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The **MYTHS** & **FACTS** of Head Lice

By Kait Chapman, Extension Educator in Lancaster County

The return to school is just around the corner and one concern about students getting back together with their peers is the transmission of head lice. But did you know that head lice are rarely transmitted in schools? In fact, children are more likely to get head lice from their close friends, cousins, siblings and other relatives. Here, we'll breakdown the Myths & Facts of head lice and what to do if you or your child has them.

Checking for Head Lice

To check to see if you or your child has head lice, use a bright light and a magnifying glass. Start by combing hair close to the scalp and inspect for live adults or their eggs, called nits, which are glued to single hairs.

Treating for Head Lice

Removal of head lice can be done professionally at a business that specializes in lice removal,

MYTH	FACT
✗ Head lice carry disease.	✓ They do not spread disease.
✗ Head lice prefer unwashed, dirty hair.	✓ Personal hygiene or cleanliness has nothing to do with getting head lice.
✗ Head lice are just a nuisance.	✓ Head lice feed on human blood and should be managed immediately.
✗ Head lice can breed on pets or inanimate objects.	✓ Head lice only breed on human heads.
✗ Head lice can stay on an object for many days.	✓ There is a low-risk of getting head lice from objects that haven't been used for > 48 hours.
✗ I can use a preventative treatment for head lice.	✓ There are no scientifically proven preventative treatments to protect one's scalp from head lice.

or at home with a lice-killing product (pediculicide) available over-the-counter or by prescription. Pyrethrin- and permethrin-based over-the-counter insecticides in the form of lice "shampoo" or lotion are both good options for killing lice with little risk to the user.

One should always follow the directions and safety guidelines on the product



Use a nit comb on wet hair.

completely remove lice.

The use of household or "natural" products such as mayonnaise or essential oils to kill lice are not recommended. While some essential oils have been shown to

be effective, more research is needed on their safety as a head lice treatment. Check with your child's school district to learn what their policy on head lice is.

Objects at Home

Objects like pillow cases, blankets, brushes, combs and hair ties can be washed and dried in hot temperatures greater than 130°F to kill lice and nits. Other items like upholstery and carpet that cannot be washed, can be vacuumed with the contents immediately discarded and the canister washed. Insecticidal sprays for lice in the home are unnecessary and not recommended.

Common objects that transmit head lice:

- Hats
- Pillows
- Costumes
- Headphones
- Blankets
- Clothes
- Rugs



Adult louse (highly magnified)



Nit (egg) on a strand of hair (highly magnified)

label. Properly following directions not only keeps the user safe, but it also lowers the risk of developing "super" lice or lice that are resistant to conventional insecticides and difficult to kill.

After applying an insecticide, thoroughly comb through wet hair with a fine nit comb. This will need to be repeated several times over two weeks to

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Coping With Picky Eating



By Cami Wells, MS, RD,
Extension Educator in Hall County

Picky eating is typical for many children as they grow up and become more independent. Here are a few tips to help:

- **Lead by example:** As a parent or caregiver, you are your child's most important role model — especially when it comes to making healthy choices. If you eat healthy and try new foods, children will too.
- **Stock up on healthy choices:** Buy plenty of fruits, veggies, whole grains, lean protein and low-fat dairy products. Keep healthy foods where they're easy to see.
- **Don't force it:** Forcing a child to eat certain foods will only cause more stress. Serve a few different fruits and veggies at mealtimes. Let kids find the foods they like.
- **Try new foods:** Try different textures and flavors. If you normally serve sliced apples, try sliced avocado or sliced kiwi. Instead of carrot sticks, try snap peas, sliced bell peppers or cucumbers.
- **Get creative:** Add fruits and veggies to foods your family already likes. Mix blueberries and oats into pancakes. Add sliced fruit to a favorite cereal. Serve shredded veggies over rice or whole wheat pasta. Make smoothies with fresh or frozen strawberries, a banana and low-fat yogurt.
- **Let kids help with meals and snacks:** Children are more likely to eat food they help make. Encourage children to help prepare meals and snacks. Let them help make the shopping list, pick out food at the grocery store and slice, mix, bake or cook the food.
- **Make healthy food fun to eat:** Cut baked chicken, low-fat cheese and veggies into bite-sized pieces. Let kids "dip" these pieces into dunking sauces. Try hummus, low-fat ranch dressing, ketchup and mustard.

FOR MORE INFORMATION

Looking for easy meals, ways to involve your children in preparing meals and snacks, or how to stay active? Check out ideas at Nebraska Extension's Family Food & Fun at Home website at <https://food.unl.edu/familyfood>.



RECIPES OF THE MONTH

By Cami Wells, MS, RD, Extension Educator in Hall County

August is Kids Eat Right Month and Back to School Month. Enjoy these kid-friendly recipes.

ANIMALS IN THE SWAMP

(Makes 4 servings)

- 8 ounces vanilla yogurt
- 1 Tablespoon chocolate instant pudding mix
- 24 animal crackers

1. Wash hands with soap and water.
2. Combine yogurt and pudding mix.
3. Serve 1/4 cup of "swamp" to each child with 6 animal crackers.
4. Dip crackers into the "swamp" and enjoy.
5. Refrigerate any extra "swamp" within 2 hours and eat within 3 to 4 days.



Notes: Try different flavors of yogurt or pudding mix like strawberry yogurt with vanilla pudding or vanilla yogurt with butterscotch or lemon pudding. Be creative and dip graham crackers, vanilla wafers or your child's favorite fruit like strawberries, bananas or apples.

Nutrition Information: Serving Size (1/4 cup dip and 6 animal crackers): Calories 127; Total Fat 4g; Sodium 143mg; Total Carbohydrates 22g; Fiber 0g

PIZZA BITES

(Makes 1 serving)

- 1 English muffin
- 2 Tablespoons pizza or tomato sauce
- 2 Tablespoons mozzarella cheese, shredded
- Optional toppings: sliced mushrooms, green peppers, onions, black olives or other vegetables

1. Wash hands with soap and water.
2. Split muffin in half and spread halves with pizza sauce.
3. Sprinkle with cheese and add additional toppings if desired.
4. Bake at 425°F for 10 minutes or microwave for 15 seconds or until cheese is melted using a microwave-safe plate



Nutrition Information: Serving Size (2 pizza bites): Calories 190; Total Fat 4.5g; Saturated Fat 2g; Cholesterol 10mg; Sodium 480mg; Total Carbohydrates 29g; Fiber 0g; Total Sugars 4g, includes 2g Added Sugars; Protein 9g; Vitamin D 0%; Calcium 15%; Iron 15%; Potassium 4%

6 Common Composting Questions

By Sarah Browning, Extension Educator in Lancaster County

It won't be long before leaves are falling and gardeners will have an abundance of organic matter. Why not put these materials to good use this fall and start a home compost pile? Composting is easier than you think and the finished compost is an excellent soil amendment to improve the growth and health of your garden or landscape plants.

Here are six quick answers to common composting questions to help you get your compost pile off to a good start.

My compost doesn't break down. What am I doing wrong?

Your materials are probably too dry. Microorganisms in the compost pile require nitrogen, phosphorus, potassium, oxygen and water to live, grow and reproduce, transforming your garden waste into compost. Nitrogen, phosphorus and potassium are supplied through the materials you add to the pile.

Water should be added to the pile during construction and each time it is turned. Ideally, the pile is moist but not soggy, releasing one or two drops of water when a handful of compost materials are squeezed. Since we haven't received any rain lately, add water to existing compost piles to keep the microorganisms happily working away.

Compost piles also need turning every two or three weeks to maintain good oxygen supply and ensure the fastest decomposition.

Can coffee grounds be composted? Yes, coffee grounds are a high-nitrogen material, with a 20:1 carbon:nitrogen ratio. Some gardeners think coffee grounds will make their compost and soil too acidic, but this is not true. The pH of decomposing coffee grounds is not constant and can range from slightly acidic to mildly alkaline. However, ideally, your compost pile should not consist of more than 20% coffee grounds. Having a diverse group of materials as a food source for decomposing microorganisms is a better strategy.

Can eggshells be composted? Yes, eggshells will break down in the compost pile, but they do not contribute either large amounts of nitrogen or carbon to the finished compost. Eggshells are primarily made of calcium. Typically, Nebraska soils already have good levels of calcium, but adding your eggshells to the compost pile is still fine. Some gardeners may be concerned about the possibility of salmonella bacteria contaminating their compost pile or garden from eggshells. Hot composting, where the materials in the pile reach 140–160°F, will kill salmonella bacteria.

Can I put wood ashes in my compost pile? Wood ash is approximately 25% calcium carbonate, a common liming product, which is highly soluble in water. This means adding large amounts of wood ash can quickly raise the pH balance of your compost pile out of the optimum range and cause a decline in microbial activity. Use wood ash sparingly in the compost pile, particularly since most soils in eastern Nebraska already have a higher pH level. Compost microorganisms function best in a neutral to acidic soil pH range of 5.5–8.



Are compost additives, inoculants or activators a good idea? Compost additives are made up of dormant soil microorganisms, but although microorganisms are essential for breaking down your organic materials, you don't need to buy them. There are high populations of microorganisms in native soil and finished compost, as well as on food scraps, tree leaves, grass clippings, etc. There's no need for you to purchase them.

When using the layering technique

of building a compost pile, a 1-inch layer of soil or finished compost is mixed with layers of high-carbon and high-nitrogen materials. This provides all the microorganisms a compost pile needs for materials to break down well. For more specifics on creating a compost pile using the layering technique, refer to Nebraska Extension NebGuide "Garden Compost" (G2222) at <https://go.unl.edu/gardencompost>.

How can you tell when the compost is finished? Finished compost is dark brown, crumbly and earthy-smelling. There will not be any recognizable pieces of the original materials and the pile will not heat up any longer when remixed.



Attend a Composting Demonstration

For more information on creating a traditional compost pile, plan to attend one of this year's composting demonstrations, presented by Nebraska Extension Master Gardeners at Pioneer's Park Nature Center.

- Saturday Aug. 21, 10–11 a.m.
- Saturday Sept. 4, 10–11 a.m.
- Saturday Oct. 23, 10–11 a.m.

FOR MORE INFORMATION

To find more information on composting, see Nebraska Extension NebGuide "Garden Compost" (G2222) at <https://go.unl.edu/gardencompost>

GARDEN GUIDE THINGS TO DO THIS MONTH

By Mary Jane Frogge, Extension Associate in Lancaster County

Check deciduous trees for fall webworm. Use a broom or rake to get them out of small trees.

Check on water needs of hanging baskets daily in the summer. Wind and sun dry them much more quickly than other containers.

Clean up fallen rose and peony leaves. They can harbor disease and insect pests over the winter if allowed to remain on the ground.

Hand pick bagworms from your evergreen and deciduous trees.

Water the garden early in the day so plants can absorb the moisture before the hot sun dries the soil. Early watering also ensures that the foliage dries before night. Wet foliage at night increases susceptibility to fungus diseases.

Many herbs self-sow if the flowers are not removed. Dill produce seeds that fall around the parent plant and come up as volunteers the following spring.

Every weed that produces seed means more weeds next year. Control weeds before they go to seed.

Remove old vegetable plants which have stopped producing to eliminate a shelter for insects and disease organisms.

Mound soil over the lateral or brace roots of corn stalks for extra support against strong winds.

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

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

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

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

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

Tips for a Fun and Educational Day at the Fair

By Jaci Foged, Extension Educator in Lancaster County

County fair season is well underway. The Lancaster County Super Fair will run July 29–Aug. 7 at the Lancaster Event Center Fairgrounds, 84th & Havelock, Lincoln. 4-H exhibits and events will run July 29–Aug. 1.

I hope you have made plans to get out and visit the fair. If not, it is not too late! This fun outdoor experience is one your children will likely remember for many years. There are youth enrolled in 4-H across Nebraska who meet monthly to learn important life skills such as: decision making, citizenship, leadership and service to others.

4 Tips to Get the Most Out of Your Visit at the Fair

Plan for your day at the fair — Review the fair schedule and make a plan. If your child has a pet dog, check



See special pullout section in this NEBLINE for the Lancaster County Super Fair Schedule & Map, which also has information where to pick up free fair gate tickets. Information is also at SuperFair.org.

the fair schedule and plan to attend the dog obedience show. There will be a variety of shows and activities available for free for the public. Some of my favorites for young children include the Llama/Alpaca Show, Fun at the Farm Kid Zone in Pavilion 1, Kids Scavenger Hunt, A-Z Exotic Animals Petting Zoo and a visit

through the 4-H static exhibits in the Lincoln Room.

Consider Safety

Using a stroller or wagon for younger children will help you keep them in sight at all times. The fairgrounds are quite large. Identify a meeting spot in case you get separated. Have children who will be walking wear closed-toed shoes. Wear sunscreen and insect repellent and re-apply as necessary. Bring water to drink and snacks to keep your energy up. There will also be snacks available for purchase.

Ask a 4-H'er About Their Exhibit or Animal

It is extremely rewarding to have exhibits and animals on display at the fair for everyone to see. 4-H'ers can often be found caring for their animals throughout the day. If you or your child have any questions about their animal, please ask

the 4-H'er — they know all about their animals.

Remember to Wash Hands Often

It is important to practice good handwashing regardless of where you are at, but when visiting places where animals are housed (like at the fair), handwashing will protect your health and the health of the animal. Remember to ask permission of the owner before touching any animal.

At the Lancaster County Super Fair, typically over 750 4-H/FFA youth bring one or more exhibits to the fair and over 5,000 exhibits for judging.

If you have questions about joining 4-H, please contact the Extension office at 402-441-7180.

If you are unable to make it to the Lancaster County Super Fair, you can see 4-H youth exhibits at the Nebraska State Fair in Grand Island from Aug. 27 through Sept. 6.

Precautions That Visitors Should Take

Following these simple guidelines should help to prevent human illness and lessen the chance of animal to animal spread of disease:

- Do not touch or pet animals, except at designated petting exhibits.
- Wash your hands with water and soap after any direct contact with animals.
- Supervise children younger than 5 years during hand washing and petting to make sure they don't put their hands or other objects into their mouth.
- Avoid eating in animal exhibit areas.
- Do not feed human food to animals.

Source: Nebraska Extension NebGuide "Attending Fairs: Safeguarding Your Health and Nebraska's Livestock Industry" (G1693)

Kissing Bugs in Nebraska

By Kait Chapman, Extension Educator in Lancaster County

The Nebraska Department of Health and Human Services recently announced the discovery of the eastern bloodsucking conenose, a.k.a. the kissing bug, in the state. Kissing bugs can pose a risk to public health by biting humans and potentially transmitting *Trypanosoma cruzi*, which causes Chagas disease.

First, it's important to note that established populations of the eastern bloodsucking conenose have only been documented in Richardson County. Second, the risk of contracting Chagas disease

from a kissing bug in the U.S. is low. While the risk is low, people should be aware of this insect and what to do if they come across one.

Identification

There are many insects native to Nebraska that may resemble a kissing bug. The eastern bloodsucking conenose is recognized by:

- Dark-colored, flattened bodies
- Cone-shaped heads
- Sharp beak-like mouths



Adult kissing bug (magnified)

Kyle Koch, UNL Dept. of Entomology

- Elbowed-antennae
- Six reddish-orange spots on each side of their abdomen

Biology

Kissing bugs hide during the daytime and come out during the night, often when people are sleeping. During the day, they will hide in cracks around the walls or ceilings of homes, or under leaf litter and rocks outdoors.

Disease is transmitted by the kissing bug's behavior of defecating (pooping) after they bite, typically around a person's face. The disease-causing agent for Chagas disease may be present within the feces. People contract the disease

by accidentally scratching or rubbing the parasite into the bite wound, or their eyes or mouth. In the U.S., the eastern bloodsucking conenose does not typically defecate on its host immediately after feeding, limiting disease transmission.

If You Find a Kissing Bug

First, do not touch a kissing bug with your bare hands! Use plastic gloves or a container to collect the bug without directly touching it. Clean and sanitize all potentially contaminated surfaces with a bleach solution or alcohol.

If you find what you

believe is a kissing bug outside of your home and it is not suspected of biting anyone, Lancaster County residents may email photos to kchapman13@unl.edu or bring a sample to Nebraska Extension in Lancaster County, 444 Cherrycreek Road, Suite A, Lincoln during office hours M–F, 8 a.m.–4:30 p.m.

FOR MORE INFORMATION

Web article "Kissing Bugs in Nebraska" by Kyle Koch and Kait Chapman, including a "Kissing Bug Look-Alikes" graphic, is online at <https://communityenvironment.unl.edu/kissing-bugs-nebraska>.



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



4-H Will Livestream From the Fair!

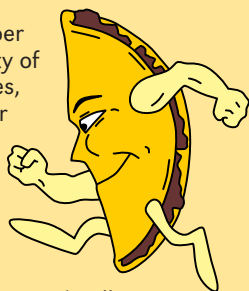


Lancaster County 4-H will livestream several animal shows at the Super Fair via YouTube, which will then be archived! Watch at www.youtube.com/user/4HLancasterNE.

Planned schedule is posted at <http://lancaster.unl.edu/liveevents>.

SUPPORT 4-H BY EATING AT 4-H FOOD STAND

4-H Council's food stand during the Super Fair features a variety of snacks and beverages, including the popular "Walking Taco," snow cones and cotton candy! The Clover Cafe (in the Lincoln Room) and the Horseshoe Cafe (in the Multipurpose Arena) will be open July 28–Aug. 1, 10 a.m.–9 p.m. The food stand is Lancaster County 4-H Council's primary fundraiser. Proceeds support 4-H youth programs, activities and scholarships.



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 at the Super Fair). 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.

4-H Information Night

Tues., Oct. 5 • 6pm

Lancaster Extension Education Center
444 Cherrycreek Rd., Lincoln



See examples of 4-H projects such as STEM and design exhibits, rabbits and llamas!

Fun door prizes!

Free hot dogs!

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

**Adults – Help
Youth Grow By
Volunteering!**

**You do not need to attend to get involved with 4-H –
call 402-441-7180 or fill out the interest form at
lancaster.unl.edu/4h/interestform**

4-H Teen Council Invites New Members

Youth in 7th–12th grade — want to have so much fun making new friends, doing community service projects and other activities that you won't realize you are learning important leadership skills? Join 4-H Teen Council! Teens help determine community service projects such as creating hygiene kits for people in need and planning and facilitating a 4th & 5th Grade Lock-In. Guest presenters also provide fun, hands-on activities!

Meetings are held the second Sunday of each month, September through April, at 3 p.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road. Upcoming meetings will be Sept. 12, Oct. 10 and Nov. 14. For more information or to join, contact Tracy Anderson at tracy.anderson@unl.edu or 402-441-7180.



HEART OF 4-H VOLUNTEER AWARD

John Croghan

Lancaster County 4-H is proud to announce John Croghan of Lincoln as winner of the August "Heart of 4-H Award" in recognition of outstanding volunteer service.

John has volunteered with the Nebraska 4-H dog project in Buffalo and Custer counties for about 8 years. Three years ago, he started the 4 On The Floor 4-H dog club in Lancaster County and is the organizational leader.

He volunteers with the 4-H dog obedience/showmanship and agility shows at the Lancaster County Super Fair. He has also judged 4-H dog shows at various county fairs.

"It is really fun to watch all of the kids grow up with their dogs," John says. "Their relationship changes in the best way with their four-legged friend. Dog training is a lifelong skill — I also appreciate that specifically about this project. It was particularly fulfilling when a dog club member in Buffalo County went on to lead her own club, and then do some judging as well. I love watching a young 4-H'er who is maybe a little quiet and shy when they start, blossom into a really confident, young handler. It is particularly rewarding when I know a youth has put in a lot of hard work and they receive a purple ribbon — or potentially win best of show. This falls in line with the 4-H motto which is to 'make the best better.' Our youth are the best, and it is really fulfilling watching them become even better!"

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



4-H Golf Tournament Fundraiser, Oct. 3

The 4-H Council Golf Tournament Fundraiser will be held Sunday, Oct. 3 at the Woodland Hills Golf Course, 6000 Woodland Hills Drive, Eagle, NE with a 1 p.m. shotgun start. This tournament is a four-person scramble. Registration fee is \$75 per golfer or \$300 per team. For reservations, call Woodland Hills at 402-475-4653. For hole, other sponsorships or prize donations, contact Mitch Sump at 402-432-1031 or mitchsump1996@gmail.com or Jerry Morris at 402-261-9861 or packmn69@yahoo.com.

4-H'ers Test Family and Consumer Science Skills at Life Challenge

The 4-H Life Challenge contests focus on Family and Consumer Science project areas.

County Contest

The 2021 county Life Challenge contest was held in-person on June 5. Fifteen youth demonstrated their knowledge in the areas of Foods & Nutrition, Personal Finance, Child Development, Clothing & Textiles, Healthy Lifestyles and Home Environment. Emily Bauman was the Junior Champion and Vanessa Peterson was the Junior Reserve Champion. Senior Champion was Clare Bauman and Abby Kruse was the Senior Reserve Champion.

State Contest

The 2021 state Life Challenge event was held on University of Nebraska–Lincoln East Campus June 28–29. Fifteen Lancaster County 4-H'ers formed four teams. Teams applied information they had learned during the county contest, a prep session and through their 4-H projects to bring solutions to real-life



problems. During the Foods & Nutrition Challenge, teams developed a plan to help a family who was food insecure. During the Design Challenge, teams designed an additional space for the East Campus Union in 2035 to encourage social connections, mental well-being and educational needs. The final challenge, Adulting, tasked each team to prepare a weekly schedule and monthly budget for a college student. The successful Lancaster teams won six top awards! Photos are on Flickr at <https://go.unl.edu/21palc>.

The Extreme Green Team of Mindy Bartels, Clare Bauman, Bridget Clarke and Mollie Clarke each won a \$1,000 scholarship from the UNL College of Education and Human Sciences and a \$50 cash award

for their 1st Place rankings in both the Food & Nutrition and Design Challenges. This team also received 2nd Place in the Adulting Challenge.

The Five Star Team of Abby Kruse, Sarah Lange and Emmy Sheldon received 2nd place in the Food & Nutrition Challenge and the “Most Creative Use of Space” award in the Design Challenge.

The Clover Power team of Emily Bauman, Morgan Gabel, Emma Thomson and Kamryn Wanser received the Peer Choice award in the Adulting Challenge.

Smith & Company of Noah Babcock, Jacob Bauman, Christopher Moore and Pierce Smith also represented Lancaster County well with high scores and very creative PowerPoint Presentations.

4-H'ers Test Their Knowledge of Animals and Decision-Making Skills at PASE

Congratulations to the Lancaster County 4-H'ers who competed at the state Premier Animal Science Event (PASE) held at University of Nebraska–Lincoln East Campus on June 28–29. During this two-day event, 4-H'ers participated in poultry judging and livestock judging. Results can be found at <https://4h.unl.edu/pase>. Photos are on Flickr at <https://go.unl.edu/21palc>.

The Poultry Judging Contest consisted of two classes of judging hens

for past production, oral reasons on a production hen class, grading eggs, grading ready-to-cook poultry and identification of ready-to-cook parts. Individually, Noah Jelinek placed 7th, and Zach Pittman placed 8th overall.

The Livestock Judging Contest consisted of ranking classes of four animals from the most to least desirable. Classes included market and breeding beef, sheep, meat goats and swine. Youth also gave oral reasons to

judges to defend their reasons for ranking the animals. A huge thank you to coach Roger Bell, who spent countless hours working with the Lancaster County teams. In the intermediate division as an individual, Josie Johnson placed 10th place overall. In the Senior Division as a team Rhiana Metcalf, Clara Johnson, Noah Jelinek, Zach Pittman, Olivia Vanderford, and Landon Wyman placed 10th overall.



Photo by Vicki Jedlicka, Nebraska Extension in Lancaster County

4-H staff member Erika Murray presented “Ozobot Robots”

4-H Clover College: 48 Workshops of Hands-on Learning!

4-H Clover College is a four-day series of hands-on workshops for youth presented by Nebraska Extension in Lancaster County. Emphasis is on science, agricultural literacy, healthy living, career development and citizenship/leadership. Many of the projects made during the sessions are eligible to be exhibited at the Lancaster County Super Fair in July.

2021 Clover College featured 48 workshops with 93 youth who participated (varying from 1 to 15 classes each) with a total 627 class registrations. New workshops this year included: “Virtual Reality Building,” “All About DNA,” “Decorative Couching (sewing technique),” “Steak Science,” “On the Bike Path (bicycle safety),” “Derby Cars,” “Loom Weaving” and “Care Blankets.”

A special thank you to the nearly 60 instructors and assistants! More photos are online at www.flickr.com/photos/unlxtlanco/albums.

Asked what was their favorite thing they learned in Clover College, youth said:

- Ian — “How to program and use Google 3D glasses.”
- Piper — “All the bugs you find are not bad. You can study them and they are actually very interesting.”
- Kyler — “Rocketry — that rockets can be really big. And how to program words into a Micro:bit.”
- Tessa — “In Cluck Cluck Quack, I liked learning where eggs come from and how people treat them when they raise chicks. And about the different parts of an egg.”

4-H District Horse Results

Many Lancaster County 4-H'ers competed in district competitions held in Lincoln on June 17. All purple and blue ribbon winners qualified for the Fonner Park State 4-H Horse Show and Exposition in Grand Island July 10–14. Congratulations to all who participated! Complete results are online at <http://4h.unl.edu/horse/district-shows>.



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.

4-H/FFA ENTRY HANGTAGS FOR SUPER FAIR

For the Lancaster County 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!

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 at the Lancaster Event Center Fairgrounds. 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., in the 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, in the Lincoln Room. 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 at the Lancaster County Super Fair 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://lanaster.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 before July 23. If slots are still available, you may sign up during Static Exhibit Check-in on Tuesday, July 28, 4–8 p.m.

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. 4-H Clover Kids may show & tell one small animal such as a dog, cat, rabbit or other small pet. 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.

CLOVER KIDS ANIMAL SHOWMANSHIP

At the Lancaster County Super Fair, most 4-H/FFA livestock shows and the Rabbit Specialty Show include a 4-H Clover Kids Showmanship class for 4-H members ages 5–7 (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. This class is meant to foster an understanding of the show ring, animal handling practices and gain experience for younger youth. To participate, enrolled 4-H Clover Kids should talk to 4-H or FFA members to find an animal to show and a helper age 13 or older to help handle the animal during showmanship. Animals must weigh less than 350 pounds. Listen to show announcers for instructions on how 4-H Clover Kids may participate.

LIVESTOCK JUDGING CONTEST, AUG. 1

A 4-H/FFA Livestock Judging Contest will be held at the Lancaster County Super Fair on Sunday, Aug. 1, 12–2 p.m. in Pavilion 1. Register by Thursday, July 29, 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.

RELEASE OF ANIMALS AT SUPER FAIR, AUG. 1

- No exhibits are released early except for hardship/emergency reasons. In the event of extreme extenuating circumstances, exhibitors must submit an early release request form and obtain approval.
- Exhibitors must clean their stalls prior to release of animals.
- Release of 4-H/FFA animals begins Sunday, Aug. 1 at 7 p.m.
- Final move-out time for all 4-H/FFA animals is Monday, Aug. 2 at 11 a.m.

STATIC EXHIBIT RELEASE, AUG. 2

All Lancaster County Super Fair 4-H & FFA static exhibits will be released on Monday, Aug. 2, 7–11 a.m. in the Lincoln Room. All static exhibits **MUST** be picked up during release time. Premium payouts for static exhibits will be paid in cash on Monday, August 2, 7–11 a.m. in the Lincoln Room. Please pick up premium payouts **BEFORE** picking up static exhibits. Staff at the payout table will provide a list of each 4-H'ers static exhibits, which will help families collect all of their projects without leaving any behind. Please pick up project(s) at each of the area(s) you have exhibits.

4-H/FFA FAMILY BBQ PICNIC AT FAIR, AUG. 7

The Lancaster County Ag Society is bringing back a tradition for the Lancaster County Fair 150th celebration: a 4-H/FFA Family BBQ Picnic on Saturday, Aug. 7, 1–5 p.m. at the L Fairgrounds Shade Tent. Special discounts and prizes! See BBQ judging live at 2 p.m. Emcee Rod Fowler from Ch 8 will recognize 4-H/FFA Super Fair exhibitors at 3 p.m. 4-H/FFA families may use their 4-H/FFA entry hangtags to enter the fairgrounds all 10 days of the Super Fair, including for this special event.

SEEKING PHOTOS OF TOP AWARDS AT SUPER FAIR

Vicki Jedlicka is compiling photos of 4-H/FFA youth and their top exhibits for Nebline and local newspapers. If you have photos to share, please email to vjedlicka2@unl.edu by Aug. 13. Static Exhibit top awards are called "Top Exhibits." Animal and contest top awards are champion and reserve champion.

STATE FAIR ONLINE ANIMAL ENTRIES DUE AUG. 10

Animal exhibitors (4-H ages 10–18, FFA ages 10–21) are eligible to participate at the Nebraska State Fair regardless of county fair placing. To be eligible, livestock nominations and payment must have been completed online at <https://showstockmgr.com> by June 15. 4-H/FFA youth or their families must submit their final animal entries in ShoWorks online before Tuesday, Aug. 10, 8 p.m. Information, instructions and link to register are at <https://4h.unl.edu/state-fair/live-animal-exhibitor>. Lancaster County Extension staff will **NOT** collect State Fair animal entries or entry fees.

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 are due by Aug. 13 at 5 p.m.

HORSE AWARDS NIGHT, SEPT. 30

The annual Lancaster County 4-H Horse Awards Night will be Thursday, Sept. 30, 6:30 p.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln. The Horse VIPS Committee will provide snacks. Come help celebrate the outstanding accomplishments of the 2021 Lancaster County 4-H equestrians!

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

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GROBigRed Virtual Learning Series

Nebraska Extension's GROBigRed Virtual Learning Series brings Extension experts from across the state to answer your garden questions. Two Virtual Learning Series will take place now through October, covering Pest Problems & Solutions and Vegetable Gardening Beyond Basics. These Zoom webinars are free. Details and registration links are at <https://communityenvironment.unl.edu/grobired>.

Upcoming webinars:

- **Vegetable Gardening Beyond Basics: Pest Control Part 1** — Monday, July 26, 12:10–12:50 p.m.
- **Pest Problems and Solutions V** — Tuesday, Aug. 3, 6:30–7:30 p.m.
- **Vegetable Gardening Beyond Basics: Fall Gardening** — Monday, Aug. 9, 12:10–12:50 p.m.
- **Vegetable Gardening Beyond Basics: Pest Control Part 2** — Monday, Aug. 23, 12:10–12:50 p.m.
- **Vegetable Gardening Beyond Basics: Season Extension** — Monday, Sep. 13, 12:10–12:50 p.m.
- **Vegetable Gardening Beyond Basics: Uncommon & Culturally Significant Crops** — Monday, Sep. 27, 12:10–12:50 p.m.
- **Vegetable Gardening Beyond Basics: From Backyard Garden to Market Garden** — Monday, Oct. 11, 12:10–12:50 p.m.

UNL East Campus Discovery Days

Join Lancaster County Extension in the East Campus Loop on Saturday, Aug. 14, 10 a.m.–2 p.m. for “East Campus Discovery Days and Farmer's Market.” The Institute of Agriculture and Natural Resources 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.



EXTENSION CALENDAR

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

July

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, LEC Fairgrounds
- Exhibit Hall Lancaster County Farm Bureau Room **5:30–7:30 p.m.**
(Silent Auction 5–7 p.m.)

August

2 4-H & FFA Premium Payouts and Static Exhibit Release at Super Fair,
Lancaster Event Center - Lincoln Room **7–11 a.m.**

3 Early Childhood Training for Child Care Providers — VIRTUAL:
Reggio Series — Loose Parts **1 OR 7 p.m.**

3 GROBigRed VIRTUAL Learning — Pest Problems & Solutions. **6:30–7:30 p.m.**

9 GROBigRed VIRTUAL Learning — Vegetable Gardening
Beyond Basics: Fall Gardening **12:10–12:50 p.m.**

10 Deadline for State Fair 4-H Animal Entries at <http://nebr.fairwire.com>

12 Pesticide Applicator Nebraska Department of Agriculture
Walk-In Testing Session **9 a.m.–2 p.m.**

17 Ag Land Leasing and Management Workshop **10:30 am.–1:30 p.m.**

21 Composting Demonstration, Pioneers Park Nature Center's backyard
composting demonstration area **10–11 a.m.**

23 GROBigRed VIRTUAL Learning — Vegetable Gardening
Beyond Basics: Pest Control Part 2 **12:10–12:50 p.m.**

Aug. 27–Sept. 6 Nebraska State Fair, Fonner Park, Grand Island

September

4 Composting Demonstration, Pioneers Park Nature Center's backyard
composting demonstration area **10–11 a.m.**

6 Extension Office Closed for Labor Day

7 4-H Council Meeting **6 p.m.**

10 Extension Board Meeting **8 a.m.**

12 4-H Teen Council Meeting **3 p.m.**

13 GROBigRed VIRTUAL Learning — Vegetable Gardening
Beyond Basics: Season Extension **12:10–12:50 p.m.**

16 Pesticide Applicator Nebraska Department of Agriculture
Walk-In Testing Session **9 a.m.–2 p.m.**

27 GROBigRed VIRTUAL Learning — Vegetable Gardening Beyond Basics:
Uncommon & Culturally Significant Crops **12:10–12:50 p.m.**

29 4-H Golf Tournament Fundraiser, Woodland Hills Golf Course, Eagle ... **1 p.m.**

30 4-H Council's Alumni Scholarship Deadline

30 4-H Horse Awards Night **6:30 p.m.**

Ag Land Leasing and Management Workshop, Aug. 17

Nebraska Extension and the University of Nebraska–Lincoln's Center for Agricultural Profitability will host a land management workshop on Tuesday, Aug. 17, 10:30 a.m. to 1:30 p.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln. It will offer updated leasing information relevant to landlords and tenants, including the latest financial trends in Nebraska agriculture, updated land values and cash rental rates for the state, strategies for equitable leasing and farm succession considerations. The latest information on carbon credit contracts for ag producers and landlords will also be discussed. The meeting is free to attend, but registration is required before Friday, Aug. 13 by calling 402-441-7180. A meal will be provided by Peoples Company.