

Read for Resilience Program Helps Young Children Cope After a Disaster

Jaci Foged
Extension Educator,
Lancaster County

March 13, 2019 will be a day many Nebraskans will not soon forget. It was furiously raining in eastern Nebraska and there was a winter storm with high winds and blizzard conditions in western Nebraska. Nebraska had damage not only from high water levels, but in many areas there was damage due to the break-up of river ice. Many animals were stranded at their homes while families fled for higher ground. The Federal Emergency Management Agency (FEMA) is predicting it will be over nine years before Nebraskans recover from these disasters.

Since March 13, several communities in Nebraska have received historic rainfall along with damaging winds. Residents continue to work together as they recover from severe weather events.

Helping Children Cope With Disaster

If you or someone you know was directly involved in this disaster, you probably have experienced a wide range of emotions. Like adults, young children may have difficulty expressing their feelings, which may lead to difficulties with coping and understanding their feelings. Young children may exhibit intense emotions and engage in challenging behaviors while others may have separation anxiety, bed-wetting or be very quiet.

In supporting young children with these different reactions and feelings, it is important for adults to remain calm and approach behaviors in a thoughtful way. Parents and childcare providers are in the best position to help young children cope. It is in our calm that children learn how to respond during difficult situations.

A particularly engaging way to help young children understand their feelings and reactions is with storybook reading. Using children's litera-



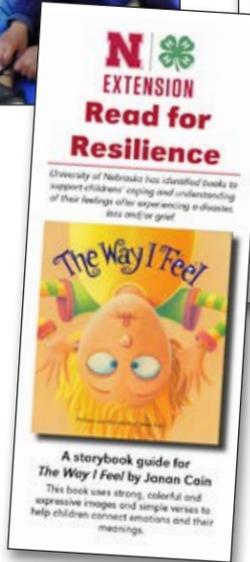
Amy Napoli, UNL Child, Youth & Family Studies

Reading books in an interactive way can help children heal by better understanding their experiences.

ture in an interactive way can help children heal by better understanding their experiences (Betzalel and Shechtman, 2010) and can improve their coping skills (Burns-Nader & Hernandez-Reif, 2016; Nicholson & Pearson, 2003; Pola & Nelson, 2014). Additionally, it provides the parent or caregiver with tools to increase their own understanding of how young children may experience traumatic events such as natural disasters.

Extension Creates Read for Resilience Program

In response to the March 13 disasters, Nebraska Extension's The Learning Child team created the Read for Resilience program. The team identified nine children's books to support their coping and understanding feelings after experiencing a disaster, loss and/or grief. Then team members developed reading guides to accompany the books to provide parents and caregivers with age-appropriate probing questions to explore children's thoughts and feelings. The guides also include suggested activities to further extend children's ability to process their feelings and experiences. Parents and caregivers of youth can receive



Recommended Questions

- SILLY** – What activities make you feel silly?
- SCARED** – The child is scared because of the lightning and thunder. Can you tell me about a time you were scared?
- DISAPPOINTED** – Can you think of a time you did not get what you wanted?
- HAPPY** – What makes you smile?
- SAD** – The boy in the book has a tear on his face. Why do you think he is sad?
- ANGRY** – How does your body feel when you are angry?
- THANKFUL** – Name 3 things you are thankful for.
- FRUSTRATED** – What is something that is hard for you to do? (After children respond, add the word "yet" to their frustration. For example, "You cannot tie your shoes yet.")

Suggested Activity

Create a bucket list to beat boredom!

- Supplies: 10 or more clothespins, 1 mini bucket and fine-point sharpie markers.
- Decide what you are creating this bucket list for (i.e. summer activities, rainy day blues, car containment, etc.).
- Come up with a variety of activities you can do together to beat boredom. Write out each activity on a separate clothespin.
- Display the clothespins around the rim of the mini bucket and as you complete an activity, put the clothespin in the bucket.
- Talk to children about how doing things together makes them feel. Refer back to some of the different feelings in the book.

Common Reactions

Most children involved in a traumatic event experience an emotional reaction. While each child's experience is different, there are some common and typical ways they respond. These include:

- BORED** – Make a list of things you can do together "on a rainy day" or "outside" or "in the car."
- PROUD** – Who do you talk to when you are excited about something?

Ways to Support Children

The last page of the book includes a note to parents which provides parents with additional activities to do with their children as they read the story.

Strong, secure relationships with a parent, childcare provider or other caring adult are essential for children as they work to understand their feelings after experiencing a disaster, loss and/or grief. As children begin learning about their emotions (what they look like and feel like), they will begin to understand how they can manage those emotions. They will also begin to identify when their parents or friends might be feeling a particular emotion and learn how best to respond.

Contact Us

Visit <https://epd.unl.edu/> to find an Extension Educator in your area.

Visit us on the Web:
<https://flood.unl.edu/>
<https://child.unl.edu/>

One of nine reading guides developed by Nebraska Extension with recommended questions, suggested activities and more.

up to five free books through this program (approximately a \$100 value).

To request

a free book or to download a storybook guide, please visit <http://child.unl.edu/read4resilience>, complete a short survey and select the book(s) which meets your child's need.

Holly Hatton-Bowers and Amy Napoli, assistant professors of child, youth and family studies and early childhood Extension specialists, are the lead organizers of this program. Team members include Lynn DeVries, Jaci Foged, Carrie Gottschalk, Lisa Poppe, Lee Sherry, Jackie Steffen, LaDonna Werth, Tasha Wulf, Karen Wedding and Kathleen Lodl.

One person who requested books wrote, "Thank you, thank you for your support for our children! We have a 6-year-old daughter and a 2-year-old daughter. We have noticed through conversation and drawing with our 6-year-old that she has been affected by the flooding. The books will assist us greatly in helping our daughters

understand the impact the flood has had on our family and reassurance that they are safe. I still have a picture that our 6-year-old drew of a child surrounded by water and she told me that she prayed for 'all the flooding' in school that day."

To ensure that this program continues, The Learning Child team is accepting monetary donations which can be given through the 4-H Foundation at <http://go.unl.edu/r4rdonate>. These donations will be used to purchase books so parents and

caregivers receive them at no charge.

One donor wrote, "It is such a great project and great work you all are doing."

FOR MORE INFORMATION

- Nebraska Extension has compiled several disaster response resources for parents and caregivers of youth at <https://child.unl.edu/disaster>.
- See page 4 of this NEBLINE for suggestions how to prepare for disasters.

EXTENSION RESOURCES

flood.unl.edu
email floodresponse@unl.edu



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Nebraska Extension in Lancaster County
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Nebraska Extension in Lancaster County
444 Cherrycreek Road, Ste. A, Lincoln, NE 68528

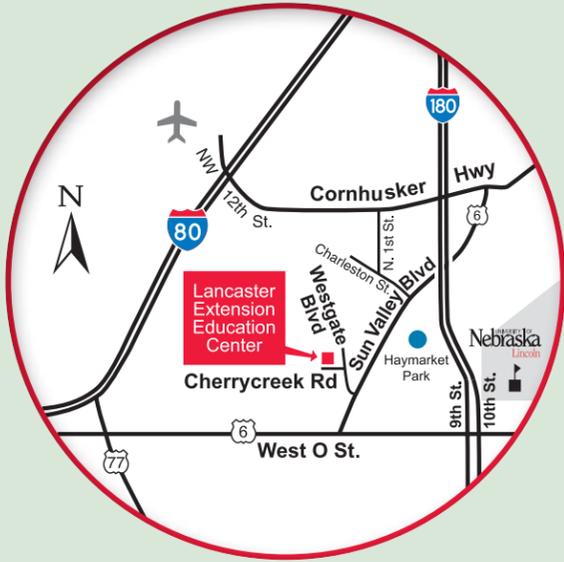
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UNIT LEADER & EXTENSION EDUCATOR

Karen Wobig

ADMINISTRATIVE SERVICES OFFICER

Jenny DeBuhr

EXTENSION EDUCATORS

Tracy Anderson, Sarah Browning, Kayla Colgrove, Jaci Foged, Emily Gratopp, Jody Green, Alyssa Havlovic, Kristen Houska, Tyler Williams

EXTENSION ASSOCIATES

Soni Cochran, Mary Jane Frogge, Kristin Geisert, Dana Hardy, Becky Schuerman, Jim Wies

EXTENSION ASSISTANTS

Morgan Battes, Kyleah Bowder, Calvin DeVries, Courtney Eitzmann, Brie Frickenstein, Meredith Hein, Vicki Jedlicka, Kate Pulec

SUPPORT STAFF

Shannon Boyer, Deanna Covault, Heather Odoski, Konnie Robertson, Chris Rosenthal, Karen Wedding

NEBLINE

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Phone _____

We will only use your phone number in case there is a problem with your address.

Breakfast — Don't Leave Home Without It!

Natalie Sehi, MS, RD
UNL Department of Nutrition & Health Sciences

September is National Breakfast Month and many of us are just getting back into the swing of the school year. Many families are on the go and schedules are hectic, but it is important to remember breakfast. When possible, do not leave home without it (whether you eat it quick at home, or take it with you for a little later in the morning).

We have all heard it before; breakfast is the most important meal of the day. This is true for many reasons, but studies have shown students (and adults) who eat a healthy breakfast are better able to focus throughout the day, are less likely to be absent and have more energy throughout the day. For students in school, breakfast can improve test scores and decrease behavior problems. Did you know that in 2015², only 1 in 3 students reported they ate breakfast every day during the past seven days, while close to 1 in 8 students reported never eating breakfast during the same time period?

Eating breakfast first thing in the morning, before school or leaving for the day for work can be a challenge. At my house, breakfast needs to be quick. The goal for breakfast is to include at least three food groups. One of the most popular breakfast meals at my house is pancakes. They are easy to prepare and can be topped with many different fruits/toppings to meet you/your family's tastes.

In addition, leftovers can be refrigerated or frozen and



© Latino Life via Canva.com

reheated in the microwave or toaster for a quick breakfast or snack. They can also be used as a part of a breakfast sandwich/wrap. Top a pancake with peanut butter and wrap it around a banana ... I like to add cinnamon too. If pancakes are not your thing, other quick breakfast ideas that include three food groups are listed below. Adding a fruit or veggie to your breakfast is a great way to add extra nutrients to your diet.

- Yogurt parfait (layer yogurt, fruit, nuts, and/or granola).
- Peanut butter and jelly sandwich with a piece of fruit.
- Egg and cheese sandwich.

- Oatmeal topped with fruit and nuts.
- Crackers and cheese with a piece of fruit.
- Granola bar, banana and milk.
- Frozen waffles or pancakes topped with peanut butter and fruit.
- Scrambled eggs wrapped in a tortilla and topped with cheese.
- Egg sandwich with spinach and cheese.

Sources:

1. USDA's Choose MyPlate; www.choosemyplate.gov
2. State of Nebraska 2015 Youth Risk Behavior Survey Results; https://bosr.unl.edu/Nebraska%202015%20YRBS%20Report_Final.pdf

Check out
<http://food.unl.edu>
for more recipes and healthy tips

- Online newsletters • Blogs
- PowerPoints & handouts • More!



RECIPE OF THE MONTH

Natalie Sehi, MS, RD, UNL Department of Nutrition & Health Sciences

FRUITY WHOLE WHEAT PANCAKES

(Makes 4 servings)

- 1/2 cup skim milk
- 2 Tablespoon margarine, melted
- 1 egg
- 1 cup flour (1/2 cup whole wheat and 1/2 cup all-purpose flour)
- 2 teaspoon baking powder
- 2 teaspoon sugar
- 1/2 cup blueberries or your favorite fruit

1. Wash hands with soap and water. Break eggs into a clean, large bowl. Be sure to wash your hands after handling the raw eggs. Add milk and margarine. Mix well.
2. Add the flour, baking powder and sugar to the milk mixture. Stir just enough to wet the flour. Add more milk, if necessary, to make the batter about as thick as heavy cream.
3. Gently mix in the blueberries or your favorite fruit. Cook pancakes on a lightly greased griddle or frying pan. Cook until the pancakes are full of bubbles and the under-surface is lightly browned. Lift with a spatula and flip over. Lightly brown the other side. Top with your favorite fruit!



Natalie Sehi, UNL Department of Nutrition & Health Sciences

Each serving contains 220 Calories, 8g Total Fat, 2g Saturated Fat, 340mg Sodium, 31g Total Carbohydrate, 1g Dietary Fiber, 6g Sugar, 6g Protein, 8% Vitamin A, 2% Vitamin C, 20% Calcium, and 10% Iron.

Grazing Calves on Annual Forages

**Kristen Ulmer and
Mary Drewnoski**
Extension Beef Systems

Late-summer-planted forages like small grain and brassica mixes can afford quality forage for grazing of backgrounded calves in the fall and early winter season.

What Type of Forage to Plant?

Annual forages such as brassicas (purple top turnips, rapeseed and forage collards), oats and triticale are a few that provide good fall grazing, meaning September to January time frame with planting window of Aug. 1 to mid-September. If interested in fall planting for April to June grazing, select a winter hardy species like cereal rye, winter triticale or winter wheat.

Brassicas are best described as “alfalfa plus corn grain in water,” meaning they are high protein, ranging from 15–20% crude protein (CP), 75–85% total digestible nutrients (TDN, a measure of energy) and are around 15% dry matter (DM) at grazing in November. Calves grazing solely brassicas is concerning as the low fiber and



high sulfur content of brassicas can lead to sulfur toxicity. Putting out a bale of hay to add fiber to the diet, or putting a higher level of oats into the mix at planting, would alleviate the challenge as well. A forage mix seeded at 50 lbs of oats and 3 lbs of rapeseed per acre was evaluated by UNL and found to have 15.5% CP and had a higher digestibility than the grazed monoculture oats.

When Was the Forage Planted?

When brassica and oat mixes are planted after corn silage harvest (early September) and water and nitrogen are adequate, up to two tons of forage dry matter grows, depending on the

planting date and forage species selected. The earlier in the window, the more forage you will get. If forage is planted before the window, the grass will start to go into reproductive stages, producing very little biomass and mainly stem.

Research at UNL indicates that winter sensitive species like oats and brassicas should be planted before Sept. 1 in order to graze by early November. Planting a week to two weeks later can decrease forage production of annual forage mixes to as little as 500 lbs of forage dry matter. At that point, the forage may be best used as ground cover. Two weeks of growing-degree days provides considerably more forage, so planting date highly impacts

annual forage yields.

What if you hold off until late December or January to graze? As long as there is not thick ice over the brassica mix, cattle will dig to eat the forage. The mix may look brown and kind of melted looking, but the quality of brassicas and oats around December and January is still very good (15–20 % CP and 70–80% TDN). Color is not a good indicator of quality.

How Do Calves Perform?

Fall and early winter grazing on annual forages is a great opportunity for backgrounded or stocker calves. Annual forages offer a high quality diet that meets nutrient requirements of growing calves. Generally, stocking rate of calves in most UNL studies has been about one calf per acre and grazing period ranges from 40–70 days. Between balancing how much cover you should leave to prevent soil erosion, to deciding when to pull calves if weather becomes tough (like ice or too deep of snow that would limit the amount of intake), the number of grazing days can vary considerably.

The average daily gain

(ADG) of calves on oats or oat-brassica mixes in UNL studies ranges from 1.0–3.0 lbs/day. Lower gains noticed in UNL research correlated to not pulling calves early enough (“overgrazing” type of scenario) or wet winter weather (more energy was used by the calf to stay warm). Targeting 2–3 inches of oats remaining seems to be a good compromise and results in 70% ground cover as compared to 30% cover when the oats were planted directly following corn silage harvest at the end of August.

Make sure to consider the herbicides applied to crop fields earlier in the season, since some herbicides have grazing restrictions or may restrict the growth of some plants. A UNL study tried to seed turnips and oats after corn harvest for grazing, but found cover crops were unable to be grown for cattle grazing due to specific chemicals applied for corn harvest.

Overall, annual forages, such as brassica-oat mixes, yield good forage when planted in late summer, and provide a high-protein and high-energy diet for a growing calf grazing in the fall. Alternative grazing options can add value to an annual forage already being planted as soil cover for the next crop.

Sheet Composting Requires No Turning

Sarah Browning
*Extension Educator,
Lancaster County*

Many gardeners have heard of sheet composting, but they may know it by another name — lasagna composting. This is a cold composting method, which requires no turning. It's a great way to convert grass areas into vegetable beds, create new perennial beds or enlarge existing beds and improve the soil in an area, while utilizing organic materials from your home, kitchen or garden.

Since this is a cold composting method, it takes

longer for materials to break down than a hot compost pile. Usually 6 months or more are required before the materials are fully decomposed and ready for planting, so plan ahead. Fall is a great time to create a sheet composting bed, but it can be created any time of year.

What Can I Compost?

Start by assembling your materials. You'll need both high nitrogen and high carbon materials. High nitrogen materials include green leaves, green grass clippings, kitchen waste like fruit and vegetable scraps, coffee grounds, alfalfa hay, soybean or cottonseed meal, blood meal and

manure (cow, horse, poultry).

High-carbon materials include dry brown leaves, pine needles, sawdust, wood chips, bark, corn cobs, corn stalks, straw, newspaper, cardboard and wood waste. Branches and twigs larger than one-quarter inch in diameter should be put through a shredder or chipper before composting. Newspaper and cardboard are great to create the first layer of your lasagna compost bed.

Do not compost meat, bones, grease, eggs and dairy products; they can attract wildlife and rodents. Do not add weeds or diseased plants to a sheet compost pile, either. Since this is a cold compost method, there is no heat to kill disease spores or weed seed.

Steps to Creating a Sheet Composting Bed

1. If this is a new bed, mow the grass or other vegetation as short as possible. Scalp it down to the soil if you can. However, a sheet compost pile can be created on bare soil, too, if that's what is available.
2. Loosen the underlying soil with a spading fork, to create good water drainage.
3. While you're loosening the soil, also remove any perennial weeds. Dig them out and discard them. The compost pile will not smother or kill them.
4. Cover the area with 4–6 overlapping layers of newspaper or cardboard. Wet

the newspaper or cardboard thoroughly.

5. Cover the first layer with 1-inch of high nitrogen material like green grass clippings or manure.
6. Add a 1-inch layer of high-carbon material like dry tree leaves, straw, shredded paper or brown grass clippings.
7. Continue alternating with 1-inch layers of high-nitrogen materials, followed by high-carbon materials until the pile reaches 18–36 inches in height.

Make sure the pile stays moist, but not soaking wet. If the pile starts to smell like rotten eggs, that's a good indication it has become too wet. Stop adding water until the smell goes away. Or if rain is the problem, cover the pile with a tarp until the rainy period ends. Black plastic sheeting works well for this



purpose and also helps to add some heat to the pile. Weigh the sides down to hold it in place.

The bed is finished when all the materials have broken down to the point the original materials are no longer recognizable. It will look and smell like black dirt, and is ready for planting.

FOR MORE INFORMATION

Nebraska Extension NebGuide, Garden Compost (G2222), is available online at <http://go.unl.edu/gardencompost>

1" high carbon

1" high nitrogen

1" high carbon

1" high nitrogen

cardboard or newspapers

Composting Demonstrations

For more information on creating a traditional compost pile, plan to attend one of this fall's composting programs presented by Nebraska Extension and the City of Lincoln Recycling Office.

- Saturday, Sept. 21, 10 a.m., at Pioneers Park Nature Center's backyard composting demonstration area across the street from the Nature Center (look for the Extension banner).
- Saturday, Oct. 12, 10–10:30 a.m., Sheridan Elementary School's outdoor classroom, 3100 Plymouth Ave.
- Saturday, Oct. 12, 10 a.m., at Pioneer's Park Nature Center backyard composting demonstration area across the street from the Nature Center (look for the Extension banner).

Prepared, Not Scared. Be Ready for Disasters

Soni Cochran

*Extension Associate,
Lancaster County*

This year has been challenging for many Nebraska families and it is a reminder how quickly our lives can change

when there is a natural or man-made disaster. September is National Preparedness Month. This year's theme is "Prepared, Not Scared. Be Ready for Disasters."

Start the conversation over dinner tonight with your family. Think about how you have

prepared for emergencies and what steps you need to take to be better prepared. Here are some suggestions from <http://ready.gov>:

- Review your homeowners or renter's insurance policy. Does it cover a flood? Many insurance policies do not cover

floods. What is the deductible? Do you need to update your insurance plan? If you decide to purchase flood insurance, it may take 30 days before the policy goes into effect. Plan ahead.

- Take photos of your property, personal belongings and

important documents. Store these on a portable flash drive or external hard drive. Keep your information in a safe, secure location that can be accessed in an emergency.

- Download the Emergency Financial First Aid Kit to help you prepare financially for disasters and emergencies. The joint publication from Operation Hope and FEMA is free. Visit www.ready.gov/financial-preparedness or call 1-800-480-2520 and ask for publication 1705.
- Involve your children in preparedness activities. Review your family emergency plan together so your children know what to do even if you are not with them.
- Create a plan to shelter-in-place. Create a plan in case you have to evacuate. Don't forget to include your pets and other animals in your emergency plans.
- Plan for a power outage by having enough water, food and medications to last at least 72 hours. Build emergency kits for traveling or to take with you in case there is an evacuation.
- If there is an emergency and your family is not together, discuss how you will get in touch with each other. Consider a plan where each family member calls, or e-mails, the same friend or relative in the event of an emergency. An out-of-town contact may be easier to reach than someone in town.
- Install smoke detectors and carbon monoxide detectors in your home. Every bedroom should have a working smoke detector and all detectors should be tested once a month. Batteries should be replaced at least once or twice a year according to the U.S. Fire Administration (USFA). The USFA also recommends replacing smoke detectors over 10 years old.
- Make a family fire escape and evacuation plan and practice it at least twice a year. Map your home and ask your family to help determine the best ways to evacuate. Every room in your home should have two escape routes.
- Learn lifesaving skills. Take a first aid course, learn CPR and how to use an AED. Participate in a free Stop the Bleed class. Stop the Bleed trains you to react quickly in an emergency to stop uncontrolled bleeding until medical help arrives. For upcoming Stop the Bleed classes and registration, visit <https://go.unl.edu/stopthebleed>. Stop the Bleed classes are free. These are just a few of the suggestions to start your family conversation. We can't predict every disaster, but we can learn about possible risks in our area that could threaten our families and communities. Being informed can help us be better prepared.

Family Emergency Communication Plan Wallet Cards

Planning starts with three easy steps using these wallet cards from <http://ready.gov> (Spanish materials are available at www.fema.gov/media-library/assets/documents/93453):

1. **COLLECT.** Create a paper copies of the contact information for your family and other important people/offices.
2. **SHARE.** Make sure everyone carries a copy in his or her backpack, purse or wallet. You should also post a copy in your home.
3. **PRACTICE.** Have regular household meetings to review and practice your plan.





BE SMART, TAKE PART, PREPARE.



.....
Write your family's name above

Family Emergency Communication Plan

HOUSEHOLD INFORMATION

Home #:

Address:

Name: Mobile #:

Other # or social media: Email:

Important medical or other information:

Name: Mobile #:

Other # or social media: Email:

Important medical or other information:

< FOLD HERE >

IN CASE OF EMERGENCY (ICE) CONTACT

Name: Mobile #:

Home #: Email:

Address:

OUT-OF-TOWN CONTACT

Name: Mobile #:

Home #: Email:

Address:

EMERGENCY MEETING PLACES

Indoor:

Instructions:

.....

Neighborhood:

Instructions:

.....

Out-of-Neighborhood:

Address:

Instructions:

.....

Out-of-Town:

Address:

Instructions:

.....

SCHOOL, CHILDCARE, CAREGIVER, AND WORKPLACE EMERGENCY PLANS

Name:

Address:

Emergency/Hotline #: Website:

Emergency Plan/Pick-Up:

Name:

Address:

Emergency/Hotline #: Website:

Emergency Plan/Pick-Up:

Name:

Address:

Emergency/Hotline #: Website:

Emergency Plan/Pick-Up:

< FOLD HERE >

IMPORTANT NUMBERS OR INFORMATION

Police: Dial 911 or #:

Fire: Dial 911 or #:

Poison Control: #:

Doctor: #:

Doctor: #:

Pediatrician: #:

Dentist: #:

Medical Insurance: #:

Policy #:

Medical Insurance: #:

Policy #:

Hospital/Clinic: #:

Pharmacy: #:

Homeowner/Rental Insurance: #:

Policy #:

Flood Insurance: #:

Policy #:

Veterinarian: #:

Kennel: #:

Electric Company: #:

Gas Company: #:

Water Company: #:

Alternate/Accessible Transportation: #:

Other:

Other:

FOR MORE INFO
<http://ready.gov>

Plant Asters for Fall Color



New England aster



Smooth aster

Photos: Mary Jane Frogge, Nebraska Extension in Lancaster County

Mary Jane Frogge
Extension Associate,
Lancaster County

Asters are hardy perennials that bloom late summer until the first hard frost. Many asters are native to Nebraska and are a late-season source of pollen for bees, migrating monarchs and other pollinators.

Asters native to Nebraska include:

- Smooth aster, 2–4 feet tall with purple flowers
- Prairie aster, 3–4 feet tall with lavender flowers
- Heath aster, 1–3 feet tall with white flowers
- New England aster, 3–5 feet tall with pink, red-violet, purple or blue flowers

Asters are easy to grow and

look great in a mass planting. They can be planted with other native plants like purple cone-flower, coreopsis, black-eyed Susan and native grasses.

The main plant disease is powdery mildew, it causes a whitish growth that appears on leaves. To reduce the chance of this disease, make sure asters are in full sun and plants are not crowded.



GARDEN GUIDE

THINGS TO DO THIS MONTH

Mary Jane Frogge, Extension Associate,
Lancaster County

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

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.

If volunteer tree seedlings, 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.

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

Divide lily-of-the-valley.

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

The Lowdown on Lyme Disease

Jody Green, PhD

Extension Educator, Lancaster County

Many people have heard and fear the diagnosis of Lyme disease due to all the negative complexities associated with the illness. It is called Lyme disease because the first case was discovered in 1977 in Old Lyme, Connecticut. There are over 300,000 new cases of Lyme disease diagnosed each year in the United States, with the most cases reported in the Northeast and upper Midwest. Lyme disease is caused by *Borrelia burgdorferi*, a spirochete bacterium, which is transmitted to humans by bites from the black-legged tick, also called the deer tick (species *Ixodes scapularis*).

Black-Legged Ticks Now Established in Nebraska

Until recently, Nebraska did not have established populations of *Ixodes scapularis*, and past cases of Lyme disease were considered rare and attributed to ticks from out of the state, either by traveling people or wildlife. In June 2019, state health officials identified established populations in Douglas, Sarpy and Saunders Counties. It is now important for Nebraskans to understand Lyme disease and how to avoid acquiring it.

About Ticks

Vector-borne diseases are transmitted by specific organisms, and Lyme disease, is transmitted by ticks. Ticks are arachnids, not insects. They are wingless, tough and leathery and always parasitic. Ticks can be found in the environment where wildlife inhabit, and as their common name implies, it is associated with white-tailed deer populations. High tick season in Nebraska is generally April and May for American dog ticks and lone star ticks, but the black-legged ticks are most active from October to March, when temperatures are above freezing. This means, Nebraskans must practice tick safety throughout the year.

Ticks undergo three life stages: Larva, nymph and adult, where each stage requires a blood meal from a host, before

Black-Legged Tick Identification and Size

- Larvae have only six legs and are called seed ticks and are extremely tiny (1/32-inch long).
- Nymphs are the size of a poppy seed (1/16-inch long) with eight legs.
- Adult ticks can be up to 1/8-inch long.
- Unfed females have orange-red body with black scutum.
- When engorged, black scutum and legs.



Jim Ocko, BugFics, Bugwood.org

it drops off to molt to the next stage. Each of these life stages allows the tick the opportunities to pick up the bacteria that causes Lyme disease. Larval ticks are not infected when they emerge from eggs, which means they must acquire it from an infected host whether it is a mouse, chipmunk or squirrel.

When a tick attaches to a host, it must prepare itself to feed, and so there is a delayed time of approximately 36 hours when it can transmit the bacteria in its saliva. The bacteria only remains localized for a short time before it goes through blood and tissue before disseminating throughout the body. This is why blood draws are not effective at detecting Lyme disease like other illnesses. Ticks themselves, can be tested for Lyme disease, so it is important to keep ticks that have been removed from the body for pathogen testing.

Signs and Symptoms of Lyme Disease

Early (3–30 days after tick bite) symptoms and signs of Lyme disease include fever, headache, fatigue, muscle and joint aches and swollen lymph nodes. In 70–80% of infected persons, a bulls-eye rash, called Erythema migrans, develops on the skin. The rash, if it occurs, will be evident after seven days and gradually expands reaching up 12 inches or more. The rash can appear anywhere on the body, feels warm to the touch, but is not normally itchy or painful. Symptoms of

Lyme disease may be similar to symptoms associated with chronic illnesses such as multiple sclerosis, arthritis and fibromyalgia.

It is important to remember that skin irritations and rashes can occur from reactions due to bites from different organisms (for example, mosquitoes or chiggers), other species of ticks (for example, lone star tick) or different illness (for example, southern tick-associated rash illness or Rocky Mountain spotted fever). Signs and symptoms alone cannot be used to diagnose Lyme disease.

Medical Testing

Testing for Lyme disease is a two-tiered test which requires serologic testing which can be complicated and take considerable time to get and interpret accurate and positive results. Detecting the bacteria in the blood is difficult because it disseminates into the tissues of the body. This is why it is easier to test the tick rather than test the patient.

This is also why physicians must be notified that the patient was bit by a tick so they can order the proper series of tests. The first test measures a person's antibody to *Borrelia burgdorferi*, and positive results require an immunoblot test. To learn more about medical testing, go to <http://dhs.ne.gov/han%20Documents/ADVISORY042319.pdf>.

Treatment

Treatment for Lyme disease requires

antibiotics in the early stages and the majority of infected people recover rapidly and completely. The most common oral antibiotics include doxycycline, amoxicillin or cefuroxime axetil. The dose and schedule of treatment varies based on a person's age, medical history and various health conditions, and whether symptoms reflect early or late Lyme disease. Chronic Lyme disease is a controversial topic and refers to an illness in which patients suffer long-term symptoms like fatigue, pain and joint pains after being treated for Lyme disease. Medical professionals call this Post-treatment Lyme disease syndrome (PTLDS) and more information can be found on the CDC website at www.cdc.gov/lyme.

Tick Safety and Disease Prevention

The best way to prevent contracting Lyme disease is to prevent tick bites. Ticks find a host by "questing" from the ground about knee-height and when they find a suitable host, they move upward to warm areas. When ticks feed on humans, they often embed in the groin area, armpit, behind the knees, ears and on the scalp.

Ways to protect against tick bites include:

- Frequent tick checks of people and pets during activities and coming inside or into vehicle.
- Wearing permethrin-treated clothing.
- Use of EPA-approved skin repellents such as DEET and picaridin.
- Drying outdoor clothing in clothes dryer for 30 minutes on high to kill hitchhiking ticks.
- Showering and performing thorough tick check.
- Removing ticks by grasping them as close to the skin as possible with tweezers and pulling straight out. (Keep tick for identification and possible testing).

To Test Ticks

University of Massachusetts Laboratory of Medical Zoology offers reliable tick testing. For more information, go to https://tickencounter.org/tick_testing.



HEART OF 4-H VOLUNTEER AWARD

Brenda Nepper

Lancaster County 4-H is proud to announce Brenda Nepper of Hickman as winner of the September "Heart of 4-H Award" in recognition of outstanding volunteer service.

Brenda has volunteered for 4-H for four years as a parent volunteer with horse and Pick-a-Pig clubs. She has helped horse 4-H'ers achieve new horsemanship advancement levels and helped with club fundraising efforts. Last year, Brenda started the Cornerstone Equestrian horse 4-H club. She is also a member of 4-H Council and helps with its food stand at Lancaster County Super Fair and annual golf tournament.

"It is very rewarding to see the kids grow and mature into great young adults and know that I might have had a little part in helping them be successful!" Brenda says. "I love helping kids see their full potential and helping them achieve it. My favorite part of being a 4-H leader is the goose bumps I get when I see the smiles on the kids faces when they accomplish something they didn't think they could do. 4-H kids are on the right path in life and I like being a part of positive life choices."

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



4-H Teen Council Invites New Members

Youth in 7th–12th grade — want to have so much fun making new friends, doing community service projects and other activities that you won't realize you are learning important leadership skills? Join 4-H Teen Council!

The biggest annual activity is planning, setting up and facilitating the 4th & 5th Grade Lock-In each January.

Meetings are held the second Sunday of each month, September through April, at 3 p.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln. Upcoming meetings will be Sept. 8, Oct. 13 and Nov. 10. Join at any time!

For more information or to join, contact Tracy Anderson at tracy.anderson@unl.edu or 402-441-7180.

Support 4-H by Dining at Chipotle on O Street, Sept. 16

Support 4-H by eating at Chipotle, 6005 O St., Lincoln on Monday, Sept. 16 from 4–8 p.m. If customers mention 4-H, Lancaster County 4-H Council will receive 33% of the proceeds. 4-H Council helps support 4-H programs, activities and scholarships.

New Horticulture 4-H Club Meeting, Sept. 19

A new Horticulture 4-H Club is starting in September. Youth ages 8–18 interested in joining the club, and their parents, are encouraged to attend the informational meeting on Thursday, Sept. 19, 6–7:30 p.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln. Please RSVP for the meeting by Sept. 17 by calling Mary Jane at 402-441-7180.

4-H Golf Tournament Fundraiser, Sept. 29

A 4-H Council Golf Tournament Fundraiser will be held Sunday, Sept. 29 at the Woodland Hills Golf Course, 6000 Woodland Hills Drive, Eagle with a 1 p.m. shotgun start. This tournament is a four-person scramble and costs \$75 per golfer or \$300 per team. It includes:

- 18 holes, cart and range balls
- Snacks and one meal
- Random flight prizes of \$150 each
- Beverage cart available
- Raffle prizes

To reserve your team of four, call Woodland Hills at 402-475-4653. For hole, other sponsorships or prize donations, contact Mitch Sump at 402-432-1031 or mitchsump1996@gmail.com or Jerry Morris at 402-261-9861 or packmn69@yahoo.com. Tournament sponsor is The Duffers Golf League.

4-H Council Alumni Scholarship

Lancaster County 4-H Council is sponsoring a new \$500 4-H alumni scholarship. Must be a Lancaster County 4-H alumni at least one year post-high school and has continued involvement in 4-H program as a leader or volunteer. Application form is available at <http://go.unl.edu/4has> and at the Extension office. Deadline is Sept. 30.

Interested in Joining 4-H? Come to 4-H Information Night, Oct. 8

The annual 4-H Information Night will be held on Tuesday, Oct. 8, 6 p.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln. See animals such as rabbits and llamas. Free hot dogs! This is a great opportunity for families with youth interested in joining 4-H to learn about the many opportunities in 4-H.

In Nebraska, 4-H is part of Nebraska Extension and is open to all youth ages 5–18. There are no fees to join 4-H in Lancaster County. 4-H youth can choose from over 150 different hands-on projects to learn, such as STEM, food & nutrition, photography, clothing, livestock, horse and small animals. 4-H curriculum is research-based. Families are encouraged to help organize a new club — which is a lot easier than you may think!

HORSE BITS

State 4-H Horse Expo Results

The 2019 State 4-H Horse Exposition was held July 14–18 at Fonner Park in Grand Island. Here are the Lancaster County 4-H'er purple ribbon winners. Complete results and photos are at <http://4h.unl.edu/horse/state-expo>

JUDGING INDIVIDUALS

Ellie Bunz (6th), Samantha Fox (8th), Julia Soukup (9th)

HIPPOLOGY TEAM

Lancaster (Ch): Emmi Dearmont, Sidney Froistad, Kat Moyer, Sidney Schlesiger; coached by Andy Dearmont

HIPPOLOGY INDIVIDUALS

Emmi Dearmont (Ch), Kat Moyer (Res Ch), Sidney Froistad (4th), Sidney Schlesiger (5th)

3–5 YEAR OLD GELDINGS

Ellie Bunz (3rd)

6–10 YEAR OLD MARES

Madi Brandt (10th), Aubrey Hayes

MINIATURE/SHETLAND GELDINGS

Diamond LeBlanc (Ch), Emmi Dearmont (4th), Sarina Kyhn (5th)

MINIATURE/SHETLAND MARES

Diamond LeBlanc (Ch), Adelyn McIntosh (Res Ch), Bailey Hampton (3rd)

SR SHOWMANSHIP

Aubrey Hayes (4th), Ellie Bunz (9th), Madison Sobotka (10th), Sidney Schlesiger, Madi Brandt, Emmi Dearmont, Ally Quinn

JR SHOWMANSHIP

Lillie Beach (7th), Kali Maytum (9th), Caraline Higgins, Taylor Root

ELEMENTARY SHOWMANSHIP

Elizabeth Funk (Res Ch)

MINIATURE/SHETLAND PONY IN-HAND TRAIL

Aubrey Hayes (Ch), Diamond LeBlanc (Res Ch), Emmi Dearmont

SR HUNTER UNDER SADDLE

Aubrey Hayes (3rd), Ally Quinn (5th), Madison Sobotka (7th)

JR HUNTER UNDER SADDLE

Kali Maytum (Ch), Elizabeth Funk (7th)

SR HUNT SEAT EQUITATION

Emmi Dearmont (6th), Aubrey Hayes (7th), Sidney Froistad (8th)

HUNTER HACK

Emmi Dearmont (Ch)

WESTERN PLEASURE PONIES

Emmi Dearmont (Res Ch)

SR WESTERN PLEASURE

Aubrey Hayes (5th), Madison Sobotka (10th), Ellie Bunz

JR WESTERN PLEASURE

Kali Maytum (5th), Lillie Beach (8th), Michaela Bunz

ELEMENTARY WESTERN PLEASURE

Elizabeth Funk (10th)

SR WESTERN HORSEMANSHIP

Ellie Bunz (7th), Aubrey Hayes, Madi Brandt, Ally Quinn

JR WESTERN HORSEMANSHIP

Skylar Frisbie (6th), Lillie Beach (10th), Michaela Bunz, Taylor Root

ENGLISH & WESTERN DRESSAGE

Miya Higgins (Res Ch), Madi Brandt (4th), Ally Quinn (6th)

ADVANCED HORSEMANSHIP

Madison Sobotka (6th)

ADVANCED WESTERN PLEASURE

Madison Sobotka (Ch)

ADVANCED HUNT SEAT EQUITATION

Madison Sobotka (3rd)

RANCH RIDING

Tristan Munderloh

SR POLE BENDING

Aubrey Hayes (6th)

SR BARREL RACING

Aubrey Hayes (6th)

JR BARREL RACING

Lillie Beach (7th)



Hippology team champion



Advanced Western Pleasure champion



Junior Hunter Under Saddle champion

Horse Awards Night, Oct. 3

The annual Lancaster County 4-H Horse Awards Night will be Thursday, Oct. 3, 6:30 p.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln. The Horse VIPS Committee will provide snacks. Awards presentation includes Incentive Awards, Horsemanship Levels, All-Around Awards, Herdsmanship, Top Judging buckles and ribbons, as well as a few surprise awards! Come help celebrate the outstanding accomplishments of the 2019 Lancaster County 4-H equestrians!



LANCASTER COUNTY
Super Fair

 4-H/FFA complete results,
photos and videos are online
at <http://lancaster.unl.edu/4h/fair>

Ch=Champion; Res=Reserve

Top Static Exhibits

GENERAL AREAS

N | 150 Stepping Stone: Ella Hendricksen
Poster: Madison Johnson
Quilt Ch: Madelyn Kreifels
Quilt Res Ch: Eliana Babcock
Dog: Emmi Dearthmont

SCIENCE, ENGINEERING & TECHNOLOGY

Rockets: Micah Pracheil
Woodworking: John Sump
Safety: Ella Hendricksen
Engineering: Samuel Babcock

FOOD & NUTRITION

Yeast: Regina Jordan
Quick Bread: Noah Jelinek
Food Preservation: Clara Johnson
Cake or Pie: Sydney Docter
Cookie: Tucker Lanik

HUMAN DEVELOPMENT

Human Development: Clare Bauman

HOME ENVIRONMENT

Home Environment: Meredith Marsh
Home Environment: Gabriel Livingston
Home Environment: Josie Lahm

HERITAGE

Heritage: Clare Bauman

PHOTOGRAPHY

Unit 1: Peter LaPlante
Unit 2: Anna Sump
Unit 3: Madison Sobotka
Theme Print: Ella Hendricksen

CLOTHING

STEAM 1 Clothing: Emily Bauman
STEAM 1 Pillow: Reagan Tonkin
STEAM 2 Clothing: Kylie Hansen
STEAM 3 Clothing: Morgan Pillard
Beyond the Needle: Eliana Babcock
Accessory: Vanessa Peterson
Fiber Arts - Crocheting: Clare Bauman
Fiber Arts - Knitting: Noah Babcock
Shopping in Style: Eliese Schwinck

HORTICULTURE

Vegetable: Parker Hansen
Herb: Peter LaPlante
Annual Flower: Lexi Isaacs
Perennial Flower: Morgan Pillard
Rose: Jared Nielsen
Specimen Plant: Isabel Buss

CONSERVATION & WILDLIFE AND FORESTRY

Conservation and Wildlife: Olivia Epp
Forestry: Catherine Polk

Top Contest Awards

BICYCLE SAFETY

Sr Ch: Cecilia Yallaly
Sr Res Ch: Eliese Schwinck
Jr Ch: Cora Vander Woude
Jr Res Ch: Anastasia Yallaly

LIFE CHALLENGE

Sr Ch: Madelyn Kreifels
Sr Res Ch: Sarah Lange
Jr Ch: Abby Kruse
Jr Res Ch: Emily Bauman

PRESENTATIONS

Premier Presenter: Addison Wanser
Sr Ch: Addison Wanser
Int Ch: Kylie Hansen
Int Res Ch: Abby Kruse
Jr Ch: Parker Hansen
Jr Res Ch: Caleb Jordan
Special Topic: Abby Kruse
Film Fest (Digital Video): Micah Pracheil

FASHION SHOW

Fashion Show Ch: Kali Burnham
Fashion Show Res Ch: Eliana Babcock
Fashion Show: Morgan Pillard
Fashion Show: Clare Bauman
Fashion Show: Clara Johnson
Shopping in Style: Ella Hendricksen
Beyond the Needle: Eliana Babcock
Make One/Buy One Level 1: Isabelle Kinkaid
Make One/Buy One Levels 2 & 3: Clara Johnson
Clothing Level 1: Josie Johnson
Upcycled Garment: Vanessa Peterson
Apron: Kali Burnham
Garment(s) Made for Others: Clara Johnson
Attention Shoppers: Josie Johnson



Clockwise from upper left: Top N | 150 Stepping Stone, Horse Western Showmanship Senior champion, Rabbit All-Around Showman Award champion and reserve champion, Fashion Show grand champion and reserve grand champion, Elite Showmanship Contest top winners and Top Woodworking.



PLANT SCIENCE

Horticulture: Eliana Babcock
Tree Identification: Catherine Polk
Grass & Weed Identification: Eliana Babcock

TABLE SETTING

Picnic Sr: Emma Timmer
Picnic Int: Linsey Sheldon
Picnic Jr: Lucia Lawson
Casual Sr: Honoria Clarke
Casual Int: Kaylie Waite
Casual Jr: Noah Vander Woude
Formal Sr: Ella Hendricksen
Formal Int: Cael Morris
Formal Jr: Morgan Gabel
Birthday Sr: Kali Burnham
Birthday Int: McKenna Morris
Birthday Jr: Bailey Petersen

ELITE SHOWMANSHIP

1st Place: Cole Cooper
2nd Place: Brett Heinrich
3rd Place: Sarah Dilley
4th Place: Olivia Kerrigan
5th Place: Tayden Bell

LIVESTOCK JUDGING

Livestock Judging Sr Ch: Heather Lange
Livestock Judging Int Ch: Tatum Terwilliger
Livestock Judging Jr Ch: Blake Mueller

Top Animal Exhibits

BEEF

Showmanship Supreme Ch: Brett Heinrich
Showmanship Sr Ch: Brett Heinrich
Showmanship Int Ch: Brody Sexton
Showmanship Jr Ch: Emberlin Johnson
Breeding Heifer Supreme Ch: Kaden Gana
Breeding Heifer Supreme Res Ch: Brett Heinrich
Feeder Calf Supreme Ch: Madysen Cox
Feeder Calf Supreme Res Ch: Madysen Cox
Market Animal Supreme Ch: Allison Walbrecht
Market Heifer Grand Ch: Kyler Plugge
Market Heifer Res Grand Ch: Emberlin Johnson
Market Steer Grand Ch: Allison Walbrecht
Market Steer Res Grand Ch: Cole Cooper
Lancaster Born and Raised - Breeding Ch: Brett Heinrich
Lancaster Born and Raised - Market Ch: Kyler Plugge
Rate of Gain Market Steer Ch: Clara Johnson
Overall Cow/Calf Pair Ch: Cali Kaiser

DAIRY CATTLE

Showmanship Overall Ch: Catherine Hytrek
Showmanship Sr Ch: Catherine Hytrek
Showmanship Int Ch: Isabella Hytrek
Showmanship Jr Ch: Zachariah Marsh

BUCKET CALF

Bucket Calf Int Ch: Ryan Marsh
Bucket Calf Int Res Ch: Jordan Marsh
Bucket Calf Jr Ch: Khloe Cuttlers
Bucket Calf Jr Res Ch: Kyler Plugge

SHEEP

Showmanship Sr Ch: Cole Cooper
Showmanship Sr Res Ch: Sarah Dilley
Showmanship Int Ch: Michael Lockee
Showmanship Int Res Ch: Clara Johnson
Showmanship Jr Ch: Izek Lockee
Showmanship Jr Res Ch: Josie Johnson
Market Lamb Grand Ch: Cole Cooper
Market Lamb Res Grand Ch: Cole Cooper
Lancaster Born and Raised Market Lamb Ch: Burke Settles
Lancaster Born and Raised Market Lamb Res Ch: Catherine Hytrek
Breeding Ewe Supreme Ch: Michael Lockee

SWINE

Showmanship Sr Ch: Brett Heinrich
Showmanship Int Ch: Ellie Volk
Showmanship Jr Ch: Michael Lockee
Market Swine Grand Ch: Izek Lockee
Market Swine Res Grand Ch: Sophia Fahleson
Breeding Gilt Ch: Kelsey Cordes
Breeding Gilt Res Ch: Olivia Kerrigan
Pen of Three Ch: Colter Tietjen
Pen of Three Res Ch: Cody Bruss

DAIRY GOAT

Showmanship Sr Ch: Corianna Kubicek
Showmanship Jr Ch: Kyler Plugge
Dairy Goat Supreme Ch: Corianna Kubicek
Dairy Goat Res Supreme Ch: Corianna Kubicek

MEAT GOAT

Showmanship Sr Ch: Sarah Dilley
Showmanship Sr Res Ch: Andrew Dilley
Showmanship Jr Ch: Dakota Morrow
Showmanship Jr Res Ch: Joseph Wurtz
Market Goat Overall Grand Ch: Heather Lange
Market Goat Overall Res Grand Ch: Sarah Dilley
Breeding Goat Overall Ch: Heather Lange
Breeding Goat Overall Res Ch: Sarah Dilley
Lancaster Born & Raised Ch: Clara Johnson

LLAMA/ALPACA

Showmanship Int Ch: Jayden Hamel
Showmanship Jr Ch: Laynee Price

RABBIT

All-Around Showman Award Ch: Andrew Frain
All-Around Showman Award Res Ch: Zoey Jamison
Showmanship Int Ch: Rhianna Metcalf
Showmanship Jr Ch: Conner Vogel
Best 6 Class Ch: Andrew Frain
Best 6 Class Res Ch: Conner Vogel
Best 4 Class Ch: Emma Thomson
Best 4 Class Res Ch: Andrew Frain
Judging Contest Int Ch: Rhianna Metcalf
Judging Contest Jr Ch: Conner Vogel
Breed Identification Contest Int Ch: Rhianna Metcalf
Breed Identification Contest Jr Ch: Kaily Wesely
Breeders Choice Sr Ch: Rhianna Metcalf

HOUSEHOLD PETS

Mammal Ch: Rachel Koch
Mammal Res Ch: Andrew Donlan
Non-Mammal Ch: John Donlan

Non-Mammal Res Ch: Reese Rockenbach
Bird Ch: Reese Rockenbach

POULTRY

Showmanship Sr Ch: Jenna Kramer
Showmanship Jr Ch: Adam Kramer
Judging Contest Sr Ch: Noah Jelinek
Judging Contest Jr Ch: Marylynn Rauert
Best of 4-H Poultry Show: Noah Jelinek
Large Fowl Grand Ch: Zach Pittman
Water Fowl Grand Ch: Kelsey Cordes
Bantam Grand Ch: Noah Jelinek

DOG

Trophy Showmanship Grand Ch: Emmi Dearthmont
Showmanship Sr Ch: Kaitlyn Dumler
Showmanship Int Ch: Taylor Root
Showmanship Beginning Ch: Claire Mathis
Beginning Agility A - Level 2 Ch: Sidney Schlesiger
Pre-beginning Agility B - Level 1 Ch: Sierra Wilson
Pre-beginning Agility A - Level 1 Ch: Kate Stratman
Obedience Novice Ch: Emmi Dearthmont

CAT

Long Hair Best in Show: Nathaniel Gabel
Short Hair Best in Show: Cierra Hensley
Working Cat Best in Show: Katie Fisher

HORSE

English Showmanship Sr Ch: Aubrey Hayes
English Showmanship Jr Ch: Lillie Beach
English Showmanship Elem Ch: Elizabeth Funk
English Baby Green Equitation Ch: Sidney Froistad
English Hunter/Saddleseat Ages 4 and Up Grand Ch: Elizabeth Funk
English Hunter/Saddleseat Ages 4 and Up Res Grand Ch: Ellie Bunz
English Hunter/Saddleseat Aged Horse Grand Ch: Samantha Fox
English Hunter/Saddleseat Aged Horse Res Grand Ch: Skylar Frisbie
Miniature Showmanship Jr/Sr Ch: Aubrey Hayes
Miniature Showmanship Elem Ch: Afton Byelick
Western Showmanship Sr Ch: Emmi Dearthmont
Western Showmanship Jr Ch: Chase McInteer
Western Showmanship Elem Ch: Tanner McInteer
Groom and Care Ch: Mackenzie Wilkinson
Western Stock Horse Ages 4 and Up Grand Ch: Macy Munderloh
Western Stock Horse Ages 4 and Up Res Grand Ch: Katie Marsh
Western Stock Aged Horse Grand Ch: Katherine Malina
Western Stock Aged Horse Res Grand Ch: Chase McInteer
Reining Sr Ch: Aubrey Hayes
Reining Jr Ch: Clara Bradbury
Reining Elem Ch: Tanner McInteer

Additional horse awards will be announced at 4-H Horse Awards Night.



EXTENSION CALENDAR

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

August

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.

September

2 Extension Office Closed for Labor Day Holiday
3 4-H Council Meeting 6 p.m.
5 Nutrition and Physical Activity Self-Assessment for Child Care (Go NAP SACC) Training for Childcare Providers 6:30–8:30 p.m.
8 4-H Teen Council Meeting 3 p.m.
12 Pesticide Applicator NDA Walk-in “Testing Only” Session . . . 9 a.m.–2 p.m.
13 Extension Board Meeting 8 a.m.
16 Chipotle Night for 4-H, 6005 O St. 4–8 p.m.
19 New Horticulture 4-H Club Informational Meeting 6–7:30 p.m.
21 Composting Demonstration, *Pioneers Park Nature Center’s backyard composting demonstration area* 10 a.m.
29 4-H Golf Tournament Fundraiser, *Woodland Hills Golf Course, Eagle*. . . 1 p.m.
30 4-H Council’s Alumni Scholarship Deadline

EXTENSION NEWS

Mindy Vyhnalek Retires

Extension Associate Mindy Vyhnalek is retiring after working for University of Nebraska for 17 years. She has worked:

- September 2017–September 2019: with the Nutrition Education Program (NEP) at Nebraska Extension in Lancaster County.
- August 2008–July 2017: with NEP in Platte, Boone, Nance and Colfax counties.
- September 1982–November 1987: as cafeteria manager for University of Nebraska School of Technical Agriculture (UNSTA) in Curtis.
- August 1978–August 1979: as Extension Home Economist in Pierce and Antelope counties.



4-H’ers Display Skills, Talents & Hard Work at Super Fair

The 2019 Lancaster County Super Fair was held Aug. 1–10 at the Lancaster Event Center. Over 780 4-H/FFA exhibitors showcased over 5,000 exhibits (including static exhibits, Clover Kids, animals and contest entries). The Super Fair provides 4-H youth an opportunity to showcase their completed 4-H projects.

A special thank you to all the volunteers and sponsors who helped make 4-H & FFA at the fair possible!



Nearly 546 4-H exhibitors entered nearly 2,360 static exhibits. The Super Fair features the largest county 4-H static exhibit display in Nebraska. Pictured is youth discussing his kit-labeled robot with a judge.



The Table Setting Contest (pictured) is one of several 4-H contests held at the fair. Some contests (for example, Presentations and Bicycle Safety) are held prior to the fair.

Livestock Scholarship Recipients

The Lancaster County 4-H Livestock Booster Club awards two \$500 college scholarships each year which are presented at the Lancaster County Super Fair 4-H/FFA Livestock Premium Auction. A portion of the proceeds from the auction funds these scholarships. This year, the Lancaster County Farm Bureau sponsored an additional \$500 scholarship. This year’s scholarship recipients were Cole Cooper, Bailey Donner and Catherine Hytrek.



Many 4-H Clover Kids (ages 5–7) who entered static exhibits also participated in Show & Tell (pictured). New this year at many of the livestock shows was 4-H Clover Kids Animal Showmanship. Clover Kid activities are non-competitive, and youth receive rainbow participation ribbons.



The 4-H poultry show continues to grow, following the national trend of backyard flocks gaining popularity.



More than 180 4-H youth and adults volunteered at the 4-H food stand this year, which is 4-H Council’s primary fundraiser. Proceeds support the 4-H program throughout the year.



Lancaster County has the largest 4-H county fair horse show in the state, with 44 events spanning six days. This year, 109 horse exhibitors competed in 1,046 total entries. Pictured is Miniature Horse Halter.



In livestock showmanship classes, youth are judged on their ability to handle and present their animal. In market, breeding and other classes, animals are judged on their performance (e.g. rate of gain) or conformation (e.g. structure, muscling and balance). Pictured is the Lancaster County born and raised market beef class.

Photos by Vicki Jedlicka, Nebraska Extension in Lancaster County



Numerous adult and youth volunteers work behind the scenes in all 4-H areas of the fair — including static exhibits, contests and animal shows. Pictured are the 4-H static exhibit intergenerational superintendents, volunteers and judges who helped during judging day (representing seven families!). Many have helped for many years!