ANY 4-H YOUTH choose to exhibit their project(s) and participate in contests at county and state fairs. The 2015 Lancaster County Super Fair was held July 30–Aug. 8 at the Lancaster Event Center. This was the fifth year the Lancaster County Fair was 10 days. Nearly 700 4-H/FFA exhibitors showcased over 5,100 exhibits (including static exhibits, Clover Kids, animals and contest entries). A special thank you to all the volunteers and sponsors who helped make 4-H & FFA at the fair possible!

The Lancaster Event Center and Super Fair’s new tagline, “Let the Good Times Grow,” applied to 4-H/FFA youth who “grew” knowledge and skills while having a good time exhibiting at the fair.

10-year-old John Sump said, “I love exhibiting my projects at the Lancaster County Super Fair because it’s so cool to see my hard work on display. I made a wooden mat out of old garden stakes. I learned how to sand — a lot! This was the first time I used stain, too. Most importantly, I learned patience because I applied three coats of polyurethane to my project. It was fun to make something old, new again!”

8-year-old Clara Johnson experienced 4-H activities at the Super Fair for the first time after being a Clover Kid (ages 5–7). When asked how her first year went, she said, “It was absolutely amazing! It was a lot of work and practice, but it was amazing. Next year, I will start earlier with documentation and writing my stories because I ran out of time in the end. I will write a list of things I need to do earlier in the year. Mostly, 4-H is really fun and you learn so much!”

Due to the outbreak of avian influenza, the Nebraska Department of Agriculture cancelled all events where birds are co-mingled in 2015. Extension Associate Marty Cruickshank, 4-H Poultry Superintendent Jean Nabity and 4-H poultry club leader Diane Merrell quickly responded by creating alternate 4-H poultry events for the Lancaster County Super Fair. New events included a poster contest, presentations, poultry parts identification contest, quiz bowl and a crowing contest. 4-H'ers used a stuffed bird in showmanship.

This was Extension Unit Leader Karen Wobig’s first year assisting 4-H staff with the Super Fair. She said, “Without the birds, we were able to focus on the 4-H'ers themselves to celebrate the things they have learned working with and raising their birds. I believe many of the opportunities we provided this year are some we will want to add to our county fair experience next year. It was a lot of fun watching the kids themselves being in the spotlight!”

This was Extension Unit Leader Karen Wobig’s first year assisting 4-H staff with the fair. She said, “I learned how much time and effort staff put forth in the success of the Super Fair. I have a newfound respect for everyone involved in creating this amazing venue for our youth to shine and learn. Seeing the faces of 4-H’ers after showing their exhibits is priceless.”

4-H Clover Kids (ages 5–7) could enter exhibits and participate in Show & Tell, earning participation ribbons.

4-H Poultry Presentations was one of the new poultry events which replaced live birds because of avian influenza. The team presenters above discussed bird diseases and demonstrated how to treat bumblefoot.

4-H Table Setting Contest is a fun way for youth to learn how to plan a nutritious meal, set a table and present to a judge.

The State Games of America were held in Lincoln for the first time in 2015. The Lancaster County Ag Society and Nebraska Sports Council teamed up to host a Joint Closing Ceremony during Super Fair for State Games and 4-H/FFA champions. Grants from the Lancaster County Visitors Improvement Fund paid for commemorative medals, fireworks and more.

Photos by Vicki Jedlicka

New in 2015, the Lancaster County Ag Society presented two new contests for 4-H clubs & FFA chapters: Barn Quilt Contest and Hay Bale Decorating Contest.

The Lancaster Event Center and Super Fair’s new tagline, “Let the Good Times Grow,” applied to 4-H/FFA youth who “grew” knowledge and skills while having a good time exhibiting at the fair.

Lancaster County has the largest 4-H county fair horse show, with 41 horse events spanning six days. This year, 134 horse exhibitors competed in 1,115 total entries. The Western Horse Show included Western Pleasure (pictured).

In livestock showmanship classes, youth are judged on their ability to handle and present their animal.

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Read This BEFORE Reading Another Sensationalized Food Article on the Internet!

Alice Henneman, MS, RDN
Extension Educator

1. “Lose 10 pounds overnight!”
2. “Avoid eating (name of food) to prevent dementia, autism, etc.”
3. “Eat (name of food) to burn fat!”

Promises, promises — the Internet is full of claims about special powers or pitfalls from eating various foods. Following a false dietary claim that is ultimately ineffective may deprive you of foods you enjoy or contribute to needless expenses for special foods, supplements, etc. On a more serious note, you may delay getting needed treatment for a medical condition with resulting additional expenses and/or health consequences.

We assure reasonable accommodation under the Americans with Disabilities Act; however, that doesn’t mean one treatment or substance to a group is better than another. Researchers also don’t know which treatment a group receives in a “double-blind” study, the “placebo effect.” In a “double-blind” study, the subjects don’t know which substance they’re receiving.

How do you separate fact from fantasy? Here are some guidelines to get you started.

The Claim is Too Good (or Too Horrible) to be True

Weight loss plans frequently fall in this category. Rapid weight loss is promoted. Food choices are limited or the plan warns one or more foods will make you ill. Legitimate diet plans recommend slow weight loss of about 1–2 pounds a week with a food pattern based on eating balanced, nutritious, wholesome meals. Most fad diets will work in the short term because they cut calories. However, they fail in the long term because they may be expensive, become boring, don’t fit into a normal lifestyle and/or don’t teach you how to lose weight for a lifetime. The Cabbage Soup Diet and the Grapefruit Diet are examples of diets that have come and gone.

Correlation Does Not Equal Causation

A relationship may be implied between two variables because as one circumstance increases, the other also increases (or decreases) proportionally. However, that doesn’t mean one caused the other. For example, at one time some “experts” felt eating ice cream caused polio. Both ice cream consumption and polio peaked in the summer months. While there was a “correlation” between these two events, it was not a “causation.” Ice cream did not cause polio in children. The actual cause was polio is a type of virus that is more likely to cause disease in the summer.

Read carefully to learn if further research was done on additional possible causes. If there might be several possible causes, was the testing sufficient to single out one cause?

No Formal Testing Was Done to Validate a Claim

Are the recommendations based on testimonials, personal experiences or observations? When possible, scientists compare results from subjects given a certain treatment or substance to a “control group” not given the substance being tested. Both groups are allocated randomly. Additionally, the subjects don’t know which substance they’re receiving.

People will often say they felt better after trying a certain diet, product or treatment because they perceive it will make them feel better — it’s called the “placebo effect.” In a “double-blind” study, the researchers also don’t know which treatment a group receives until the results are in.

Before an article can be published in a credible scientific journal, it must be peer-reviewed as to the quality of its information and the methods used to obtain the results. As for Internet articles, anyone can publish information on the Internet.

The Author is Selling Something

As part of the author’s recommendations, he or she may try to sell a product, supplement, see FOOD ARTICLES next page
Cleaning Strategies When Pets Are in the Household

Having a pet in the household frequently poses some special cleaning challenges, particularly if family members or friends have allergies or asthma. The American Cleaning Institute offers some suggestions to help with pet allergens.

**Vacuum regularly to keep up with the pet hair.** An upright vacuum or a canister style with a power nozzle will pick up 2–6 times as much dust from a rug or canister without a power nozzle. Be sure to move the pet to another space when you vacuum; otherwise, the noise may upset them. If possible, use a vacuum with a HEPA filter and/or exhaust filter, or use a special bag that holds allergens inside.

**Brush your pet frequently.** This advice is not just for dog owners! Cats, particularly elderly ones who may have trouble grooming themselves, can also benefit from regular brushing. If possible, do it outside, away from those with allergies or asthma, and then vacuum or brush, wash your hands with soap and water.

**Pet-proof the environment.** Tuck electrical cords out of the way. Install safety latches in lower kitchen cabinets. Don’t leave small items around that might be mistaken for chew toys. Don’t leave any type of cleaning liquid out of reach as pets might be tempted to take a drink.

**Wash pet food dishes daily.** They can be a magnet for ants and other critters. Store pet food in a securely closed container. This keeps out bugs, exploring toddlers and foraging pets.

**Keep bedding clean.** Choose a pet bed with washable, removable cushions to make cleaning easier. Dust mites love to eat pet dander, so consider dust mite covers for your pet’s bedding.

Towels or blankets on furniture are easy to wash.

**Protect the furniture.** Put a towel or a washable blanket or throw over your pet’s favorite chair or corner of the sofa. Having multiple covers always area is available while the other is in the wash. Change and wash the covers weekly.

**Keep the outdoors out.** Keeping cats indoors prolongs their lives and lessens how they will bring you small wildlife as “presents” or drag in dirt and dust. But dogs, certainly city dogs, need to go outdoors. Keep a few old towels near the door. Teach them to wait until their pads are dried to remove rain, snow, mud or even the morning dew. In the winter, if you have a dog, place old towels on salt-treated paths, keep a small pail of water handy to remove the salt from their feet.

**Be asthma-aware.** Many people are surprised to learn it isn’t the pet’s hair itself that triggers an allergy or asthma attack. Rather, it’s the interaction of pet hair, dander and saliva. Dander consists of tiny scales that shed from the pet’s skin. During self-grooming, the pet’s saliva causes the dander to stick to the hair. It is actually the protein in the saliva that is the true source of the asthma attack.

**Pet-proof for fleas and ticks.** A pet owner has an allergic or asthmatic reaction to a pet, discuss the problem with both your physician and veterinarian. Together, they may have some solutions to minimize the reaction.

**Sources:**
- American Cleaning Institute
- Iowa State University Extension and Outreach

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**Sensationalized Food Articles from preceding page play safe. Be especially wary if you’re offered a diagnosis of your health status and then told a product sold by the author will help you.**

The Author Has Little to No Specialized Training in Nutrition

What are the author’s credentials? If he or she has an advanced degree, what type is it? Is it from a recognized college or university? How was it obtained? There are several examples of animals whose owners obtained PhD’s for them through diploma mills. One of the most famous animals with a doctorate degree was “Dr. Zev, the Dog, Katz,” a housecat.

If the person has an authentic degree, how long have they practiced within the realm of generally accepted science? Or, do they operate on the fringe with little or no research to support their claims? Check the “about us” page or contact them to see if they have an editorial board. Are these people with recognized credentials? Support Information for the Food Claim is “Cherry-Picked.”

Only positive studies are cited to support the food claim or negative studies as to why you shouldn’t eat a specific food. Information is Based on Just One Study or a Limited Number of Studies. If promising results are obtained from a study, scientists will follow up with more research to gather additional information and determine if the results of the first study can be replicated. Scientists also will examine whether there may be any harmful side effects.

**Consider the Source**

Iowa State University Extension and Outreach advises checking the web address.

- Those with .gov are funded by a government agency, such as www.cdc.gov.
- An educational institution is indicated by .edu such as www.extension.iul.edu.
- Professional organizations, such as scientific, research societies, are indicated by .org such as www.heart.org.
- Commercial sites use .com and may be funded by a company. They commonly promote and/or sell a product. Follow the guidelines above to evaluate the quality of their information.

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**Question:** Is carbon monoxide harmful? Should I install a carbon monoxide detector?

**Answer:** Carbon monoxide (CO) is a deadly, colorless, odorless, poisonous gas. It is produced by the incomplete burning of various fuels, including coal, wood, charcoal, oil, kerosene, propane and natural gas. Products and equipment powered by internal combustion engines such as portable generators, cars, lawn mowers and power washers also produce CO. Symptoms of low to moderate CO poisoning result in progressively more severe symptoms, including:

- Mental confusion
- Vomiting
- Loss of muscular coordination
- Loss of consciousness
- Ultimately death

To prevent Carbon Monoxide Poisoning:

- Make sure all appliances are installed and operated according to the manufacturer’s instructions and local building codes.
- Never operate a portable generator or any other gasoline engine-powered tool either in or near an enclosed space such as a garage, house or other building. Even with open doors and windows, these spaces can trap CO and allow it to quickly build to lethal levels.
- Install a CO alarm that meets the requirements of the current UL 2034 safety standard.
- Never leave portable fuel-burning camping equipment inside a home, garage, vehicle or tent unless it is specifically designed for use in an enclosed space and provides instructions for safe use in an enclosed area.
- Never burn charcoal inside a home, garage, vehicle or tent.
- Never leave a car running in an attached garage, even with the garage door open.
- Never operate unvented fuel-burning appliances in any room where people are sleeping.
- Do not cover the bottom of natural gas or propane ovens with aluminum foil. Doing so blocks the combustion air flow through the appliance and can produce CO.
- CO alarms should be installed according to the manufacturer’s instructions.

Consumer Product Safety Commission (CPSC) recommends one CO alarm be installed in the hallway outside the bedrooms in which sleeping occurs. CO alarms may be installed into a plug-in receptacle or hard wired to a power source. Hard wired or plug-in CO alarms should have an alkaline battery backup. Hard wired or battery-powered detectors should be installed on outer walls or ceiling.

**Step On Working Shop to Reduce Falls, Sept. 14–Oct. 26**

What is Stepping On? Stepping On is a program that has been successful in reducing falls in older people. It consists of a workshop that meets for two hours a week over seven weeks. Workshop leaders are led by a health professional and a peer leader — someone, who, like themselves, is concerned about falls. In addition, local guest experts provide information on exercise, vision, safety and medications. Aging Partners and Nebraska Extension in Lancaster County will present the workshop on Mondays, Sept. 14–Oct. 26, 1–3 p.m. at the Lancaster Extension Education Center, 444 Cherry Creek Road, Lincoln. Call 402-441-7575 to register. $3 per class suggested contribution. You’ll learn exercises and strategies to help prevent you from falling.
Pasture Management for Weed Control

Tylor Williams
Extension Educator

The extra rain this spring has made many pastures green and, quite possibly, full of weeds. Many growers generally do not feel hayland properly is the best form of weed control, but that does not always happen. Typically, weeds invade pastures because the existing forage stand was not thick enough to outcompete the weeds. Enhancing the competitiveness of the grass will limit weed growth and may be done by fertilizing, extra seeding and well-managed grazing.

Rotational Grazing
Rotational grazing is one option for weed control. This is done by cross fencing portions of the pasture, increasing the stocking rate over the area and moving the animals often. With the higher stocking rate over a smaller area, a larger percentage of the pasture will graze some of the weeds they normally might avoid or trample them into the ground. This form of intense grazing should be quick and done early enough in the year to promote adequate regrowth of the grasses. As you rotate, leave plenty of residue behind when moving animals to a new pasture to maintain higher competition for weeds.

It is important to remember grazing periods of 2-4 days. Shorter periods before winter begins limits the plant’s ability to develop the roots and tiller buds needed to fulfill their growth potential next spring. Be sure to keep several inches of green leaves on your grasses heading into the fall season. These green leaves will convert full sunlight into tiller buds, root growth and root nutrient reserves.

Over-grazing any time of the year will inhibit grass growth and provide less competition to weeds.

Herbicide Control
If your operation is not conducive for rotational grazing, herbicide applications may be the best option. October and early to mid-June usually are the two most effective times to control most perennial weeds, but remember they’re not a silver bullet. Products like Grazon®, Forefront®, Curtail®, Milestone® and 2,4-D (among others) have been shown to successfully control annual and perennial broadleaf weeds. The fall is also a great time for thistle control. Pastures that had thistles earlier this year, most likely have small seedlings this fall. They will winter kill and, if flat, rosette growth form. At this growth stage, thistles are very sensitive to certain herbicides, making October and early November one of the best times to use herbicides. The herbicides listed above will provide adequate control for thistles. No matter which herbicide you use, be sure to read and follow label instructions.

Fertilization
Fertilizer can be used to increase the production of your grass, which may also increase the competition for weeds. The cost of fertilizer, value of hay or pasture and the plant species response to fertilizer are all important considerations when deciding whether or not to use fertilizer. The risk of changes in hay value, rainfall timing and amount and the yield response to the fertilizer may not be worth the money spent to apply the fertilizer. Nitrogen and phosphorus are the most common fertilizers used in eastern Nebraska. Application timing and amount depend on the type of grasses in the rangeland or, if a mixture, the type of grass most desired. Cool-season grasses should be fertilized in early spring and warm-season grasses should be fertilized mid-to-late May.

Tree Fertilization: Spring vs. Fall

When to Fertilize
Supplemental fertilization is most beneficial during periods of maximum plant growth. The ideal time to fertilize is in the spring, just after trees have fully leafed out. This allows trees to maximize the amount of fertilizer taken up by the roots and grow faster. Healthy, growing trees can easily take up nutrients. Products like Grazon®, Forefront®, Curtail®, Milestone® and 2,4-D (among others) are very succulent and could easily damage by the freezing temperatures of early autumn. During the first year for newly planted trees, since this can create an unbalanced leaf canopy. For large transplanted trees, it is best to wait several years for the tree to become re-established before fertilizing.

What Nutrients are Needed?
Nebraska soils typically have high levels of phosphorus and potassium, so additional fertilization with these nutrients is not usually needed. If your operation is not apply fertilizer to frozen soil. Do not apply fertilizer to the fertilizer may not be worth the money spent to apply the fertilizer. Nitrogen and phosphorus runoffs are frequent polluters of lakes, ponds and streams. Many states restrict the use of phosphorus in landscape fertilizers for this reason.

Calculating the Amount of Nitrogen Fertilizer Needed
First, determine the number of square feet under the tree’s canopy. Next, the actual pounds of fertilizer product to be applied can be calculated based on the product’s nitrogen concentration. Recommended rates are 1.5 lb of actual nitrogen or 1 lb of actual potassium per 1,000 square feet of area under the tree’s drip line or a shrub’s head.

The formula for finding the square foot area is: 

Square feet of circle (area) = \( \pi \times \text{radius}^2 \)

The radius is the distance from the trunk to the end of the branches. The formula for pounds of actual N fertilizer needed is:

\[ 1.5 \, \text{lb of actual N} \times N \times \text{radius}^2 \]

Fertilizer products always list nutrients as a percentage in this order: nitrogen, phosphorus, potassium.

Making Applications
Due to the potential damage to grass under trees when making granular fertilizer applications, do not exceed 1.5 lb of actual nitrogen per 1,000 square feet of area under the tree. This will reduce the risk of “burning” the grass.

Fertilizer can be applied with a spreader calibrated to apply the recommended amount. Start 2–3 feet from the trunk and move outward in concentric circles until you reach 2–3 feet beyond the drip line (end of branches). Care should be taken to avoid overlapping your circles. Immediately irrigate to move fertilizer into the soil profile.

Fertilizer spikes are a convenient and simple way to apply fertilizer, and can be effective if used in sufficient quantities. However, they are a more expensive alternative when compared to granular fertilizer.
Get Dirty: Help Young Children Learn About Science & Nature

Soni Cochran
Extension Associate

1. Put a leaf upside down on the table.
2. Place a piece of paper over the leaf. Remove the paper covering from a crayon.
3. While holding the paper and leaf in place, use the side of a crayon to rub across the leaf.
4. Make sure you color over the entire leaf. Remove the paper and leaf over the shell will show the veins and the outline of the leaf.
5. A dark crayon will produce a clearer print of the leaf.
6. Do another leaf with a different color crayon. Continue until the paper is filled.

Outdoor Fun: Leaf Rubbings

Mary Jane Frogge
Extension Associate

Leaf rubbing is a great activity to get kids outside and learning about trees.

While collecting leaves from your yard for this activity, look up the trees in a tree book. If you do not have a tree identification book, check one out at the library.

Are the trees that you collected leaves from native to the United States? Discuss how trees are beneficial supplying oxygen, providing shade and wildlife habitat. What are other ways trees are important to us?

Supplies:
- Different sizes and shapes of tree leaves (maple, oak, huckleberry, mulberry, ginkgo)
- colored paper
- Tree ID book

Directions:
1. Put a leaf upside down on the table.
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Do You Need to Hire a Pest Control Company?

Soni Cochran
Extension Associate

There’s a lot going on in the wilderness world as we move into late summer and early fall. You may be considering the services of a pest control company to help you manage any pests. How do you know if you need to hire someone or can you manage pests on your own?

First, are you having trouble with pests in and around your home?

If the answer is NO, then you don’t currently need a pest control company.

If you are having pest problems, take the first step by identifying the pest you are having trouble with. This will let you know if you can solve the problem yourself or if you need to contact a pest control company.

Nebraska Extension promotes an Integrated Pest Management (IPM) approach which involves:
1. Nonchemical options.
2. Monitoring and assessing pest numbers and damage.
3. Guidelines for when management is needed.
4. Preventing pest problems.
5. Using a combination of management tools: biological, cultural, physical/mechanical and finally, chemical.

Pest identification is a critical first step because you’ll learn what your problem pest needs to survive — what they eat, where they live and their life stages.

Capture the problem pests and bring them to your local county Extension office. Of course, alive is always best, but if you can’t capture the pest alive, make sure the sample is in good condition. Pests squished between tissues are nearly impossible for us to identify when all that is left is a bit of dried goo and part of a hairy leg.

You can also take a digital photo of your pest, but this can be tricky, since some features to help identify an insect or spider need to be seen under a microscope. We still might ask you to bring one in, but you can try emailing us a high-resolution photo.

Once your pest is identified and you learn more about the pest, you’ll be able to make the best decision for control. A solution may be as simple as sweeping up the pest with a broom or using a flyswatter (wasp cockroaches are accidental invaders in our area — no pesticides needed). If it is one of the many pantry pests, you would search for an infested stored food product and learning how to best store dry goods in your pantry to prevent pests.

Sealing and caulking around openings like windows and doors, keeping the home in good repair by repairing leaks and rotten wood is also key to reducing pests in the home.

Depending on the pest, you may need to hire a pest control company. For example, German cockroaches can quickly get out of control. For people dealing with bed bugs or tree bugs, you’ll want to hire a pest control company. If you have bats in your attic or termite problems in your home, your rat or raccoon is taking up your attic, consider a pest control company to help you.

If you have termites in your home, a treatment will need to be done by a certified pest control company. Do not attempt to control termites on your own. Pest control companies will also perform an annual inspection for termites if you are concerned about them on your property.

If you decide you need to use the services of a pest control company, ask if the company practices Integrated Pest Management. IPM is the best and safest way to control pests found in and around your home.

Reliable pest control companies work hard and do the best they can to earn your business.

MORE INFORMATION
Nebraska Extension Nebraska Extension "How to Select a Pest Control Company," (G1647) available online at http://extension.unl.edu/pest or from the Extension office.

Outdoor Fun: Leaf Rubbings

Mary Jane Frogge
Extension Associate

Leaf rubbing is a great activity to get kids outside and learning about trees.

While collecting leaves from your yard for this activity, look up the trees in a tree book. If you do not have a tree identification book, check one out at the library.

Are the trees that you collected leaves from native to the United States? Discuss how trees are beneficial supplying oxygen, providing shade and wildlife habitat. What are other ways trees are important to us?

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Family fun under the harvest moon!
Spring Creek Prairie Audubon Center
11700 SW 100th St., Denton
Saturday, Sept. 26, 6–10 p.m.
- Live owl show at 7 p.m.
- Wagon rides through the prairie
- Guided bird and nature walks
- Views of the full harvest moon
- Many more activities for all ages

For more information, call 402-797-2301.

GARDEN GUIDE THINGS TO DO THIS MONTH
Mary Jane Frogge, Extension Associate

Allow plants to finish the summer growth cycle in a normal manner. Never encourage growth with heavy applications of fertilizer or excessive pruning at this time. Plants will delay their dormancy process that has already begun in anticipation of winter in the months ahead. New growth can be injured by an early freeze.

Collect okra seed pods, gourds, sumac seed heads, rose hips and other suitable materials for dried arrangements. Air dry these materials in a dark, cool location.

Perennial phlox can be divided about every third or fourth year. Divide big clumps of perennial phlox into thirds. Early fall or early spring are the best times to plant or transplant them.

Do not wait for frost warnings to move your plants indoors. Temperatures of 45°F or lower can damage many tropical house plants.

Select accent plants for your landscape that will provide autumn colors. Trees that have red fall color are flowering dogwood, red maple, sugar maple, Norway maple, red oak and scarlet oak. Shrubs with red fall foliage include sumac, viburnum, winged euonymus and barberry.

Before the first frost dig up caladiums. Allow them to dry and store them in a dry place for the winter.

Put up chives, parsley and other herbs to extend the growing season in the house.

Tree wound paints used after pruning are no longer recommended as they can slow healing and may promote decay.

If pesky seedlings of woody plants, such as elm, mulberry, hackberry or maple are found growing in your yard, remove them as soon as possible. If left too long they will take over gardens and other landscape plantings.

Fall is a good time for improving your garden soil. Add manure, compost and leaves to increase the organic matter content.

Plant peonies now, but make sure the crowds are buried only one and a half to two inches below ground level. Planting them deeper encourages blossoms to come from blooming.

Root cuttings from annual bedding plants such as begonias, coleus, geraniums and impatiens. These plants can be overwintered in a sunny window and provide plants for next year’s garden.
4-H at State 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 at the state fair, results and more, go to http://4h.unl.edu/nebrastastate-fair/. State Fair information is at www.statefair.org.

The Lancaster County Extension office has a limited number of $4 exhibitor tickets for 4-H exhibitors and their immediate family only. First come, first served. These can be purchased at the office at 444 Cherry Creek Road (cash or check only, no credit cards).

Public gate admission will be $10 with reduced price days Aug. 31–Sept. 3. Children 6–12 will be $3 and children 5 and under will be free.

Rabbit Clinic, Oct. 31

A free 4-H Rabbit Clinic will be held Saturday, Oct. 31, 9 a.m.–12 noon at the Lancaster Extension Education Center, 444 Cherry Creek Road, Lincoln. Open to all youth and families. This is a great opportunity to learn about the 4-H Rabbit Program which is open to all youth ages 8–18. Sessions include feeding and care of a rabbit, how to judge rabbits and showmanship. For more information, call Marty at 402-441-7180.

Livestock Booster Club Scholarships

The Lancaster County 4-H Livestock Booster Club awards two $500 college scholarships each year. Husker Auto Group sponsored both of the scholarships this year. Micah Scholl and Renna Steck were presented the scholarships at the Lancaster County Super Fair 4-H/FFA Livestock Premium Auction.

Horse Awards Night, Oct. 1

Come one and all! The annual Lancaster County 4-H Horse Awards Night will be Thursday, Oct. 1, 6:30 p.m. at the Lancaster Extension Education Center, 444 Cherry Creek Rd., Lincoln. The Horse 4-H/FFA Committee will provide snacks. Awards presentation includes Incentive Awards, Horsemanship Levels, All-Around Awards, Herdsmanship, Top Judging buckle and ribbons, and a few surprise awards! Come help celebrate the outstanding accomplishments of the 2015 Lancaster County 4-H horsemen!

HEART OF 4-H VOLUNTEER AWARD

Michelle Huber
Lancaster County

4-H is proud to announce Michelle Huber as winner of September’s “Heart of 4-H Award” in recognition of outstanding volunteer service. Michelle has been a 4-H volunteer for 30 years. She is currently 4-H Photography Superintendent at the Lancaster County Super Fair, a parent volunteer with the South Prairies Wranglers 4-H rabbit club and instructor at Clover College. Previously, she volunteered with the horse program for 20 years as a hippology and judging coach, member of Horse VIPS committee and horse judge.

“4-H has been in my family for four generations,” she says. “4-H provides an opportunity for youth to gain leadership experience, citizenship and community service. Participation in 4-H allows youth to develop lifetime skills. My favorite experience as a 4-H volunteer has been as the Photography Superintendent. I have enjoyed working with the 4-H youth, Extension staff and judges. It’s been a joy to watch youth develop their photography skills, creativity and confidence. Lancaster County 4-H thanks Michelle for donating her time and talents. Volunteers like her are indeed the heart of 4-H!”

Junior Hippology
Lancaster 1 Team (Champion): Aussia Stander, Chloe Stander
Senior Showmanship
Anna Heusinger (5th place individual), Nicole Ackland (3rd place individual), Madison Sobotka (6th place individual), Kate Erdkamp
Other: Cadi Wilbeck (8th place individual), Jadin Vogler (10th place individual)

Senior Judging Contest
Lancaster 3 Team (Champion): Anna Heusinger (4th place individual), Nicole Ackland (3rd place individual), Madison Sobotka (6th place individual), Kate Erdkamp
Other: Cadi Wilbeck (8th place individual), Jadin Vogler (10th place individual)

All coached by Roger Bell

Junior Showmanship
Lillie Beach, Aubrey Hayes, Madison Sobotka
Senior Showmanship
Anna Heusinger (5th place), Grace Kim (9th place), Nicole McConnell (Finalist), Bailey Peterson (Finalist)

Other: Cadi Wilbeck (8th place individual), Jadin Vogler (10th place individual)

Senior Hunter Under Saddle
Cadi Wilbeck (5th place), Madison Sobotka (6th place)
Senior Hunter Under Saddle
Anna Heusinger (Champion)

Junior Hunter Under Saddle
Cadi Wilbeck (5th place), Madison Sobotka (6th place)

Junior Hunt Seat Equitation
Madison Sobotka (Champion)
Hunter Hack
Heather Welch (Reserve Champion)

Senior Western Horsemanship
Boyle Peterson (3rd place), Sierra Nelson (6th place), Grace Kim (9th place), McKenzie Beach (10th place)

Senior Western Pleasure
Boyle Peterson (3rd place), Sierra Nelson (10th place)

Advanced Hunter Under Saddle
Bailee Sobotka (Reserve Champion, blue ribbon)

Advanced Hunt Seat Equitation
Bailee Sobotka (Champion, blue ribbon)

Elementary Dressage
Marissa Gar (Champion), Bailee Sobotka (Reserve Champion), Kate Rawlinson (5th place), Emily Cashmere (6th place)

Senior Pole Bending
Anna Heusinger (7th place), McKenzie Beach (9th place)

Junior Barrel Racing
Clara Bradbury (5th place)

Senior Barrel Racing
Anna Heusinger (7th place)

Working Ranch Horse
Dylan Schmidt (8th place, blue ribbon)

Daily Team Roping - Header
Kenzie Mayer (Champion)

State 4-H Horse Expo Results

The 2015 Fonner Park State 4-H Exposition was held July 12–16 in Grand Island. Here are the Lancaster County 4-H'er purple ribbon winners. Complete results are at http://animalscience.unl.edu/anscdistrictstate4-hshowresults.

Champion Team in Senior Horse Judging

4-H Teen Council Invites New Members

Teen Council leads the 4th & 5th Grade Lock-In.

Horse Council members: • participate in several community service activities • plan, set up and facilitate the annual 4th & 5th grade Lock-In • are involved in other leadership activities For more information or to join, contact Tracy at tracy.anderson@unl.edu or 402-441-7180.

Lancaster County 4-H thanks Michelle for donating her time and talents. Volunteers like her are indeed the heart of 4-H!
4-H/FFA complete results, photos and videos are online at http://lancaster.uanl.edu/4h/fair

Top Static Exhibits

GENERAL AREAS
Poster: Addison Warner
Club Banner: The Egg Basket Club
Quiz Quest: Kyley Plager
Dag Exhibit: Anna Sump

SCIENCE, ENGINEERING & TECHNOLOGY
Model Vehicle: Tyler Vander Woude
Aerospace: James Hinz
Woodworking: Riley Peterson
Safety: Kyley Hansen
Overall Science: Emily Shettles

CLOTHING
STEAM 1: Claire Bournain
STEAM 2: Riley Peterson
STEAM 3: Kyley Hansen
Beyond the Needle: Ellie Babcock
Cricketeer: Rowan Noel
Knitting: Ellie Babcock

Horticulture
Vegetable: Corianna Kubicek
Herb: Exhibits: Kyley Hansen
Annual Flower Exhibit: Jacob Rushman
Perennial Flower Exhibit: Phillip Rushman
Rose Exhibit: Bailee Gunnerson
Specialty Flower: Kyley Hansen

CONSERVATION & WILDLIFE & FORESTRY
Conservation and Wildlife Exhibit: Taygon Swotek and Kinkaid Shaw

PHOTOGRAPHY
Unit 1: Lydia Kramer
Unit 2: Taylor Leverton
Unit 3: Philip Hanigan

FOOD & NUTRITION
Yeast Bread: Herman Dolezal
Quick Bread: Grant Johnson
Food Presentation: Emma Noel
Cake/ Pa: Nate Becker
Cookie: Audrey Grish

HUMAN DEVELOPMENT
Human Development: Alyssa Zimmer

INTERD VITY

Inter Picnic: Anna Sump
Jr Picnic: Livia Swanson
Jr Formal: Sarah Cunningham
Jr Casual: Clara Johnson
Jr Formal: Sarah Cunningham
Inter Picnic: Anna Sump
Inter Casual: Ella Hendrickson

LIVESTOCK JUDGING
1st Overall: Kyley Gana
2nd Overall: Caytin Wallbrecht
3rd Overall: Kyley Gana

Livestock: Caytin Wallbrecht
Overall: Clayton
Co-Ch: Sophie Lentfer
Sr Ch: Sophie Lentfer
Inter: Kyley Gana
Jr Ch: Toby Becker

ELITE SHOWMANSHIP
1st Place: Caytin Heinrich
2nd Place: Cole Coyle
3rd Place: Caytin Heinrich
4th Place: Trevor Spath
5th Place: Dani Schneidler

MEAT GOAT SHOWMANSHIP
Overall Grand Ch Meat Goat Showmanship: Danielle Schreiber
Overall Jr Meat Goat Showmanship: Corianna Kubicek
Sr & Overall Ch Meat Goat Showmanship: Madness Scott

MEAT GOAT
Overall Ch Meat Goat: Madelyn Scott
Overall Ch Meat Goat: Lilian Bogle
Overall Jr Ch Meat Goat: Samuel Bogle
Sr & Overall Ch Meat Goat Showmanship: Madelyn Scott
Overall Jr Ch Meat Goat Showmanship: Danielle Schreiber
Overall Sr Ch Meat Goat Showmanship: Lilian Bogle
Res Ch Jr Ch Meat Goat: Madelyn Scott

HOUSEHOLD PETS
Inter Agility - Level 4 Ch: Spencer Peters
Inter Agility - Level 3 Ch: Bethany Wachter
Beginning Agility A - Level 2 Ch: Sidney Beach

HORSE
Ch Elem English Showmanship: Lillie Sobotka
Ch Jr English Showmanship: Grace Kim
Res Grand Ch Pony: Kayla Densberger
Res Grand Ch Miniature Horse: Allison Uiterwaal
Res Grand Ch Miniature Horse: Kyra Hinrichs

POULTRY
Poultry Part IID: Lillie Sobotka
Poultry Part II: Cinthia Pittman
Poultry Part I: Cinthia Pittman

RAZOR
All-Around Showman Award Co-Ch: Jodi Beach
All-Around Showman Award Co-Ch: Rhianna Metcalf
All-Around Showman Award Res Ch: Emily Harris
Best 4 Class: Noah Huber
Best 4 Class: Corby Vrbka
Best 6 Class: Noah Huber
Best 6 Class Res: Emma Songerath
Res Ch Res of Three: Austin Hutt

Res Ch Showmanship: Jodi Beach

Top Horse awards will be announced at 4-H Horse Awards Night.
Maureen Burson Retires
Public Invitation to Reception Sept. 29

Extension Educator

Maureen Burson is retiring after 40 years in Extension. Her last day will be Oct. 1. She has worked at Nebraska Extension in Lancaster County since 1985, after 10 years with Kansas State Extension.

The public is invited to Maureen’s retirement celebration on Tuesday, Sept. 29, 3–5 p.m. with a formal presentation at 4 p.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln. If you would like to submit a letter or card to be included in a book of letters for Maureen, please send by Sept. 22 to: Attn Maureen and Dennis, 103 Silverglade Drive, Lincoln NE 68528.

On behalf of Extension, we wish Maureen and Dennis, her husband of 31 years and parents of twin children, well. We wish their stably housed. We are so thankful for Lorene, and their extraordinary effort in furthering the mission of Nebraska Extension. From May 1993 to her retirement, she served Nebraska Extension in Lancaster County’s Extension Educator of Family and Consumer Science (NEAFCS) and Family and Consumer Science (NEAFCS) (14 years, including serving as state affiliate president). National Association of Extension 4-H Agents (NAE4-HA) (17 years, including serving as state affiliate president).

Throughout her career, Maureen has earned many award, including:
• Creative Programming by a Team award presented by NCEA to the Co-Parenting for Successful Kids adapting on-site to online team
• 2010 2nd place national Community Partnership Award presented by NEAFCS for Guardianship training team
• 2009 National Distinguished Service Award presented by the National Extension Association of Family and Consumer Sciences (NEAFCS)

Maureen says, “Some of the most gratifying experiences during my Extension career were watching youth develop life skills over a period of years and the lifetime friendships developed as a 4-H professional. I’ve also been inspired by the heartfelt appreciation expressed by participants of ‘Co-Parenting for Successful Kids’ and ‘Guardianship Training’ classes.”

She also enjoyed the professional relationships with various community partners to improve the quality of life for families. Examples of partnerships include “Guardianship Training” (attorneys from the Nebraska State Bar Association, Nebraska Supreme Court and others); “Co-Parenting for Successful Kids” online and on-site classes (Nebraska Supreme Court and others); Nutrition Education Program School Enrichment nutrition kits (LPS) and Garbology (LPS, City of Lincoln Recycling office and others).

Maureen was a member of Nebraska Cooperative Extension Association (NCEA) (31 years), National Extension Association of Family and Consumer Science (NEAFCS) (14 years, including serving as state affiliate president), National Association of Extension 4-H Agents (NAE4-HA) (17 years, including serving as state affiliate president).

Lorene Bartos Receives Community Action Award

In July, Community Action Partnership of Lancaster and Saunders Counties named Nebraska Extension in Lancaster County’s Extension Educator Lorene Bartos the 11th recipient of their Community Action at Work Award. These awards are given annually to individuals, groups or businesses who demonstrate extraordinary effort in furthering the mission of Community Action and its work to fight poverty. Lorene has partnered with Lincoln Housing Authority to provide RentWise classes to local tenants since 2008. She has been named a Community Champion, said, “Lorene’s passion for helping others has been an inspiration for those who have worked with her and a true asset for our community. She has been our confident support to our staff, and has provided invaluable wisdom and knowledge to renters aimed at keeping them stably housed. We are so thankful for Lorene, and her commitment to our community.”