Nutrition Education Program Reaches 15-Year-Milestone
Teaching Nutrition in Lincoln Schools

Jessica Meuleners
Extension Assistant

Teaching nutrition education to students throughout their educational experience is key to developing healthy habits to last a lifetime. Over the past 15 years, a collaborative effort between Lincoln Public Schools (LPS) and Nebraska Extension in Lancaster County’s Nutrition Education Program (NEP) has worked on building these healthy habits among students and their families.

In 2000, NEP staff developed school enrichment nutrition kits to provide age appropriate nutrition education for 1st, 4th and 5th grade classrooms. The kits were designed to meet LPS nutrition curriculum objectives. Teachers use the kits to enhance their existing health textbooks. Kits include supplemental lessons using hands-on materials such as science experiments, posters, wall charts, interactive games, food models, activity sheets, books, videos, puppets and more! Each grade level kit incorporates reading, math and science.

The kits have increased nutrition education in participating classrooms from an average of 2 hours per year to as high as 12 hours per year. In 2004, kits were developed for kindergarten, 2nd and 3rd grades. By 2010, nutrition kits were developed for middle school health and family & consumer science classes.

This program is funded from the United States Department of Agriculture’s Supplemental Nutrition Assistance Program, targeting limited-income families. To be eligible for the kits, schools need to have at least 50 percent free and reduced breakfast/lunch participation. Currently, 25 elementary and middle schools are eligible.

School Year | Classrooms | Students | Teaching Hours
--- | --- | --- | ---
2000-2001 | 94 | 1,642 | 121
2001-2002 | 105 | 2,283 | 1,054
2002-2003 | 104 | 1,900 | 1,145
2003-2004 | 106 | 1,956 | 1,255
2004-2005 | 144 | 2,678 | 1,789
2005-2006 | 168 | 3,009 | 1,765
2006-2007 | 214 | 3,808 | 2,246
2007-2008 | 261 | 4,861 | 2,921
2008-2009 | 349 | 6,620 | 3,674
2009-2010 | 348 | 6,922 | 3,622
2010-2011 | 361 | 7,210 | 3,976
2011-2012 | 437 | 8,864 | 2,819
2012-2013 | 355 | 7,431 | 2,462
2013-2014 | 365 | 7,325 | 2,436
2014-2015 | 389 | 7,982 | 2,700
15 year total | 3,800 | 74,691 | 33,498

Teachers Say...
“Children’s educational world has become so driven by testing. Using the nutrition kit provides a refreshing way to teach and learn. The students (and their teacher) love the curriculum’s hands-on activities, games, experiments and brain breaks. I look forward to teaching this unit each year! Thanks for providing such an organized and motivational set of materials.”
—Susan Hare, Holmes Elementary

“We have been using the UNL nutrition kits for quite a few years. It is entertaining to see the kids initial reaction when they are told we are going to learn about nutrition and health (insert the groans and moans here). However, they quickly come to learn that the nutrition kits are more than just another lesson out of the text books. We have a blast using the hands-on materials to explore germs, nutrition and many other important components that contribute to living a healthy lifestyle. At the end of every session, I can truly say that both my students and I have a better understanding of what it takes to live healthy and ways to make that happen!”
—Molly Trumble, Hartley Elementary

“I always look forward to when we receive the nutrition kits. Having used them for a number of years in 2nd grade, I knew that when I moved to 3rd grade that they would be great, and I was right. The kit was packed with hands-on activities that were not only very motivating for the students, but also reflect the topics on nutrition that are relevant to an 8 or 9 year old. For a teacher, the kit was so complete and well organized, it was easy to know the objective and to make plans for health class.”
—Karen Hofer, Hartley Elementary

Students Say...
“The video helped me eat more healthy food on my breakfast plate. Something I learned from the video is eating breakfast helps you think smart and it helps you stay active.”
—Riley Elementary 4th grader

“You inspired me to always wash my hands and make yummy, healthy snacks to stay healthy. The veggie roll-up you helped us make was so delicious that my parents and I are planning to buy the yogurt, ranch seasoning, tortilla and the carrots. My whole family wants to try it!”
—Lakeview Elementary 4th grader

Nutrition kits contain all the materials needed for hands-on educational experiences (1st grade kit pictured).

NEP staff Kristen Houska leads a healthy snack activity for 2nd graders.
NEP staff Jessica Meuleners leads 5th graders in a physical activity using resistance bands.

CONNECT WITH US
Nebraska Extension in Lancaster County
444 Cherrycreek Road, Suite A
Lincoln, NE 68528
402-441-7180
http://lancaster.unl.edu

IN THIS ISSUE
Food & Health . . . . . . 2
Family Living . . . . . . 3
Farm & Acreage . . . . . 4
Horticulture . . . . . . 5
Pests & Wildlife . . . . . 5
4-H & Youth . . . . . . 6-7
Sitting is the New Smoking
22 Tips for Sitting Less and Moving More

Alice Henneman, MS, RDN
Extension Educator

Sitting for prolonged periods of time has been called the "new smoking" due to increased health risks.

According to a study in the 2015 Annals of Internal Medicine, "Prolonged sedentary time was independently associated with deleterious health outcomes regardless of physical activity." Outcomes associated with sitting for prolonged periods of time included an increased incidence of heart disease, diabetes and cancer.

The Canadian researchers' conclusions were based on pooled data from 41 international studies.

"More than one half of an average person's day is spent being sedentary — sitting, watching television or working at a computer," said Dr. David Alter, Institute for Clinical Evaluative Sciences, and senior author of the study.

Change channels on the TV manually. Get up and move during commercial breaks on television. Stand up part of the time while watching TV. Pack your car or farther from your destination.

Exercise for a half hour daily, however, it isn't enough if we're inactive for the remaining 23 plus hours. The effect of most promising is in people at lower levels of physical activity than at higher levels.

For example, taking the stairs, walking up and down the soccer or football field while your child is playing.

The bottom line: This isn't an issue to be taken sitting down!

References:

Healthy Eating
Enjoy Nebraska Foods!

Take a break from sitting and mix together this quick dip. Stand and move around while you peel and chop nutrient-rich veggies to serve with it. Choose some whole grain crackers.

Salsa Yogurt Dip
Mix two parts plain yogurt with one part salsa (for example, mix 1 cup plain yogurt with 1/2 cup salsa)

NEBRASKA FOOD & HEALTH
August 2015 • Page 2
New Videos on Parenting Plans & Mediation

Lorene Bartos, Extension Educator

It is time to start thinking about getting your family ready to go back to school. As time allows, plan a few weeks prior to school, there are things we can do to make the transition easier for adults and children. If you have someone entering kindergarten, even if they have attended preschool, there will be separation anxiety for both the parent and the child. This anxiety is a normal growth pattern for children. It is part of their development. Always let your child know you are leaving. Say goodbye even though they may be difficult for both of you.

As you prepare for the school year the following are important items to check:

- Review your child(ren)'s medical records and make sure all their vaccinations are up-to-date and all school physicals are complete or appointments have been made. If children are involved in sports, do they have their physicals?
- Prepare your child(ren)'s wardrobe. Summer clothes will probably be fine for the first few weeks of school. Check fall and winter clothes to make sure they still fit or to see what may need to be purchased. Watch sales and consignment shops for clothes. Make sure you and your children are aware of the school’s dress code.
- Check what school supplies will be needed and watch for sales or, if necessary, learn what organizations are willing to help supply these items. Generic pencils, folders and backpacks work just as well as the latest fad ones. These items are also good to put on birthday and holiday gift lists for grandparents, etc.
- Plan the transportation that will be used. If there are older children and they will be walking to school, practice the path. If your child will be carpooling, check with the neighbors or friends to work out a schedule.
- Check with the school or make sure you have read and kept up-to-date on correspondence so your children have everything they need for the new school year. Make sure you have the start and dismissal times.
- Make sure to mark the school safety night and open house on the calendar so your children can get started for the new school year in the right way.
- Start early planning and practicing the new fall bedtime and wake-up schedule. Work on routines that were not used during the summer. These might be breakfast schedule, bath time and bedtime routines.
- Perhaps set aside some time each evening to play a quiet game or read. Stress the importance of being awake and alert for the school day.
- Talk with your children about safety rules they’re prepared for the changes that will take place and are ready for a productive school year.

Nutrition Kits —15 Years

continued from page 1

to partake in the program. Eighteen of the 25 participating schools have 100% classroom participation.

NEP staff members deliver the kits to the classrooms and lead the students in hand washing or a physical activity. The kit remains in the classroom for up to three weeks. During this time, teachers use the materials as they teach their nutrition unit. When NEP staff pick up the kits, they assist students in developing a healthy snack.

Based on the local success, Nebraska NEP has replicated the school enrichment program for schools across Nebraska. Agencies in other states have also replicated the program including Kansas, Missouri, Wisconsin and New Hampshire. Last year, there was interest and partnership in developing similar kits for schools in the Czech Republic.

Research shows for every dollar spent on nutrition education to families, $2.07 to $5.29 are saved in health care costs. In Lancaster County, teachers and administration continue to support usage of the kits and the benefits to their schools and students. The quotes with this article illustrate the impact the nutrition kits have made on youth, teachers and the community overall in the past 15 years.

Household Hazardous Waste Collections

These collections are for households only. Only residents of Lincoln and Lancaster County can bring items to collections. SOME ITEMS YOU CAN BRING FOR DISPOSAL: Thermometers, thermometers containing mercury, bleach cleaners, paint, cleaning products, oil-based paint, paint thinner, furniture stripper, oil-based stains, old gasoline, transmission fluid, pesticides, vulval propylene cylinders. You can dispose of compact fluorescent light bulbs at these waste collections. DO NOT BRING latex paint, fertilizers, medicines/pharmaceuticals, electronics & computers, lawn and yard waste, tires, used oil, batteries, antifreeze or ammunitions.

For more information or if you have questions how to recycle or dispose of items not accepted, call the Lincoln-Lancaster County Health Department at 402-441-8021 or go to www.lincoln.ne.gov (keyword: household).

Saturday, Aug. 22 — 9 a.m.–1 p.m.

Veyance Technologies: 4021 N. 56th St.

Saturday, Sept. 26 — 9 a.m.–1 p.m.

Lincoln Industries: 600 W. E St.

Saturday, Oct. 24 — 9 a.m.–1 p.m.

Woods Park: S. 31st & J St.

Friday, Nov. 13

Appointment Only: Call 402-441-8021 to schedule

Latex paint is not accepted at Household Hazardous Waste Collections. Usable latex paint can be taken to EcoStores Nebraska paint exchanges Sept. 26 at 530 W. P St., 402-477-3606.

Students Say

continued from page 1

"One thing I learned was from the soda activity. It was very surprising to see how much sugar you consume in an entire year.”

—West Lincoln Elementary 5th grader

"My mom and dad know not to buy unhealthy things from now on." 2nd grader

"I tried new foods. I tried lima beans, zucchini and peppers. I didn’t like these things but I eat them anyway. It’s not that I like them, it’s because my health, so my bones and muscles can get stronger. I am staying healthy no matter what, hip hip hooray!”

—Sacred Heart Elementary School 2nd grader

"I love the health unit — it is the most fun thing in school ever.”

—3rd grader

Back to School Time is Near

Is Your Family Ready?

Lorene Bartos

Extension Educator

Nutrition Kits —15 Years

continued from page 1

Lorene Bartos, Extension Educator
Gully Erosion Management

Tyler Williams
Extension Educator

With the heavy rainfall received in some areas of Nebraska this spring, you most likely have some gully erosion in your fields. Gully erosion not only reduces your soil productivity, but will also cause field and waterway damage. This may be a one-time effect from the extreme rainfall, but many fields have gullies that form every year from field runoff, especially in filled fields. Entire field tillage or tillage of the drainway-ways, destroys soil structure, reduces surface cover and increases the risk of erosion. Even though tillage draining these ways does smooth them out, this will most likely still be a problem next year and more topsoil will be lost.

Precipitation Timing and Risk of Erosion

Most of Nebraska’s precipitation comes from April to August, which is during the typical crop-growing season. The surface cover provided during the growing season often limits the amount of soil erosion. If precipitation comes before the crops are created, the probability of receiving a significant rainfall event outside of the growing season. According to the High Plains Regional Climate Center, Ashland, Neb. has a 50 percent probability of receiving a 1/2-inch of precipitation within a 15-day period on Nov. 1 (see precipitation probability graph at right). The same probability can be said for Nov. 1. These dates are outside of the growing season and many gullies, even if they form fields, have already been killed. This tillage severely increases the risk for erosion, especially in conventional tillage following soybeans. For most years, it is often the middle of May before crop growth is significant enough to cover the surface. At this time of year, there is a 45 percent probability of receiving 2 inches and 20 percent probability of receiving 3 inches of rainfall within a 15-day period.

Topsoil and Crop Yield

A study by Papenik et al. in Minnesota added 15–20 cm of topsoil from the lower slope of an eroded field to the upper slope and saw a 30 percent increase in corn and soybean yield. They also saw a 50 percent (year 1) and 20 percent (year 2) grain yield reduction where 15–20 cm of topsoil was removed. This is just one research project, and it may not perfectly translate to Nebraska soils, but what is definite is the probability of receiving a significant rainfall event outside of the growing season. According to the high Plains Regional Climate Center, Ashland, Neb. has a 50 percent probability of receiving a 1/2-inch of precipitation within a 15-day period on Nov. 1 (see precipitation probability graph at right). The same probability can be said for Nov. 1. These dates are outside of the growing season and many gullies, even if they form fields, have already been killed. This tillage severely increases the risk for erosion, especially in conventional tillage following soybeans. For most years, it is often the middle of May before crop growth is significant enough to cover the surface. At this time of year, there is a 45 percent probability of receiving 2 inches and 20 percent probability of receiving 3 inches of rainfall within a 15-day period.

Management Options

It has been shown fields with continuous no-till have a significant impact on reducing soil erosion. No-till fields typically have a greater infiltration rate (among other benefits), thus reducing the amount of runoff in high-intensity rainfall events. Even though no-till and surface residue management is fairly effective at reducing erosion, gully erosion can still exist in concentrated flow areas during extreme rainfall events. Whenever rainfall rates exceed infiltration rates, especially on saturated soils (such as Spring 2015), other methods may be necessary to reduce the gully erosion. Use terraces to intercept the run off and grassed waterways or underground tile lines to carry the water away from the field without causing severe erosion. If your situation does not allow for the building of terraces, tile drains or grassed waterways, winter annual cover crops may provide short-term coverage without taking acres out of production. Winter annual cover crops, such as cereal rye, may provide adequate growth in the fall to reduce fall and early spring erosion in these gullies, especially after soybean harvest. These winter annuals can then be killed using a herbicide in the spring before planting. This added covered will reduce soil loss and the need to fix gullies year after year.

Pruning Raspberries

Sarah Browning
Extension Educator

Raspberry crowns live for many years, but their canes are biennial in nature. Each year new shoots grow from buds in the crown. Late in the summer, these new canes develop lateral branches with fruit buds on them. Early next spring, fruit-bearing shoots grow from these buds. After flowering, the old canes die and new shoots spring up from the crowns.

It’s important to understand how raspberries grow, so you can remember this year’s fruiting canes once you have finished harvesting. These fruiting canes may be removed any time after harvest, but it’s a good idea to remove them sometime late this summer or fall. They should be cut off close to the base of the plant, removed from the plant and destroyed. Here are some specifics for each type of raspberry.

Red and Yellow Raspberries
(One Crop Type)

Post Harvest Pruning
Raspberries can be harvested once fruit have been harvested. Ideally, this pruning is done from late July to early August, through July 2015, depending on the cultivar and weather. But it can be done up to a month or fall. Removing canes allows better light penetration into the hedgerow for the newly-developing shoots and can help reduce disease.

Irrigate raspberries with overhead sprinkler irrigation or drip or trickle irrigation. Drip or trickle systems apply water slowly and evenly, which reduces splashing and run off. Rainfall on surfaces is necessary to reduce the gully erosion.

Dormant Season Pruning
Manage your everbearing raspberries to produce one large crop each year by pruning plants in late winter (early to mid-March) while the ground is frozen and before new growth has begun. By hand, rotary mower or other mechanical device, remove all aboveground growth. A 1-2 inch stub will usually remain after mowing. In August or early September, fruiting will occur on the current season’s growth.

Black and Purple Raspberries
Post harvest pruning on black and purple raspberries is done during the dormant winter period, when foliage is gone, to make pruning easier.

Dormant Season Pruning
Manage your everbearing raspberries to produce one large crop each year by pruning plants in late winter or early spring after the danger of severe weather is past and the ground is frozen. Start by removing all canes from which fruit was harvested last summer. If you are growing a type of black raspberry, remove an 8 inch lateral after pruning. Be prepared to remove a sizable amount of plant material, as the laterals may have grown to 8 feet or longer. Lateral of purple raspberries are pruned back to 10-18 inches. Remove all spindly laterals. This severe pruning practice improves both the size and quality of the fruit.

For More Information
Nebraska Extension NebGuide “Growing Raspberries,” (G1580) available at the Extension office and online at http://ga.unl.edu/raspberry.
August Blooming Perennial Flowers

Are most of your early summer perennial flowers done blooming for the year? Wouldn’t it be nice to have a selection of perennials that bloomed in late summer? There are many attractive August blooming perennials available and many bloom up until frost. Maybe next year you can add a selection of late summer blooming perennials to your flower garden.

—Mary Jane Frogge, Extension Associate

Controlling Flies Found in and Around the Home

Soni Cochran
Extension Associate

Several species of flies enter homes in Nebraska. Most are nuisance flies like cluster flies and fruit flies. However, house flies and blow flies are filth-breeding flies and can transmit disease. These flies breed in animal manure and garbage and can transmit disease pathogens. It has been shown that each house fly can easily carry one million bacteria on its body. Some of the disease-causing agents transmitted by house flies to humans are: shigella spp. (diarrhoea and diarrhoea – shigellosis), salmonella spp. (typhoid fever, Escherichia coli, traveller’s diarrhoea) and Vïtëro commùa (cholera).

Sanitation is Key

Remove breeding areas to control filth-breeding flies like house flies. Blow flies. Cover garbage cans and remove garbage regularly. Clean up spilled animal feed and manure. Learn how to carefully manage any compost piles to prevent flies from using those as a breeding source. If you are dealing with fruit flies, remove overripe fruit or spoiled vegetables. These are the preferred breeding sites for fruit flies in the home. Drain flies breed in the gelatinous material in our drains. Loosen this material with boiling water and check for any plumbing problems or seepages.

Keep Them Out!

Screening and other exclusion techniques are also important tools when trying to eliminate an indoor fly problem. Caulk or cover all openings to prevent flies from entering. Late summer is a great time to get this done before flies like cluster flies look for overwintering sites around doors and windows.

What About Insecticides?

If insecticides are used, they should only be used to supplement other controls. Fly populations are difficult to control with insecticides in part due to insecticide-resistant flies. If you must use an insecticide, spot treat areas of high fly activity. Be sure to read and follow all label directions.

Using Traps

There are several types of traps available for flies. These can supplement other controls. Fly paper and electrocution light traps can kill flies but are only effective when exclusion and sanitation have reduced fly populations to low numbers.

Food-based traps are available for sale at farm supply, hardware or discount stores. These traps may contain protein baits, sometimes with the addition of a pheromone (sex attractant). In the case of fruit flies, you can also make your own trap. As with other traps, these are only supplements to sanitation and exclusion.

Common Flies

Common flies found in and around the home and strategies for controlling them:

Cluster fly (left) and face fly (right) (both magnified)
you have problems with face flies, treat with insecticides labeled for fly control on exterior walls around openings like windows and doors. This must be done before flies look for overwintering sites. Read and follow all label directions carefully.

Cluster fly (right) (both magnified)
Circular traps:
Cluster fly (Pollenia spp): Seal the home (especially upper stories of south and west sides) prior to when flies look for overwintering sites in late August and September. Exterior treatment of house walls with effective insecticides may also limit the flies entrance. These are nuisance flies in the home and will end up dead around your windows. You may only need a fly swatter and vacuum to eliminate flies that have made it into homes.

Face fly (Musca autumnalis): Seal homes in late summer prior to periods when flies enter to overwinter. Try to reduce cattle manure in pastures, particularly in late summer. If clusters of TVs are found in the home, these are nuisance flies and need to be controlled.

Face fly (Musca autumnalis)

Life cycle of a house fly includes eggs (right), larva (bottom), pupa (left) and adult (top) (all magnified).

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.

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.

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.

For more information
Visit http://lancaster.unl.edu/pests or contact your local Extension office. In Lancaster County, residents can bring samples for free identification to Nebraska Extension in Lancaster County at 444 Cherry Creek Road, Lincoln, Monday–Friday, 8 a.m.–4:30 p.m.
4-H’ers Test Family and Consumer Science and Entrepreneurship Skills at Life Challenge

Congratulations to the Lancaster County participants at the 4-H Livestock Judging Contest senior contestants. The Livestock Judging contest consists of ranking classes of four animals from the most to least desirable. Classes include market and breeding beef, sheep, meat goats and swine. Youth also give oral reasons to the official 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.

Senior team consisting of Reneae Siek, Katelyn Erdkamp, Spencer Peters and Sydni Lienemann earned 10th overall team, 4th overall in reasons, 10th overall in beef and goats and 9th overall in beef cattle. A second senior team consisted of Sheridan Swotek, Colter Tietjen, Lucy Polk, Skylar Lienemann. Charles Metzger competed as an individual.

Individual senior results include:
- High overall reasons: Reneae Siek placed 1st.
- High individual overall beef: Skylar Lienemann placed 7th.
- High individual overall reasons: Rachel Siek placed 1st.

Intermediate team consisting of Cole Cooper, Rachel Lange and Riley Scott earned 4th high team, 8th in beef, 4th in sheep/ goats and 6th in swine.

Individual intermediate results include:
- High individual overall: Riley Scott placed 10th.
- High individual reasons: Rachel Lange placed 8th and Riley Scott placed 10th.
- Sheep and goats overall: Cole Cooper placed 7th.

Paws & Pals is 4-H Club of the Month

Congratulations to the Paws & Pals 4-H Dog Club of Lincoln for being selected as the 2015 July Nebraska 4-H Club of the Month! The Nebraska 4-H Foundation and Nebraska 4-H Ambassadors provide the 4-H Club of the Month program to all Nebraska 4-H clubs throughout the state. A different club is chosen each month and is awarded a certificate and $50 cash card.

The Paws & Pals 4-H Dog Club is working hard to teach 4-H’ers about dogs, their fitness and nutrition, grooming, training and more. Club members have also worked hard to give back to the community.

Recently, Paws & Pals participated in The Dog House Rock fundraiser for the Sadie see PAWS & PALS on back page.

4-H’ers Test Animal Science Skills at PASE

Congratulations to the Nebraska 4-H livestock members who competed in the 4-H Livestock Judging Contest during the state Livestock Judging Event (PASE) held at UNL East Campus on June 30. The livestock judging contest consists of ranking classes of four animals from the most to least desirable.

Class include market and breeding beef, sheep, meat goats and swine. Youth also give oral reasons to the official 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.

Senior team consisting of Reneae Siek, Katelyn Erdkamp, Spencer Peters and Sydni Lienemann earned 10th overall in reasons, 10th overall in beef and goats and 9th overall in beef cattle. A second senior team consisted of Sheridan Swotek, Colter Tietjen, Lucy Polk, Skylar Lienemann. Charles Metzger competed as an individual.

Individual senior results include:
- High overall reasons: Reneae Siek placed 1st.
- High individual overall beef: Skylar Lienemann placed 7th.
- High individual reasons: Rachel Siek placed 1st.

Intermediate team consisting of Cole Cooper, Rachel Lange and Riley Scott earned 4th high team, 8th in beef, 4th in sheep/ goats and 6th in swine.

Individual intermediate results include:
- High individual overall: Riley Scott placed 10th.
- High individual reasons: Rachel Lange placed 8th and Riley Scott placed 10th.
- Sheep and goats overall: Cole Cooper placed 7th.

HORSE BITS
District Horse Results

Several Lancaster County 4-H’ers competed in district competitions held in Ord and Wayne. All purple and blue ribbon winners qualified for the State 4-H Horse Show and Exposition in Grand Island the weekend of July 12. The district show was held in Seward on June 18 was cancelled because of unsafe riding conditions due to lightning and rain. All riders who were signed up for the Seward district show who did not move or show at a previous district horse show automatically qualified for state. Congratulations all who participated! Below are the Lancaster County purple ribbon and trophy winners. Complete results are online at https://animalscience.unl.edu/anscdistrictstate4-hshowresults.

SR. HUNTER UNDER SADDLE, 15 & UP
Anna Heusinger (Reserve Champion, Ord)

Jr. Hunter Under Saddle, 15 & UP
Cadi Wilbeck (Reserve Champion, Ord)

Sr. Western Pleasure Horses, 15 & UP
McKenzie Beach

Jr. Western Pleasure Horses, 10 – 14
Ellie Gerlach

Sr. Western Horsemanship, 15 & Up
Anna Heusinger

Jr. Western Horsemanship, 10 – 14
Clara Bradbury

Sr. Pole Bending, 15 & Up
Anna Heusinger (Champion, Ord)

Jr. Pole Bending, 10-14
Clara Bradbury

Sr. Barrel Racing, 15 & Up
McKenzie Beach, Megan Hansen, Anna Heusinger, Harley Huia

Jr. Barrel Racing, 10-14
Lillie Beach, Clara Bradbury, Ellie Huia

NEBRASKA 4-H 2015 July Nebraska 4-H Club of Excellence

Several Lancaster County 4-H’ers were recognized at the 4-H Livestock Judging Contest during the state Livestock Judging Event (PASE) held at UNL East Campus on June 30.

The Livestock Judging contest consists of ranking classes of four animals from the most to least desirable. Classes include market and breeding beef, sheep, meat goats and swine. Youth also give oral reasons to the official 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.

Senior team consisting of Reneae Siek, Katelyn Erdkamp, Spencer Peters and Sydni Lienemann earned 10th overall in reasons, 10th overall in beef and goats and 9th overall in beef cattle. A second senior team consisted of Sheridan Swotek, Colter Tietjen, Lucy Polk, Skylar Lienemann. Charles Metzger competed as an individual.

Individual senior results include:
- High overall reasons: Reneae Siek placed 1st.
- High individual overall beef: Skylar Lienemann placed 7th.
- High individual reasons: Rachel Siek placed 1st.

Intermediate team consisting of Cole Cooper, Rachel Lange and Riley Scott earned 4th high team, 8th in beef, 4th in sheep/ goats and 6th in swine.

Individual intermediate results include:
- High individual overall: Riley Scott placed 10th.
- High individual reasons: Rachel Lange placed 8th and Riley Scott placed 10th.
- Sheep and goats overall: Cole Cooper placed 7th.

Paws & Pals is 4-H Club of the Month

Congratulations to the Paws & Pals 4-H Dog Club of Lincoln for being selected as the 2015 July Nebraska 4-H Club of the Month! The Nebraska 4-H Foundation and Nebraska 4-H Ambassadors provide the 4-H Club of the Month program to all Nebraska 4-H clubs throughout the state. A different club is chosen each month and is awarded a certificate and $50 cash card.

The Paws & Pals 4-H Dog Club is working hard to teach 4-H’ers about dogs, their fitness and nutrition, grooming, training and more. Club members have also worked hard to give back to the community.

Recently, Paws & Pals participated in The Dog House Rock fundraiser for the Sadie see PAWS & PALS on back page.

4-H’ers Test Animal Science Skills at PASE

Congratulations to the Lancaster County participants who competed in the Livestock Judging Contest during the state 4-H Premier ste Animal Science Events (PASE) held at UNL East Campus on June 30.

The livestock judging contest consists of ranking classes of four animals from the most to least desirable. Classes include market and breeding beef, sheep, meat goats and swine. Youth also give oral reasons to the official 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.

Senior team consisting of Reneae Siek, Katelyn Erdkamp, Spencer Peters and Sydni Lienemann earned 10th overall in reasons, 10th overall in beef and goats and 9th overall in beef cattle. A second senior team consisted of Sheridan Swotek, Colter Tietjen, Lucy Polk, Skylar Lienemann. Charles Metzger competed as an individual.

Individual senior results include:
- High overall reasons: Reneae Siek placed 1st.
- High individual overall beef: Skylar Lienemann placed 7th.
- High individual reasons: Rachel Siek placed 1st.

Intermediate team consisting of Cole Cooper, Rachel Lange and Riley Scott earned 4th high team, 8th in beef, 4th in sheep/ goats and 6th in swine.

Individual intermediate results include:
- High individual overall: Riley Scott placed 10th.
- High individual reasons: Rachel Lange placed 8th and Riley Scott placed 10th.
- Sheep and goats overall: Cole Cooper placed 7th.

Paws & Pals is 4-H Club of the Month

Congratulations to the Paws & Pals 4-H Dog Club of Lincoln for being selected as the 2015 July Nebraska 4-H Club of the Month! The Nebraska 4-H Foundation and Nebraska 4-H Ambassadors provide the 4-H Club of the Month program to all Nebraska 4-H clubs throughout the state. A different club is chosen each month and is awarded a certificate and $50 cash card.

The Paws & Pals 4-H Dog Club is working hard to teach 4-H’ers about dogs, their fitness and nutrition, grooming, training and more. Club members have also worked hard to give back to the community.

Recently, Paws & Pals participated in The Dog House Rock fundraiser for the Sadie see PAWS & PALS on back page.

Volunteers are needed to help lead 4-H clubs. If you would like to learn more about 4-H volunteer opportunities, call 402-441-7180.
Support 4-H by Supporting 4-H Food Booth

The 4-H Corner
Stop food booth at the Lancaster County Super Fair is Lancaster County 4-H Council’s primary fundraiser.

Corner Stop Food booth
will be open Thursday, July 30 through Sunday, Aug. 2, 10 a.m.-9 p.m., located near the main entrance. Orders can be taken from the Lincoln Room. The 4-H Corner Stop features a variety of snacks, beverages and of course, the popular Walking Taco!

Chicken Dinner Fundraiser, July 31
Lancaster County 4-H Council is having a Chicken Dinner on Friday, July 31, 5:30–7:30 p.m. at the Exhibit Hall – Room B (during the 4-H Table Setting Contest). Dinner features Raising Cane’s chicken fingers hot off their food truck. This is a fundraiser for Lancaster County 4-H Council to help support 4-H youth programs, activities and scholarships. Advance sale tickets can be purchased for $6 at the Extension office before the Super Fair or at the 4-H Corner Stop during the fair. Tickets at the door are $7.

4-H Volunteers Needed
Adults and youth are needed to help 4-H during the Lancaster County Super Fair.

• In the 4-H Corner Stop Food Booth (ages 8 and up) from Wednesday, July 29 through Sunday, Aug. 2 (sign up online at http://4h.unl.edu/foodboothsignup)

• Static exhibit setup-up (ages 8 and up) on Thursday, July 23 at 6:30 p.m. (pizza will be served to volunteers) and Saturday, July 25 at 8 a.m. in the Lincoln Room.

• During judging of static exhibits (ages 12 and up) on Wednesday, July 29.

• Teen tour guides are needed for Fair Food Day (ages 14 and up) for child care groups on Friday, July 31 at 9:30 a.m. and 1 p.m. If you, someone from your club or an interested volunteer would like to help, contact the Extension office at 402-441-7180.

Food Booth Training, July 23
All volunteers are strongly encouraged to attend the food booth training on Thursday, July 23, 6–7 p.m. at the Lancaster Event Center – Lincoln Room.

Ak-Sar-Ben 4-H Show Entries Due Aug. 2
The Ak-Sar-Ben 4-H Stock Show will be held Sept. 24–27 at the CenturyLink Center in Omaha. Categories of this 4-H only competition are feeder calf, breeding beef, market beef, dairy dairy steer, meat goat, market lamb, market swine and rabbit. Stock Show entries must be at least 10 years of age by Jan. 1.

The Ak-Sar-Ben 4-H Horse Show will be held Sept. 19–20 at the Lancaster Event Center in Lincoln. Horse exhibitors must be 12 years of age by Jan. 1.

All Ak-Sar-Ben 4-H Stock Show and Horse Show entries are due to Extension offices later than Sunday, Aug. 2 at the Extension office or at the Super Fair. Forms will be available online, at the Extension office, or in person at the livestock and horse offices at the fair. Registration fees must be included with the entries.

For more information, entry forms and tentative schedule, go to www.rivercityrodeo.com.

Static Exhibit Check-In
July 28, 4–8 p.m.

4-H & FFA static exhibits do not preregister, but MUST be physically checked in during Static Exhibit Check-in on Tuesday, July 28 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. All entry tags, additional information, recipe cards, data tags, etc. MUST be attached at this time. In the Lincoln Room, exhibits are grouped into the following areas designated by signage: Clover Kids; General Areas; Photography; Home Environment; Clothing; Food & Nutrition; Horticulture; Science, Engineering & Technology. A registration table is set up for each of the above areas — please take project(s) to the appropriate area(s). All static exhibits will be released on Monday, Aug. 3 from 7–11 a.m. Please pick up project(s) at each of the area(s) you have exhibits.

State Fair 4-H & FFA Animal Entries Due Aug. 9
4-H & FFA animal exhibitors ages 10–18 are eligible to participate at the Nebraska State Fair regardless of county fair pairing.

Again this year, 4-H/FFA youth and their families will be responsible for making their own livestock, companion animal and dog entries online for the Nebraska State Fair. This means Lancaster County Extension will NOT be collecting District Fair entries or entry fees during Super Fair.

Entries will be due Aug. 9. Instructions and link to register are at www.statefair.org/getinvolved/4-h/. For more information, contact Cole Meador at 402-441-7180.

4-H & Youth
July 30–Aug. 8, 2015
4-H & FFA Exhibits & Events July 30–Aug. 2
4-H Horse Show July 26–Aug. 2
Lancaster Event Center

4-H Will Livestream From the Fair!
New this year, Lancaster County 4-H will livestream video of several events at the Super Fair via Google Hangouts which will be then archived on YouTube! Watch at www.youtube.com/user/4H/LancasterNE.

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

Subject to technology working as planned.

Lancaster County 4-H
is Now on Instagram!
If you are on Instagram, follow us and tag your photos related to 4-H at the Lancaster County Super Fair with lancastercounty4h. In the photo caption, include the hashtag #2015LancasterCounty4HFair (please add a county number) for your photo to be considered for "Fun in the Fair".

Interview Judging, July 29
Interview judging is Wednesday, July 29 starting at 9 a.m. in the Lincoln Room. 4-H’ers have the opportunity to have a judge assess their fair static exhibits and share their trials and lessons they learned. 4-H’ers also learn what the judge looks for and how to improve skills. 4-H will interview judge ONE exhibit from each project area. Refer to page 14 of the Fair Book for project areas which have interview judging. Members, parents or leaders can call the Extension office at 402-441-7180 to sign up members for a five minute time slot — preregister before July 24. Lots 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. 2
All Clover Kids, youth ages 5–7 by January 1, 2015, are invited to show & tell their 4-H exhibits at the Lancaster County Super Fair, Sunday, Aug. 2, starting at 1 p.m. Clover Kids Show & Tell is held in the Lincoln Room at the Lancaster Event Center. Youth are also invited to do a skit or song at this time. See page 10 of the Fair Book for more information. To register, call 402-441-7180 before July 24, or sign up at the static exhibit area Tuesday, July 28, 4–8 p.m.

Table Setting Contest, July 31
The Table Setting Contest will be held during the Lancaster County Super Fair on Friday, July 31, 5pm at the Lancaster Event Center (Exhibit Hall — use east entrance). Preregister by Monday, July 20 by calling 402-441-7180. There is no entry form. A how-to-handout is online and at Extension office. Participants select a theme and display one place setting, including table covering, dishes, glassware, silverware, centerpiece and menu. (Do not bring/prepare food.)

Livestock Judging Contest, Aug. 2
Now in its third year, a 4-H/FFA Livestock Judging Contest will be held Sunday, Aug. 2, 12 noon–2 p.m. in Pavilion 1. Preregister by Thursday, July 30, 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. Seven classes shall consist of two beef, two sheep, two swine and one meat goat. Classes will be decided day of contest and could consist of market and/or breeding animals. Contestants will have 12 minutes to judge each class. No reasons will be given, however questions will be asked on three classes.

Function is in the Fair!
Get ready for fun at the 2015 Nebraska State Fair, Friday, Aug. 28 through Monday, Sept. 7 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/nebraskastatefair

Static Exhibits
At the Super Fair, 4-H & 4-H 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 the fair. 4-H members with qualifying static exhibits will receive information in the mail after Super Fair about entering at the State Fair.

Join the Fun as a Volunteer!
The Nebraska 4-H program is looking for volunteers to help with exhibit entry day, judging and serving as 4-H exhibit building hosts. Volunteers will be needed for assisting with all 4-H exhibits and events throughout the fair. State Fair 4-H volunteers will receive a fair pass for the day(s) they volunteer. A complete list of 4-H volunteer opportunities and sign up information is online at http://4h.unl.edu/becomevolunteer. If you have questions, call 402-472-1762.

State Fair 4-H & FFA Animal Entries Due Aug. 9
4-H & FFA animal exhibitors ages 10–18 are eligible to participate at the Nebraska State Fair regardless of county fair pairing.

Again this year, 4-H/FFA youth and their families will be responsible for making their own livestock, companion animal and dog entries online for the Nebraska State Fair. This means Lancaster County Extension will NOT be collecting District Fair entries or entry fees during Super Fair.

Entries will be due Aug. 9. Instructions and link to register are at www.statefair.org/getinvolved/4-h/. For more information, contact Cole Meador at 402-441-7180.

Fun in the Fair!
4-H & FFA will livestream video of several events at the Super Fair via Google Hangouts which will be then archived on YouTube! Watch at www.youtube.com/user/4H/LancasterNE. A tentative schedule will be posted at http://lancaster.unl.edu/4h/fair.

Subject to technology working as planned.
55 Hands-On Workshops in 4 Days at 4-H Clover College

Held each June, 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 lifestyles, career development and citizenship/leadership.

This year, Clover College was held June 16–19 and featured 55 workshops. 180 youth participated with a total 888 class registrations! 55 hands-on workshops for youth were held June 16–19 and featured 55 workshops. 180 youth participated with a total 888 class registrations!

Youth in the four-day “Electronic Textiles” workshop used special thread and miniature computer chips to create electronic fabrics such as bracelets, bookmarks and e-monsters (pictured).

Youth built a hanging plant holder in the “Hammer! Nail! Build!” workshop.

Youth learned about and got a close look at animals in several Clover College classes. In the “Great Goats” workshop, members of the Go-Go Getters club brought their goats to show other youth.

Youth in the four-day “Electronic Textiles” workshop used special thread and miniature computer chips to create electronic fabrics such as bracelets, bookmarks and e-monsters (pictured).

The “Rocketry” four-day workshop ended with launching the rockets youth built.

Paws & Pals Club continued from page 6

Dog Fund, a local non-profit which helps families pay for life saving surgeries for their dogs. The club cleaned tables at the event, donated a basket for raffle and was auctioned off to serve a meal for eight — raising $1,770 for the Sadie Dog Fund.

Club members presented a workshop, “Dog Days of Summer” at this year’s 4-H Clover College.

One year ago, Paws & Pals started a new program called the Pit Crew. The Pit Crew consists of teenagers in the club who wish to train rescue dogs in obedience, showmanship and agility. One member, Bethany Wachtler, started this program by training and showing a Pit Bull mix which received a Pit Bull rescue dog in the Sadie Dog Fund.

The “Clover Kids Day Camp” for youth ages 6–7 was all four days and included making tie pillows. Several teen volunteers helped.

In the “Science in Your Kitchen” workshop, youth did food science experiments such as making dough balls from different flours, washing out the starch and comparing the remaining gluten.

Members of the Paws & Pals 4-H Dog club at the Dog House Rock fundraiser.