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NEBLINE, June 2021

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Choosing Quality Child Care: Guidance For Parents

Relationships



By Jaci Foged, Extension Educator in Lancaster County

Finding quality child care near your location might seem like an overwhelming task. The Voices for Children organization reported in their Kids Count in Nebraska 2019 Report that 77.1% of all available parents in Nebraska are in the workforce, and nearly 80% of children ages 0–5 are in some form of paid child care.

A high-quality workforce is vital to care for our youngest population while parents and caregivers are working. The first 1,000 days of a child's life have a profound impact on their brain development. We know that early relationships, environments and experiences affect all aspects of a child's development. Finding the right place for your young child is going to take some work.

Five Areas to Consider

The Learning Child team at Nebraska Extension has created a website at <http://child.unl.edu/quality-child-care> to guide parents seeking potential

Health and Safety



caregivers for their little one(s). The team received a national Extension first-place award for this website! The team identified five areas to consider when choosing a child care program.

1. Relationships —

Children develop through relationships with attentive adults. Every day, teachers help your child feel secure and important. From the morning greeting to the end of the day, teachers should interact warmly with your child. Children who feel safe and cared for, grow in all areas of their development.

2. Health and Safety —

The program should promote the nutrition and health of children, and protect children and staff from illness and injuries. Children must be healthy and safe in order to learn and grow. Child care programs should prepare healthy food, provide opportunities for physical activity and provide a safe environment.

3. Curriculum and Approaches To Learning —

Program activities should involve learning experiences through active involvement

Curriculum and Approaches To Learning



with people and materials. It should be play-oriented and child-centered, encouraging children to develop their natural love of learning. These practices should be developmentally appropriate and align with state early learning guidelines or standards (see <https://www.education.ne.gov/oec/early-learning-guidelines>). Research shows curriculum content that emerges from the interest of children, leads to greater engagement with activities and experiences increasing children's positive approaches to learning. Positive approaches to learning include characteristics such as curiosity, persistence, creativity and problem-solving skills.

4. Learning Environment — The physical environment should include appropriate indoor and outdoor spaces to enhance learning activities for children. The environment consists of the physical layout of the room, materials children have access to and the overall sense of belonging.

5. Policies and Administration — Programs should develop policies and

Learning Environment



procedures including family handbooks to maintain consistency within their program. Family handbooks are especially important, so parents understand what programs offer for their children and families.

Nebraska Extension has checklists to take when you tour a child care program for each of the five topic areas identified above (see p. 2 in this NEBLINE). Print-friendly versions are at <https://child.unl.edu/choosing-quality-child-care>.

Where Can You Find Quality Child Care?

According to Kids Count in Nebraska Report, in 2018 there

Policies and Administration



were 2,834 licensed child care facilities in Nebraska.

In 2020, First Five Nebraska, Buffett Early Childhood Institute, Nebraska Department of Health and Human Services, Nebraska Department of Education, Nebraska Early Childhood Collaborative, Nebraska Children and Nebraska Extension collaborated to create a website to help you find child care. Visit <http://nechildcarereferral.org> to find a licensed child care program near you. On the website, you can search for child care within a certain number of miles from a specific address see *CHILD CARE* on next page

CHILD CARE

continued from page 1
and even look at programs who have available openings.

Step Up to Quality is a Nebraska resource coordinated by the Nebraska Department of Education to help both families and child care providers learn more about implementing and selecting quality care. To learn more, visit <https://stepuptoquality.ne.gov>. In March of this year, Step Up To Quality reported they now have more than 500 programs participating in the Quality Rating Improvement System (QRIS). This QRIS system was passed by the Nebraska Legislature in 2013. The system uses professional development, formal education and coaching to improve early care and education. This will increase the positive outcomes for Nebraska's youngest children.

Child Care Checklists

Take these questions with you to ask child care programs to learn more on each topic.

Relationships

- How do teachers keep families regularly informed about our child's activities?
- How does this program respect language, culture and the values of families?
- How will you help me with my child's initial adjustment to your child care?
- Am I welcome to drop into the program at any time?
- How will we work together to help my child transition to the next class?
- Will my child have a consistent caregiver?

Health & Safety

- What meals and snacks are served, and are they prepared on site or catered in?
- Are emergency numbers posted?
- Do you have a space for mothers to breastfeed?

- How often does the program need a health report from our doctor?

Curriculum & Approaches to Learning

- What is your daily routine with the children and how do you plan for individual children's needs?
- Do you use a curriculum and if so, what is it and why did your program choose it?
- How does your curriculum align with early learning guidelines or standards?
- How will my child's learning and culture be supported?
- How do you train and support your staff with this curriculum?
- What do you notice the children enjoy about the activities during the day?

Learning Environment

- How much time do children spend outside?
- What is your policy on weather and outside play?
- What do you notice is the children's favorite thing to do outside?
- Do you have an area for indoor play when children can't go outside?
- How many children can be in this space at one time?
- How do you determine what materials you provide for children?
- Does my child need any extra clothes for outdoor play?
- Will my child have their own space for storing items from home, like extra clothing, book bag, coat, etc.?

Policies & Administration

- Did you receive a copy of the family handbook to look at before you enrolled your child?
- How are parents engaged in program events?
- How can I express concerns regarding my child's care or education?
- What is the center's sickness and health policy?
- What is the severe weather policy?
- Do you have an emergency preparedness plan?
- What happens if I am late to pick up my child?
- Is there always an administrator on site, or designated lead?

Eastern Carpenter Bees

By Kait Chapman, Extension Educator in Lancaster County

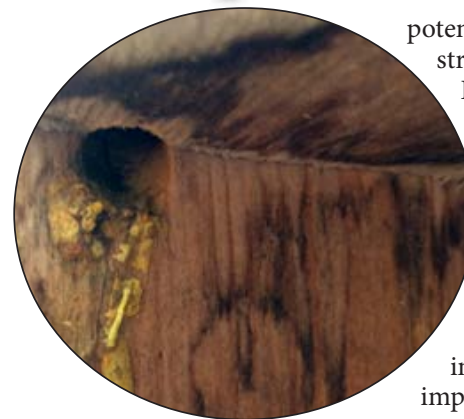
Although they may look like fuzzy bumble bees, the eastern carpenter bee is more often a pest than a pollinator. Reports of these large bees damaging wood structures around homes and buildings have increased the past couple of years in Nebraska, so it's important to know how to manage them.

Identification

The eastern carpenter bee is a large bee with coloration similar to bumble bees. But while bumble bees have completely hairy bodies, the carpenter bee's abdomen is relatively hairless and a metallic-black



color. During the summer, male carpenter bees will often aggressively fly towards people or other animals in their territory. But not to worry – only the female bees can sting, and they're not aggressive. Males of this species can be identified by a patch of yellow or white hair on the front of their face.



Nesting and Damage

Carpenter bees tunnel into and along the grain of untreated wood where females dig nests, provision them with nectar and pollen, and rear up to nine larvae per tunnel. While carpenter bees are considered solitary, there can be several nests located in the same area,

potentially compromising the structural integrity of wood. Be on the lookout for entrance holes that are approximately 1/2 inch in diameter.

Management

Preventing carpenter bees from nesting in wood with insecticide treatments is impractical. However, carpenter bees do not attack painted or treated wood as often and the use of passive traps constructed out of scrap wood and plastic bottles have also been shown to be an effective deterrent in the spring.

For existing nests, consider contacting a licensed applicator to inject an

insecticidal dust containing the active ingredients permethrin or bifenthrin directly into the tunnel entrance. Wait several days before plugging entrance holes with caulk, wooden dowels, or wood putty. Remember to always follow the pesticide label instructions.



Photos by Jody Green, Douglas/Sarpy Co. Ext.

Eating for Brain Health

By Alyssa Havlovic, MS, RDN, ACSM EP-C, Extension Educator in Lancaster County

We all have those days when we feel more forgetful than others. You may have heard that a number of factors can affect our memory including lack of sleep, lifestyle, environmental changes and genetics. But, did you know your diet can also impact your brain health?

Eating to support brain health means choosing foods that encourage good blood flow to the brain. A growing body of research supports consuming a Mediterranean diet and/or DASH diet eating pattern to improve cognitive function, memory and alertness. Common themes between these eating patterns include a variety of fruits and vegetables, lean protein such as fish and beans, whole grains and healthy fats. The 2020–2025 Dietary Guidelines for Americans encourages this eating style as a healthy eating pattern. So how can we boost our brain power through adopting these eating patterns?

Eat Your Veggies

You've probably heard this advice before — maybe from your caregivers at the dinner table, your doctor or dietitian or you've uttered this phrase to your own children. We know vegetables are important and provide our bodies with essential vitamins and minerals. Yet almost 90% of the U.S. population does not meet the recommendation for vegetables. Cruciferous vegetables such as broccoli, cauliflower, cabbage and dark, leafy greens may help improve your memory. Try adding broccoli to a breakfast quiche or egg casserole; add dark, leafy greens like spinach or kale to a sandwich; or

snack on cauliflower dipped in hummus or a yogurt ranch dip. Experiment with different ways of cooking these vegetables such as roasting, steaming, sautéing or grilling to increase your vegetable intake.

Pick More Berries

Berries are a rich source of anthocyanins and other flavonoids that may support brain function, especially the dark-colored berries like blueberries, cherries and blackberries. Berries make a colorful addition to your plate — packing several essential nutrients — or can be enjoyed by the handful as a snack. Add berries to your oatmeal or cereal, enjoy dried cherries in trail mix or top off a yogurt parfait with berries. Fresh, frozen or dried berries are all acceptable, healthful ways to eat these brain boosters.

Prioritize Omega-3 Fatty Acids

Omega-3 fatty acids are essential for brain health. One in particular, called docosahexaenoic acid (or DHA), is required by the body to keep the brain functioning normally and efficiently. Studies show that individuals who have low levels of DHA are more likely to develop cognitive problems, including an increased risk for Alzheimer's disease in later years. Conversely, long-term consumption of adequate DHA is associated with improved memory, improved learning ability and reduced rates of cognitive decline.

It is important to consistently consume DHA, which is why the 2020-2025 Dietary Guidelines for Americans recommends eating fish at least twice a week. Wild caught salmon, albacore tuna, mackerel, herring and farmed

trout are all excellent sources of DHA. Try substituting fish for other meats twice per week. For example, try salmon tacos one night and make tuna melts on whole grain bread later in the week.



Walnuts, ground flax seed and chia seeds are also great sources of omega-3's and may improve your cognitive function. Walnuts are easily enjoyed on their own, sprinkled on a salad, added to breakfast cereal or chopped into baked goods. Ground flax seeds and chia seeds can be mixed into baked goods such as muffins, added to your morning bowl of oatmeal or blended into a smoothie.

If you are not getting enough of these nutrients in your diet on a regular basis, start with small changes — one meal,

one day at a time. Your health can greatly benefit in several ways by simply increasing fruit and vegetable intake and consistently consuming omega-3 fatty acids. Talk with your healthcare provider or dietitian for more strategies to improve your eating patterns.

Sources:

- www.eatright.org/health/wellness/healthy-aging/4-types-of-foods-to-support-memory
- www.dietaryguidelines.gov/sites/default/files/2020-12/Dietary_Guidelines_for_Americans_2020-2025.pdf
- www.eatright.org/health/wellness/healthy-aging/brain-health-and-fish



RECIPE OF THE MONTH

By Alyssa Havlovic, MS, RDN, ACSM EP-C, Extension Educator in Lancaster Co.

Canned salmon is an excellent source of omega-3's, which are essential for brain health. It's easy on the wallet, too! Try substituting fish for other meats at least twice per week for optimal health benefits.

SALMON BURGERS

(Yield: 6 servings)

2 eggs

1-2/3 cups coarse cracker crumbs*

1/2 small onion, scrubbed with clean vegetable brush under running water and chopped

1 (15 ounce) can salmon or 2 (5 ounce) cans tuna in water, drained

2/3 cup lowfat milk

1/2 cup celery, gently rubbed under cool running water, chopped (optional)

Salt and pepper, to taste



1. Wash hands with soap and water.
2. Break eggs into a large bowl. Wash hands with soap and water after cracking raw eggs. Beat eggs and add remaining ingredients. Mix well. Mixture will be moist.
3. Spray a large skillet with non-stick cooking spray. Heat skillet. Drop fish mixture onto the skillet using a 1/3- or 1/2-cup measuring cup. Brown on both sides.

*Note: Dry bread crumbs, crushed unsweetened cereal or uncooked oatmeal can be used instead of cracker crumbs.

Nutrition Information: Serving Size (1/6 of recipe): Calories 230, Total Fat 9g, Saturated Fat 2.5g, Cholesterol 120mg, Sodium 730mg, Total Carbohydrates 17g, Fiber 1g, Total Sugars 2g, Protein 19g, Vitamin A 4%, Vitamin C 2%, Calcium 20%, Iron 10%

Source: Food.unl.edu

Naturally Occurring Contaminants

Part 4 of a Series – Arsenic

By *Becky Schuerman, Extension Domestic Water/Wastewater Associate*

There are naturally occurring elements and minerals within Nebraska geology, and with that, it is not uncommon to find them in Nebraska's groundwater. This month the spotlight series will continue with Arsenic.

Arsenic

Arsenic is a naturally occurring element and varying amounts are present in some of Nebraska's groundwater sources. When water, the universal solvent, passes through arsenic containing soil and rock formations, it can cause the arsenic it comes in contact with to dissolve. Arsenic is colorless, odorless and tasteless and the only way it can be detected in drinking water is through submitting a sample for laboratory testing.

Health Effects

Exposure to arsenic can be a health hazard and potentially cause

adverse acute- or chronic-health effects. Acute-health effects can result when water containing high concentrations of arsenic — over 60,000 micrograms per liter ($\mu\text{g/L}$) or parts per billion (ppb) is consumed over a short period of time. High concentrations are most often due to industrial processes or from an unregulated waste disposal site. Chronic health effects will result after continuous consumption of moderate to low arsenic-contaminated water for a long period of time (typically 5 years or longer). The chronic health effects associated with long-term ingestion of arsenic above the 10 $\mu\text{g/L}$ or ppb Maximum Contaminant Level (MCL) set forth by the Environmental Protection Agency (EPA) can increase the risk of bladder, kidney, liver, lung, prostate and skin cancer. Noncancerous health effects from ingesting arsenic include cardiovascular, endocrine problems such as diabetes, immunological, neurological and pulmonary effects.

As with many other contaminant health effects, the severity of the health

impacts is dependent upon multiple variables including: how much arsenic does the water contain, how much water has been consumed, how long has a person been exposed to the water and the individual's age, genetics, metabolism and overall health. If arsenic levels exceed the MCL, a treatment system should be installed.

Treatment

A Point of Use (POU) drinking water treatment system such as reverse osmosis, distillation, special adsorbent media and (anion) ion exchange are documented to remove arsenic, as well as a variety of other drinking water contaminants. Most often, a tap for a POU system is placed where water is most often used for drinking and cooking needs. Filtration devices such as pour-through, POU-activated carbon filters or faucet-mounted filtration devices are not documented to effectively remove arsenic from drinking water. The chemistry of arsenic makes removal complicated. It is highly recommended

to work with a reputable water quality treatment company to determine what the best and most effective treatment option will be for your situation.

According to the City of Lincoln's 2020 Annual Water Quality Report, Lincoln's drinking water arsenic results range from 6.13–6.35 $\mu\text{g/L}$ or ppb. Throughout the four community water systems in Lancaster County, the arsenic results range from 1.42–6.35 $\mu\text{g/L}$ or ppb. Results for private wells are not known as they are not made public. If you own a private well, it is recommended to check with your local NRD and/or health department to see if there are any other contaminants of concern in your area that should be tested for beyond the recommended nitrate and total coliform bacteria.

FOR MORE INFORMATION

To read more about arsenic and other drinking water topics, see Nebraska Extension's NebGuides at <https://water.unl.edu/article/drinking-water/nebguides>.

Efficiency Is Key To Profit On Stocker Cattle

By *Connor Biehler, Beef Systems Extension Educator*

Spring green-up is currently occurring and soon yearling cattle will find their way to the grass pastures of the great plains for summer grazing. Cattle are stocked on grass pasture this time of year due to its additional nutritive quality that equates to gains prior to entering the feedlot. One economically justifiable way to make stocker cattle more efficient on grass is by administering implants. Utilization of implants in stocker cattle can increase average daily gain by 5–20%, improve feed efficiency by 5–15% and improve lean tissue deposition by 5–12%.

Implants are natural or

synthetic hormones released into the blood that increase growth hormone secretion in cattle. Naturally occurring hormones include estradiol, progesterone and testosterone, whereas synthetic hormones are analogs of the natural hormones with greater activity. Depending upon brand and product, implants vary in dosage level and payout period (lifespan of active ingredient). The potency of an implant must correlate with the energy level of the diet. High-potency implants should be used for cattle on high energy, feedlot diets. Stocker cattle on grass are not consuming the energy content equivalent to the

greater dosages of high-potency implants, thus do not require high-dosage implants.

Implant strategies should be selected based on potency — for terminal cattle on grass, only use implants approved for grazing cattle. Multiple brands and varieties that contain active ingredients either singularly or in various combinations are available on the market.



Connor Biehler, Beef Systems Extension Educator

The proper implant should be tailored to the production goals of the cattle. Spring green-up through the summer provides sufficient energy to support protein deposition for the increasing gains that would be expected from a moderately-potent implant. Meaning that a lower-potency implant may not offer the best return on your dollar when forage quality is at its highest early in the summer. Adversely, later in the summer, or in years with moderate to severe drought conditions, nutrient intake may decline due to quality of forage, and a moderately potent implant could lack the capability to function to its fullest abilities.

The payout for common implants compatible for stocker

cattle is usually around 100 days, although some can payout much longer. Summer grazing usually lasts around 120 days. If cattle are implanted when they are processed going onto summer pasture, there will be about a 20-day period where the implant is no longer paying out. Forage quality and quantity are decreasing at this time so one option for producers would be to not re-implant when quality and quantity of forage begin to dwindle because cattle are not going to meet the nutrient requirements for the implants to be as efficient as they possibly could be. The cost of implanting along with the time and effort it takes to gather the cattle might not be worthwhile when weighing the options.

Common Grub Control Questions

By Sarah Browning, Extension Educator in Lancaster County

What Are Grubs?

Almost every gardener has seen grub larvae in the soil while installing new plants or tilling the vegetable garden. The term “white grub” actually encompasses the larval stage of several scarab beetles, the most common, and most damaging, being the June beetle or masked chafer and the Japanese beetle. Less well-known are the May/June beetle and green June beetle. All have a grub larval stage that can cause damage to turfgrass. The grubs are off white, with six legs located just behind their reddish-brown head and are usually found curled into a “C” shape in the soil.



Jim Kalisch, UNL Dept. of Entomology

Adult June beetles are stout bodied, oval-shaped insects, about 1/2-inch in length and dark yellow to light brown in color. They are most active at night and, unlike other scarab beetles, do not feed on plants as adults. Japanese beetle adults are slightly smaller, only 3/8-inch in length, with a dark-metallic-green head and coppery-brown body. (See https://go.unl.edu/japanese_beetle.) They also have five tufts of white hairs on the sides of their abdomen. Both masked chafers and Japanese beetles have a 1-year life cycle.



Masked Chafer Adults

Jim Kalisch, UNL Dept. of Entomology

Unlike June beetles, Japanese beetles do feed as adults, and can cause severe damage to a wide range of landscape plants.

Do All Lawns Have Grub Problems?

No. Newly established lawns and low-maintenance lawns usually have few problems with grubs. Turf-type tall fescue lawns also have few problems and seldom need preventive treatment. Kentucky bluegrass lawns maintained at a high level with frequent fertilizer and water applications are most prone to attack.

Do All Lawns Need Grub Protection?

No, only those with a history of problems.

I Found a Couple Grubs in my Lawn. Do I Need to Apply Control?

No. Masked chafers are Nebraska native insects, so a few white grubs are natural and common in the spring lawn or landscape during planting. At this level, control is not needed.

The damage threshold for turfgrass by masked chafer larvae is 8–10 white grubs per square foot of lawn; for Japanese beetle larva, it's 10 grubs per square foot.

What Does Grub Damage Look Like in my Lawn?

White grubs feed on turf and ornamental plant roots and other organic matter in the soil. They damage grass by destroying roots and eliminating plants' ability to pull up water from the soil. Damage is usually at its worst in late-July and early August if high insect numbers are present and not controlled.



Fred Baxendale, UNL Dept. of Ent.

Initially, small patches of grass turn brown and die. Damage may appear to be drought injury, or even a disease such as summer patch. But close inspection of affected areas show turf can be pulled back easily, like a carpet, and numerous white grub larvae are found.

Later in the season, September and October, birds and other types of wildlife

can cause further damage as they rip up turfgrass to find juicy, fat, mature grubs.

When Is the Best Time to Apply Control if my Lawn Has a History of Grub Damage?

Apply control in mid- to late-June. Imidacloprid (Merit, Bonide Grub Beater, BioAdvanced Season Long Grub Control + fertilizer), chlorantraniliprole (Scotts GrubEx, Acelepryn) and halofenozide (Mach 2) provide excellent control.

In addition to the products mentioned above, commercial lawn professionals may use clothianidin (Arena) or thiamethoxam (Meridian) for control. All products are very effective against young grubs.

Do not use products containing ONLY bifenthrin, deltamethrin, cyfluthrin, permethrin, lambda-cyhalothrin or gamma-cyhalothrin for soil-applied grub control. These chemicals bind with organic matter at the soil surface and will not move down into the soil to provide effective control.

Yikes! It's August, I Missed the June Window for Control, But Now Have Damage Appearing.

If grub control is needed in August or September, carbaryl (Sevin) or trichlorfon (Dylox, BioAdvanced Grub and Insect Control) provide the best control due to their higher kill rate against mature white grubs.

Any Tips for Making my Grub Control Application?

White grub infestations tend to be localized to preferred locations in the landscape — a sunny, irrigated slope or turfgrass underneath a yard light — instead of being uniform. Spot applications of grub control products made only to areas with a history of problems, and not applied to the entire yard, is a more environmentally sensitive strategy.

Be sure to water-in grub control products after application for best control.

GARDEN GUIDE THINGS TO DO THIS MONTH

By Mary Jane Frogge, Extension Associate in Lancaster County

Celebrate Pollinator Week, June 21-27, by planting native perennial plants and placing a bee house in your landscape.

Start a gardening notebook. Keep all your gardening records in this one location.

When you buy nursery stock that is container grown, check the root ball and make sure it is not bound too tightly. A mass of circling roots will stay that way even after it is planted in the ground.

Remove old flower heads from annual bedding plants to keep them blooming.

Spring flowering shrubs such as spirea, viburnum, lilac and forsythia should be pruned as soon as they are done blooming.

Remove foliage from spring bulbs after it turns yellow and begins to dry.

Use bark mulch around young trees to protect them from lawn mower damage.

Mid- to late-June is an excellent time to take softwood cuttings of shrubs to start new plants. Some shrubs which can be propagated in this way are spirea, lilac and viburnum.

Leftover vegetable and flower seeds may be stored in a cool dry location to be saved for planting next year.

Keep a close eye on the quality of your spring crops. Hot weather causes lettuce to bolt and become bitter. Plant a warm season crop as soon as the spring vegetables are harvested.

In most cases, blossom-end rot on tomatoes, peppers, squash and watermelons can be prevented. Do this by maintaining uniform soil moisture by mulching.

Identify garden pests before you attempt to control them. If you decide to use chemical control, read the label carefully.

Bats can be an effective way to control insects. One big brown bat can eat 3,000 to 7,000 insects each night. Attract bats by building and placing bat houses in your yard.



HEART OF 4-H VOLUNTEER AWARD

Jen & Jesse Metcalf

Lancaster County 4-H is proud to announce Jen and Jesse Metcalf of Lincoln as co-winners of the June "Heart of 4-H Award" in recognition of outstanding volunteer service.

They have volunteered for 4-H about 8 years, assisting with the 4-H rabbit show at the Lancaster County Super Fair, which consists of 11 events spanning 3 days. They also help at the annual spring rabbit show and with the South Prairie 4-H rabbit club. Jen is currently the leader of the South Prairie club. Jesse is a former leader of the club and serves on the Lancaster County 4-H Rabbit Volunteers in Program Service (VIPS) committee.

Jen says, "I like watching the kids get excited and learn new things about rabbits. My favorite experience as a 4-H volunteer is being at the Lancaster County Super Fair."

Jesse says, "I like working with other adults who are passionate about 4-H and about helping youth. I like helping others while learning new things myself."

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



4th Graders Learn About "Farm to Fork" During Virtual Ag Festival

Over 500 fourth graders from nine Lancaster County schools participated in this year's Lancaster County Agricultural Literacy Festival, which was held virtually in April and May. Now in its 20th year, this event is normally held in person at the Lancaster Event Center Fairgrounds.

Nebraska Extension in Lancaster County organizes the festival. This year's virtual event was made possible through partnerships with the Nebraska Farm Bureau Foundation's Nebraska Agriculture in the Classroom program, Southeast Community College's John Deere Tech program, 4-H volunteers and Classic Dairy Inc.

Video lessons were created on the following topics: Ag Careers, Ag Technology, Beef Cattle, Corn, Dairy Cattle, Horse, Poultry, Pigs and Sheep. These lessons can be viewed at <https://lancaster.unl.edu/2021-ag-festival>.

Each classroom also received an Extended



Still from "Sheep" video

Learning Toolkit sponsored by the Nebraska Agriculture in the Classroom program for more hands-on learning in the classrooms. Schools participated at their own pace for this program and were offered Zoom question and answer sessions.

Malcolm 4th grade teacher Stacy Kopecky says, "We are very thankful that our students were still able to experience the Ag

Literacy Festival this year. The festival is a great experience for our students, and even though they were not able to see the animals and displays in person, they had fun seeing things virtually through video presentation. The kids always enjoy the interesting facts that are shared, and it was important that they did not miss out on this opportunity to learn about ag in a different way."

Comments from Malcolm students included:

- "I can't believe that a dairy cow drinks 30 gallons of water a day!" — Cobi Witzel
- "It is amazing that pigs can be used for so many different things!" — Dawson Rohe

Statewide 4-H Companion Animal Challenge Results

The Statewide 4-H Companion Animal Challenge was held virtually in April. Youth had the opportunity to display their companion animal knowledge through six contests. 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>.

ART

- Junior Division: Dayton Jons (Grand Champion), Alexa Smith (Reserve Champion)
- Intermediate Division: Brooklynn Nelson, Olivia Ralston (Reserve Champion), Kamryn Wanser (Reserve Champion), Katy Weaver

CAT TRIVA

- Intermediate Division: Elizabeth Hilkeman (Reserve Champion), Dayton Jons

DOG TRIVA

- Intermediate Division: Alexa Smith (Reserve Champion)

ESSAY

- Intermediate Division: Kamryn Wanser

PHOTOGRAPHY

- Junior Division: Elizabeth Hilkeman (Grand Champion, Reserve Champion), Dayton Jons, Amorita Payne, and Alexa Smith
- Intermediate Division: Brooklynn Nelson, Kamryn Wanser, Katy Weaver
- Senior Division: Mindy Bartels (Reserve Champion)



Watch Ducks Hatch on EGG Cam



UPCOMING DATES
Ducks hatch date: June 10-11



<http://go.unl.edu/eggcam>



4-H Announcements FOR 4-H'ERS AND VOLUNTEERS

See the 4-H e-newsletter at <https://go.unl.edu/Lan4Henews> for complete details. The 4-H Youth Development Program is open to all youth ages 5–18 and free to join in Lancaster County. If interested in joining or volunteering, call 402-441-7180.

HORSEMANSHIP LEVEL TESTINGS, JUNE 1 & 22

A 4-H horsemanship advancement level testing will be held on Tuesday, June 1, at the Lancaster Event Center Fairgrounds. Anyone wishing to test must sign up by May 25 by contacting Kate at kpulec3@unl.edu. A final level testing will be held on Tuesday, June 22, at the Lancaster Event Center Fairgrounds. Sign up with Kate by June 15.

HORSE IDENTIFICATIONS DUE JUNE 1

Each horse which will be shown at Super Fair must be identified on form "4-H Horse Identification Certificate" and submitted to Nebraska Extension in Lancaster County office by Tuesday, June 1. Form is available at the office as a carbon copy form. Form is online at <https://go.unl.edu/horseid>.

DOG VIRTUAL TRIVIA CONTEST, JUNE 3–6

The Lancaster County 4-H Dog Virtual Trivia Contest will be available Thursday, June 3, Noon–Sunday, June 6, 11:59 p.m. Contest is open to 4-H'ers ages 8–18 – need not be enrolled in a specific project and do not need a dog. Contest links for each age division, as well as study resources, will be posted at <https://lancaster.unl.edu/4h/fair/virtualanimals>.

PREMIER ANIMAL SCIENCE EVENT DEADLINE JUNE 4

The Premier Animal Science Event (PASE) will be held June 28–29 at UNL East Campus. For more information, visit <https://4h.unl.edu/pase>. 4-H volunteer If you are interested in participating in PASE, contact Calvin at calvin.devries@unl.edu or 402-441-718 by June 4.

PLANT SCIENCE CONTESTS, JUNE 9

Three Plant Science Contests will be held Wednesday, June 9, 10 a.m.–12 p.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road. Registration is required by Monday, June 7 by calling 402-441-7180. Open to 4-H'ers from all counties, ages 10–18.

LIVESTOCK PARENT/LEADER TRAINING & ID HELP NIGHT, JUNE 10

New this year, a Livestock Parent/Leader Training & Identification Help night will be held at the same time as the YQCA face-to-face training on Thursday, June 10, 6–7 p.m. at the Lancaster Extension Education Center. **Limited to 15 adults. This training will also be offered over Zoom for those unable to attend in person. Please send your RSVP or to request to attend over Zoom to Calvin at calvin.devries@unl.edu.**

RABBIT TATTOO & FAIR PREP EDUCATIONAL CLINIC, JUNE 12

There will be a 4-H Rabbit Tattoo & Fair Prep Educational Clinic presented by the Rabbit VIPS Committee on Saturday, June 12, 9–11 a.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road. Open to all youth ages 8 & up. Tattoos will cost \$1 per rabbit. Register by June 8 online at <https://forms.gle/mg85Bsf8nLo3vAb77>.

VOLUNTEER ONLINE ENROLLMENT DUE

JUNE 15

Club leaders must enroll/re-enroll at <https://ne.4honline.com>. If you and your other co-leaders have not already enrolled at "4-H Online," please do so before June 15.

NEW LIVESTOCK ACHIEVEMENT PROGRAM, DEADLINE JUNE 15

The new Nebraska 4-H Livestock Achievement Program recognizes Members of Excellence in the project areas of beef, sheep, meat goat, swine, dairy cattle, dairy goat, rabbit and poultry. The program consists of two age levels (10–13 and 14–18) that require 4-H'ers to plan and report a range of project-related accomplishments. Apply by June 15. Details at <https://4h.unl.edu/livestock-achievement-program>.

HORSE STATE HIPPOLOGY AND JUDGING ENTRIES DUE JUNE 15

The state Hippology and Horse Judging contests will be held at the State 4-H Horse Expo in Grand Island on July 10 and 11. Open to 4-H'ers ages 10–18. Entry forms for these contests must be submitted to county Extension offices by June 15. Entry fees will be paid by Lancaster County 4-H Council. For more information and entry forms, go to <https://4h.unl.edu/horse/state-expo>. If you have questions, contact Kate at kpulec3@unl.edu.

SEWING HELP SESSIONS IN JUNE

Sewing Help sessions for 4-H youth ages 8 and up will be held Monday, June 21, Wednesday, June 23 and Friday, June 25 from 1–4:30 p.m. at the Bernina Sewing Center, 5500 Old Cheney, Suite 7, Lincoln. No pre-registration required or fees, just drop in. Bring your project, sewing machine and supplies with you. Experienced seamstresses available for guidance.

EARN A NEW SEWING MACHINE

This is the 12th year Kath Conroy, a 4-H Clothing superintendent, and her husband, Mike, are graciously donating a new sewing machine to one Lancaster County 4-H youth! Deliver or email typed or hand-written essays by Monday, June 21 to Nebraska Extension in Lancaster County. For details, email kristin.geisert@unl.edu.

SUPER FAIR 4-H/FFA ANIMAL ENTRIES MUST BE SUBMITTED ONLINE JUNE 21–JULY 1

All 4-H/FFA animal entries for the Lancaster County Super Fair must be entered online at <http://lancaster.fairmanager.com>. Animal entries may be submitted online starting on Monday, June 21. Deadline is Wednesday, July 1, 11:59 p.m. Step-by-step instruction guides with pictures is at <http://lancaster.unl.edu/4h/fair#animal>. If you have questions about the process, call 402-441-7180. Note: Do not use feedback through ShoWorks for comments or questions about entries – feedback is not seen by Extension staff until AFTER the Super Fair.

JUNE 15 4-H DEADLINES FOR FAIR

To participate in 4-H at the Lancaster County Super Fair, youth MUST complete the following before June 15. If you have questions, contact 402-441-7180 or lancaster4h@unl.edu.

ENROLL/RE-ENROLL ONLINE

4-H members must be enrolled/re-enrolled by June 15. The website to enroll is <https://ne.4honline.com>. Only parents/guardians may enroll 4-H members. Each 4-H household will need to set up a profile in which the 4-H youth and/or volunteers in the household will be added. There is no fee to enroll in 4-H in Lancaster County. NOTE: Health information is optional. More details and step-by-step instruction guides with pictures are at <http://lancaster.unl.edu/4h/club>.

PROJECTS UPDATED

To exhibit at the Super Fair, 4-H members must be enrolled in the respective project (unless otherwise stated in the Fair Book). Enrolled project examples: Home Environment Design Decisions, Food & Nutrition Cooking 101, Aerospace 2 and Rabbit. Select projects at <https://ne.4honline.com> by June 15.

YQCA REQUIREMENTS FOR LIVESTOCK EXHIBITORS

4-H/FFA members enrolled in any of the following animal projects need to complete Youth for the Quality Care of Animals (YQCA) training: Beef, Dairy Cattle, Goat, Poultry, Rabbit, Sheep and Swine. In Lancaster County, youth may choose one of two options:

- Complete online training at <https://yqca.learnrow.io>. Cost is \$12. For directions and more information, visit <https://4h.unl.edu/yqca>.
- Attend a face-to-face training held Thursday, June 10, 6–7 p.m. at the Lancaster Extension Education Center, 444 Cherrycreek Rd., Lincoln. To sign up, you must go to <https://learnrow.io> before the training. The training will cost \$3 payable by credit or debit card.

Send completed certificates by June 15 to Calvin at calvin.devries@unl.edu or Nebraska Extension in Lancaster County, 444 Cherrycreek Rd., Suite A, Lincoln, NE 68528.

ANIMAL IDS

All 4-H/FFA sheep/goat/swine/beef/bucket calf/dairy cattle/llama & alpaca/rabbit identifications are due by June 15. If questions, contact Calvin DeVries at calvin.devries@unl.edu or 402-441-7180. 4-H horse identifications are due June 1. 4-H poultry, dogs, cats and household pets do not require identification.

Nebraska Extension in Lancaster County
 & Lancaster Extension Education Center Conference Facilities
444 Cherrycreek Road, Ste. A, Lincoln, NE 68528
402-441-7180 • lancaster.unl.edu

Extension is a Division of the Institute of Agriculture and Natural Resources at the University of Nebraska–Lincoln cooperating with the Counties and the United States Department of Agriculture.

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NEBLINE

NEBLINE is typically published monthly (except December). Subscriptions via mail are free to Lancaster County residents. There is an annual \$5 mailing and handling fee to addresses in zip codes other than 683–, 684–, 685–, 68003, 68017 and 68065.

Would You Prefer Digital?

E-newsletter and PDF versions are at lancaster.unl.edu/nebline

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EXTENSION NEWS

Soni Cochran Transfers



Soni Cochran has been a familiar face in the Lancaster County Extension office for over three decades. In 1993, she was hired as Extension Assistant – Educational Resources. Since then, she has served many roles, including pests and wildlife education, helping establish Earth Wellness Festival for 5th graders, co-creating the Cherry Creek Pollinator

Habitat, teaching 4-H Clover College workshops and much more! As webmaster of <https://lancaster.unl.edu> for over two decades, she worked with staff to manage the website's extensive resources and popular EGG Cam.

Soni recently transitioned to a statewide role as Community Engagement and Wellness Extension Associate and is now located in the Dawes County Extension Office in Chadron. Since 2019, Soni has focused on disaster preparedness, response and recovery, and rural wellness. Soni can be reached at scochran2@unl.edu or 308-432-3373.

Water Website Wins State Awards

University of Nebraska–Lincoln's water website (<https://water.unl.edu>) team, which includes Extension Domestic Water/Wastewater Associate Becky Schuerman, was selected as the 2021 State Winner of the National Association of County Agricultural Agents (NACAA) Communications Awards in the categories of Website/Online and Newsletter.



EXTENSION CALENDAR

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

June

- 1 **Super Fair 4-H Horse ID's Due to Extension**
- 1 **4-H Horsemanship Level Testing**, *Lancaster Event Center Fairgrounds*
- 1 **4-H Council Meeting** 6 p.m.
- 3 **Pesticide Applicator Nebraska Department of Agriculture Walk-In Testing Session**..... 9 a.m.–2 p.m.
- 3–6 **4-H Dog Virtual Trivia Contest**
- 5 **4-H County Life Challenge Contest**8:30 a.m.
- 9 **4-H Plant Science Contests** 10 a.m.–12 p.m.
- 10 **4-H/FFA Youth for the Quality Care of Animals Face-to-Face Training; Livestock Parent/Leader Training & Identification Help**.... 6–7 p.m.
- 11 **Extension Board Meeting** 8 a.m.
- 12 **4-H Rabbit Tattoo & Fair-Prep Educational Clinic**.....9–11 a.m.
- 15 **Early Childhood Training for Child Care Providers – VIRTUAL: Reggio Series – Introduction to the Reggio Approach..** 1 OR 7 p.m.
- 15 **4-H Deadline to Enroll New Members/Volunteers and to Select Project Area(s) Planning to Enter at Super Fair – Must Use “4-H Online” at <https://ne.4honline.com>.**
- 15 **4-H & FFA Deadline for Identification Requirements of Sheep/Goats/Swine/Beef/ Bucket Calves/Dairy Cattle/Llamas & Alpacas/Rabbits**
- 15 **4-H & FFA Deadline for Livestock Animal Exhibitors to Complete Requirements for Youth for Quality Care of Animals**
- 15–18 **4-H Clover College**
- 17 **4-H Horse District Show – Lincoln**, *Lancaster Event Center Fairgrounds - Pav. 4 Amy Countryman Arena*)
- June 21–July 1 **4-H/FFA Animal Entries for the Lancaster County Super Fair Must be Submitted at <https://lancaster.fairmanager.com> Between June 21 and July 1, 11:59 p.m.**
- 22 **4-H Horsemanship Level Testing**, *Lancaster Event Center Fairgrounds*
- 23 **4-H Horse Entry Help Night**6–8 p.m.
- 24 **Pesticide Applicator Nebraska Department of Agriculture Walk-In Testing Session**..... 9 a.m.–2 p.m.
- 28–29 **Premier Animal Science Events/State Life Challenge**, *UNL East Campus*
- 29 **Early Childhood Training for Child Care Providers – VIRTUAL: Reggio Series – Emergent Curriculum**..... 1 OR 7 p.m.
- 30 **State 4-H Public Speaking Contest**, *UNL East Campus*

STEM Zoom Workshops in June

Deb Weitzenkamp, Extension Educator in Otoe County, is offering two virtual STEM workshops via Zoom in June. Youth must be at least 8 years old — need not be enrolled in 4-H. If questions, email deb.weitzenkamp@unl.edu.

3D MODELING
 — Create your own 3D printed design. Cost is \$20. Register at <https://go.unl.edu/3dregis>.

- June 9, 10 a.m.–12 p.m.
- June 10, 10 a.m.–12 p.m.
- June 11, 10 a.m.–12 p.m.
- June 17, 10 a.m.–12 p.m.

CODE CAMP — If you can read, you can code! Cost is \$10. Register at <https://go.unl.edu/CodeCamp2021>.

- June 9, 1–2 p.m.
- June 9, 3–4 p.m.
- June 17, 1–2 p.m.
- June 17, 3–4 p.m.

Seeking Lancaster County Fair Historic Memorabilia and Stories

The Lancaster County Fair 150th celebration postponed from last year will be held July 30–Aug. 7, 2021! The Lancaster County Ag Society's 150th planning committee is seeking memorabilia, information and stories from past Lancaster County exhibitors (4-H/FFA and Open Class). These may be used in a display during Super Fair or a time capsule. Contact Lorene Bartos at 402-310-3481, 402-423-7541 or email lbartos1@unl.edu.