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# NEBLINE, August 2019

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N EXTENSION

# NEBLINE™

NEBRASKA EXTENSION IN LANCASTER COUNTY

August 2019

# Kids Eat Right Month

**Kayla Colgrove, MS, RDN, ACSM-CPT &**
**Alyssa Havlovic, MS, RDN, ACSM EP-C**
*Extension Educators, Lancaster County*

USDA's Food and Nutrition Service

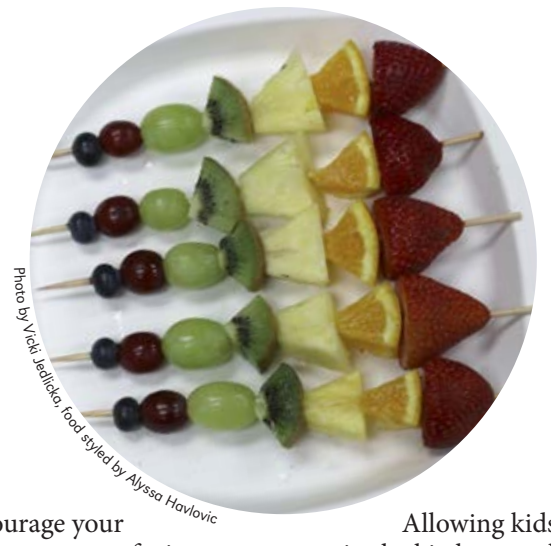

Photo by Vicki Jedlicka, food styled by Alyssa Havlovic

Kayla Colgrove, Nebraska Extension in Lancaster County

Many families focus on starting a new school year in August by finding backpacks and filling them with school supplies. It is also important for families to focus on healthful eating and active lifestyles. The Academy of Nutrition and Dietetics celebrates Kids Eat Right Month every August to help families adopt nutritious eating habits.

Everything we eat and drink matters to promote health. Find a healthy eating style that works for you and your family. Start by eating a variety of healthy foods from the five MyPlate food groups: vegetables, fruits, grains, protein and dairy. Choose foods that contain more vitamins and minerals, and less saturated fat, sodium and added sugars. In order to build healthier eating styles over time, start with small changes.

Children ages 2–11 years old who have appropriate eating habits and regular physical activity achieve optimal physical and cognitive development, maintain a healthy weight, enjoy food and reduce the risk of chronic disease, according to the Academy of Nutrition and Dietetics.

Check out the following tips to help kids learn and practice healthy eating habits that will last a lifetime.

## Be a Healthy Role Model

In order to help kids develop healthy eating habits, parents/guardians need to set a good example by being a healthy role model.

- Show your child how to eat healthy by choosing vegetables, fruits and whole grains for meals or snacks.
- When grocery shopping, teach your child about food and nutrition while discussing where vegetables, fruits, grains, dairy and protein foods come from. Encourage your child to select healthy choices.
- Serve a variety of healthful foods at each meal and offer the same foods for everyone. It will be easier to plan for family meals if you don't make different dishes to please your child.
- Involve your child in meal planning to help select foods for meals and snacks. Offer choices by asking, "Which would you like for dinner: broccoli or cauliflower?" instead of "Do you want broccoli for dinner?"
- To get your child to try something new, offer one new food at the beginning of the meal along with something your child likes. Remember to try new foods yourself and describe its taste, texture and smell. Discourage all family members from saying negative comments or making faces when trying new foods.
- Make it a priority to sit down together to enjoy meals as a family. Focus on each other by learning about everybody's day. Remember to talk about happy things, turn off the television and not allow phones during the meal.

## Make Fruits and Veggies More Appealing

Help your kids eat right by keeping fruits and vegetables readily available and easy to access. Spend a few extra minutes when you return from the grocery store to cut up fresh vegetables and store them in clear containers in the refrigerator. Display fresh fruits, such as bananas, apples and oranges in a bowl on the kitchen counter. These simple tasks will encourage EVERYONE in your household to choose fruits and vegetables more often.

Encourage your children to eat more fruits and vegetables by creating fun ways to eat them.

- Try "Bugs on a Log" by spreading peanut butter on celery, cucumber or a carrot stick. Top it with raisins, dried cranberries or blueberries as the "bugs."
- Blend a smoothie with fresh, frozen or canned fruit and low-fat milk or yogurt. Add a large handful of spinach and blend well for an added nutrition punch you and your child can hardly taste!
- Make a healthy yogurt dip for fruits and vegetables — kids love to dip their food! Add herbs or garlic to plain yogurt for dipping vegetables or use low-fat vanilla yogurt for a fruit dip.
- Create a fruit kabob using chunks of seasonal fresh produce. Try melons, grapes, apples, pears, or oranges.
- Make fruit "popsicles" by freezing strips of washed and cut melons for a refreshing snack.
- Try inserting a stick into a peeled banana, roll it in low-fat yogurt, then shredded coconut and freeze for a healthy dessert option.
- Mix up your own trail mix using almonds, peanuts, cashews or sunflower seeds combined with your favorite dried fruits such as dried cherries, apples, apricots or pineapple.

## Involve Kids in the Kitchen

Kids may be more willing to try new foods if they are involved in making them.

Allowing kids to help in the kitchen teaches them important life skills related to healthy food and good nutrition. Involving kids in the kitchen is also a great way to develop fine motor skills in young children and practice math, science and reading skills for school-aged kids!

Here is a list of age-appropriate tasks for your young kitchen helper:

- At 2 years, they can: Pick produce from the garden, rinse fruits and vegetables.
- At 3–5 years, they can: Use cookie cutters, mix ingredients, name and count foods.
- At 6–7 years, they can: Crack an egg, deseed peppers, prepare lettuce for salad, measure and mix ingredients.
- At 8–9 years, they can: Use a can opener, beat eggs, light chopping of fruits and vegetables.
- At 10–12 years, they can: Follow a recipe, boil pasta or vegetables, use small appliances like a blender or food processor.

*Sources:*
- *Kids Eat Right Month Media Materials. Academy of Nutrition and Dietetics,* https://bit.ly/2PWAbQT
- *Choose MyPlate. USDA Center for Nutrition Policy and Promotion,* www.choosemyplate.gov

## PIZZA BOATS

(4 Servings)

**2 6-inch French rolls**
**3/4 cup pizza sauce**
**1/4 cup Mozzarella cheese, shredded**
**1/4 cup green pepper, chopped***
**1/4 cup onion, chopped***

Craig Chandler, UNL Communications

1. Preheat oven to 475°F.
2. Cut French rolls in half as you would to make a sandwich. Place each half on a baking sheet. Spread pizza sauce over each half.
3. Top each half with Mozzarella cheese, green pepper and onion.
4. Bake for 10 minutes or until cheese is melted.

*Add variety to your pizzas with other vegetables and toppings, such as black olive, pineapple, tomato and mushroom

*Nutrition Facts Per Serving: Calories 120, Total Fat 3g (4% DV), Saturated Fat 1.5g (7% DV), Cholesterol 5mg (2% DV), Sodium 380mg (16% DV), Total Carbohydrate 19g (6% DV), Dietary Fiber 2g (7% DV), Sugars 2 g, Protein 5 g, Vitamin A 4%, Vitamin C 25%, Calcium 10%, Iron 8%.*

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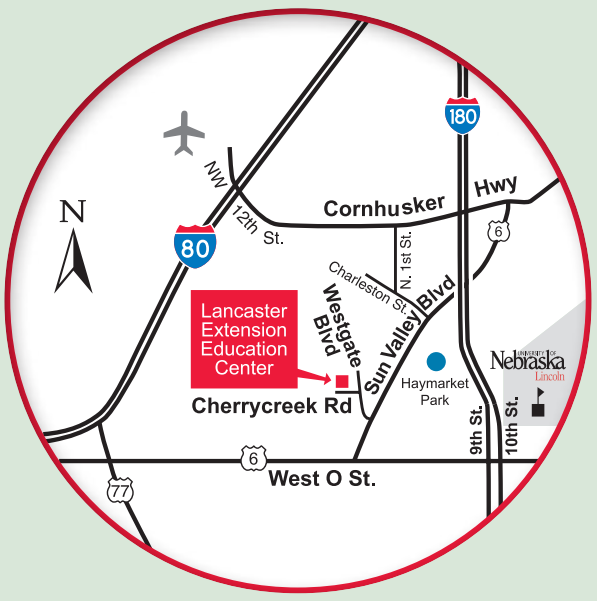


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NEBLINE

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# Food Safety Tips for Electric Multi-Cookers

**Cami Wells, MS, RD,**
*Extension Educator,*
*Hall County*

Have you jumped on the electric multi-cooker (such as an Instant Pot®) craze? These appliances are used for slow-cooking, searing, sautéing, simmering, steaming and much more. Probably the most talked-about use for electric multi-cookers is the pressure-cooking feature.

## Digital Thermometer

When looking online for electric pressure-cooking information, a variety of cooking times are listed for foods such as meat, poultry and fish. The cooking time needed varies with the size and model of the multi-cooker, size/cut of meat, amount of liquid, pressure release used and other factors. However, the most important step is often left out — use of a food thermometer to ensure food has reached a safe minimum internal temperature.

Using a food thermometer is the only reliable way to ensure safety of meat, poultry and egg products. Place the food thermometer in the thickest part of the food, making sure not to touch bone, fat or gristle. According to USDA, food should be cooked to the following minimum internal temperatures as shown in the chart below. For personal preference, you may choose to cook food to higher temperatures.

USDA

If food has not reached the proper temperature after pressure cooking, it is important to continue the cooking process. Whether it is going back to pressure cooking, using the sauté feature on your multi-cooker or switching to using the stovetop or oven, make sure a safe temperature is reached.

## Safety Tips

When using a multi-cooker or any other cooking method, follow these important food safety tips to keep your family safe from a foodborne illness:

- Wash your hands with soap and warm water for 20 seconds before cooking and after handling raw meat or poultry.
- Make sure your appliances, utensils and work area are clean.
- Keep perishable foods refrigerated until it is time to cook them. Be cautious using a "delayed" cook feature on slow cookers or electric multi-cookers. Bacteria multiply rapidly when food is left at room temperature.
- Place leftovers in shallow containers and refrigerate or freeze immediately. Discard food that has been sitting out longer than two hours.

*Sources:*
- *Basics for Handling Food Safely, USDA;* www.fsis.usda.gov/wps/portal/fsis/topics/food-safety-education/get-answers/food-safety-fact-sheets/safe-food-handling/basics-for-handling-food-safely/ct_index
- *Safe Minimum Internal Temperatures, USDA;* www.fsis.usda.gov/wps/portal/fsis/topics/food-safety-education/get-answers/food-safety-fact-sheets/safe-food-handling/safe-minimum-internal-temperature-chart/ct_index

**SAFE COOKING TEMPERATURES**

| Product | Minimum Internal Temperatures |
|---|---|
| Beef, pork, veal and lamb (steaks, chops, roasts) | 145°F (62.8°C) and allow to rest for at least 3 minutes |
| Ground meats (beef, pork, veal, lamb) | 160°F (71.1°C) |
| Ham, fresh or smoked (uncooked) | 145°F (62.8°C) and allow to rest for at least 3 minutes |
| Fully cooked ham (to reheat) | 140°F (60 °C) for ham packaged in USDA plants 165 °F (73.9 °C) for all other hams |
| All poultry (whole birds, parts, ground poultry and stuffing) | 165°F (73.9 °C) |
| Eggs | 160°F (71.1°F) |
| Fish and shellfish | 145°F (62.8°F) |
| Casseroles | 165°F (73.9°F) |

# RECIPE OF THE MONTH

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

## SUPER QUICK BROWN RICE PILAF

(Makes 8 servings, 1/2 cup each)

**2 cups uncooked brown rice**
**2-1/2 cups low-sodium chicken broth**
**2 Tablespoons minced onion**
**2 teaspoons dried parsley**
**1 teaspoon garlic powder**
**Salt and pepper to taste**

Cami Wells, Nebraska Extension in Hall County

1. Wash hands with soap and water. Add brown rice, chicken broth and minced onion to multi-cooker. Set device to 22 minutes of pressure cooking time.
2. When time is up, open the multi-cooker after a 10-minute natural pressure release. Add spices; salt and pepper to taste.
3. Stir to combine and serve.

Cook's Notes:

- Fresh onions, garlic and parsley would be delicious if available. Dried fruits or nuts could be added after cooking the rice along with a few vegetables such as cooked carrots or peas.
- Don't have an electric multi-cooker? Simply follow the rice package directions for cooking on the stove or in the microwave substituting chicken broth for water. Add seasonings when cooking is complete.

*Each serving contains 123 calories, 0.8g fat, 174mg sodium, 24g carbohydrate and 2g fiber. CACFP: 1/2 cup = 1 ounce equivalent whole grain.*

# Soybean Management Field Days

For 21 years, Soybean Management Field Days have been helping Nebraska growers stay competitive in the global market place. These events, sponsored by Nebraska Extension and the Nebraska Soybean Checkoff, bring research-based information to help soybean growers maximize productivity and profitability through smart decisions and efficient use of resources.

The 2019 field days will be held at four Nebraska locations, including Friday, Aug. 16 at the Lynn Neujahr Farm near Waverly. Driving directions: from Waverly, travel south on 148th Street for about 2 miles. Turn right and travel west on Alvo Road for 0.7 miles and the destination is on the south side of the road.

The field days begin with 9 a.m. registration and conclude at 2:30 p.m. Free registration is available the day of the event. Lunch included.

According to the 2017 U.S. Ag Census, there were more than 5.6 million acres of soybeans in Nebraska, up from about 4.9 million acres in 2012. This is second only to corn acres in Nebraska, which was about 9.5 million in 2017. Lancaster County had approximately 362,000 acres of cropland and 158,000 of those acres were in soybean production in 2017. For reference, Cass and Otoe Counties had 142,000 and 151,000, respectively, acres of soybeans. Gage County had the highest number of soybean acres of any county with about 197,000 acres and produced about 9.5 million bushels of soybeans, which was also the highest of any county.

At the Soybean Management Field Days, soybean growers will learn how to profitably apply the products of technology and research at the farm level. University of Nebraska–Lincoln presenters and industry consultants will cover these topics:

- Making sense of production costs and policy changes.
- Hail damage impact on growth and development of soybeans.
- Management of soybean insects and pathogens.
- Soybean weed control.
- Cover crops — pros & cons associated with soybean production.
- Soybean production and agronomic topics — planting rates, row spacing, planting dates, maturity groups, irrigation management.

More information and maps can be found at *https://go.unl.edu/2019smfd.*

# Landlord–Tenant Cash Rent Workshop, Aug. 21

Nebraska Extension will present a Landlord–Tenant Farmland Cash Rent Workshop on Wednesday, Aug. 21, 1–4 p.m. at the Lancaster Extension Education Center, 444 Cherrycreek, Road, Lincoln. Check-in starts at 12:45p.m. Please register by Aug. 19 by calling Karen Wedding at 402-441-7180. Cost is $15 per person or $25 per two people sharing handouts. Pay at the door with check, cash or debit/credit card. Refreshments provided.

This workshop will cover current trends in cash rental rates and land values, lease provisions, crop and grazing land considerations, plus current UNL crop budget information. It is very helpful if both the tenant and landlord can attend together.

Nebraska Extension land specialists Allan Vyhnalek, Austin Duerfeldt, Glennis McClure and Jim Jansen conduct research and outreach in land management, crop budgets, communications and negotiations. They will address common agricultural landlord and tenant questions such as:

- What does an equitable rental rate look like for my land?
- How do I manage a farmland lease?
- How could the lease be adjusted for recent flood damage?
- What should I expect for communications between the landlord and tenant?
- What are key pasture leasing considerations including stocking rates?
- Who is responsible for cedar tree removal from grazing land?
- What does it cost to raise crops on my ground?

The workshop in Lincoln is one of six presented in Eastern Nebraska during July and August. Information about all workshops, as well as related resources, are online at *https://agecon.unl.edu/landlord-tenant*.

For more information about workshop topics, contact Allan Vyhnalek at avyhnalek2@unl.edu or 402-472-1771, or contact Jim Jansen at jjansen4@unl.edu or 402-261-7572.

# Fall is Best for Control of Tough Weeds

**Sarah Browning**
*Extension Educator, Lancaster Co.*

It's time to get ready — the best time of year to control those perennial, biennial and winter annual weeds is just a couple weeks away. Did you have pretty purple blooming henbit back in March and April? Ground ivy creeping through your lawn? Or dandelions that popped out with the first warm days in May? Fall is the time to begin taking back control of your landscape. This weed-control window of time starts in early September and stretches into late October. Just keep in mind the perennial and biennial weeds must have green, living foliage so they can take in the herbicides applied.

## Use the Weed's Life Cycle to Your Advantage

Fall is the best time of year to control troublesome weeds for several reasons. Perennial weeds, like dandelions, ground ivy, poison ivy, field bindweed, curly dock and Canada thistle, respond to shorter day lengths and cooler nights by moving carbohydrates from the leaves down to their roots for winter storage.

Starting in September, herbicides are transported to the roots along with the carbohydrates killing the entire plant instead of just the leaves. And even if the chemical doesn't completely kill the weed, the plant goes into winter in a weakened condition and is much more susceptible to winter kill.

Biennial weeds, like musk thistle, grow into a small flat rosette of foliage their first year of growth. These rosettes are the ideal stage for herbicide control in fall.

Winter annual weeds, such as henbit, marestail and the mustards (field pennycress, shepherds purse, tansy mustard, blue mustard, etc.) germinate in the fall, overwinter as a small rosette of foliage and begin growing again very early next spring. In fall, they can be killed as they germinate with preemergence herbicides or targeted as young plants with post-emergence products.

Before applying any herbicide, know the weeds you are trying to control. If you're not sure, get help from your local garden center or Nebraska Extension office. Nebraska Extension in Lancaster County offers free plant identification, as well as control recommendations. Horticulturists are available Monday–Friday, 9 a.m. –noon. Samples can be dropped off 8 a.m.–4:30 p.m. Email photos to sarah.browning@unl.edu.

Fall control of annual weeds like crabgrass, foxtail, knotweed or purslane is unnecessary and wasteful. These weeds only live for one summer and naturally die in fall. Target them with the application of preemergence herbicide the first week of May and again in early July.

## Perennial & Biennial Weed Control

Begin perennial and biennial weed control in mid-September. Many products are available for broadleaf weed control. Look for products containing the active ingredients 2,4-D, carfentrazone, sulfentrazone, quinclorac or triclopyr. These products are selective and won't damage grass, but use them with caution in landscape beds since accidental spraying or spray drift can damage trees, shrubs and ornamental plants. Quinclorac is particularly effective at controlling wild violets.

If grass growing into landscape beds is a problem, fluazifop (Ortho's Grass-B-Gon and similar products) selectively kill grasses, but won't damage your perennials.

Consider adding a spreader-sticker to your tank mix for even better control. Spreader-stickers are additives that help the chemical you apply spread over the weed leaf surface and adhere to it better. When you're trying to control weeds with waxy leaf surfaces, like wild violets, a spreader-sticker is particularly helpful. Look for products like Earl May's Turbo Spreader Sticker.

When targeting difficult weeds, don't expect 100% control with one herbicide application. Two or three herbicide applications, 2–3 weeks apart will usually be necessary to control them. Make your first application and, if in 2–3 weeks there is regrowth or green leaves still remaining on the plants, make a second application.

After making the herbicide application, don't mow for 2–3 days to allow the plants to take in the chemical.

## Winter Annual Weed Control

If winter annual weeds, such as henbit, chickweed, and annual bluegrass, are a problem in your lawn or landscape, a fall preemergence herbicide application should be made in early September.

Barricade (prodiamine), Dimension (dithiopyr) and Pendulum (pendimethalin) are commonly available home-use preemergence products labeled for use in turf or landscape plantings. Check the product's active ingredient statement on the front of the label for these chemicals to make sure you are using the correct herbicide.

If you miss the application of preemergence herbicide in early September, then a post-emergence herbicide can be applied from late September to late October and will kill many newly germinated winter annual weeds.

# Free Water Screening for Nitrates

Did you know there are many requirements for public water systems to monitor their water quality, but there are no such requirements for private water wells? It's important to know about the water you drink. Nitrates above 10mg/L can be a threat for infants, pregnant or nursing women, anyone with a compromised immune system and also livestock.

Nebraska Extension will screen private-well-water samples for nitrates at no cost during the first weekend at the Lancaster County Super Fair:

- Saturday, Aug. 3, 10 a.m.–4 p.m.
- Sunday, Aug. 4, 12–4 p.m.

Bring 2–4 ounces (1/4–1/2 cup) of your water in a clean container (avoid medicine containers) to the Extension information table in the Lincoln Room at the Lancaster Event Center, 84th & Havelock, Lincoln. There will also be information on water quality, water treatment and private well ownership.

Special thanks to the state Water Well Standards and Contractors' Licensing Program for the use of its water screening equipment.

# Include Pets in Your Emergency Plan

**Soni Cochran**
*Extension Associate,*
*Lancaster County*

A disaster can happen quickly. Assembling an emergency kit and making a communications plan are two important ways you can prepare to help keep you and your family safe. For many families, pets are also members of the household and their care should be included in an emergency plan.

## Pet Emergency Kit

Preparing a pet emergency kit — the basics:

- **Food*:** Keep at least 3–7 days of food for each pet in an airtight container.
- **Water*:** In addition to water for your family, store at least 3 days of water for each pet.
- **Medications*:** If your pet takes medications regularly, store extra medications in a waterproof bag and add to the kit.
- **First Aid:** Talk to your veterinarian and ask what to include in a first-aid kit for your pet's emergency needs. A pet first-aid reference book should also be included in the kit.

Vicki Jedlicka, Nebraska Extension in Lancaster County

Practice your evacuation plan with your pet(s) before you are faced with a crisis.

- **Crate or pet carrier:** If you have to evacuate, a sturdy pet carrier can help transport and house your pet safely. Write your pet's name, your name and contact information on the crate or carrier.
- **Collar, harness, leash and identification:** Make sure your pet has identification and, if applicable, a rabies tag on at all times. Put an extra collar, leash and tags in the pet emergency kit. Talk to your veterinarian about permanent identification like microchipping and registering your pet on a national pet database. Put copies of your pet's registration and adoption paperwork, vaccination and medical records in a waterproof plastic bag. Also include a recent photo of you with your pet in the event you get separated.
- **Sanitation:** Depending on the type of pet, your kit may need litter, litter box, pet pads or crate liners, newspapers, paper towels, trash bags and disinfectant.
- **Comfort:** Help reduce your pet's stress by adding a favorite toy, bedding and/or treats to the kit. Be sure to bring bowls for food and water.

*Stored food, water and medications should be checked routinely to prevent spoilage or replace if expired.

## Evacuating With a Pet

The Federal Emergency Management Agency (FEMA) reports animals left behind in a disaster can easily be lost or injured. If you must evacuate, take your pets with you.

Keep in mind, public shelters may or may not allow your pets inside the building. Your pet emergency plan should identify hotels or motels that allow pets, veterinarians, kennels or boarding facilities that are near possible evacuation shelters.

Another option is to talk to family and friends to see if they are able to take you and your pets in if there is a disaster.

Your pet emergency plan should also include a back-up plan in case you can't get home during a disaster to evacuate your pets or care for them.

Visit *www.ready.gov/animals* for more information and resources.

*Sources: Federal Emergency Management Agency (FEMA), ASPCA, Humane Society of America and The American Kennel Club.*

**EXTENSION RESOURCES**

**flood.unl.edu**

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# Going Batty: Bugs on Bats

**Jody Green, PhD**
*Extension Educator,*
*Lancaster County*

## Bats in Nebraska

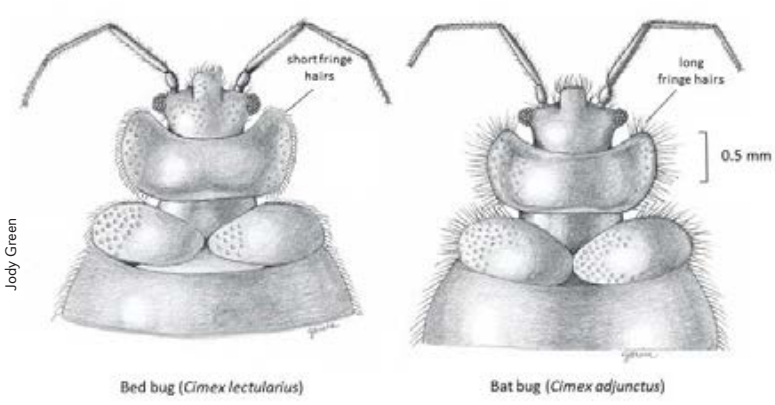
Bats are a likely, yet uninvited houseguest in many homes in Nebraska. Of the 13 species of bats that occur in Nebraska, very few are found in or near structures. Bats are nocturnal animals that feed solely on flying insects such as mosquitoes, beetles and moths.

When they get into homes they become a nuisance by their movement and noises, which can be heard in wall or attic voids, and their droppings, called guano, can build up and make a mess. They can also be a public health pest because they are associated with transmitting rabies and histoplasmosis to humans.

One thing not often mentioned are the ectoparasites of bats, such as the bat bug. Bat bugs are similar to bed bugs in their appearance and blood-feeding behavior, but there are significant differences in terms of prevention and management.

## Bat Bugs and Bed Bugs

Bat bugs and bed bugs are in the family Cimicidae. Both bat bugs and bed bugs are characterized as being small, brown, oval-shaped, bugs with flattened bodies. They are wingless with segmented antennae, and a piercing-sucking mouthpart tucked under their bodies.




Jody Green

Illustration of the difference between the bed bug and the bat bug.

Jody Green

Adult bat bugs (magnified)

Often they are compared to the size and shape of an apple seed. Both bugs require a blood meal in order to grow, develop and produce offspring.

As the name implies, the primary host of bat bugs are bats, whereas the primary host of bed bugs are humans. In the absence of a primary host, however, bat bugs will feed on humans given the opportunity. Bed bugs come into our homes by hitchhiking on our belongings and bat bugs enter the structure from hitchhiking on bats.

## Physical Differences

At first glance, the bed bug and the bat bug look identical, but with the use of a magnifying lens, there are slight physical differences between the two. Both bugs are covered with hair, but the bat bug has much longer hair, particularly behind the head on the part of the body called the pronotum.

## Behavioral Differences

Bed bugs typically feed on their host while the host is sleeping and can go for months without being noticed, hiding in cracks and crevices around bed frames, headboards, box springs and mattress seams.

Bat bugs are strangely found out in the open, walking about on furniture, along window sills, fireplaces or on top of the bed covers. Bat bugs are found on the top floor of homes and apartments because bats tend to roost higher up in attic spaces, chimneys or decorative shutters. Bat bugs enter living areas through cracks and gaps around vents, windows, light fixtures, attic doors and ceiling fans.

## If You Find a Bug

Do not panic! Capture the bug without squishing it and place in a plastic bag or clear jar with a lid. Stick the container in the freezer to keep the bug intact so all hairs can be observed. Nebraska Extension in Lancaster County offers free pest identification. Samples can be dropped off at 444 Cherrycreek Road in Lincoln, Monday–Friday, 8 a.m.–4:30 p.m. Submitting a photo without magnification is often too blurry for a positive identification.

## Control Methods

Bat bugs prefer to stay close to bats and only wander away when dislodged or when hosts leave the roosting areas. The number one reason for finding a bat bug in the home is because there are bats roosting in the structure. The solution is to remove the bats from the areas to eliminate the host/food of the bat bug. There is usually no need to treat bedrooms, beds or other sleeping areas with insecticides if the bats are eliminated.

Saying to remember: **June through July — Let them fly!**

The best time to exclude bats is after Aug. 1 because bats have their young in spring and by the end of July, they are mature enough to leave the roost. Exclusion is the best method for control and includes installing a one-way door so the bats can fly out, but no longer return.

## Hire a Professional If You Have Bats Roosting in the House

Over the last three years, the number of bat bug inquiries and identifications have increased, which indicates a greater abundance of urban bats in the city of Lincoln and surrounding areas.

Professional pest management companies should have a hand lens with them or microscope at their office. It is important to positively identify the pest so the correct course of action can be taken.

## If You Have a Bat Inside Your House

**If you are in Lincoln and find a bat in the living space of your home, do not shoo it out. If a bat is inside your house and you know where it is located, call Lincoln Animal Control to safely remove the bat and take it to the Nebraska Veterinary Diagnostic Center at the University of Nebraska–Lincoln for rabies testing. If you are outside the city and can safely trap and contain the bat, take it to a veterinarian. If you have been exposed to a bat and may have been bitten, contact your primary care physician.**

**FOR MORE INFORMATION**

Nebraska Extension NebGuide, Bats in and Around Structures (G1667), is available at the Extension office and online at *https://wildlife.unl.edu/pdfs/bats-in-around-structures.pdf*

LANCASTER COUNTY

# Super Fair

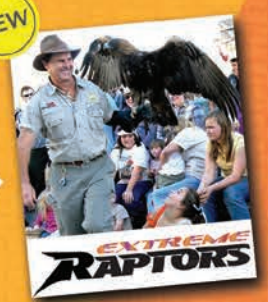
84th & Havelock

150 years in 2020

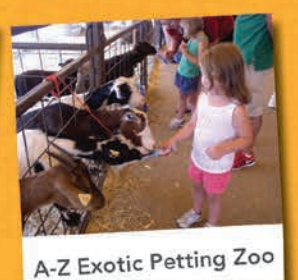
*August 1-10*

Heart of America Shows Aug 1-10

10 Days of Fun!



Daryl's Racing Pigs by Russ's Market



A-Z Exotic Petting Zoo

Fair Foods

Nowear BMX Stunt Show by SuperSaver Aug 1-6

## 4-H/FFA DAYS

| 1 Thu | 2 Fri | 3 Sat | 4 Sun |
|---|---|---|---|

pepsi

## Free Music & Entertainment Series

Aug 1-4

## 4-H Days

Aug 1-4

750 4-H/FFA youth bringing 5400+ entries

**Motor Mania!**

Gana Trucking & Excavating — Figure 8 Races Fri. *

T.O. Haas Tire & Auto Since 1947 — Demo Derby Sat. *

Show & Shine Car Show Sun.

*Get your reserved seats today!

| Mon 5 | Tue 6 | Wed 7 | Thu 8 | Fri 9 | Sat 10 |
|---|---|---|---|---|---|
| Super Monday Wristband Special | Mutton Bustin' | Barrel Races | Miniature Horse Show | | Morgan Horse Show; Open Livestock; Llama Games; Motor Mania! AM-Equipment Rodeo PM-Fast Track Mud Drags* |

Pick up free fair gate tickets at:

Casey's General Store · Russ's Market · Super Saver · West Gate Bank

Full schedule & Free/Reserved tix at **SuperFair.org**

Tickets brought here by our official courier: Eagle Delivery

## FAIR ENTRY

**THUR AUG 1–SUN AUG 4**
**Fair Hours: 8am–12 midnight**
**Gate Paid Admission & Parking: 10am–10pm**

**MON AUG 5–THU AUG 8**
**Fair Hours: 5–11:30pm**
**Gate Paid Admission & Parking: 5–10pm**

**FRI AUG 9–SAT AUG 10**
**Fair Hours: 8am–12 midnight**
**Gate Paid Admission & Parking: 12 noon–10pm**

### Gate Admission Tickets

**$3 per day per person — cash only***
**ticket required for each gate entry regardless of age, no re-entry*
**Free Gate Admission tickets available at sponsor locations (see front page)*

### Parking

**$5 per day per vehicle — cash only***
**same day re-entry allowed with parking pass*

*NEW — 4-H/FFA Exhibitor parking hang tags get you into the fair all 10 days! (No gate ticket or parking fee needed.) Please limit to your immediate family to keep this privilege.*

## GETTING AROUND

### Drop-Off/Pick-Up Zones

Parents may drop off/pick up their kids (13 & older) at Gates 1 & 2 without paying a parking fee. Each child needs gate ticket. Must pick up by 11pm.

### Handicapped Parking

- Special lot reserved at Gate 1 (Lot J) closest for most events.
- For Exhibit Hall, equine and Gana Motorsport Outdoor Arena events, use Gate 3 off Havelock Ave. to find parking near event doors.

### Free Golf Cart Service (Aug. 1–4)

Available from/to each parking lot including handicapped Lot J — ask parking or any staff to call you a ride.

*Golf carts staffed by volunteers of the Amateur Radio club.*

### People Hauler Service

Catch a ride to/from parking lots via this fun, tractor-powered service all 10 days.

### Catch the Bus to the Fair

Ride the StarTran bus (route 49) to Walmart next door with Super Fair shuttle available daily upon request during fair hours (tell bus driver). Note: bus does not run on Sunday. See SuperFair.org "Plan Visit" for info.

## FAIRGROUND RULES

- NO SMOKING INSIDE the buildings per Nebraska state law. E-cigarettes and vaping also prohibited due to interfering with the smoke alarm system.
- Absolutely no OUTSIDE alcohol—all alcohol must be purchased on grounds due to Nebraska liquor license laws.
- Alcohol NOT allowed INSIDE any building during 4-H/FFA portion of fair through Sunday, Aug. 4 — alcohol may be purchased these days in designated outdoor beer garden or at motor sports arena events only.
- NO PERSONAL TRANSPORT DEVICES allowed due to public safety: no bicycles, scooters, Segways, hoverboards or personal utility vehicles (ATVs, golf carts).
- Absolutely no use of drones or lasers.
- No dogs allowed in any buildings except as required for special needs or for dog shows.
- Lincoln City Police and security will be patrolling fairgrounds.

## *The Carnival is in Town!!*

**10 Big Days • Parking Lot A**

### Wristband Sales

- Save time and money — save $5 on carnival wristband pre-sales through July 31 at Lancaster Event Center office, M–F, 8am–4pm or save gas and buy online at SuperFair.org.
- Save time in line — day of carnival wristband sales at SuperFair.org.
- See carnival ticket booths for single ride tix & on-site wristband sales if didn't buy online.

**Open Hours and All-You-Can-Ride Wristband Sessions:**

### WEEKDAY SESSION (evening only)

**Evenings only, 6–11pm**
- **Thur Aug 1**
- **Tues Aug 5–Thur Aug 8**

Buy wristband for $25 at carnival or online until 10pm or buy before fair for $20 at SuperFair.org thru July 31.

### WEEKEND MEGA SESSION (use all day & night)

**Use all day & night, 1–11pm**
- **Fri Aug 2–Sun Aug 4,**
- **Fri Aug 9–Sat Aug 10**

Buy wristband for $30 at carnival or online until 10pm or buy before fair for $25 at SuperFair.org thru July 31.

### Super MONDAY Wristband Special

- **Mon, Aug 5 only: 6–11pm**

*Save $5 off at-carnival price — one day only!!*

Buy wristband for $20 at carnival until 10pm or save time in line at SuperFair.org thru 10pm on Aug 5.

## pepsi Free Music Series & Entertainment Aug 1-4

### THUR AUG 1
- Nate Armstrong, 5:30–7:30pm (Acoustic)
- Shawn Cole With Drunk Monkey, 8–11pm (Classic Rock & Country + Pop, Dance & Funk)

### FRI AUG 2
- McKenzie JaLynn Band, 6–9pm (Today's Country from Lincoln to Nashville)
- Evan Bartels & The Stoney Lonesomes, 9:30–11pm (Soulful Folk & Country Rock)

### SAT AUG 3
- Capital City Dance Shack, 1–2pm (Clogging)
- Princess & Heroes Meet & Greet with Jasmine, Cinderella and Spider-man, 2–3pm
- Wildlife Encounter, 3–4pm
- Frailin' Hearts, 4:30–6:15pm (Folk)
- Live DJ with B107.3, 6:45–8:15pm
- The 402 Band, 9–11:30pm (High-level Energy Cover Band)

### SUN AUG 4
- Lancaster County Super Fair Talent Search, 1–4pm — *pre-registration required, see SuperFair.org*
- Justin Kane, 3:30–4pm (Country)
- Church House Blues Band, 4:30–5:30pm (Gospel Blues & Roots)
- SwitchBak, 6–9pm (Nebraska Country)

## Motor Mania!

**GANA MULTISPORT OUTDOOR ARENA** (use Gate 3 off Havelock Ave.)

FIGURE 8 RACES • FRI AUG 2, 7pm

DEMOLITION DERBY • SAT AUG 3, 7pm

LANCASTER FAST TRACK MUD DRAGS • SAT AUG 10, 7pm

**Buy tickets in advance for best seats!**
Reserved seating on sale thru day of event at SuperFair.org (with $3 convenience fee) or at Lancaster Event Center office (M–F, 8 a.m.–5 p.m.) or day of event when gates open 90 minutes before event.
- Reserved Adult $10
- Reserved Ages 2–12 $5
- Ages 2 & under on lap FREE
- Pit Pass Ages 16 & over $20

# Guide to 4-H/FFA Events & Activities

*Schedule only lists activities open to the public*

LANCASTER COUNTY **Super Fair**

## 4-H & FFA Exhibits & Events August 1-4
## 4-H Horse Shows July 30-August 4

## DAILY AUG. 1–4

### 4-H/FFA Static Exhibits
**10am–9pm • Lincoln Room**
Come see 4-H'ers talents on display! Static exhibits include arts, horticulture, textiles (clothing), foods, STEM and more!

### 4-H/FFA Livestock & Horse Exhibits
**8am–10pm • Pavilions 1, 2, 3 & 4**
See animals in their stalls up close! Most 4-H/FFA youth are happy to talk to fairgoers about their animals. Please ask before petting animals.

### 4-H Council's Food Stand
**10am–9pm • Clover Cafe in Lincoln Room/ Horseshoe Cafe in Multipurpose Arena**
Features a variety of snacks and beverages, including the popular Walking Taco, snow cones and cotton candy! Proceeds support 4-H youth programs, activities and scholarships.

### Rabbits R Us 4-H Club Dunk Tank
**Thu 2–6pm/7:30–9pm, Fri 2–5pm/7:30–9pm, Sat 2–6pm/7:30–9pm, Sun 1–5pm/7:30–9pm • Court Yard**
Fundraiser for the club's community service projects.

## PRE-FAIR SCHEDULE

July 30, 8am **4-H Horse Dressage Show — Elementary/Junior/Senior Classes,** *Pavilion 3 – Arena*
Dressage is the performance of a specific pattern of movements — horse and rider are judged on presentation, accuracy and obedience of the horse.

July 31, 8am **4-H Horse Dressage Show — Special Needs/Walk/Trot/Novice/Green Horse/Western Dressage Classes,** *Pavilion 3 – Arena.* See above description.

July 31, 9am **4-H Horse Hunter Hack Jumper Show,** *Pavilion 4 – Amy Countryman Arena*
Consists of 2 jumps and showcases a combination of skills — jumping, horse's movement and ability, as well as the exhibitor's ability. Hunter-type horses are used.

July 31, TBA **4-H Horse Hunter Show — Hunter/Equitation,** *immediately following Hunter Hack; Pavilion 4 – Amy Countryman Arena*
Usually consists of 8 jumps and is judged on the horse's movement, the rider's ability and position, as well as accuracy and safety. Hunter-type horses are used.

## THURSDAY, AUG 1

8am **4-H English Horse Show — Hunter/Saddleseat Horse Halter/ Showmanship/Bareback Equitation/Pleasure/Equitation/Discipline Rail,** *Pavilion 4 – Amy Countryman Arena*
These classes showcase the horse's movement and ability, as well as the exhibitor's horsemanship (riding skills). Hunter-type horses are used.

9am **4-H Cat Show/Quiz/Costume Contest,** *Exhibit Hall – North End*
Cats and their 4-H owners are judged — proper care of the cat is emphasized.

9am–12pm **4-H Poultry Judging Contest/Quiz,** *Pavilion 1 – Southwest Corner*
4-H youth test their knowledge and expertise judging classes of poultry to sharpen their skills of evaluating birds and making decisions.

10am **4-H Poultry Showmanship/Show,** *Pavilion 1 – Southwest Corner/West Arena*
4-H youth show large fowl, bantams, ducks, geese, turkeys, guinea fowl and pet poultry. Youth also give showmanship presentations to a judge about their birds.

12pm **4-H Household Pets Show/Animal Bingo,** *Exhibit Hall – North End*
4-H youth exhibit a wide variety of household pets. Judges interview exhibitors on overall care of and knowledge of their animals. Animal Bingo follows.

1pm **4-H/FFA Meat Goat Show,** *Pavilion 1 – East Arena*
4-H and FFA youth compete for championship honors with their breeding and market meat goats.

TBA **4-H/FFA Sheep Show,** *4:30pm or 10 minutes after Meat Goat Show; Pavilion 1 – East Arena*
4-H and FFA youth compete for championship honors with their breeding and market sheep.

TBA **4-H Xtreme Horse Show — Horsemanship Pairs/Extreme Versatility,** *Not to start before 4:30pm; Pavilion 4 – Amy Countryman Arena*
In horsemanship pairs, two riders must ride a pattern in sync. In extreme versatility, each rider must complete three different equine discipline patterns to display the adaptability of each horse and rider.

6:30pm **4-H Rabbit Breed ID Contest/Quiz,** *Pavilion 1 – Southwest Corner*
In the Breed ID contest, 4-H youth must correctly identify 15 breeds, including variety and color. In the quiz, youth test their rabbit knowledge.

7pm **4-H Fashion Show,** *Exhibit Hall (enter Gate 3 off Havelock)*
4-H youth model their clothing projects with pride and style. Judges look for selection, fit, creativity and accessories.

### 4-H Xtreme Horse Show
**Thur after 4:30pm**

### 4-H Fashion Show
**Thur 7pm**

### Take Your Photo With Flat Herbie
**Thu–Fri 8am–9pm • Exhibit Hall, Sat–Sun 10am–9pm • Lincoln Room**
University of Nebraska is celebrating its 150th anniversary! Join the fun by taking your photo with life-size flat Herbie Husker and posting to social media with #N150Herbie.

### 4-H Will Livestream From the Fair!
Lancaster County 4-H will livestream video of several events at the Super Fair via YouTube which then will be archived. Watch at *www.youtube.com/user/4HLancasterNE.*

YouTube

A tentative schedule will be posted at *http://lancaster.unl.edu/4h/fair.*

### Flowers Throughout the Fairgrounds
New this year, enjoy flowers in planters grown by Waverly FFA members/ag students and donated by Kaw Valley Greenhouses!

# FRIDAY, AUG 2

8am **4-H/FFA Swine Show,** *Pavilion 1 – West Arena*
4-H/FFA youth compete for championship honors with their hogs. The Peoples' Choice Award is judged by the public.

8am **4-H Western Horse Show 1 — Groom & Care/Western Showmanship/ Stock Horse and Pony Halter,** *Pavilion 4 – Amy Countryman Arena*
These are non-riding classes. In groom & care and showmanship, the exhibitor is judged. In halter, the horse is judged. Stock-type horses are used.

TBA **4-H Western Horse Show 2 — Reining/Working Pleasure,** *immediately following Stock Horse and Pony Halter; Pavilion 3 – Arena*
These classes are all patterns which require a higher level of horsemanship. Stock-type horses are used.

3pm **4-H Bucket Calf Show,** *Pavilion 1 – East Arena*
These are young calves bottle fed by the 4-H exhibitors.

5pm **4-H Llama/Alpaca Show,** *Pavilion 1 – East Arena*
Lancaster County has one of the only Nebraska county fairs with a llama/alpaca show. An obstacle course tests how well exhibitors and animals work together.

5pm **4-H Table Setting Contest,** *Exhibit Hall*
4-H youth select a theme and display one place setting with a planned menu. Each gives a 5-minute presentation to a judge. Public may view tables about 7:45–8:15pm

5:30–7:30pm **Chicken Dinner and Silent Auction 4-H Council Fundraisers,** *Exhibit Hall – Lancaster County Farm Bureau Room (enter Gate 3 off Havelock, park near Exhibit Hall)*
Dinner features Raising Cane's chicken fingers hot off their food truck, side dishes, dessert and a drink! Advance tickets $8 at the Extension office before the fair or at the 4-H food stand during the fair. Tickets at the door are $9. Silent auction offers a wide variety of items to bid on. Top bidders may pay for and pick up items after 7:30pm Cash or check only. Help support Lancaster County 4-H programs and activities!

TBA **4-H Horse Games Show — Keyhole Race/Figure 8 Stake Race/Pole Bending/Barrel Race,** *immediately following Working Pleasure, not to start before 4:30pm; Pavilion 4 – Amy Countryman Arena*
These are speed events using buckets, poles and barrels to define a pattern. Everyone has fun — rider, horse and audience!

5:30pm **4-H Rabbit Judging Contest/Breeder's Choice,** *Pavilion 1 – Southwest Corner*
In the Judging Contest, 4-H youth judge the rabbits. In the Breeder's Choice Show, each exhibitor shows a rabbit and one of its parents.

7pm **4-H Rabbit Pet Class,** *Pavilion 1 – Southwest Corner*
Pet Class is for crossbred rabbits or purebred rabbits with traits that disqualify them from breed classes. Exhibitors are asked about the care of their rabbits.

# SATURDAY, AUG 3

7:55am **4-H Rabbit Show Flag Ceremony,** *Pavilion 1 – Southwest Corner*

8am **4-H Rabbit Market/Breed/Fur Show,** *Pavilion 1 – Southwest Corner*
Market class includes purebred or crossbred commercial rabbits. Breed class is for purebred rabbits only. In the fur show, quality of coats are judged.

8am **4-H Horse Roping/Working Ranch Show — Working Ranch/Boxing/ Roping/Goat Tying/Dummy Roping/Ranch Horse Pleasure/ Ranch Horse Versatility (Ranch Riding),** *Pavilion 3 – Arena*
In roping, beginning ropers use dummies and the more advanced 4-H youth rope cattle. In Working Ranch, youth work a steer through an obstacle course.

9am **4-H Dog Obedience/Showmanship/Costume Contest,** *Exhibit Hall*
In obedience, dogs and exhibitors are judged on how well their dog responds to commands. In showmanship, youth are judged on their dog handling abilities.

9am **4-H/FFA Beef Show,** *Pavilion 1 – East Arena*
4-H/FFA youth compete for championship honors in the breeding, market and feeder calf classes.

10am **4-H Horse Special Needs Show,** *Pavilion 4 – Amy Countryman Arena*
Includes two riding classes for 4-H special needs youth. Classes are "Mounted obstacle, assisted" and "Mounted obstacle, non-assisted."

TBA **4-H Horse Trail Show,** *following 4-H Horse Special Needs Show; Pavilion 4 – Amy Countryman Arena*
4-H youth ride their horses through a course with 6–10 obstacles, including a bridge, a gate and at least four ground logs.

TBA **4-H Dog Agility,** *1 hour after morning classes; Exhibit Hall*
4-H youth lead their dogs through obstacles, jumps and tunnels.

4:30pm **4-H Horse Judging Contest,** *Pavilion 3 – Arena*
4-H'ers try their hand at judging horses. This event emphasizes how much youth know about horses.

6pm **4-H/FFA Livestock Premium Auction,** *Pavilion 1 – West Arena*
Champion and purple ribbon market animals are auctioned off to the highest bidder to help raise funds for participating youth and scholarships. Buyers pay premiums to the youth, not physically purchase animals.

6:30pm **4-H Rabbit Specialty Show — Best Matched Pair/Tricks/Costume Contest/Clover Kids Showmanship and Rabbit Races,** *Pavilion 1 – East Arena*
These are fun, must-see events! Guest MCs will be Carol Turner and Mick Kovar from the KFOR radio morning news show.

# SUNDAY, AUG 4

8am **4-H Miniature Horse Show — Halter/Showmanship/Miniature Horse Jumping/In-Hand Obstacle Trail/Pleasure Driving/Timed Cones,** *Pavilion 3 – Arena*
Miniature horses/Shetland ponies are used. These are non-riding classes or classes with two-wheel carts.

8am **4-H Western Horse Show 3 — Western Bareback Equitation/Western Pleasure/Western Horsemanship/Western Discipline Rail,** *Pavilion 4 – Amy Countryman Arena*
These classes require a higher level of horsemanship. Stock-type horses are used.

8:30am **4-H/FFA Dairy Cattle Show,** *Pavilion 1 – East Arena*
4-H/FFA youth compete for championship honors in the dairy classes.

9am **4-H Dairy/Pygmy Goat Show/Costume Contest,** *Pavilion 1 — West Arena*
4-H youth show their dairy and miniature goats. Afterwards is a "Best-Dressed Kids" costume contest.

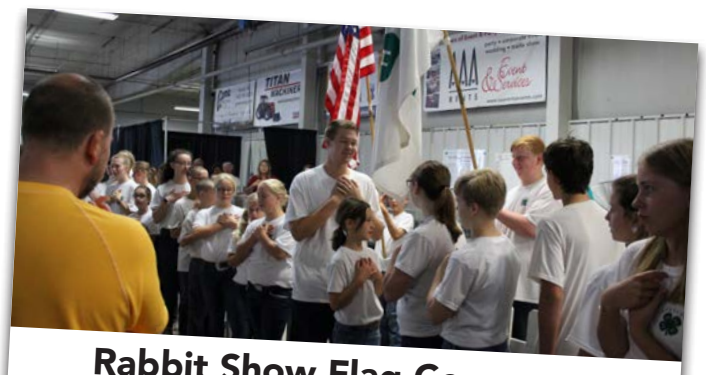
12–2pm **4-H/FFA Livestock Judging Contest,** *Pavilion 1*
4-H/FFA youth use critical-thinking skills to evaluate livestock on muscle, structural correctness and other traits to rank livestock from 1st–4th place.

1–3pm **4-H Clover Kids Show & Tell,** *15 minute time slots; Lincoln Room – Clover Kids Exhibit Area*
4-H youth ages 5–7 show and tell one static exhibit they have entered or a small animal. Clubs may show a group project or perform a short skit or song.

5pm **4H/FFA Elite Showmanship Contest,** *Pavilion 1 – East Arena*
The champion senior showman in beef, sheep, meat goats, dairy goats and swine show all species. Top winner represents our county at the State Fair contest.

TBA **4-H Horse Costume Contest,** *after Western Horse Show 3; Pavilion 4 – Amy Countryman Arena*
Come to this fun event to see both horse and exhibitor in costume!

**4-H Council's Chicken Dinner & Silent Auction**
**Fri 5:30–7:30pm**
These fundraisers support 4-H youth programs and activities.



**Rabbit Show Flag Ceremony**
**Sat 7:55am**

**Beef Show**
**Sat 8am**

**Dog Agility**
**Sat 1 hour after morning dog show**

**Livestock Judging Contest**
**Sun 12–2pm**

**Clover Kids Show & Tell**
**Sun 1–3pm**

# Make Your Yard a Greener Place

Soni Cochran, Nebraska Extension in Lancaster County

**Mary Jane Frogge**
*Extension Associate,*
*Lancaster County*

**Meet Your Yard** — Learn about the soils, native plants, climate and wildlife around your home.

**Be Water Wise** — Water lawns only when needed, but to the depth of the root zone. Consider replacing irrigated turf with drought-tolerant ground covers.

**Be a Pest Pro** — Identify pests correctly. This allows for the most appropriate control method, if it is needed.

**Police Pollution** — Prevent fertilizer, pesticides and animal waste from entering water sources or wastewater systems.

**Be Well Read** — Read the label, it's the law. Keep children and pets away from pesticides. Store and dispose of pesticides according to label instructions.

**Go Native** — Create pollinator and wildlife habitats at home using native plants. Remove invasive plants that may threaten or invade native habitat.

**Make a Pile** — A compost pile recycles grass clippings, leaves and other organic material. It is a great natural fertilizer too.

**Recycle Your Lawn** — Leave the grass long at 3–3.5 inches when mowing and leave the clippings in place. This saves water and fertilizer. Do not mow more than one third of the height of the grass.

## GARDEN GUIDE
### THINGS TO DO THIS MONTH

Mary Jane Frogge, Extension Associate,
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 insures the foliage dries before night. Wet foliage at night increases susceptibility to fungus diseases.

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

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

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

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

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.

# Tips for a Fun and Educational Day at the Fair

**Jaci Foged**
*Extension Educator,*
*Lancaster County*

County fair season is well underway. The Lancaster County Super Fair will run Aug. 1–10 at the Lancaster County Event Center, 84th & Havelock, Lincoln. 4-H exhibits and events will run Aug. 1–4.

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.

This time of year brings back many memories of my time at the Scotts Bluff County fair. I was a member of The Buttercups 4-H Club. Some of the exhibits I participated in included sewing, designing babysitting kits, first aid kits, baking, vegetables and dog obedience.

Although it has been a couple of decades since I was a 4-H'er, things haven't changed much. 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.

See special pullout section in this NEBLINE for an overview of the Lancaster County Super Fair, including where to pick up free fair gate tickets. Full schedule and ticket information is at SuperFair.org.

Fairs are a great place to get ideas for projects you might want to do!

### 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 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, Extreme Raptors Show, 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-Her's 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 2018 Lancaster County Super Fair, over 750 4-H/FFA youth brought one or more exhibits to the fair and over 5,400 exhibits entered 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. 23 through Sept. 2.

### 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)*

### Upcoming Early Childhood Trainings

Nebraska Extension teaches several early childhood development classes for child care providers. Listed are upcoming classes held at the Lancaster Extension Education Center, 444 Cherrycreek Road (unless location otherwise noted). For additional information or to sign up, contact Jaci Foged at jfoged2@unl.edu or 402-441-7180. Some registration forms are at *http://lancaster.unl.edu/family*

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

# HEART OF 4-H VOLUNTEER AWARD

## Susan Holland

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

She has been a superintendent of the 4-H Home Environment, Heritage and Human Development areas at the Lancaster County Super Fair for six years.

"I like being a 4-H volunteer because I enjoy seeing the kids bring their entries and seeing what they can do!" She says, "The 4-H'ers are so creative and talented. There is such a variety in the Home Environment area, it is fun to see all the entries. It brings back memories of my time in 4-H. Some projects, like a pillow, design board or furniture, are like what I did, but there are new classes incorporating technology or energy alternatives like solar or wind that are interesting to see. I just really enjoy giving back to such a great organization that was such a big part of my life!"

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

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

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

### County Contest

The county Life Challenge contest was held on June 1. Twenty-four youth demonstrated their knowledge in the areas of foods & nutrition, personal finance, human development, healthy lifestyles and home environment. Abby Kruse was the Junior Champion and Emily Bauman was the Junior Reserve Champion. Senior Champion was Madelyn Kreifels and Sarah Lange was the Senior Reserve Champion.

### State Contest

The 2019 State Life Challenge Event was held on University of Nebraska–Lincoln East Campus June 17–18. Twenty-two Lancaster County 4-H'ers formed six teams. Teams applied information they had learned in 4-H projects to bring solutions to real-life problems. Teams developed a marketing plan for a new product promoting personal health (ESI challenge), designed a space at the recently-renovated East Campus Union to encourage social connections (Design challenge) and created a wellness program for the UNL Rec Center (Foods & Nutrition challenge). Lancaster teams won five top awards! Photos are on Flickr at *https://go.unl.edu/19palc*.

The Extreme Green Team of Alaina Agnew, Madelyn Kreifels and Julia Stephenson earned 1st place rankings in both the Design and ESI Challenges, and each received a $1,000 scholarship from the UNL College of Education and Human Sciences as well as a $50 cash award. This team also received the 5th place Award for the Foods & Nutrition Challenge.

The Clover Power Team of Nathan Gabel, Elena Thomson, Abigail Kreifels and Clare Bowman placed 2nd in the Design Challenge.

Lancaster County's A-Z Leaders Team placed 4th in the Foods & Nutrition Challenge.

Additional teams represented Lancaster County with high scores:

- Smith & Company (Jacob Bauman, Christopher Moore, Parker Smith and Pierce Smith)
- Home Run Gang (Lucas Bargen, Luke Beckman and Colt Reiling)
- The Five Stars (Aleyna Cuttlers, Sarah Lange, Nettie Lunquist and Linsey Sheldon)

# 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 Premiere Animal Science Events (PASE) held at University of Nebraska–Lincoln East Campus on June 17–18. Photos are on Flickr at *https://go.unl.edu/19palc*.

### Livestock Judging

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 big thank you to coach Roger Bell, who spent countless hours working with the Lancaster County teams.

**Junior team** of Clara Johnson, Khloe Cuttlers, Olivia Vanderford, Tatum Terwillinger and Tayden Bell placed 3rd in beef, 6th in swine, 4th in Sheep/Goats, 4th in Oral Reasons and 3rd place overall. Individual results included: Olivia Vanderford (9th overall Beef, 7th overall Sheep/Goats), Tatum Terwillinger (4th overall Beef) and Tayden Bell (7th overall swine, 14th overall Beef, 8th overall individual).

**Senior team** of Cole Cooper, David Swotek, John Sump and Sarah Dilley placed 6th in Sheep/Goats and 4th in Swine. Individual results included: Cole Cooper (8th overall swine, 19th overall individual) and Sarah Dilley (20th overall Individual).

### Poultry Judging

Noah Jelinek (11th place individual) and Khloe Cuttlers competed in the Poultry Judging contest. This 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.

### Meats Judging

Clara Johnson competed in the Meats Judging contest which consisted of retail-meat-cut identification, food safety practicum lab exercises, a written test and two placing classes of retail cuts.

# Nine Lancaster 4-H Clubs Receive Governor's Ag Excellence Awards

Congratulations to the nine Lancaster County 4-H Clubs who received 2019 Governor's Agricultural Excellence Awards: **Bourne Equestrian, Cornerstone Equestrian, Five Star 4-Hers, Go Go Goat Getters, Hunters Pride, Joe's Clover Knights, Lancaster County 4-H Teen Council, NBots Robostorm** and **Prairie Star 4-H**. The awards are sponsored by the Nebraska 4-H Foundation and Nebraska Investment Finance Authority (NIFA). Each year, 25 Nebraska 4-H clubs are awarded $500 to be used as described in the award application form. Photos are on Flickr at *https://go.unl.edu/19palc*.

# HORSE BITS

## 4-H Horse Judging Contest, Aug. 3

This year's 4-H Horse Judging Contest will be held during the Lancaster County Super Fair on Saturday, Aug. 3 at the Lancaster Event Center – Pavilion 3, 4:30 p.m. Open to all 4-H'ers — need not be enrolled in a horse project. No pre-registration needed — enter day of contest. This is a Super Fair premium event but does not count as one of the premium events of the horse division. Ribbon placings will be awarded. The top ten contestants in all three age groups will be recognized at Horse Awards Night. The champion in each age group must participate in both judging and oral reasons to receive a belt buckle. The required dress for judging is a 4-H shirt or plain white T-shirt, blue jeans, belt, boots and 4-H armband OR English attire. No hats, shorts or sandals are permitted.

## District Horse Show Results

Many Lancaster County 4-H'ers competed in the district horse show competition held in Elkhorn on June 11. All purple and blue ribbon winners qualified for the Fonner Park State 4-H Horse Show and Exposition in Grand Island July 14–18. Congratulations all who participated! Below are the Lancaster County purple ribbon and trophy winners. Complete results are online at *http://4h.unl.edu/horse/district-shows*.

**SR. HUNTER UNDER SADDLE, 15 & UP**
Aubrey Hayes (Res Ch), Ally Quinn, Madison Sobotka

**JR. HUNTER UNDER SADDLE, 10–14**
Clara Bradbury (Ch), Kali Maytum (Res Ch), Lillie Beach, Elizabeth Funk

**SR. HUNT SEAT EQUITATION, 15 & UP**
Aubrey Hayes (Ch) Madi Brandt, Sidney Froistad, Ally Quinn

**JR. HUNT SEAT EQUITATION, 10-14**
Elizabeth Funk, Kali Maytum

**WESTERN PLEASURE PONIES**
Skylar Frisbie (Ch), Bailey Hampton (Res Ch)

**SR. WESTERN PLEASURE HORSES, 15 & UP**
Aubrey Hayes, Madison Sobotka

**JR. WESTERN PLEASURE HORSES, 12–14**
Kali Maytum (Res Ch), Lillie Beach, Michaela Bunz

**ELEM. WESTERN PLEASURE 10–11**
Elizabeth Funk (Res Ch)

**JR. WESTERN HORSEMANSHIP, 12–14**
Lillie Beach (Ch), Michaela Bunz

**ELEM. WESTERN HORSEMANSHIP 10–11**
Elizabeth Funk (Ch)

**SR. REINING, 15 & UP**
Tristan Munderloh (Res Ch, blue ribbon)

**JR. REINING, 10–14**
Taylor Root (Res Ch)

**SR. POLE BENDING, 15 & UP**
Aubrey Hayes

**JR. POLE BENDING, 10–14**
Clara Bradbury (Ch), Lillie Beach (Res Ch)

**SR. BARREL RACING, 15 & UP**
Cassie Meyer (Res Ch), Aubrey Hayes, Cadi Wilbeck

**JR. BARREL RACING, 10–14**
Lillie Beach (Ch)

LANCASTER COUNTY

# Super Fair

## Aug. 1–10, 2019

**4-H & FFA Exhibits & Events Aug. 1–4**
**4-H Horse Show July 30–Aug. 4**

## Lancaster Event Center

**4-H & FFA Fair Books have complete information about entering 4-H/FFA exhibits and contests.**
**Fair Books are available at the Extension office and at *http://lancaster.unl.edu/4h/Fair***

**4-H will livestream from the fair!** YouTube

Lancaster County 4-H will livestream video of several events at the Super Fair via YouTube which will then be archived! Watch at *www.youtube.com/user/4HLancasterNE*

A tentative schedule will be posted at *http://lancaster.unl.edu/4h/fair*

## Premium Payouts

Read carefully — premiums not picked up at the specified time will be forfeited! Review premium payouts carefully and report any errors to 4-H staff. No changes or corrections will be made on premium amounts after 14 days.

**STATIC EXHIBITS and CONTESTS (except cat and household pet static exhibits, and Livestock Judging and rabbit contests):** Premium payouts for all static exhibits and contests held before and during the fair must be picked up on Monday, August 5, 7–11 a.m. in the Lincoln Room. 4-H/FFA members or their representatives may pick up premium payouts — a signature will be required. Please pick up premium payouts BEFORE picking up static exhibits.

**ANIMAL EXHIBITORS (except horse, rabbit and poultry):** All 4-H & FFA animal exhibitors will receive premium payouts as they exit the show arena or at the conclusion of the show. Livestock Judging Contest participants will receive premium payouts after the contest.

**HORSE EXHIBITORS:** Premium payouts must be picked up on Monday, August 5, 7–11 a.m. in the Lincoln Room. The entire 4-H club must have removed all bedding from each stall in order for premiums to be received. Stalls will be checked. 4-H/FFA members or their representatives may pick up premium payouts — a signature will be required.

**RABBIT EXHIBITORS:** All rabbit payouts (including rabbit shows and contests) will be made to 4-H'ers at the Rabbit Awards on Sunday, August 4, 5:30 p.m. in the Business Center – Nebraska Room.

**POULTRY EXHIBITORS:** Poultry premium payouts (including poultry shows and contests) must be picked up from the 4-H/FFA livestock office in Pavilion 1 during specified date and time. Date and time will be posted at the livestock office during the fair. Premiums not picked up by Sunday will be forfeited.

## Static Exhibit Check-In/Release

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

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

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

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

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

All 4-H/FFA static exhibits will be released on Monday, Aug. 5 from 7–11 a.m. All static exhibits MUST be picked up during release time. 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.

## Interview Judging, July 31

Interview judging is Wednesday, July 31 beginning at 9 a.m. in the Lincoln Room. 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 also learn what the judge looks for and how to improve skills. 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 8 and 26.** If slots are still available, you may sign up during Static Exhibit Check-in on Tuesday, July 30, 4–8 p.m.

## Clover Kids Show & Tell, Aug. 4

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

## 4-H Clover Kids Animal Showmanship

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

## Livestock Judging Contest, Aug. 4

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

## Support 4-H by Eating at Clover Cafe/ Horseshoe Cafe

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 Aug. 1–4, 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, Aug. 2

Lancaster County 4-H Council is hosting a Chicken Dinner on Friday, Aug. 2, 5:30–7:30 p.m. at the Exhibit Hall - Lancaster County Farm Bureau Room (during the 4-H Table Setting Contest). Dinner features Raising Cane's chicken fingers hot off their food truck, tasty side dishes, dessert and a drink! This is a fundraiser for 4-H. Advance tickets are $8 at the Extension office before the fair or at the 4-H food stand during the fair. Tickets at the door are $9. Cash or check only.

A silent auction will be held during the Chicken Dinner to help raise funds for 4-H. Top bidders may pay for and pick up items after 7:30 p.m. Cash or check only.

## Volunteers Needed

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

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

The Lancaster County Ag Society invites 4-H/FFA exhibitors and their families (ages 5 and up) to participate in the 4-H/FFA Family Volunteer Fun Days to help with fairgrounds setup on Monday, July 29 and Tuesday, July 30, 4-10 p.m. Sign up at *http://SuperFair.org/GetInvolved* by July 20. Meal and beverages provided!

150th Nebraska State Fair

**The 2019 Nebraska State Fair will be Friday, Aug. 23–Monday, Sept. 2 at Fonner Park in Grand Island! For a schedule of 4-H activities at the state fair and more, go to *http://4h.unl.edu/state-fair***

## Static Exhibit Entries

At the Super Fair, 4-H static exhibits will be selected for the Nebraska State Fair by the judges in the respective areas. A state fair sticker will be placed on all exhibits selected for State Fair along with a detailed State Fair instruction sheet.

## Animal Entries Due Aug. 10

Animal exhibitors (4-H ages 10–18, FFA ages 10–21) are eligible to participate at the Nebraska State Fair regardless of county fair placing. 4-H/FFA youth or their families must submit their animal entries in ShoWorks online before Saturday, 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.

## 4-H Exhibitor Tickets

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

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

# EXTENSION CALENDAR

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

## July

**25** **Pesticide Applicator NDA Walk-in "Testing Only" Session. 9 a.m.–2 p.m.**
**26** **4-H Horse Incentive Program Forms Due to Extension**
**28** **4-H Food Stand Training** *Lancaster Event Center - Lincoln Room* **..... 5 p.m.**
**28** **4-H Static Exhibit Set-Up for Super Fair** *Lancaster Event Center - Lincoln Room* **..... 5:30 p.m.**
**30** **4-H & FFA Static Exhibit Check-In for Super Fair,** *Lancaster Event Center - Lincoln Room* **..... 4–8 p.m.**
**31** **4-H Static Exhibit Interview Judging,** *Lancaster Event Center - Lincoln Room* **..... 9 a.m.**

## August

**1–10** **Lancaster County Super Fair (4-H & FFA Exhibits & Events Aug. 1–4, 4-H Horse Show July 30–Aug. 4),** *Lancaster Event Center*
**3** **Free Water Screening for Nitrates at Super Fair,** *Lancaster Event Center - Lincoln Room* **..... 10 a.m.–4 p.m.**
**4** **Free Water Screening for Nitrates at Super Fair,** *Lancaster Event Center - Lincoln Room* **..... 12–4 p.m.**
**5** **4-H & FFA Premium Payouts and Static Exhibit Release,** *Lancaster Event Center - Lincoln Room* **..... 7–11 a.m.**
**10** **4-H Deadline for State Fair Animal Entries — Must Enter Online at *http://nebr.fairwire.com***
**15** **Pesticide Applicator NDA Walk-in "Testing Only" Session .. 9 a.m.–2 p.m.**
**16** **Soybean Management Field Day,** *Lynn Neujahr Farm near Waverly* **..... 9 a.m.–2:30 p.m.**
**21** **Landlord-Tenant Farmland Cash Rent Workshop ..... 1–4 p.m.**
**22** **Nutrition and Physical Activity Self-Assessment for Child Care (Go NAP SACC) Training for Childcare Providers. 6:30–8:30 p.m.**
**Aug. 23–Sept. 2** **Nebraska State Fair,** *Fonner Park, Grand Island*
**29** **Nutrition and Physical Activity Self-Assessment for Child Care (Go NAP SACC) Training for Childcare Providers. 6:30–8:30 p.m.**

# 4-H Clover College: 60 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.

2019 Clover College featured 60 workshops June 18–21. A total of 185 youth participated (varying from 1 to 15 classes each) with 1,068 class registrations! New workshops included: "Ozobot Robots," "Escape Room," "Textured T-shirt Painting," "Tinkercad: 4-H in 3-D," "Quilt Blocks," "Let's Be Artsy," "Critter Scene Investigation," "For the Birds," and "Be Art Smart."

A special thank you to the more than 75 instructors and assistants!

More photos will be online at *www.flickr.com/photos/unlextlanco/collections*.

Photos by Vicki Jedlicka, Nebraska Extension in Lancaster County

In the new "Ozobot Robots" workshop presented by Extension Educator Tracy Anderson and 4-H interns, youth explored computer programming and robotics using Ozobots.

Youth used strategy and clues to solve scenario puzzles in the new "Escape Room" workshop presented by GameSchool Project volunteers.

In the new "Be Art Smart" workshop presented by a 4-H volunteer, youth reused materials (also known as "found objects") to make monochromatic assemblages.

Youth built bridges with straws and tape, then tested how much weight the bridges could hold until they collapsed in the "Amazing Engineering 1" workshop presented by staff and students from the UNL College of Engineering.

In the new "Critter Scene Investigation" presented by Nebraska Game & Parks staff, youth became wildlife detectives hunting for clues of animal activity.

# EXTENSION NEWS

## Teens as Teachers and New Audience 4-H Interns

Shemsa Ndahiro, Valerie Gabel and Jeraysha Shakelford. Not pictured: Diana Laam.

Each summer, student interns join the 4-H staff at Nebraska Extension in Lancaster County and provide much needed assistance. In addition to three full-time interns helping with ongoing summer programming (introduced in the July Nebline), this year, four interns will assist Extension Educator Tracy Anderson with 4-H outreach and education.

- **Diana Laam** and **Jeraysha Shakelford** are part-time interns through the 4-H Teens as Teachers program. Their focus is on engaging new Lancaster County audiences through hands-on 4-H activities in areas such as STEM and Home Environment. Diana and Jeraysha are new to the 4-H community and will be juniors at Lincoln High this fall.
- **Shemsa Ndahiro** and **Valerie Gabel** are full-time interns focusing on engaging new Lancaster County audiences through hands-on 4-H activities in areas such as STEM and nutrition & health. Shemsa is a Rwandan scholar at the University of Nebraska–Lincoln. She is studying Integrated Sciences with a focus on Nutrition and Health Sciences and a minor in Leadership and Communication. New to 4-H, she is looking forward to gaining experience working with youth on different projects. Shemsa hopes to go back to Rwanda and make a difference in her community tackling nutrition issues. Valerie Gabel was a Lancaster County 4-H member for 11 years and is now pursuing a Bachelor of Education and Human Sciences degree at the University of Nebraska–Lincoln with a minor in Coaching and Special Education. This summer, Valerie wants to get as much experience as possible, so she is ready to teach 1st or 2nd grade when she graduates.

## DeBuhr Receives Leadership Award

(L–R) Jenny DeBuhr, Ann Ames and Leadership Link President Jesse Davy

Jenny DeBuhr was awarded the Kathy Smith Pinnacle Award at Leadership Link's annual luncheon in June 2019. A Lancaster County employee since 2001, Jenny has worked at Nebraska Extension in Lancaster County since 2012, currently as its Administrative Services Officer. Leadership Link is a local government chapter of the National Management Association dedicated to building leadership bench strength and harnessing the leadership qualities that reside in all of us.

Leadership Link created this award in memory of Kathy Smith, who was employed as the Assistant Purchasing Agent in the Purchasing Division of the City Finance Department. Kathy was a positive, inspiring and kind person. She was attentive to the needs of others and a very directed, focused professional. Award recipients are selected on the basis of exemplifying Kathy's example and qualities.

Jenny was nominated by Ann Ames, Deputy Chief Administrative Officer for the Lancaster County Board of Commissioners. Ann wrote, "Jenny is very engaged in the work she does for County Extension and the people they serve. Jenny is involved in a variety of different activities ranging from accounting to upgrading the facility. Jenny brings a positive attitude and can-do spirit to all tasks and is supportive and helpful to those she supervises. She maintains professionalism and integrity in all she does."