore our Nebraska environments, both indoors and outdoors, looking for arthropods.

I draw mosquitoes to me like a magnet. Several studies have asked the question, "What makes some people more attractive to mosquitoes?" I attribute my ability to attract mosquitoes to my dark hair, affinity for dark clothing, and ability to produce sweat and exude carbon dioxide like a champ.

I travel with a bin of various repellents with different active ingredients and concentrations, but regardless, I find myself with a few bites each week, usually around my eyes, ears or hairline.

Unfortunately, I'm someone who is allergic to mosquito saliva. When a mosquito bites, she injects saliva and anticoagulants that aid in blood feeding. If you're like me, your immune system releases histamines, which causes itching, swelling and redness at the bite site. It sure is challenging trying not to scratch my bites, and my jealousy for people who have no reaction to mosquito bites is overwhelming. I have a collection of over-the-counter anti-itch treatments to relieve the discomfort.

During Labor Day weekend of 2018, I decided on the spur of the moment to donate blood at a



Avatar by Ethon Koark @Blackmudpuppy

mobile blood bank. Two weeks later, I received a letter in the mail from American Red Cross notifying me that test results showed I may have had the West Nile virus (WNV) at the time of my donation. I was shocked!

Knowing what I know about the virus, I figured I was one of the fortunate 80% that develop no symptoms at all. My friend and family quickly reminded me that the week before my donation, I had a strange rash on my legs and torso, and complained of a headache. My physician wasn't concerned because I did not have a high fever, which is the most common symptom of illness. By the time I received the letter, I was already over my symptoms and I was allowed to donate again in 120 days.

The reason I am sharing my story is because we are all at risk. We don't know what species of mosquito is biting us. We don't know if the mosquito that is biting us is infected with WNV. We don't know if/when we get infected with WNV how severe our symptoms will be.

I am one of the fortunate individuals who suffered very little, if at all. I have friends, coworkers and acquaintances who were not so lucky. Many people infected with WNV become severely ill, and either passed away or undergone months of recovery and rehabilitation.

I cannot stress how important it is for everyone to practice mosquito management by reducing breeding sites for mosquitoes and wear effective insect repellents. Please practice bug safety this year!

Check Landscape Plants for Bagworms

Mary Jane Frogge

Extension Associate, Lancaster County

This spring, it was easy to see bagworms from last year hanging in trees and shrubs. Now that trees are leafed out, it is hard to notice them, but do not assume they are not there. Bagworm larvae hatched in late May and have been feeding on plant material for over a month. They are about half of their mature size. Take a walk through your landscape or windbreak and check all your landscape plants, especially spruce and junipers.

If you find an outbreak of bagworms, chemical control may be needed. *Bacillus thuringiensis (Bt)* is available at nurseries and garden centers as Dipel or Thuricide. Other insecticides currently labeled for bagworm control include acephate, carbaryl, cyfluthrin, malathion and permethrin. Be sure to read and follow all label directions. If you have a large infestation in your evergreen trees or shrubs, do not delay in controlling the bagworms.

Feeding by mature caterpillars slows in August before pupation into adults, so chemical control in late summer and fall is not effective. By that time, your valuable landscape plants or windbreak are already severely damaged by the maturing bagworms.



Bagworm size in mid-July on a blue spruce (above) and cedar (below) tree.



Photos by Vicki Jedlicka, Nebraska Extension in Lancaster County



GARDEN GUIDE

THINGS TO DO THIS MONTH

Mary Jane Frogge, Extension Associate,
Lancaster County

Many plants are easily propagated by layering in July. Verbenas, euonymus, English ivy and climbing roses are a few plants that will root if the stems are fastened down and covered with soil.

For fall harvest of lettuce, radish, carrots, beets, turnips, kale and spinach, sow seeds in late July to early August.

Continue to make successive plantings of crops like beans and sweet corn to provide a continuous harvest until fall. A small garden will produce a large quantity of vegetables if replanting is done throughout the summer.

Check the soil moisture of container-grown vegetables and flowers daily. As the temperature rises, some plants may need water twice a day.

In July, a garden needs one inch of rain or water each week. Early morning is the best time to water. Evening watering is less desirable because plant leaves that remain wet through the night are more susceptible to fungus diseases. Mulch plants to reduce water losses and improve yields.

A brown or grayish cast over a lawn can be caused by dull or improperly adjusted mower blades that shred grass rather than cut it.

Store pesticides in a safe place in their original containers, away from children and pets. Use pesticides carefully in your garden. Read the labels and follow the directions. The warnings and precautions are for your protection.

Certain pesticides have a waiting period of several days between the time of the last spray and harvest. Read and follow directions on all labels before applying to your vegetable crops. Wash all produce thoroughly before use.

Greener Town Grant Applications Due Aug. 31

Are you ready to make a change to beautify your community, neighborhood, school or fairgrounds? Now is the time to consider applying for a Greener Towns grant to help fund your project.

Greener Towns is a program coordinated by the Nebraska Statewide Arboretum (NSA) in partnership with the Nebraska Forest Service and the Nebraska Environmental Trust, providing funding and design assistance for the development of community spaces statewide. The program's goal is to help communities plant trees and gardens that build soil, save energy, protect water and create wildlife habitat.

Who Can Apply?

Municipalities, city departments, schools or parent-teacher organizations, neighborhood associations, garden clubs, non-profit organizations and other community organizations. This program is not for home or commercial landscape projects, but could include the development or improvement of greenspaces along a street or trail, city park, golf course, school, library, courthouse, cemetery, fairground or other public community spaces.

Over the last 30 years, NSA has assisted more than 1,500 projects in over 250 communities.

Design assistance is available to help your dream for the community space become a reality. Together, NSA will help you transform the green space into a remarkable community addition that celebrates people and nature. They will help you develop a landscape plan that



Fireworks restaurant bioswale in Lincoln captures stormwater from adjacent parking lots and buildings absorbing excess runoff, filtering pollutants and creating habitat for birds and insects. This project completely changed people's experience along this part of Antelope Bike Trail, acting as a catalyst for continued greenspace improvements along the trail.



Aldersgate Church rain garden in Lincoln collects rain during storms and prevents it from running off the landscape. This conserves water by allowing it to soak into the soil, prevents erosion and prevents runoff from carrying fertilizer or pesticides off-site. When completed, Aldersgate Gardens will serve as an example of sustainable landscaping and a nature-based playground. The vision is for an intensively landscaped park with an abundance of plants for wildlife habitat which offers solace through nature for visitors.

fits your budget and comfort level, including a map of plant locations and a species list to present to nurseries, contractors and volunteers.

Guidelines and Application

Greener Towns can award \$1,000–\$20,000 to a project but

does require dollar-for-dollar matching funds through contributions, donations or volunteer time.

The application period for this year's grants opened June 1. Visit <http://Plantnebraska.org> and go to Community Landscapes > Project Funding > Greener Towns for more infor-

mation and application forms.

Project Timeline

- June 1–Aug. 31, 2019: Application period.
- Dec. 31, 2019: Final design due.
- May–September 2020: Project installation.
- Dec. 31, 2020: Project completion deadline.

Weather Challenges

continued from page 3

for the middle part of the country — including Nebraska. The key difference is “cool and wet” during the summer means something completely different than in February. Cool and wet is not too bad for crop production and rangeland production, so long as it isn't too cool and there is still plenty of sunlight. These conditions are predicted by forecasters due to the persistent wet pattern this spring, high soil moisture values in the region and the expected El Niño that is predicted to continue through the summer.

Even though El Niño conditions have a limited impact on our region in the summer, it tilts the odds towards wet and cool, which we already had plenty of this spring. Areas are always at risk for “flash” droughts during the summer season, so monitoring conditions is still necessary. As we move into the fall and winter, the potential for an El Niño will play a larger role in the forecasts.

Tips for Crop Production in a Wet and Cool Summer

- Monitor in-season nutrient levels due to potential losses.
- Check for rooting depth issues due to wet soils.
- Plan or schedule field applications in advance due to less field-work days.
- Plan for slowed crop maturity and delayed harvest.
- Monitor fields for late-season weeds due to slower crop canopy.
- Maintain soil residue cover to reduce higher erosion risk.
- Scout regularly for increased risk of crop diseases.



HEART OF 4-H VOLUNTEER AWARD

Kylee Yakel

Lancaster County 4-H is proud to announce Kylee Yakel of Lincoln as winner of the July "Heart of 4-H Award" in recognition of outstanding volunteer service.

Kylee has assisted with the 4-H Food & Nutrition areas at the Lancaster County Super Fair for 12 years,

starting when she was 9-years old. She became a superintendent five years ago when she aged out of 4-H. Kylee has also helped with the 4-H Bicycle Safety Contest for about five years.

"For me, 4-H has always been a family affair," she says. "My grandparents and parents were heavily involved in 4-H, and being able to follow their path by being a volunteer allows me to share the 4-H experience with other kids in the community. My favorite part of being a volunteer is judging day every year. I help coordinate interview judging for the foods area, and being able to see the pride on the kids' faces as they explain their projects makes volunteering worth it."

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



11 4-H Clubs Helped at Kiwanis Karnival



Little Green Giants 4-H club made balloon animals.

About 400 people attended the Kiwanis Karnival sponsored by the Lincoln Center Kiwanis Club in April at Elliott Elementary. Eleven 4-H clubs created and staffed 14 game booths. Teen Council members ran Bingo for adults and staffed a booth. Lincoln Center Kiwanians served hot dogs, chips and ice cream.

Lorene Bartos, Nebraska Extension in Lancaster County Emeritus and Lincoln Center Kiwanis member, said, "It was another great event for Elliott School families, 4-H families and Kiwanis. Elliott families enjoyed the free evening of family activities and expressed their thanks. It is always great to see the wonderful games 4-H'ers develop and staff. The leadership skills and community service given by the 4-H families is exceptional. Thanks to all who participated and shared their time and talents."

Chris Christensen, Elliott teacher and Lincoln Center Kiwanis member, said, "Kiwanis Karnival this year was one of the largest at Elliott I've ever seen. Families shared that it was amazing. All the families spoke highly about the activities, Bingo and time spent at the school as a family."

4-H Expert Sewing Help

4-H youth ages 8 and up can get sewing help for any 4-H sewing project Tuesday, July 9–Friday, July 12, 12:30–4:30 p.m., at the Bernina Sewing Center, 5625 O St., Lincoln. No pre-registration required or fees, just drop in. Get the expert help you need to put your project together or for any guidance along the way; including fitting, laying out to cut, putting in a zipper, etc. Taught by a group of knowledgeable volunteer seamstresses.

4-H/FFA Livestock Booster Club Scholarships

Applications for the Lancaster County 4-H/FFA Livestock Booster Club \$500 college scholarship are due July 6. Open to all Lancaster County 4-H/FFA seniors, but preference to those who have exhibited production livestock in 4-H or FFA. The application is at the Extension office and online at <http://go.unl.edu/5bg>. For more information, contact Calvin DeVries at 402-441-7180. Two winners will be announced at the Youth Livestock Premium Auction.

State Fair 4-H Static Exhibitor Discount Tickets

New in 2019: 4-H youth exhibiting static exhibits at the Nebraska State Fair will order advance discount tickets directly from the Nebraska State Fair. Discount tickets will no longer be available through the county offices. Details on ordering tickets will be available soon.

All livestock exhibitors and in-person event exhibitors (contests, fashion show, presentations) will still be able to order discounted tickets when they enter in ShoWorks for State Fair. Additional information is available in the State Fair Operations Handbook at <https://go.unl.edu/sfohb>.

SUPER FAIR 4-H/FFA ANIMAL ENTRIES MUST BE SUBMITTED ONLINE BY JULY 1

All 4-H/FFA animal entries for the Lancaster County Super Fair must be entered online at <http://lancaster.fairmanager.com>. This includes stall requests and livestock/poultry exhibitor T-shirt sizes. No paper forms will be accepted! Youth must have been enrolled AND animal project(s) selected online at <https://ne.4honline.com> by June 15.

Deadline is Monday, July 1, 11:59 p.m. No late entries will be accepted!

More details and step-by-step instruction guides with pictures is at <http://lancaster.unl.edu/4h/fair>. If you have questions about the process or need access to a computer, call Heather Odoski at 402-441-7180.

Tips:

- For rabbits, notice there are 4 rabbit divisions. If you can't find the class you are looking for, try the other rabbit divisions. If you plan to enter 12 rabbits, you will need to submit 12 entries.
- For horses, notice there are 4 horse divisions. If you can't find the class you are looking for, try the other horse divisions. If you plan to enter 12 horse classes, you will need to submit 12 entries plus 1 for stalls and pens.

Exhibitors who enter the following species will be charged a bedding fee:

- Beef and dairy cattle — \$10 per head.
- Bucket calves and llamas/alpacas — \$7 per head.

Please fill out the form at <https://lancaster.unl.edu/4h/fair/fwlivestock.htm>. Print and submit to the Extension office by Friday, July 5.

If you enter a Horse class that requires a Roping/Working Ranch animal fee, please fill out the form at <https://lancaster.unl.edu/4h/fair/fwhorse.htm>. Print and submit to the Extension office by Friday, July 5.

Many Ways to Use 4-H Activity Certificates

Lancaster County 4-H Council provides 4-H Activity Certificates worth \$30 for 4-H'ers achievements at contests such as Speech/PSA, Presentations and Bicycle Safety. Activity Certificates are also awarded at Achievement Celebration to 4-H'ers with the highest number of community service hours and those who complete and submit the Nebraska 4-H Annual Achievement Award.

Activity Certificates are redeemable towards 4-H activities and supplies such as 4-H T-shirts and curriculum sold at the Extension office, Clover College, items from Shop4-h.org and State Fair tickets. Note: receipts must be submitted for items not purchased at the Extension office. Please contact Heather Odoski at 402-441-7180 or heather.odoski@unl.edu with any questions.



State 4-H Horse Show

The Fonner Park State 4-H Horse Exposition will be held July 14-18 at Fonner Park in Grand Island. Information is at <http://4h.unl.edu/horse/state-expo>.

Health Papers

A 14-day health certificate and a negative Coggins Test will be required for all horses attending the State 4-H Horse Expo in Grand Island. All horses will be checked.

No 4-H horse exhibitors and/or owner shall exhibit a horse at the Fonner Park State 4-H Horse Exposition that has been given in any manner whatsoever, internally or externally, a narcotic, stimulant, depressant, analgesic, local anesthetic or drug of any kind within 24 hours before the first scheduled event of each show day at 8 a.m.

A horse on prescribed treatment of phenylbutazone and/or aspirin-like products must file a statement in the 4-H Horse Show office before the horse can be shown. This statement must describe the treatment reason and be signed by an accredited D.V.M.

Notice to Exhibitors

Please bring a stall gate at least 48 inches wide. All stalls will be required to have bedding and must be cleaned before releasing. Shavings will be available for purchase on the grounds. Please bring your own feed.

HORSE BITS

Horse Incentive Forms Due July 26

Any Lancaster County 4-H'er may participate in the horse incentive program and earn points by participating in horse-related activities between January 1 and July 19. The more points you earn, the more valuable the reward! The points you tracked from participating in horse-related activities must be totaled on the Horse Incentive Summary Sheet. Official sheets and Reward Request Form are due to the Extension office no later than July 26. More information can be found at <https://lancaster.unl.edu/4-h-horse-project-resources>.


Aug. 1–10, 2019
4-H & FFA Exhibits & Events Aug. 1–4
4-H Horse Show July 30–Aug. 4
Lancaster Event Center

4-H & FFA Fair Books have complete information about entering 4-H/FFA exhibits and contests.

Fair Books are available at the Extension office and at <http://lanaster.unl.edu/4h/Fair>
4-H & FFA Entry Pass Hangtags

4-H/FFA exhibitors can get free 4-H/FFA entry pass hangtags for their immediate families at the Extension office (available July 1–August 2) or Extension 4-H fair, horse and livestock offices at the Lancaster Event Center (available during fair). These entry passes allow one vehicle and its occupants to enter the fairgrounds each day Thursday, August 1–Saturday, August 10 and park in designated areas (see map on back and signs on fairgrounds). (Your hangtag will be honored all 10 days of the Super Fair!)

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

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

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

Presentations Contest, July 13

This year's Presentations Contest will be Saturday, July 13, 8:30 a.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road. Register by Monday, July 8 calling 402-441-7180 and providing youth name(s), age(s) by Jan. 1 of current year, presentation title, class number and time slot preference. Specify if it is a team presentation. Open to all 4-Hers ages 8–18. Need not be enrolled in a specific project. See Fair Book page 16 for complete contest information. A "how-to" handout is available at <http://lanaster.unl.edu/4h/Fair> and the Extension office. All participants are strongly encouraged to read the handout.

Volunteers Needed

Lancaster County 4-H asks for adults and youth ages 8 and up to help 4-H during the Lancaster County Super Fair. If you, someone from your club or an interested volunteer would like to help, contact the Extension office at 402-441-7180. Help is needed:

- **IN THE 4-H FOOD STAND** (ages 8 and up) from Wednesday, July 31 through Sunday, August 4 (sign up online at <http://go.unl.edu/foodstandsignup>). All volunteers are strongly encouraged to attend a food stand training on Sunday, July 28, 5 p.m. at the Lancaster Event Center – Lincoln Room.
- **WITH STATIC EXHIBIT SET-UP** (ages 8 and up) on Sunday, July 28, 5:30 p.m., in the Lincoln Room. Pizza will be served to the volunteers after set-up.
- **DURING JUDGING OF STATIC EXHIBITS** (ages 12 and up) on Wednesday, July 31.

The Lancaster County Ag Society invites 4-H/FFA exhibitors and their families (ages 5 and up) to participate in the 4-H/FFA Family Volunteer Fun Days to help with fairgrounds setup on Monday, July 29 and Tuesday, July 30, 4–10 p.m. Sign up at <http://SuperFair.org/GetInvolved>. Pizza and beverages provided!

Fashion Show Judging, July 23;
Public Fashion Show, Aug. 1

Fashion Show judging will be Tuesday, July 23, 8 a.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road. The public Fashion Show will be Thursday, Aug. 1 at 7 p.m. at the Lancaster Event Center, Exhibit Hall. Also open to Clover Kids. A handout and entry forms are available at the Extension office or online at <http://lanaster.unl.edu/4h/Fair>. 4-Hers, including Clover Kids, must submit entry forms by July 15.

Static Exhibit Check-In
July 30, 4–8 p.m.

4-H & FFA static exhibits do not preregister, but **MUST** be physically checked in during Static Exhibit Check-in on Tuesday, July 30 between 4–8 p.m. at the Lancaster Event Center, Lincoln Room. An adult — such as a club leader or parent(s) — should assist 4-H members in entering exhibits. A registration table is set up for each of the project areas — please take project(s) to the appropriate area(s). All entry tags, additional information, recipe cards, data tags, etc. **MUST** be attached at this time.

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

- **Home Environment Supporting Information Tag** for each home environment exhibit. Note: "Quilt Designs Other Than Fabric" exhibits also use this tag.
- **Food Preservation Card** for each food preservation item.
- **Photography Data Tag** for each photography exhibit.

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

It is highly encouraged to pick up tags/cards at the Extension office or download at <http://lanaster.unl.edu/4h/fair> and fill them out beforehand, however, tags/cards will be available during check-in. (Exception: Static Exhibit Entry Tag is not available online because it is a carbon-copy triplicate.)

All static exhibits will be released on Monday, Aug. 5 from 7–11 a.m.

Interview Judging, July 31

Interview judging is Wednesday, July 31 beginning at 9 a.m. in the Lincoln Room. 4-Hers have the opportunity to talk to judges about their static exhibits and share what was easy, what was challenging and the lessons they learned. 4-Hers also learn what the judge looks for and how to improve skills. 4-Hers may interview judge ONE exhibit from each project area. Refer to page 19 of the Fair Book for project areas which have interview judging. **To sign up members for a five-minute time slot, call the Extension office at 402-441-7180 between July 8 and 26.** If slots are still available, you may sign up during Static Exhibit Check-in on Tuesday, July 30, 4–8 p.m.

Table Setting Contest, Aug. 2

The Table Setting Contest will be held during the Super Fair on Friday, Aug. 2 at the Lancaster Event Center (Exhibit Hall — use east entrance). Register for time slots at 5 p.m., 6 p.m. or 7 p.m. by Tuesday, July 23 by calling 402-441-7180 (there is no entry form). Provide 4-Hers age and category (picnic, casual, formal or birthday). A "how-to" handout is available at the Extension office or online at <http://lanaster.unl.edu/4h/Fair>. Participants select a theme and display one place setting, including table covering, dishes, glassware, silverware, centerpiece and menu. (Do not bring/prepare food.)

Chicken Dinner & Silent Auction, Aug. 2

Lancaster County 4-H Council is hosting a Chicken Dinner on Friday, Aug. 2, 5:30–7:30 p.m. at the Exhibit Hall - Lancaster County Farm Bureau Room (during the 4-H Table Setting Contest). Dinner features Raising Cane's chicken fingers hot off their food truck, tasty side dishes, dessert and a drink!

This is a fundraiser for 4-H. Advance tickets are \$8 at the Extension office before the fair or at the 4-H food stand during the fair. Tickets at the door are \$9. Cash or check only.

A silent auction will be held during the Chicken Dinner to help raise funds for 4-H. Top bidders may pay for and pick up items after 7:30 p.m. Cash or check only. If you wish to donate items or gift certificates for the silent auction, contact Sara Hansen at 402-450-6728 or Sheri Ramirez at 402-805-2696 or Skr0701@windstream.net no later than Monday, July 29.

Clover Kids Show & Tell, Aug. 4

All Clover Kids, youth ages 5–7 by Jan. 1, 2019, are invited to show & tell one of their 4-H exhibits or a small animal during Clover Kids Show & Tell on Sunday, Aug. 4 in the Lincoln Room, Clover Kids exhibit area (15-minute time slots run from 1–2:45 p.m.). Clubs may show a group project or perform a short skit or song. See page 12 of the Fair Book for more information. To sign up for a time slot, call 402-441-7180 between July 8 and July 26. If slots are still available, you may sign up on Tuesday, July 30, 4–8 p.m. at the Clover Kids static exhibit check-in table in the Lincoln Room.

Livestock Information

4-H Clover Kids Animal Showmanship Change

Due to state 4-H policy, Lancaster County 4-H will no longer offer Peewee Showmanship. Most 4-H/FFA livestock shows will now offer 4-H Clover Kids Showmanship for 4-H members ages 5 through 7 (by January 1 of the current year). Participants must be enrolled in Lancaster County 4-H by June 15 as a Clover Kid — need not be signed up in an animal project. Listen to livestock show announcers for instructions on how 4-H Clover Kids may participate. The Nebraska 4-H policy is online at <https://4h.unl.edu/policy-handbook/section-16>.

Livestock Reminders

- Market beef and breeding heifers check-in separately. Market beef are 10–11 a.m., breeding beef are 11 a.m.–noon on Thursday, Aug. 1.
- All registered breeding heifers must have current registration papers and tattoos presented at check-in. If registration papers are not shown at check-in, heifer will be shown as a commercial breeding heifer.
- Champion senior showman from Beef, Dairy Goats (instead of Dairy Cattle this year), Sheep, Swine and Meat Goats are eligible for the Elite Showmanship Contest.

Livestock Judging Contest, Aug. 4

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

Youth Livestock Premium Auction Donations

Please remember to talk with your community businesses to get donations for the Lancaster County Youth Livestock Premium Auction. The success of the auction is dependent on 4-Hers to acquire donations and buyers for the auction to support scholarships for the youth of this county! For more information, call Scott Heinrich, auction committee chair, at 402-480-0695.

Video Companion Animal (and Cat) Showmanship

The Nebraska 4-H Video Companion Animal Showmanship Contest provides youth an opportunity to showcase their knowledge and skills they have developed in their 4-H companion animal project. This statewide contest is open to youth ages 10–18 who are enrolled in one of these companion animal projects: cat, ferret, guinea pig or rodent (mice, rats, hamsters or gerbils). Information, rules and regulations are at <https://4h.unl.edu/companion-animal/showmanship-contest>.

Lancaster County 4-H staff will record videos for 4-H youth at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln. Youth need to bring their animal, a cage or kennel, proper attire and if required, Cat and Ferret Vaccination Form. Youth should thoroughly review the rules and regulations before participating. County staff will then submit entries to state 4-H. Contact Vicki at 402-441-7180 to schedule a recording time by Friday, July 26.



EXTENSION CALENDAR

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

June

- 22 **Composting Demonstration**, *Pioneers Park Nature Center's backyard composting demonstration area* 10 a.m.
- 25 **4-H Horsemanship Level Testing**, *Lancaster Event Center* 5:30 p.m.
- 25-28 **4-H Clover College**

July

- 1 **Deadline for All 4-H/FFA Super Fair Animal Online Entries**
- 4 **Extension Office Closed for 4th of July Holiday**
- 6 **4-H Livestock Booster Club Scholarship Deadline**
- 11 **Pesticide Applicator NDA Walk-in "Testing Only" Session** 9 a.m.–2 p.m.
- 11 **Co-Parenting for Successful Kids Class** 9 a.m.–12:30 p.m.
- 12 **Extension Board Meeting** 8 a.m.
- 13 **4-H Presentations Contest** 8:30 a.m.
- 14-18 **State 4-H Horse Show**, *Fonner Park, Grand Island*
- 18-19 **Good Farmer to Great Manager**
- 19 **4-H Horse Incentive Program Last Day to Log Hours/Points**
- 23 **4-H Fashion Show Judging Day** 8 a.m.
- 25 **Pesticide Applicator NDA Walk-in "Testing Only" Session** 9 a.m.–2 p.m.
- 26 **4-H Horse Incentive Program Forms Due to Extension**
- 28 **4-H Food Stand Training** *Lancaster Event Center - Lincoln Room* 5 p.m.
- 28 **4-H Static Exhibit Set-Up for Super Fair** *Lancaster Event Center - Lincoln Room* 5:30 p.m.
- 30 **4-H & FFA Static Exhibit Check-In for Super Fair**, *Lancaster Event Center - Lincoln Room* 4-8 p.m.
- 31 **4-H Static Exhibit Interview Judging**, *Lancaster Event Center - Lincoln Room* 9 a.m.

4-H Companion Animal Challenge Results

The statewide 4-H Companion Animal Challenge was held on March 10 at UNL East Campus. Youth entered in five events: dog skill-a-thon, dog quiz bowl, demonstration, art contest and photography contest. Congratulations to all Lancaster County 4-H members who participated! Below are the Lancaster County purple ribbon winners and champions. Complete results are at <https://4h.unl.edu/companion-animal/challenge>.

DOG SKILL-A-THON

- **Senior division:** Emmi Dearmont (champion), Maleah Jamison (reserve champion)
- **Intermediate division:** Kyra Hinrichs (champion), Taylor Root (reserve champion)

INDIVIDUAL DEMONSTRATION

- **Intermediate division:** Isabella Grosskopf (reserve champion)

DEMONSTRATIONS

- **Team:** Taylor Root & Maleah Jamison (champion)

ESSAY

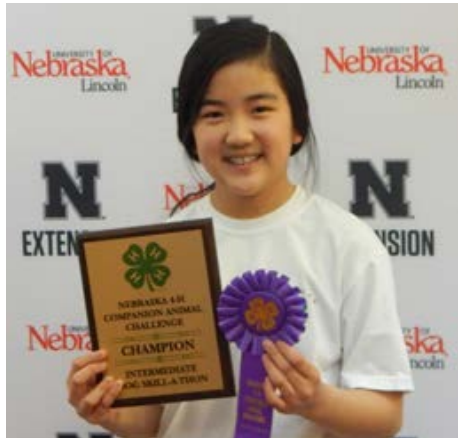
- **Intermediate division:** John Donlan (champion), Andrew Donlan
- **Senior division:** Nate Gabel (champion)

ART CONTEST

- **Junior division:** Maria Deutsch (reserve champion)
- **Intermediate division:** Isabella Grosskopf
- **Senior division:** Elisabeth Moyer (champion & reserve champion)

PHOTOGRAPHY CONTEST

- **Junior division:** Maria Deutsch (champion)
- **Intermediate division:** Isabella Grosskopf (champion), Andrew Donlan (reserve champion)
- **Senior division:** Ella Guerra (champion), Emmi Dearmont (reserve champion)



EXTENSION NEWS

Summer Programming 4-H Interns



(L-R) Sheridan Swotek, Rachel Wells and Alaina Kauffman

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, Clover College, 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 first summer as a 4-H intern in Lancaster County Extension. Last summer, she was the intern for Friends of Extension in Douglas and Sarpy counties and helped with the Douglas County Fair. 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 third year at South Dakota State University where she is earning a double major Ag Education and Ag Leadership, with a minor in Ag Business. Alaina is a member on the SDState equestrian team.
- **Sheridan Swotek** assists Extension Assistant Calvin DeVries with the livestock, dog and poultry projects. This is her second summer as a 4-H intern — she worked in the same position last year under Cole Meador. Sheridan was a Lancaster County 4-H member for 12 years and attended National 4-H Congress. She just finished her junior year at University of Nebraska-Lincoln where she is majoring in Agricultural Education and minoring in Animal Science.
- **Rachel Wells** assists Extension Associate Kristin Geisert with Clover College, Super Fair static exhibits and contests. This is her first summer as a 4-H intern. Rachel was a 4-H member for 13 years in Hall and Howard counties. Rachel finished her Naval career as an Aviation Ordnanceman and is now pursuing a Bachelor of Education and Human Sciences degree at the University of Nebraska-Lincoln majoring in Child, Youth and Family studies with minors in Education and Leadership/Communication. Rachel hopes to begin her career with Nebraska Extension upon graduation.

In addition, four interns will assist Extension Educator Tracy Anderson with 4-H outreach and education this summer. They will be introduced in the August NEBLINE.

Farm Record-Keeping Class, July 18-19

Good Farmer to Great Manager record-keeping classes will teach farmers and ranchers to keep accurate records for their operations. The class will be held at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln on Thursday, July 18, 1-5 p.m. and Friday, July 19, 8 a.m.–noon.

Keeping good records is less about using a certain software and more about gathering and organizing information, according to Tina Barrett, course instructor and executive director of Nebraska Farm Business Inc.

This class is hosted by Nebraska Extension and is inspired by Annie's Project. Annie's Project is supported by Farm Credit Services of America in Nebraska.

The course fee is \$50 per participant. You can register online at www.regonline.com/goodfarmertogreatmanager. For more information, contact Carrie Johns at 308-632-1276.

4-H District Speech/PSA Results

The 2019 4-H Southeast District Speech and Public Service Announcement (PSA) contest was held in May at UNL East Campus. The top five in each division received medals. Medal winners in the senior divisions advance to the State Contest which will be held during the Nebraska State Fair. Congratulations to all youth who participated! The following Lancaster County 4-H'ers earned purple ribbons.

SPEECH CONTEST

- **Junior division:** Holly Bowen (medal), Emmy Sheldon, Callia Thompson
- **Intermediate:** Sarah Lange, Gabriel Livingston (medal), Micah Pracheil
- **Senior division:** Samuel Livingston

PUBLIC SERVICE ANNOUNCEMENT (PSA) CONTEST

- **Junior division:** Vanessa Peterson, Callia Thompson (medal), Kamryn Wanser
- **Intermediate division:** Clara Johnson (medal), Melanie Wiggins (medal)
- **Senior division:** Ella Hendricksen (medal), Addison Wanser