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Smart Techniques Conserve Water in Your Yard

By Sarah Browning, Extension Educator in Lancaster County

When dry, summer conditions occur, applying simple water conservation practices is beneficial for both homeowners and the environment. Instead of running up high water bills or allowing lawns to become dry and discolored, compromise by working with nature.

Watering Tips

Water plants deeply, but infrequently, when irrigation is needed. Try to keep soil moist about 1/2 inch deeper than the deepest living roots or, if the root depth is unknown, to 8 or 9 inches into the ground. Woody plants should be watered more deeply, 12–18 inches, and infrequently to promote extensive rooting. During July and August, turf-grasses and ornamental plants require 1–1.5 inches of water per week to remain green and actively growing.

For plants in clay soils when no rain has fallen in the last two weeks, a good watering schedule is two weekly applications to lawn areas, and one deep soaking for woody plants every 10–14 days.

Avoid frequent, light applications of water, such as 10–15 minutes every day. This often results in a shallow layer of continually wet soil, which prevents oxygen movement into the soil. Plant roots need oxygen to survive, and without it they will eventually begin to die.

Determine Moisture Depth After Watering

An easy method to figure out how deeply your irrigation water has penetrated the soil is by sticking a long-bladed screwdriver or other metal probe into the ground after irrigation. The probe should move fairly easily through moistened soil but will resist when it encounters dry soil.



Vicki Jedlicka, Nebraska Extension

Screwdriver or other probe can help figure how deep water has penetrated soil.

Remove the probe from the soil and measure the depth of soil moistened. When pulled out of the ground, the probe should be moist — not dry or soggy wet.

Landscape Moisture Management Tips

Watering. Monitor the output of your irrigation system by using empty coffee cans, tuna cans or other straight-sided



John Fech, Nebraska Extension

Irrigation water measuring devices can include a tuna can or catch cup.

containers to measure the amount of water sprinklers put out and adjust the run time so it delivers the required amount. Change your irrigation system run time seasonally as plant water needs change.

Irrigation Timing. The most efficient time to water lawns and landscapes is in the early morning, from 4–10 a.m. At this time, temperatures are lower and winds calmer than later in the day; less water is lost to evaporation.

Mowing. Conserve moisture by mowing Kentucky bluegrass lawns 2.5–3 inches and tall fescue lawns 3–4 inches in height. Leave grass clippings on the lawn after mowing. Clippings act as a mulch and help hold moisture in the soil.

Dormant Lawn.

Consider allowing certain turfs, such as Kentucky bluegrass, to go dormant. When doing this, limit foot traffic and mowing on dormant turf to prevent damage to the grass crowns. Irrigate dormant Kentucky bluegrass with 1/2 inch of water per week, beginning after no rain has fallen for three weeks. This is the necessary amount of water needed to keep dormant Kentucky bluegrass lawns alive.

Note — tall fescue lawns do not go dormant; if entire plants are turning brown, they are dying! Additional water is needed to keep them alive, unless the browning is due to a disease problem. However, tall fescue plants have a much larger root system than Kentucky bluegrass, and can usually draw up all the water needed for plant growth unless we are experiencing moderate to severe drought conditions.

Mulch. Surround garden plants with a 2–3 inch layer of mulch to reduce evaporation and weed competition for available soil moisture.

Catch Rainwater. Use a rain barrel to catch rainwater for use in garden areas. However, don't let water sit in uncovered containers long enough for mosquitoes to use the standing water for a breeding ground.

Irrigation System Maintenance. Once a month, inspect automatic sprinkler systems. Look for turf growth around the heads blocking flow, broken or damaged heads, clogged



John Fech, Nebraska Extension

Irrigation head needing adjustment to set output nozzle higher above grass

nozzles and other complications. Adjust sprinkler heads as plants grow or decorative items such as decks are built and start blocking the spray pattern. Make sure sprinklers don't waste water by spraying sidewalks or other impervious surfaces, and potentially wash lawn fertilizers and chemicals into storm drains.

Tips for September

- Group plants with similar water needs — <https://go.unl.edu/rightplant>.
- Improve soil through aeration — read <https://lancaster.unl.edu/hort/aerate>.
- Improve soil water holding capacity — read <https://lancaster.unl.edu/hort/soils>.

Building a Healthy Community: What Lincolniters Say

By Emily Gratopp, Extension Educator in Lancaster County

What does “healthy lifestyle” mean? What makes a healthy community? These are two of eight questions relating to health that myself and two UNL faculty, Dr. Lisa Franzen-Castle and Dr. Paul Springer, asked Lincoln community members. The answers we received are powerful and enlightening.

We hosted nine focus groups with over 70 participants, including subpopulations like individuals who speak Spanish, are or were recently unhoused and participate in the Asian Community and Culture Center. Approximately half of the participants were individuals who have experienced health disparities in Lincoln and half were social service providers and stakeholders. We also engaged eight high school youth in a PhotoVoice project, aimed at creatively amplifying their perspectives on building a healthy community.

A common answer to the first question, “What does ‘healthy lifestyle’ mean to you?” involved balance between aspects of health. One participant quote summarizes the theme well, “I would say, to begin with, body, mind and soul. If we have all three going together, it seems, it’s a magic balance in people. If you can achieve that healthy balance of body, mind and soul and balance that into your daily living, then you’re gonna do really well.”

Barriers to Health

There are barriers to accessing these elements of health, including financial, transportation and quality of care, as well as, racism

and discrimination. The lack of a convenient public transportation system was lamented at all focus groups. Relating to quality of health care, one participant recounted, “I’ve been on both ends of the spectrum. I’ve had private insurance and I’ve had Medicaid. My experience has been night and day between when I’ve gone with private insurance versus Medicaid. I feel the quality of care of the places I’ve gone, or I’ve taken my kids, is not the same.”

Similarly, several participants mentioned discrimination being a barrier including, “There is this idea of the darker your skin, the thicker it is. I have had small experiences, such as micro-aggressions. My wife is white, so many times when there are things with the kids, it is best if she goes because the doctors will treat them better than if I go with the kids.”

Breaking Barriers to Build Community Health

How do we build community-wide health given the barriers to access health? Building a healthy community involves multiple solutions. One participant best captured the complexity of building a healthy community in his quote, “I think there’s not only one factor for community health, I believe it’s interrelated. It’s like a web of factors that makes a community very healthy. It’s about safety. It’s about playgrounds. It’s about education. I mean, there’s so many factors, in my opinion, that all contribute to a healthy community.”

The Power of Connection

Many factors contribute

to a healthy community. However, in all focus groups, there was a consistent theme of building healthy communities: connection and being neighborly. When we asked participants what would most improve the quality of life for the entire community, this is what we heard: “Getting to know your neighbors is important for safety and taking care of your fellow humans. You never know when someone will need some form of assistance.”

“To me a healthy community is to first start at home, ourselves, then our kids — teaching them the values so their generation gives the best for the neighbors and everyone. They will create a

healthy community.”

It seems this simple advice will break barriers and build Lincoln and Lancaster County into healthier communities: helping the closest humans — taking care of one’s neighbors.

Building health means making connections between people and groups of people. High school youth PhotoVoice participants said it best in these three captions to their photos, “Allow others with different backgrounds and ethnicities to be in your life. Don’t be afraid to be in a place where you have so many different people. People make communities interesting.”

“Togetherness doesn’t happen when you lock yourself

into a small or lonely place. So it would help you to go out and see other people and try to connect to them by making a connection from your life to their life.”

“So many people are in their own bubbles. They’re not interacting. Pop your bubble. Life is short. Talk with others.”

What connections will you make today — what barriers will you break — to build a healthier community for those closest to you?

Find a full report of the focus group data at lancaster.unl.edu/wcc. Contact Emily Gratopp at emily.gratopp@unl.edu to learn how to get involved in building a healthier community.



RECIPE OF THE MONTH

By Emily Gratopp, MS, ASCM-CPT, Extension Educator in Lancaster County

One of my favorite things to grow in the summer are cucumbers. Cucumbers are delicious plain, with dip, on salads, as an extra crunch on a sandwich and even as the main sandwich ingredient. Try these healthy and tasty cucumber sandwiches for a simple, refreshing summer snack or meal.

MINI CUCUMBER SANDWICHES

(Makes 8 servings)

- 1/4 cup plain fat-free Greek yogurt
- 1/4 cup light mayonnaise
- 1/2 teaspoon dill weed
- 1/4 teaspoon garlic powder
- 8 slices whole wheat bread
- 1 cucumber, scrubbed with clean vegetable brush under running water, thinly sliced*



1. Wash hands with soap and water.
2. In a small bowl, mix together yogurt, mayonnaise, dill weed and garlic powder.
3. Spread yogurt mixture evenly onto four bread slices. Top with cucumber slices and top with a second slice of bread.
4. Cut the sandwich into quarters.
5. Store leftovers in a sealed container in the refrigerator for up to four days.

Notes: *Other veggie options include sliced tomatoes, zucchini, summer squash, avocado, onion, peppers and shredded carrots.

Nutrition Information: Serving Size (1/8 of recipe): Calories 130; Total Fat 3.5g; Saturated Fat 0g; Sodium 170mg; Total Carbohydrates 20g; Fiber 0g; Total Sugars 4g, includes 0g Added Sugars; Protein 6g

Source: food.unl.edu

Saving and Storing Garden Seeds

By Sarah Browning,
Extension Educator in
Lancaster County

Mid- to late-summer is a good time to start the process of saving seeds for next year's garden. Growing and harvesting your own seeds isn't as hard as you might think. However, before you get started, there are a few important things to keep in mind when selecting plants from which to save seeds.

Avoid Hybrid Plants

Many, if not most, of the vegetable seeds and transplants you purchase at the garden store in spring are hybrid plants, developed through the crossing of two distinct parent lines. Hybrid plants are bred for their vigorous nature and improved disease resistance. They often have fruits that are more uniform in size, shape, color, have better storage quality and shipping ability. For tomatoes, improved shipping ability usually means the tomato flesh is firmer than that found in most heirloom tomatoes. However, hybrid plants do not grow 'true-to-type' from seed, so aren't good candidates for seed saving.

Choose instead to save seed from open pollinated heirloom plants or naturally occurring plant species like red veined sorrel, *Rumex sanguineus*, which will grow 'true-to-type' from seed each time. Seeds can be saved from ornamental plants too, like four o'clocks, nasturtium and marigolds.

The next consideration

is how to collect the seeds? This depends on how seeds are produced by the plant — either as dry seeds or wet seeds within a fruit. Harvest seeds from your healthiest, most vigorous plants.

Dry Seeds

Many plants produce seeds in a dry seed head, such as lettuce or dill. To harvest lettuce, allow



Mature lettuce flowers resemble fluffy dandelion heads.

a few plants to mature and develop flower heads. Allow the flower heads to mature until seed stalks develop a fluffy dandelion



Cut dill flower stems when seeds begin to turn tan. Allow to ripen indoors so seed can be collected.

appearance, just before the seeds are completely dried. Seeds will fall off the stalk and be lost if allowed to totally dry on the plant. To harvest dill, cut the seed stalks when the seeds are fully sized and turning brown.

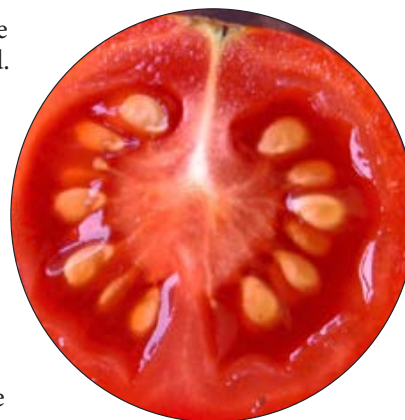
Bundle the stems together with rubber bands or string. The seed heads can be placed inside a paper bag as they dry to catch any seeds that fall. Hang the bundles to dry in a warm, well-ventilated location. Dry the harvested stalks until the seeds can be shaken or rubbed from the stems.

Allow bean or pea pods to turn brown on the plant. Harvest the pods and dry them for 1-2 weeks. Shell them and they are ready for storage.

Peppers should be allowed to mature about two weeks past their best edible stage. Harvest the fruits, cut them open, remove the seeds and allow them to dry for a few days. When the seeds are dry and can snap in two, they are ready for storage.

Wet Seeds

Pick fruit from desirable plants when ripe. Cut fruit and squeeze out the pulp into a container. Add a little water, shake the mixture well and let the pulp ferment 2-4 days at room temperature, stirring occasionally. When seeds settle to the bottom of the container, pour off the pulp at the top of the container. If necessary, add more water and let any remaining pulp ferment again. When you have mostly seeds remaining, pour them into a



Seeds in wet fruits, like tomato, can also be harvested.

fine sieve. Rinse them well and spread them in a thin layer on a piece of netting or screen, allowing them to dry thoroughly.

Seed Storage

The first rule of seed storage is correct temperature and humidity. After seeds are harvested and dried, they need a cold, dry environment for storage, ideally around 35°F. Seeds keep for a long time at these temperatures. Dryness is important; if too much moisture is present, seeds will swell and sprout, or rot.

Where is the ideal storage spot? An air-tight container in the refrigerator is a good location. A shelf in the garage, basement or laundry room is not a good location; it gets too damp or hot at times during the year.

FOR MORE INFORMATION

To find more information on storing seeds, please see Nebraska Extension NebGuide "Vegetable Garden Seed Storage and Germination Requirements," (G2090) <http://go.unl.edu/seedstorage>.

GARDEN GUIDE THINGS TO DO THIS MONTH

By Mary Jane Frogge, Extension
Associate in Lancaster County

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.

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.

A brown or grayish cast over a lawn can be caused by a 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.

Divide and transplant bearded iris using the vigorous ends of the rhizomes. Discard the old center portion. Cut the leaves back to about six inches.

Naturally Occurring Elements in Groundwater

Last in a Series – Uranium

*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 final installment of the Spotlight Series is Uranium.

Uranium

Uranium is a radioactive element found in certain kinds of rocks and soils within Nebraska's geology and throughout the U.S. When water, the universal solvent, passes through uranium-containing formations, it can cause the uranium it comes in contact with to dissolve. Uranium is colorless, odorless

and tasteless. The only way it can be detected in drinking water is through submitting a sample for laboratory testing. The Maximum Contaminant Level (MCL) for uranium mass set forth by the Environmental Protection Agency (EPA) in the Safe Drinking Water Act, is 30 micrograms per liter (µg/L) or parts per billion (ppb).

Health Effects

Exposure to uranium can be a health hazard and potentially cause adverse chronic health effects. This means that health effects will result after continuous consumption of uranium-contaminated water for a long period of time. The chronic health effect associated with long-term ingestion of uranium is that it may put an individual

at an increased risk of kidney damage. As with other drinking water contaminants, there are variables as to the potential severity of the health effects. These variables include: how much uranium 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 and overall health.

Treatment

A Point-of-Use (POU) drinking water treatment system such as reverse osmosis, distillation, special adsorbent media (such as titanium dioxide) and anion exchange are documented to remove uranium, as well as a variety of other drinking water contaminants. Commonly installed at the kitchen sink,

a tap for a POU system is placed where water is most often drawn for drinking and/or cooking needs. Filtration devices such as pour-through, POU activated-carbon filters or faucet-mounted filtration devices are not documented to effectively remove uranium from drinking water. 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 2020 Annual Water Quality Reports for Lincoln and the three other community water systems in Lancaster County, there are no uranium mass test results to report at this time. While low-to-moderate-levels of uranium are not uncommon throughout

Nebraska, the highest levels of uranium are most commonly found in groundwater from the Republican, North Platte and some areas of the Platte River valleys.

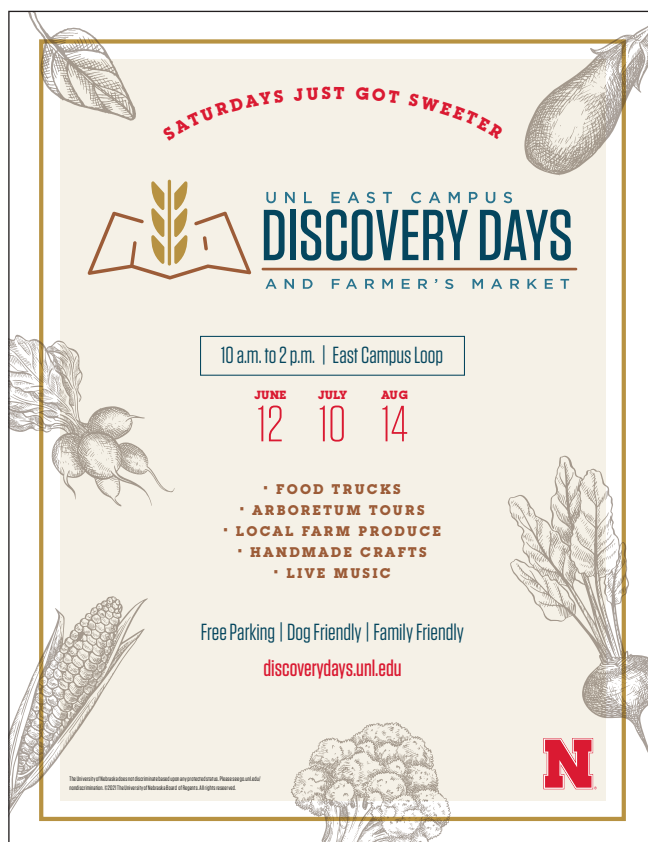


FOR MORE INFORMATION

For further information about uranium and other drinking water topics, see Nebraska Extension's NebGuides at <https://water.unl.edu/article/drinking-water/nebguides>.

UNL EAST CAMPUS DISCOVERY DAYS

Join Lancaster County Extension in the East Campus Loop on Saturday, July 10 from 10 a.m. to 2 p.m. for "East Campus Discovery Days and Farmer's Market." The Institute of Agriculture and Natural Resources (IANR) at the University of Nebraska Lincoln, organized this event for the community to enjoy science literacy opportunities, locally produced fresh food, value-added artisans and on-campus family fun activities. This event provides a safe, fun and entertaining environment for people of all ages. Visit <https://discoverydays.unl.edu> for more information.



NEBRASKA 4RS NUTRIENT STEWARDSHIP FIELD DAY

University of Nebraska–Lincoln is excited to offer their 1st annual 4Rs Nutrient Stewardship Field Day on Thursday, July 15. We encourage you to attend this FREE event on 4Rs of Nutrient Stewardship which features knowledge and tools to improve nutrient management, soil health, crop yields and water quality. This

is a great opportunity to learn about 4Rs strategies to improve crop yield and profits while protecting the environment.

The event can also earn you 4.5 CEUs on Nutrient Management. Registration is required for participation. More information, and to register, can be found at: <https://go.unl.edu/4Rs-fieldday>.



ANTS IN THE HOME & LANDSCAPE

By Kait Chapman, Extension Educator in Lancaster County

Ants can be a bothersome pest, especially when they get into our homes and infest our kitchens or cause structural damage in wood. But not all ants in every scenario are bad. In fact, in our landscapes, ants can sometimes be considered beneficial predators, soil aerators, decomposers and an important food source of other beneficial insects and spiders. So before you reach for that can of insecticide, think to yourself, "Is this ant really a pest?" If it's outdoors, then probably not.

Here are some common ant-scenarios and what you can do to prevent them.

Carpenter Ants in the Home

Carpenter ants do not eat wood. They do, however,

create nests in dead, water-damaged wood. If you see carpenter ants in your home, it could be indicative of a larger problem. In the case of carpenter



UNL Entomology

Carpenter ant

ants, contacting a pest management professional is recommended to potentially locate and treat colonies. Eliminating moisture

Odorous house ants



Jody Green, Douglas/Sarpy Co.



Kait Chapman, Lancaster Co.

Swarming citronella ants

problems in the home may also prevent future infestations.

Swarming Citronella Ants on the Porch

The majority of reports of citronella or yellow ants we receive are because winged ants are swarming and emerging from underneath porches or concrete slabs. While some ants may make their way indoors, the swarming is harmless and shouldn't be sprayed. If they become too much of a nuisance, they can be vacuumed and disposed of without the use of insecticides.

Pavement ants



Jody Green, Douglas/Sarpy Co.

Odorous House Ants in the Kitchen

Odorous house ants are frequent structure-invading ants. If you find yourself battling these ants indoors, you can use ant bait stations

laced with a toxicant in areas where ants are seen frequently. The ants will need to feed from the bait and take the toxicant back to its colony. If you can locate the main colony, likely outdoors, it can be sprayed directly with an appropriate insecticide.

Pavement Ant Nests in the Sidewalk

As their name suggests, pavement ants nest under sidewalks, driveways and building foundations. If you see ant mounds in the cracks of your sidewalk, just leave them be. Pavement ants will sometimes nest inside during the winter, but can be managed by using commercial baits.

Need an ant identified? Contact your local Extension Office or visit <https://go.unl.edu/ants> for more information.

Lawn Care and Young Children: Creating a Safe and Fun Place to Play

By Katie Krause, Extension Educator in Douglas/Sarpy Counties

Spring is in full swing here in Nebraska and our family is spending a lot more time outside. As I walked around our yard this week, I realized I needed to do something to help get our less-than-stellar yard in better condition. We have been trying to get our lawn healthy so it can withstand the wear and tear of two young children and two dogs (we are getting a new puppy next week!) playing on it year-round.

So, what does lawn care have to do with early child-



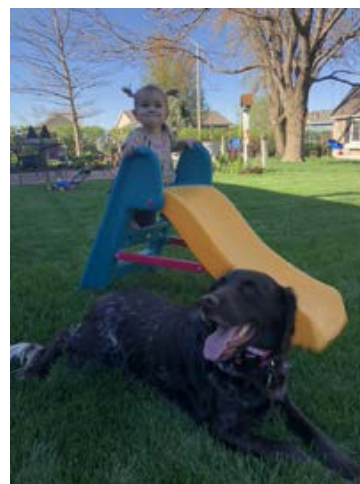
hood? For our family, this is simple. Safety. We'd like to have a yard with enough grass we don't end up with a muddy mess, but we don't want to risk

our kids or pets getting sick from whatever we apply to the lawn. I reached out to my fellow Extension Educator, John Fech, who is a horticulturist. One of his areas of specialization is turf grass. He responded quickly, and even wrote this wonderful blog so we could share the helpful

information with you!

Check it out here: <https://grobigrad.com/2021/04/22/lawns-kids-pets>.

John shares details about



Photos by Katie Krause, UNL Ext. Educator

these four big takeaways:
• Follow the instructions exactly!

- Break the application into two or three parts.
 - This one was a huge "ah-ha!" moment for me. Don't do your front and back yard all on the same day. Get the backyard done, but still have safe access to your front yard. Simple... but genius!
 - Know how the product works — foliage active — work on the leaves; root active — goes into the ground.
 - Mow — Fertilize — Water.
- Remember, "Children Thrive Outside"...so use these helpful hints to make sure your yard is functional and safe for your whole family!



LANCASTER COUNTY Super Fair

July 29–Aug. 7, 2021

4-H & FFA Exhibits & Events July 29–Aug. 1

4-H Horse Shows July 28–Aug. 1

Lancaster Event Center Fairgrounds

August
NEBLINE and
SuperFair.org will
have complete
schedule!



GENERAL PUBLIC GATE ADMISSION

FREE general public gate admission tickets will be available July 1–Aug. 7 at U-Stop Shop, Russ's Market, Super Saver and West Gate Bank locations in Lancaster County until supplies run out. Gate admission without a free ticket will be \$3 per person per entry — regardless of age — so pick up plenty for each gate entry.

GENERAL PUBLIC PARKING

\$5 per vehicle per day. Re-entry permitted on same day if you keep your parking pass.

CHICKEN DINNER & SILENT AUCTION, JULY 30

Lancaster County 4-H Council is hosting a Chicken Dinner on Friday, July 30, 5:30–7:30 p.m. at the Exhibit Hall - Lancaster County Farm Bureau Room (during the 4-H Table Setting Contest). Dinner features Slim Chicken's tenders, side dishes and dessert! To-go boxes will be available. Tickets at the door are \$9. Advance tickets are \$8 at the Extension office before the fair or at the 4-H food stand during the fair. A silent auction will be held during the Chicken Dinner, 5–7 p.m., 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 26.



HEART OF 4-H VOLUNTEER AWARD

Marti Thomson

Lancaster County 4-H is proud to announce Marti Thomson of Palmyra as winner of the July "Heart of 4-H Award" in recognition of outstanding volunteer service. A volunteer for seven years, Marti is currently co-leader of the Sew Green 4-H club which focuses on sewing and community service. She has also assisted with the Rabbits R Us club, helped set up for static exhibits at the Lancaster County Super Fair, and helped staff shifts at the 4-H food stand at fair.

She says, "It is so much fun to see the kids receive the rewards for all of their hard work! And not just the ribbons, but the joy and satisfaction they get for serving the community, and doing a job well. I love watching them grow and become confident in their own abilities and talents. They have so much potential and it is amazing to see how much they have to offer the community. These children really are the future. My favorite experience has been talking with children at the fair and seeing them interact with the public. Their enthusiasm for sharing their knowledge about their projects and the animals is just wonderful! They are great ambassadors for the agricultural community and the state of Nebraska."

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



Checkout 4-H STEM Reading Connections at Lincoln Libraries!

Nebraska Extension and the City of Lincoln Libraries have partnered to create 4-H STEM Reading Connections bags available now for checkout at all Lincoln library branches (except Williams). The Nebraska 4-H STEM Reading Connections Program provides books, guided questions and expanded learning resources to support literacy development, enhance relationships and to make a connection with your local library. This year's theme is Tales of Tails — unearth the amazing world of animal habitats! There are four theme bags. Learn more about the 4-H Reading Connections Program at <https://go.unl.edu/reading-connections> and Lincoln City Libraries at <https://lincolnlibraries.org>.

Summer Programming 4-H Interns

Each summer, student interns join the 4-H staff at Nebraska Extension in Lancaster County and provide much needed assistance.

Extension Interns

Three full-time interns help with ongoing summer programming, including contests, Clover College, Lancaster County Super Fair and other activities.

• Ellie Babcock

assists Extension Associate Kristin Geisert with Clover College, Super Fair static exhibits and contests. Ellie was a Lancaster County 4-H member for 11 years. Ellie is a sophomore at University of Nebraska-Lincoln majoring in Textiles, Merchandising and Fashion Design.

• Alaina Kauffman

assists Extension Assistant Kate Pulec with the horse, rabbit, cat and household



(L–R front row) Payton Flower, Ellie Babcock;
(back row) Stephanie Stephens, Ina Yarmolyuk, Alaina Kauffman

pet projects. Alaina was a 4-H member for 12 years in Douglas/Sarpy counties. She graduated from South Dakota State University with a bachelor's in Agriculture Education and Agriculture Leadership. She is pursuing a master's degree in Student Affairs with an Academic Certificate.

• **Stephanie Stephens** assists Extension Assistant Calvin DeVries with the

livestock, dog and poultry projects. Stephanie was a 4-H member in Buffalo County for 13 years. She is a junior at UNL, majoring in Agriculture Education and minoring in Animal Science.

UNL HALO Interns

Two interns will assist Extension Educator Tracy Anderson with 4-H outreach and education this summer focusing on hands-on STEM activities.

They are part of UNL's Husker Afterschool Learning Opportunities (HALO) program for honors students.

• **Payton Flower** was a Scotts Bluff County 4-H'er for 10 years. She is a senior at UNL majoring in Agricultural Economics.

• **Ina Yarmolyuk** is new to 4-H. She is a senior at majoring in Child, Youth and Family Studies.



4-H Announcements

FOR 4-H'ERS AND VOLUNTEERS

Due to volume of announcements, these are brief — see e-news for complete details!

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.

4-H & FFA ENTRY HANGTAGS FOR SUPER FAIR

4-H/FFA exhibitors can get free 4-H/FFA entry pass hangtags for their immediate families at the Extension office (available now through July 30) or Extension 4-H fair, horse and livestock offices at the Lancaster Event Center Fairgrounds (available during the 4-H/FFA portion of the fair). These entry passes allow one vehicle and its occupants to enter the fairgrounds each day Thursday, July 27–Saturday, Aug. 7. Your hangtag will be honored all 10 days of Super Fair! Hangtags are not needed July 27–28.

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. Deadline is Wednesday, July 1, 11:59 p.m. More details and step-by-step instruction guides with pictures are at <http://lancaster.unl.edu/4h/fair#animal>.

4-H/FFA LIVESTOCK BOOSTER CLUB SCHOLARSHIP DEADLINE JULY 6

Applications for the Lancaster County 4-H/FFA Livestock Booster Club \$500 college scholarship are due July 6. The application is at the Extension office and online at <http://go.unl.edu/5bg>.

LIVESTOCK BEDDING AND HORSE ROPING/WORKING RANCH FEES DUE JULY 9

4-H/FFA exhibitors at the Lancaster County Super Fair who enter the following species will be charged a bedding fee: Beef cattle, dairy cattle, bucket calf and llama/alpaca. \$10 per head for beef and dairy cattle. \$7 per head for bucket calves and llamas/alpacas. Please submit the Livestock Bedding Fee Worksheet at <https://lancaster.unl.edu/4h/fair/fwlivestock.htm> with payment to the Extension office by Friday, July 9. Exhibitors who enter a horse class that requires a Roping/Working Ranch animal fee (\$15 per class), please submit the Horse Roping/Working Ranch Fee Worksheet at <https://lancaster.unl.edu/4h/fair/fwhorse.htm> with payment to the Extension office by Friday, July 9.

PRESENTATIONS CONTEST, JULY 10

This year's Presentations Contest will be Saturday, July 10, 8:30 a.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road. Register by Tuesday, July 6 by 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. Open to all 4-H'ers ages 8–18. A "how-to" handout is available at <http://lancaster.unl.edu/4h/Fair> and the Extension office.

STATE 4-H HORSE SHOW, JULY 10–14

The Fonner Park State 4-H Horse Exposition will be held July 10–14 at Fonner Park in Grand Island. Information is at <http://4h.unl.edu/horse/state-expo>. A 14-day health certificate and a negative Coggins Test will be required.

FASHION SHOW JUDGING, JULY 20; PUBLIC FASHION SHOW, JULY 29.

Fashion Show judging will be Tuesday, July 20, 8 a.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road. The public Fashion Show will be Thursday, July 29 at 7:30 p.m. at the Lancaster Event Center, Exhibit Hall. New this year — runway style in the middle of the audience! Fashion Show is also open to Clover Kids. A handout and entry forms are available at the Extension office or online at <http://lancaster.unl.edu/4h/Fair>. 4-H'ers, including Clover Kids, must submit entry forms by July 12.

PREORDER BAGGED SHAVINGS FOR FAIR BY JULY 22

4-H/FFA animal exhibitors at Super Fair can save time and prepay for shavings online to pick up at the General Store in Pavilion 2. Preorder no later than Thursday, July 22 at <https://bit.ly/2PaQCwS>.

HORSE INCENTIVE DUE JULY 23

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 16. Official sheets and Reward Request Form are due to the Extension office no later than July 23. More information can be found at <https://lancaster.unl.edu/4-h-horse-project-resources>.

BE A FAIR VOLUNTEER — HAVE FUN, MAKE A DIFFERENCE!

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.

- IN THE 4-H FOOD STAND (ages 8 and up) from Wednesday, July 28 through Sunday, August 1 (sign up online at <http://go.unl.edu/foodstandsignup>). All volunteers are strongly encouraged to attend a food stand training on Sunday, July 25, 5 p.m. at the Lancaster Event Center – Lincoln Room.
- WITH STATIC EXHIBIT SET-UP (ages 8 and up) on Sunday, July 25, 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 28.

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 26 and Tuesday, July 27, 4–10 p.m. Sign up at <http://SuperFair.org/GetInvolved>. Pizza and beverages provided!

STATIC EXHIBIT CHECK-IN JULY 27, 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 27 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. It is highly encouraged to pick up tags/cards at the Extension office or download at <http://lancaster.unl.edu/4h/fair> and fill them out beforehand.

STATIC EXHIBIT INTERVIEW JUDGING, JULY 28

Interview judging is Wednesday, July 28 beginning at 9 a.m. in the Lincoln Room during the Super Fair. 4-H'ers 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-H'ers 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 6 and 23. If slots are still available, you may sign up during Static Exhibit Check-in on Tuesday, July 28, 4–8 p.m.

TABLE SETTING CONTEST, JULY 30

The Table Setting Contest will be held during the Super Fair on Friday, July 30 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 20 by calling 402-441-7180 (there is no entry form). Provide 4-H'ers age and category (picnic, casual, formal or birthday). A "how-to" handout is available at the Extension office or online at <http://lancaster.unl.edu/4h/Fair>.

CLOVER KIDS SHOW & TELL, AUG. 1

All Clover Kids, youth ages 5–7 by Jan. 1, 2021, are invited to show & tell one of their 4-H exhibits or a small animal during Clover Kids Show & Tell on Sunday, Aug. 1 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. To sign up for a time slot, call 402-441-7180 between July 6 and July 23. If slots are still available, you may sign up on Tuesday, July 27, 4–8 p.m. at the Clover Kids static exhibit check-in table in the Lincoln Room.

VIDEO COMPANION ANIMAL SHOWMANSHIP

The Nebraska 4-H Video Companion Animal Showmanship Contest is open to youth ages 10–18 who are enrolled in a companion animal (including cat) project. Videos should be recorded at the youth's home and submitted at <https://4h.unl.edu/companion-animal/showmanship-contest> following the instructions at this website. Entries can be submitted starting July 1 and are due by Aug. 13 at 5 p.m. If you do not have the capabilities to record a video, contact Vicki Jedlicka at 402-441-7180 to set up a recording time at the Extension office by Friday, July 23.

LIVESTOCK PREMIUM AUCTION DONATIONS

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

EXTENSION NEWS

New 4-H Position Focuses on STEM

Nebraska Extension in Lancaster County welcomes Ericka Murray, a 4-H Extension Assistant whose focus is on teaching STEM (Science, Technology, Engineering and Math) hands-on learning opportunities to youth ages 5–18. 4-H STEM programs are critical as they build confidence and foster interest in STEM-related careers. This new position will join a staff of four other 4-H staff members to coordinate the Lancaster County 4-H program, which typically reaches nearly 35,000 youth annually.



Ericka Murray

Ericka graduated from the University of Nebraska–Lincoln in 2018 with a Bachelor of Science in Education, with an emphasis on Child, Youth and Family Studies and an Ethnic Studies minor. Ericka served as a 4-H Extension intern during her undergraduate studies, where she focused on community outreach, STEM learning and career exploration.

She says, “Working with 4-H Extension provides me the opportunity to make meaningful connections with youth through hands-on learning experiences. I am excited to help youth learn more about themselves and the world around them!”

Two Extension Educators Promoted

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

Kayla Colgrove joined Nebraska Extension in Lancaster County as an Extension Educator in April 2018. She delivers nutrition and physical activity programs for youth and adult audiences, maintains the food.unl.edu website and manages the 4-H Healthy Habits grant in Nebraska. Previously, Kayla worked as an Extension Educator in Gage County for seven years.

Emily Gratopp joined Nebraska Extension in Lancaster County as an Extension Educator in January 2017. Emily coordinates the Expanded Food and Nutrition Education Program (EFNEP) in Lancaster County and assists in the coordination of EFNEP statewide. Emily chairs a Health Equity Coalition in Lancaster County. Previously, Emily was a Health Educator at University of Nebraska–Lincoln’s Health Center and was an Extension Assistant for three years in Lancaster County.



EXTENSION CALENDAR

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

July

- 1 4-H & FFA Deadline for All Super Fair Animal Online Entries
- 5 Extension Office Closed for Independence Day
- 6 GROBigRed VIRTUAL Learning — Pest Problems & Solutions .6:30 p.m.
- 6 4-H Livestock Booster Club Scholarship Deadline
- 8 Pesticide Applicator NDA Walk-In Testing Session 9 a.m.–2 p.m.
- 9 Extension Board Meeting 8 a.m.
- 10 4-H Presentations Contest 8:30 a.m.
- 10–14 State 4-H Horse Show, Fonner Park, Grand Island
- 13 Early Childhood Training for Child Care Providers — VIRTUAL:
Reggio Series — Documenting Children’s Learning 1 OR 7 p.m.
- 13 GROBigRed VIRTUAL Learning — Pest Problems & Solutions .6:30 p.m.
- 15 4Rs Nutrient Stewardship Field Day, Eastern Nebraska Research and
Extension Center, Ithaca 8:30 a.m.–3 p.m.
- 16 4-H Horse Incentive Program Last Day to Log Hours/Points
- 20 4-H Fashion Show Judging 8 a.m.
- 20 GROBigRed VIRTUAL Learning — Pest Problems & Solutions .6:30 p.m.
- 23 4-H Horse Incentive Program Forms Due to Extension
- 25 4-H Food Stand Training Lancaster Event Center - Lincoln Room 5p.m.
- 25 4-H Static Exhibit Set-Up for Super Fair Lancaster Event Center -
Lincoln Room 5:30 p.m.
- 27 Early Childhood Training for Child Care Providers — VIRTUAL:
Reggio Series — Environment as the 3rd Teacher 1 OR 7 p.m.
- 27 4-H & FFA Static Exhibit Check-In for Lancaster County Super Fair,
Lancaster Event Center Fairgrounds - Lincoln Room 4–8 p.m.
- 28 4-H & FFA Static Exhibit Interview Judging, Lancaster Event Center
Fairgrounds - Lincoln Room 9 a.m.
- 28 Pesticide Applicator NDA Walk-In Testing Session 9 a.m.–2 p.m.
- July 29–Aug. 7 Lancaster County Super Fair (4-H/FFA Exhibits & Events
July 29–Aug 1; 4-H Horse Shows July 28–Aug. 1),
Lancaster Event Center Fairgrounds
- 30 4-H Council Fundraisers: Chicken Dinner & Silent Auction, Lancaster
Event Center Fairgrounds - Exhibit Hall Lancaster County Farm Bureau Room
5:30–7:30 p.m. (Silent Auction 5–7 p.m.)

Nebraska Extension in Lancaster County

444 Cherrycreek Road, Ste. A, Lincoln, NE 68528 • 402-441-7180

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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