

Tick Tips for Tick “Season”

By Kait Chapman, Extension Educator in Lancaster County

During the spring and summer, we receive a lot of inquiries regarding tick prevention and management. While peak season for ticks in Nebraska is throughout May and June, ticks can actually be active year-round in the state. As long as temperatures are above freezing, there is a possibility you may encounter a questing tick, even in the winter. This is why it is important to stay vigilant and protect yourself from ticks and tick-borne illness no matter the season.

Prevention

Luckily, there are several things you can do to protect yourself and prevent tick bites while spending time outdoors, including:

- Use a DEET repellent applied to skin.
- Wear long pants tucked into socks.



Ticks find their hosts by “questing” on vegetation with their front legs stretched out

- Treat or purchase pre-treated clothing with permethrin used to repel ticks.
- Protect your pets with a tick prevention program.
- Perform regular, full-body tick checks on yourself, your children and your pets.

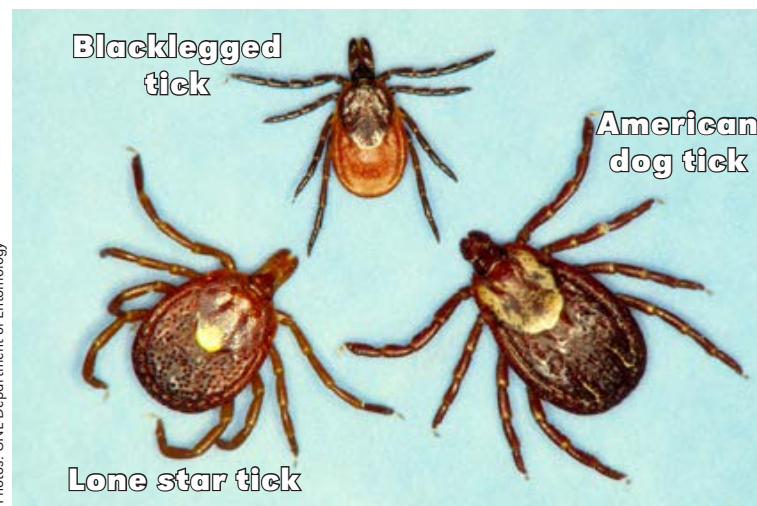
Keep in mind that ticks are associated with their animal hosts, including wildlife, and pesticide sprays applied to a lawn or landscape may only provide limited and temporary protection.

Checking yourself for ticks after spending time outdoors is perhaps one of the most important steps in preventing tick-borne illness. Removing infected ticks as soon as possible reduces the risk of disease transmission. If you do find a tick actively feeding and embedded, remove it as soon as possible with a pair of tweezers. Grasp the tick firmly near the skin and pull it straight out. After removing a tick, disinfect the bite area and keep the tick for identification.

Identification

Why is it important to identify a tick? Different tick species transmit different illnesses and, should symptoms develop, knowing what type of tick may have transmitted the pathogen could help rule out certain diseases. In Nebraska,

Photos: UNL Department of Entomology



Tick comparison (all are females and magnified)



Female lone star tick, engorged (magnified)



Female American dog tick, engorged (magnified)

two of the most encountered tick species are the American dog tick and the lone star tick. While both of these tick species cannot transmit the bacteria responsible for Lyme disease, a third species of tick

in Nebraska, the blacklegged tick, can. To date, established populations of the blacklegged tick have only been confirmed in Douglas, Sarpy, Saunders and Thurston Counties.

Contribute to Data on Statewide Tick Distribution

With new tick species being identified in the state, records of tick presence are critical to understanding which species are found where. University of Nebraska–Lincoln’s Tick Tag Go is a community-powered effort to establish baseline data on tick distributions in Nebraska and relies on passive surveillance — the collection of ticks you come across in your daily routine and activities. Submit your tick photos and data for identification at <https://ticktaggo.unl.edu>.



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Tips for Staying Hydrated

By Kayla Colgrove, MS, RDN, ACSM-CPT Extension Educator in Lancaster County

Summer is quickly approaching! With the increased temperatures and the interest to get outside, it is important to stay hydrated and monitor water consumption.

Benefits of Water

Did you know that water is an essential nutrient? Without water, we cannot survive. It is crucial for life since our body is made of about 60% water. It is important for your health to get enough water every day. Why is water so important? Water helps with the following major body functions:

- Keep a normal temperature.
- Lubricate and cushion joints.
- Protect spinal cord and other sensitive tissues.
- Supplies nutrients to cells.
- Get rid of wastes through urination, perspiration and bowel movements.

How Much Water Do You Need?

Although most of us have heard we need to drink eight cups of water a day, there is not a specific daily recommendation for water intake. Water intake varies by individuals based on age, sex, activity level, where they live, pregnancy and

breastfeeding status.

Drinking water and other beverages such as juice, carbonated drinks, coffee and milk will meet most of your fluid needs. But what about caffeinated drinks? Don't they cause dehydration? The research is inconsistent if caffeinated beverages cause a diuretic effect that may lead to dehydration according to the National Academy of Medicine. Caffeine does increase urinary output in the short-term period, but it is uncertain if higher doses of caffeine lead to a total body water deficit. Therefore, coffee, tea and soda count towards total water intake. Do not forget that we get about 20% of our total water intake from water-rich foods such as fruits and vegetables.

The National Academy of Medicine set an adequate intake for total water for all life-stage groups based on the median total water intake from U.S. survey data. It is recommended to consume about 13 cups for men and 9 cups for women of drinking water and/or other beverages. However, normal hydration can be maintained over a wide range of water intakes.

Fluid needs are increased when you are in hot climates, more physically active, running a fever or having diarrhea or vomiting. You should check with your doctor if you are not sure about the right amount of water for you.

Signs of Dehydration

Losing more water than you take in can cause dehydration, heat exhaustion or heat stroke. Getting enough water can prevent dehydration. Dehydration is a condition that can cause unclear thinking, mood change, the body to overheat, constipation and

kidney stones. The elderly may be at increased risk for dehydration due to a decline in thirst and regulation of fluid intake with aging. Dehydration symptoms for adults include:

- Feeling very thirsty.
- Dry mouth.
- Urinating and sweating less than usual.
- Dark-colored urine.
- Dry skin.
- Feeling tired.
- Dizziness.

Dehydration can be life-threatening. If you experience confusion, fainting, lack of urination, rapid heartbeat, rapid breathing or shock, you need to get medical help right away.

Tips for Drinking More Water

- Carry a reusable water bottle and refill it throughout the day.
- Choose water over sugary drinks to help reduce calories

and manage body weight.

- Add lemon, lime or splash of 100% fruit juice to water for a different flavor.
- Use a straw.
- Add ice cubes.
- Serve water during meals.
- Order water when eating out.
- Offer children and older adults water to drink throughout the day.



© rimmobondrenko via Canva.com

If you are going to be outside in the heat, the CDC recommends the following hydration tips to reduce heat stress.

- If in the heat more than 2 hours and involved in moderate work activities, drink 1 cup (8 ounces) of water every 15–20 minutes.
- During prolonged sweating lasting several hours, drink sports drinks containing balanced electrolytes.
- Avoid alcohol and drinks with high caffeine or sugar.
- Generally, fluid intake should not exceed 6 cups per hour.

Sources:

- https://www.cdc.gov/healthyweight/healthy_eating/water-and-healthier-drinks.html
- <https://www.cdc.gov/nutrition/data-statistics/plain-water-the-healthier-choice.html>
- <https://medlineplus.gov/dehydration.html>
- <https://nap.nationalacademies.org/read/10925/chapter/6>
- <https://www.cdc.gov/niosh/topics/heatstress/recommendations.html>



RECIPE OF THE MONTH

By Kayla Colgrove, MS, RDN, ACSM-CPT, Extension Educator in Lancaster County

Want to jazz up your drink? Try this simple slushie recipe to help stay hydrated.

ORANGE SLUSHIE

(Yield: 8 servings)

- 1 (12 ounces) can frozen orange juice
- 2 cups low-fat milk
- 8 ice cubes
- 1 cup water
- 1 teaspoon vanilla

1. Wash hands with soap and water.
2. Place all ingredients in a blender and process on high until smooth.
3. Serve immediately.

Nutrition Information: Serving Size (1/8 of recipe): Calories 90, Total Fat 0.5g, Saturated Fat 0g, Cholesterol 5mg, Sodium 30mg, Total Carbohydrates 19g, Fiber 0g, Total Sugars 19g, Protein 3g, Vitamin A 6%, Vitamin C 100%, Calcium 8%, Iron 0%

Source: Nutrition Education Program



Photo by Craig Chandler, UNL Communications



© luchschen from Getty Images via Canva.com

Miniature Gardens

A fun way to get your child interested in gardening

By Sarah Browning, Extension Educator in Lancaster County

A great way to get your child or grandchild interested in plants and gardening this summer is to help them create their very own miniature garden. Miniature gardens are small container plantings, decorated in a way that appeals to your child's interests.

Fairy gardens are one type of miniature garden that's very popular in recent years. But ideas are endless, such as a campfire or woodland scene, complete with wildlife and a stream. Or maybe a train station, beach or farmyard theme? How about a scene from "The Mandalorian," "The Avengers," "The Lord of the Rings" or another favorite movie? Your child can create whatever their imagination dreams up — that's part of the fun!



A train station makes a great focal point for a young train-lovers miniature garden.

Here Are a Few Guidelines to Help You Get Started

Choose a theme. This will help guide plant selection and decorative items.

Choose a container. Anything can work, as long as it has drainage holes. It can be big or small, just make it a manageable size considering your budget for plants and decorations.

Decide whether this will be a year-round garden, kept indoors and using houseplants, or a summer-only outdoor garden using annual plants.

Visit a garden center. Let your child look over the available plants and find some that fit their vision — let them use their imagination! Ask garden center staff to help your child choose plants that will grow happily together, having the same sunlight and water needs.

Visit a local craft shop to find garden accessories, like tiny people, animals and houses. Or take a walk outside to find natural items to create garden accessories.

Create a Sketch

Have your child draw a sketch of the garden they want to create. What is the focal point of their design? Is it a house, person, a dinosaur or maybe a Jedi TIE fighter? Once they decide on their focal point, help them think about how to place plants to highlight and enhance. Also help them think about scale and keep the decorations in scale with the plants. A jade plant or miniature palm can become a tree in your child's garden.

Will there be walking paths? Decorative pebbles or stones make a great walking path. So do small round cross-sections of a branch; they look just like real garden stepping stones. Or maybe a water feature with a bridge over it? Or a fairy house? You can find lots of great ideas for garden design and accessories on Pinterest. Look for projects fitting your child's skill level and interests. Letting your child build their own decorations is a great way for them to learn new skills.

Planting and Care

A garden center potting mix is best in containers; soil straight from the garden is usually too heavy for good plant growth. Garden soil also contains many disease organisms, so using a peat-based soil mix helps guarantee success for your young gardener.

When planting, gently break up the root system of any plants with many circling roots. Plant them at a depth so that about 1/2-inch of soil covers the original root ball. When you're finished planting, water the container thoroughly, soaking the entire soil mass completely. Let all the excess water drain away.

More houseplants die from overwatering than from any other cause, so help your young gardener learn how to water thoroughly, but infrequently. Plants benefit when the soil is allowed to dry slightly between waterings. This dryness ensures oxygen penetrates to the

plants root system — oxygen is just as essential for good plant growth as water. Often a plant can be allowed to wilt slightly before it is watered; thus giving an indication when water is needed.

All plants, from cactus to African violet, should be watered thoroughly at each watering. A thorough watering wets the entire soil ball in the container and leaches away excess fertilizer salts built up in the soil. Fertilizer salts can burn roots, resulting in burnt or dried leaf edges and plants that wilt, even though they seem to have plenty of water.

The following two methods are great for watering houseplants. First, place the entire container in a sink filled with water and do not remove it until air bubbles have stopped coming from the planting container. Then place the container in an empty sink and allow it to drain for several minutes. This method works well for well-established plants with enough roots to hold all the soil in place.

A second method, which works better for newly planted containers, is to place the container in an empty sink and pour water on top of the soil until water begins to drain from the bottom of the pot. Water the container once more and allow the excess water to drain away.

Wait until the top 1-inch of soil feels dry or you see the first signs of wilting to water again. How long you wait to water again, is the difference between growing a healthy cactus and a healthy African violet.

Have fun with your budding gardener!



Let your young gardener build some of their own garden accessories, like this swingset made from twigs and string.

GARDEN GUIDE

THINGS TO DO THIS MONTH

By Mary Jane Frogge, Extension Associate in Lancaster County

Start a gardening notebook. Keep all your gardening records in this one location.

When you buy nursery plants that are container grown, check the root ball and make sure it is not bound too tightly. A mass of circling roots will stay that way even after it is planted in the ground.

Remove old flower heads from annual bedding plants to keep them blooming.

Use bark mulch around young trees to protect them from lawn mower damage.

Leftover vegetable and flower seeds may be stored in a cool, dry location to be saved for planting next year.

Weed removal is important for a number of reasons. It conserves moisture, conserves nutrients in the soil and helps prevent the spread of disease and insects.

For fall harvest of lettuce, radish, carrots, beets, turnips, kale and spinach, sow seeds in late July to early August.

Check the soil moisture of container-grown vegetables and flowers daily. As the temperature rises, some plants may need water twice-a-day.

A brown or grayish cast over a lawn can be caused by dull or improperly adjusted mower blades that shred grass rather than cut it.

Store pesticides in a safe place in their original containers, away from children and pets. Use pesticides carefully in your garden. Read the labels and follow the directions. The warnings and precautions are for your protection.

Certain pesticides have a waiting period of several days between the time of the last spray and harvest. Read and follow directions on all labels before applying to your vegetable crops. Wash all produce thoroughly before use.

Tall flowers should be staked to prevent damage by wind. Use stakes which are large enough to support the plant but are not too conspicuous. Use soft twine or twist ties to secure.

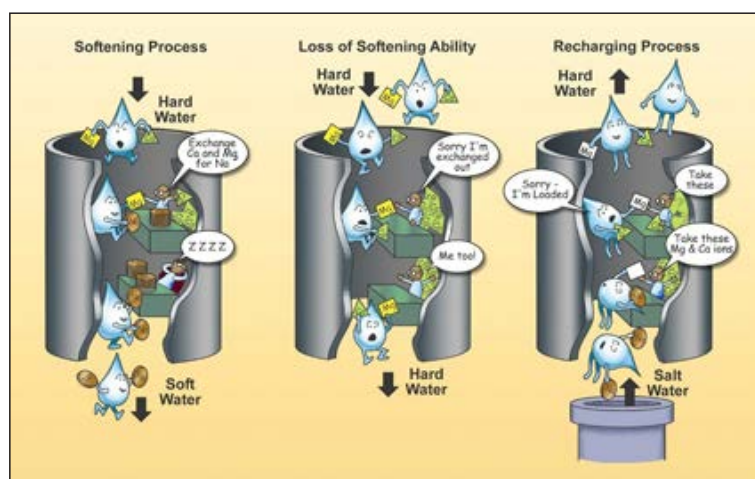
Managing Hard Water

By Becky Schuerman,
Extension Domestic Water/
Wastewater Associate

Many parts of Nebraska have hard water. Hard water has a high mineral content; hardness primarily refers to the amount of calcium (Ca) and magnesium (Mg) dissolved in the water. Hard water is not just a private well owner's problem, it affects many municipal water users, too. While hard water does not present a health risk for the vast majority of the population, it is often a nuisance for homeowners across the state.

Ion Exchange Treatment

Hard water can be softened using an ion-exchange softening process as illustrated in the figure above. Ion exchange involves removing the hardness ions Ca and Mg and replacing them with non-hardness ions, typically sodium supplied by dissolved



sodium chloride salt or brine. A potassium chloride product can also be used within an ion exchange treatment system instead of a sodium chloride product. The softener contains a microporous exchange resin, usually sulfonated polystyrene beads that are supersaturated with sodium to cover the bead surfaces. As water passes through this resin bed, Ca and Mg ions attach to the resin beads and the loosely held sodium is released from

the resin into the water. After softening a large quantity of hard water, the beads become saturated with Ca and Mg ions. When this occurs, the exchange resin must be regenerated, or recharged. To regenerate, the ion exchange resin is flushed with a salt or a potassium brine solution. The sodium ions in the salt or potassium brine solution are exchanged with the calcium and magnesium ions on the resin and excess calcium and magnesium is flushed out

with waste water. Protocol has been established to assess the effectiveness of ion exchange water softeners (NSF/ANSI 44) technical requirements. An ion exchange treatment system is considered point-of-entry treatment equipment, meaning that it treats all of the water coming into the home or building.

Emerging Technologies

There are a variety of devices that claim to manage hard water scale without the use of salt; using primarily emerging technologies such as electrochemical treatment, electrically induced precipitation and template-assistance crystallization. Manufacturers generally claim the devices utilize energy to alter the behavior of compounds or elements within the water so the Ca and Mg do not form a scale on pipes or plumbing fixtures. Some research supports the application of some of

these devices in industrial applications for anti-scaling treatment. Currently, it is hard to predict which devices will work in all homes, given the high degree of variability in water quality and water use patterns. Standards and protocols for these no-salt softening devices are being developed and may offer testing and certification of these household products in coming years. These no-salt technologies offer consumers both the promise and problems that may occur with emerging technologies.

FOR MORE INFORMATION

For further information about hard water, see Nebraska Extension's NebGuides at <https://water.unl.edu/article/drinking-water/nebguides>.

- "Drinking Water: Hard Water (Calcium and Magnesium)" (G1274)
- "Drinking Water Treatment: Water Softening (Ion Exchange)" (G1491)

So You've Inherited a Farm, Now What?

If you've inherited or received farmland and want to learn more about the best strategies for managing this asset, learn what it means to own agricultural land today at one of several Nebraska Extension programs being hosted this summer across the state.

Topics to be covered in the 3.5-hour workshop include:

- Am I keeping the farm or selling it?
- How do I manage a farm?
- If leasing, what are key lease provisions?

- What legal considerations do I have with this decision?
- And, how do we manage family communications and expectations when other family is involved?

"I am contacted monthly from citizens who have had their parents pass away, and now they are managing a farm

for the first time in their lives," said Allan Vyhnalek, Nebraska Extension educator and event speaker. "They may have even grown-up there, but haven't been around for 30 or 40 years and need to understand that farming practices and management concepts have changed."

The program is being presented by Vyhnalek and Jim Jansen, an agricultural economist with the University of Nebraska-Lincoln. They provide farm management and succession education for Nebraska.

So You've Inherited a Farm, Now What? Tuesday, July 26, 2022

10:30 a.m. – 2 p.m. — Check-in at 10 a.m.

Nebraska Extension in Lancaster County conference rooms, 444 Cherrycreek Rd., Ste. A, Lincoln

Free lunch provided by Peoples Company of Omaha

Please register by July 22 for an accurate meal count. You can register by calling 402-441-7180. No cost for program.

Listen to CropWatch Podcast

Extension Educator Melissa Bartels, based in Lancaster County, is part of a team that hosts a monthly CropWatch Podcast aimed at Nebraska producers. Agriculture topics include pesticides, soil health, insect control, disease management and current research being done. Using your favorite podcast reader, subscribe to be notified as new podcasts are posted. Links for iTunes (Apple) and FeedBurner (Android) are at <https://cropwatch.unl.edu/2021/subscribe-cropwatch-podcast>.

Young Kids Learning in the Kitchen

By Hayley Jackson, Extension Educator in Lancaster County

Cooking in the kitchen is a great way to spend time with young children in your life. Although it may seem daunting, including young children in grocery shopping and preparing food is an excellent opportunity for children to learn. Below are some ways to incorporate learning into grocery shopping and cooking with young children.

• Creating the Grocery List.

Having young children help to create the grocery list is one way to include them in the cooking experience. Once you have decided on something to cook together, have children help you brainstorm the items needed for that dish. Give children a pencil and paper and let them help write down what items you will be looking for at the grocery store together. Even if they are not able to write the words, encourage them to draw a picture of the item so you both know what to look for at the store.

• **Grocery Shopping Together.** Once at the grocery store, encourage the child to help you locate the items you need. You can turn this into a literacy experience by encouraging children to identify the letters they are seeing throughout the store. You can also point out the letters each item starts with for more literacy fun.

• **Cooking Together.** During the cooking process, have the child help you in kid-appropriate ways. For example, children can help measure and pour ingredients together. Preschool-aged children can also help chop softer materials with a butter knife, such as tomatoes or mushrooms. Allow children to measure the correct number of scoops to follow the recipe and they can practice counting while cooking with you.

• **Taste-testing the Final Product.** This is the fun part! Once you have completed your cooking experience, taste test the food together. Encourage your child to describe the colors they notice and what they are tasting. Is it sour, sweet or another flavor? Does

it feel hot to the child's tongue, or is it cold? All of this language is a great way to practice and build your child's vocabulary.

This salsa recipe is a fun way to explore cooking with young children and the results are tasty and nutritious!

MILD SALSA — WITH TORTILLA CHIPS

(Yields: 2–4 Servings)

1 large tomato (or 2 small)
2 tablespoons chopped green pepper
1 teaspoon minced chili pepper (optional)
1 garlic clove, minced
1 tablespoon chopped cilantro
1/4 of a lime
Salt to taste
Tortilla chips



Photo by Kidstir.com

1. Chop the tomatoes, green peppers and cilantro into bite-sized chunks. Children can help chop these items with a butter knife and adult supervision. This is a great way to support their fine motor development.
2. Measure out the rest of the ingredients and add them to a large bowl along with the chopped tomatoes, green peppers and cilantro. Encourage children to help measure and pour ingredients into the bowl.
3. Serve with tortilla chips and enjoy!

Recipe courtesy of kidstir.com

FREE Bed Bug Programs

NEBRASKA EXTENSION IS OFFERING A SERIES OF PROGRAMS ON BED BUG PREVENTION AND MANAGEMENT. Urban Entomologists and Extension Educators Dr. Jody Green (Douglas-Sarpy Counties) and Kait Chapman (Lancaster County), will discuss and provide educational resources on bed bugs for different situations and audiences. Registration in advance is required.

In-Person Workshop for Pest Management Professionals

Tuesday, June 7, 8 a.m.–12 p.m.

Nebraska Extension in Lancaster County conference rooms, 444 Cherrycreek Road, Suite A, Lincoln

Register at <http://go.unl.edu/everythingbedbugs>

This workshop is ideal for, but not limited to, new technicians and employees responsible for pest control, as well as those who wish to gain a deeper understanding of bed bugs and how to manage them. Topics covered include: identification, biology, monitoring & inspections, management techniques and working with clients.



Webinar for Businesses

Wednesday, June 15, 1–2:30 p.m.

Register at <http://go.unl.edu/businessbedbugs>

This webinar is ideal for, but not limited to, workers in outpatient and acute health care, child care facilities, community centers, libraries, schools and offices. Topics covered include how to prevent, identify and manage bed bugs in places of business.

Webinar for Homeowners & Renters

Wednesday, June 22, 6:30–8 p.m.

Register at <http://go.unl.edu/homebedbugs>

Topics covered include how to prevent, identify and manage bed bugs in homes and apartments.



Next Chapter at Nebraska is a college- and career-readiness program delivered through the Nebraska 4-H program that helps students prepare for and succeed in college by providing the skills students need to reach their academic goals. The free program is open to all students entering their high school freshman year through upcoming senior year.

Lancaster County 4-H is offering a Next Chapter opportunity Monday, June 13 and Thursday, June 16 at the Nebraska Extension in Lancaster County conference rooms, 444 Cherrycreek Road, Suite A, Lincoln. Registration deadline is June 10. Chapters 3 and 4 will be offered later in the year.

Monday, June 13: Chapter 1 will focus on SMART Goals, Discovering Careers, PSA & Elevator Speeches and Service Learning lessons. The first two lessons of the chapter will be from 9–11 a.m. and the last two will be from 12–2 p.m.

Thursday, June 16: Chapter 2 will cover Time Management, Study Skills, Procrastination & Motivation and Communication & Presentation lessons. The first two lessons of the chapter will be from 9–11 a.m. and the last two will be from 12–2 p.m.

Youth are encouraged to complete each of the four chapters in consecutive order to complete the Next Chapter program. For more information or to register, contact Kate Pulec at 402-441-7180 or kpulec3@unl.edu.



UNIVERSITY OF
Nebraska
Lincoln



Scholars who participate in Next Chapter at Nebraska will:

- Participate in college and career preparatory activities and curriculum.
- Be prepared for a successful transition to college.
- Understand college admissions requirements and application steps.
- Develop their own resume and feel confident within interview experiences.
- Learn ways to engage and support their community.

In addition, upon program completion and meeting admission requirements, program participants can be fully admitted to the University of Nebraska. UNL admission fee waivers exist for those planning to pursue a degree at the University of Nebraska–Lincoln.

Babysitting Training for 5th–10th Graders, June 9

Extension Educator Hayley Jackson will present a Babysitting Training open to all youth ages 11–15 on Thursday, June 9, 9 a.m.–3:30 p.m. at the Nebraska Extension in Lancaster County conference rooms, 444 Cherrycreek Road, Suite A, Lincoln. Register by Monday, May 30. Bring a sack lunch.

Participants will:

- Learn child development.
- Learn how to identify common hazards in the home.
- Become trained in CPR and first aid.
- Make a toy for a child.
- Make and enjoy a healthy snack.
- Create a business card for their babysitting business.
- Receive a babysitters handbook, CD and Emergency Reference Guide.

Registration form is at <https://go.unl.edu/babysit22>. Make check payable (\$35/participant) to Lancaster County Extension. Debit/credit card payment available for an additional fee. Space is limited!

Plant Science Online Contests

All youth, as well as adults, may test their knowledge of plants through two upcoming plant science online contests.

- Lancaster County 4-H Online Tree ID and Grass & Weed ID Contests will be open from Friday, June 3, 9 a.m. through Monday, June 20, 9 a.m. For more information and links, go to <https://lancaster.unl.edu/hort/youth/fair/treegrassweedcontests>.
- Nebraska 4-H Online Horticulture Judging Contest will be available from Friday, June 3, 8 a.m. through Monday, June 20, 8 a.m. For more information and link, go to <https://4h.unl.edu/online-horticulture-judging-contest>.

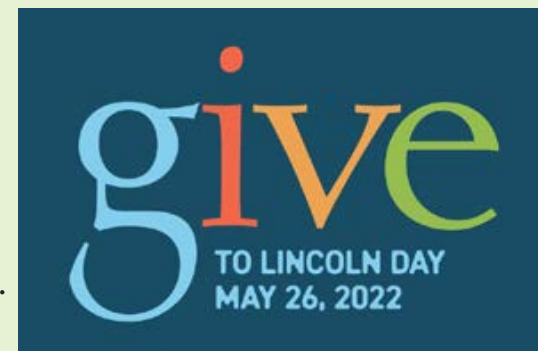
4-H Council Golf Tournament Fundraiser

Save the date “FORE” a 4-H Council Golf Tournament Fundraiser on Sunday, Oct. 2 at Woodland Hills Golf Course, Eagle. 1:30 p.m. shotgun start. This tournament is a four-person scramble and costs \$75 per golfer or \$300 per team. For reservations, call Woodland Hills at 402-475-4653. For hole, other sponsorships or prize donations, contact Mitch Sump at 402-432-1031 or mitchsump1996@gmail.com or Jerry Morris at 402-261-9861 or packmn69@yahoo.com. Tournament sponsor is Duffers Golf League.

Support Local 4-H Youth During “Give to Lincoln Day”

Lancaster County 4-H Council is one of the nonprofits the community can give donations to during “Give to Lincoln Day” hosted by Lincoln Community Foundation. Your donation on May 26 is increased by a proportional share of a \$500,000 challenge match fund!

For more information or to make a tax-deductible donation, go to <http://go.unl.edu/giveto4hcouncil>.





LANCASTER COUNTY Super Fair

July 28–Aug. 6, 2022

4-H & FFA Exhibits & Events July 28–31

4-H Horse Shows July 27–31

Lancaster Event Center Fairgrounds

August
NEBLINE and
SuperFair.org will
have complete
schedule!

GENERAL PUBLIC GATE ADMISSION

FREE general public gate admission tickets will be available July 1–Aug. 6 at U-Stop Shop, Super Saver, Russ's Market and West Gate Bank locations in Lancaster County until supplies run out. Gate admission without a free ticket will be \$3 per person per entry – regardless of age – so pick up plenty for each gate entry.

GENERAL PUBLIC PARKING

\$5 per vehicle per day. Re-entry permitted on same day if you keep your parking pass.

CHICKEN DINNER & SILENT AUCTION, JULY 30

Lancaster County 4-H Council is hosting a Chicken Dinner on Friday, July 29, 5:30–7:30 p.m. at the Exhibit Hall - Lancaster County Farm Bureau Room (enter Gate 3 off Havelock, park near Exhibit Hall). Dinner features Slim Chickens chicken tenders, side dishes and dessert! To-go boxes will be available. Tickets at the door are \$10. Advance tickets are \$8 at the Extension office before the fair or at the 4-H food stand during the fair. A silent auction will be held during the Chicken Dinner, 5–7 p.m. Top bidders may pay for and pick up items after 7:30 p.m. Cash or check only. If you wish to donate items or gift certificates for the silent auction, contact Sara Hansen at 402-450-6728 or Sheri Ramirez at 402-805-2696 or Skr0701@windstream.net no later than Monday, July 25. Both events are fundraisers for 4-H Council.

Statewide 4-H Companion Animal Challenge Results

The Statewide 4-H Companion Animal Challenge was held virtually in April. Youth had the opportunity to display their companion animal knowledge through six contests. Congratulations to all Lancaster County 4-H members who participated! Below are the Lancaster County purple ribbon winners and champions. Complete results are at <https://4h.unl.edu/companion-animal-challenge>.

ART

- **Junior Division:** Elizabeth Hilkeman (Champion), Grace Mentzer, Korben Payne
- **Intermediate Division:** Amorita Payne (Reserve Champion), Tenley Bauman, Dayton Jons, Brooklynn Nelsen, Collin Schepers, Paige Schepers, Jocelyn Schmoll, Alexa Smith, Kamryn Wanser

CAT TRIVIA

- **Intermediate Division:** Dayton Jons (Champion), Kamryn Wanser (Reserve Champion), Elizabeth Hilkeman, Collin Schepers

DOG TRIVIA

- **Intermediate Division:** Katy Weaver (Champion), Alexa Smith (Reserve Champion), Paige Schepers

ESSAY

- **Informative Intermediate Division:** Collin Schepers (Champion), Brooklynn Nelsen, Kamryn Wanser, Katy Weaver
- **Persuasive Intermediate Division:** Amorita Payne (Champion), Dayton Jons (Reserve Champion), Alexa Smith

PHOTOGRAPHY

- **Junior Division:** Grace Mentzer (Champion), Ava Schepers (Reserve Champion), Galen Goforth, Elizabeth Hilkeman, Josiah Schmoll, Noah Schmoll
- **Intermediate Division:** Tenley Bauman, Dayton Jons, Amorita Payne, Collin Schepers, Jocelyn Schmoll, Alexa Smith, Katy Weaver
- **Senior Division:** Christopher Moore (Reserve Champion)

DEMONSTRATION

- **Senior Division:** Owen Reeves (Champion)



Art Junior Division



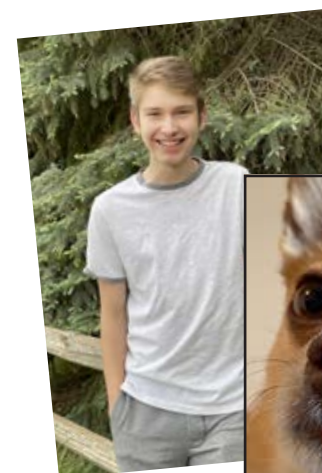
Art Junior Intermediate Division



Photography Junior Division



Photography Junior Division



Photography Senior Division



HEART OF 4-H VOLUNTEER AWARD

Jamie Greenlee

Lancaster County 4-H is proud to announce Jamie Greenlee of Lincoln as winner of the June "Heart of 4-H Award" in recognition of outstanding volunteer service.

She goes above and beyond her duties as Assistant to Science and Math at Lincoln Public Schools (LPS) to help with 4-H school enrichment programs.

For five years, Jamie has scheduled the embryology unit for all LPS schools and works closely with Lancaster County 4-H staff. As a core part of the LPS science curriculum, third graders hatch chicks in their classrooms while learning about embryonic development. Jamie works with teachers to make sure incubators are working properly. In addition, she schedules all LPS fifth-grade classrooms for the annual Earth Wellness Festival, which is an environmental education program presented by several partner organizations, including Nebraska Extension in Lancaster County.

"I know that having this opportunity with embryology lessons in the classroom is one of the best experiences for those kids," she says. "My favorite experience as a 4-H volunteer is when the chicks hatch and watching how much enjoyment the kids get out of the baby chicks in the classrooms. It is an all-around fun experience."

Extension Assistant Calvin DeVries says, "Jamie's work organizing Lincoln Public Schools' 193 third grade classrooms at 40 elementary schools into three spring sessions is vital in coordinating such a large-scale Embryology program! This spring, 2,973 third graders participated in Embryology through the partnership between LPS and Lancaster County 4-H."



HEART OF 4-H VOLUNTEER AWARD



UNL Bee Lab

Lancaster County 4-H is proud to announce the University of Nebraska–Lincoln Bee Lab as winner of the July "Heart of 4-H Award" in recognition of outstanding volunteer service.

UNL Bee Lab Director Dr. Judy Wu-Smart, Outreach Coordinator Courtney Brummel, and graduate and undergraduate students have presented a "Busy Bees" workshop at 4-H Clover College since 2018. They have gone above and beyond in their program delivery. Prior to each workshop, they buy wood and reeds, and cut the pieces to size, for workshop attendees to make wild bee hotels (two examples are in the photo above). Several members of the Bee Lab act as hands-on instructors at the workshops. They also bring live honey bee and bumble bee colonies, as well as hands-on educational materials. To date, they have taught over 100 youth at Clover College.

"It is extremely fulfilling work teaching youth," says Courtney Brummel. "Their curiosity, energy and passion is inspiring and keeps us coming back each year. The excitement of the youth is contagious as they view the live observation hive with awe. The best experience is watching the students work with tools to build their own wooden bee hotels. Even those who have never woodworked grow in confidence. It is also wonderful to see how the youth paint the finished bee hotels based on their unique styles. We consider it a privilege to share the importance of pollinator and landscape health with 4-H youth."

Clover College Still Has Workshops Open

Lancaster County 4-H Clover College is four days of in-person, "hands-on" workshops. It will be held June 21–24 at the Nebraska Extension in Lancaster County conference rooms, 444 Cherrycreek Road, Suite A, Lincoln. Youth must be currently at least 6 years old (as of June 21) to attend. Need not be enrolled in 4-H. Many workshops still have openings — only a few are full! Check for current workshop availability and register at <https://lancaster.unl.edu/cc>. Registration is only available online!

4-H Summer Camps

The Nebraska State 4-H Camp near Halsey will offer several overnight camps June–August open to all youth ages 8–18 (need not be enrolled in 4-H). Sessions include:

- Innovation Nation (ages 8–14): June 12–16
- Horses & High Ropes (ages 8–16): June 19–22
- Kravin' Waves (ages 8–14): June 26–30
- Wacky & Crafty (ages 8–14): July 5–8

Charter bus transportation options will also be offered select weeks from University of Nebraska–Lincoln East Campus in Lincoln. See details at <https://4h.unl.edu/camps>.

Youth Leadership Conference

The Nebraska 4-H Youth Leadership Conference is an opportunity for all youth ages 14–18 to develop and practice leadership skills. Youth do not need to be enrolled in 4-H. The conference will be held June 24–26 at the Nebraska State 4-H Camp near Halsey. More information is at <https://4h.unl.edu/leadership-conference>.



4-H Announcements

FOR 4-H'ERS AND VOLUNTEERS

See the 4-H e-newsletter at <https://go.unl.edu/Lan4Henews> for up-to-date news.

The 4-H Youth Development Program is open to all youth ages 5–18 and free to join in Lancaster County. If interested in joining or volunteering, call 402-441-7180.

NEW IMPROMPTU SPEECH AND VIDEO COMMUNICATION STATE PUBLIC SPEAKING CONTEST CATEGORIES

Nebraska 4-H has added two new categories to the State Public Speaking Contest which will be held at UNL East Campus Union on Friday, June 24. Any 4-H youth ages 10–18 may participate, unlike the Speech and PSA contests which required qualifying at a county contest. For both contests, the top 5 receive \$50 and the top 2 senior contestants receive \$200.

- **Impromptu Speech:** On the day of the contest, participants will have a topic randomly selected for them. Youth will have no more than 15 minutes to develop a speech on the selected topic. Participants will then deliver the speech to judges and audience members.
- **Video Communication:** Youth may use a phone, laptop or tablet to create a multi-media piece around the theme: My 4-H Story. Videos to be submitted electronically as MP4 files by June 17.

More details are at <https://4h.unl.edu/public-speaking>. Lancaster County 4-H youth interested in participating should contact Kate Pulec at 402-441-7180 or kpulec3@unl.edu by June 1.

SEWING HELP SESSIONS, JUNE 2, 3 & 4

Sewing Help sessions for 4-H youth ages 8 and up will be held Thursday, June 2 and Friday, June 3 from 12:30–4 p.m. and Saturday, June 4 from 10:30 a.m.–2:30 p.m. at the Bernina Sewing Center, 5500 Old Cheney Rd, Suite 7, Lincoln. No fees or registration required, just drop in. Expert sewing help is available for fitting your pattern, laying out your project, sewing it together or whatever is needed. Bring your project, sewing machine and supplies with you. Get the help you need to put your project together or for any guidance along the way. Taught by a group of knowledgeable volunteer seamstresses.

PRE-DISTRICT HORSE SHOW, JUNE 4

The Lancaster County 4-H Horse VIPs Committee is sponsoring a 4-H Pre-District Show on Saturday, June 4, 8:30 a.m. at the Lancaster Event Center Fairgrounds – Pavilion 3 to help youth prepare for Districts. All youth ages 8–18 are welcome – need not be in 4-H! LEC Fairgrounds shavings must be used (\$7 a bag) and limited stalling will be available. Show flyer will be available at <https://lancaster.unl.edu/4h/horse>.

PREMIER ANIMAL SCIENCE EVENT

The Premier Animal Science Event (PASE) will be held June 22–23 at UNL East Campus. For more information, visit <https://4h.unl.edu/pase>. 4-H volunteer Tyler Pickenpau will be coaching this year's Lancaster County 4-H livestock judging teams. Entries are due Friday, June 3 at noon. If you are interested in participating in PASE, please contact Calvin DeVries at calvin.devries@unl.edu or 402-441-7180.

STATE HIPPOLOGY AND HORSE JUDGING ENTRIES DUE JUNE 13

State Hippology & Horse Judging contest entry forms must be submitted to the Lancaster County Extension office by Monday, June 13. Lancaster County 4-H Council will pay the entry fees for Lancaster County 4-H'ers. For more information about the contests, visit <https://4h.unl.edu/horse/state-expo>. If you have questions, contact Kate Pulec at kpulec3@unl.edu or 402-441-7180.

STATE FAIR LIVESTOCK NOMINATIONS & DNA ENVELOPES DUE JUNE 15

Animal exhibitors (4-H ages 10–18, FFA ages 10–21) are eligible to participate at the Nebraska State Fair regardless of county fair placing. By Wednesday, June 15: breeding and market livestock nominations must be entered and paid at <https://showstockmgr.com> (step-by-step instructions are at <https://go.unl.edu/sfnomination>) and DNA envelopes must be submitted to the Extension office (only required for market animals).

EARN A NEW SEWING MACHINE!

This is the 13th year Kath Conroy, a 4-H Clothing Superintendent, and her husband, Mike, are graciously donating a new sewing machine to one Lancaster County 4-H youth! All interested youth should submit an essay describing the clothing projects they have completed in the past and their plans for future sewing projects. Also explain why they should be the youth to receive it. Mail, deliver or email essays by Monday, June 27 to Nebraska Extension in Lancaster County, 444 Cherrycreek Road, Suite A, Lincoln, NE 68528 or email to kristin.geisert@unl.edu. If you have questions, contact Kristin Geisert at 402-441-7180 or kristin.geisert@unl.edu with questions. Essays may be handwritten or typed by the 4-H'er. Applicants MUST be currently enrolled 4-H members.

HORSEMANSHIP LEVEL TESTING JUNE 28

The final Lancaster County 4-H Horsemanship Advancement Level testing of the year will be held on Tuesday, June 28 at the Lancaster Event Center Fairgrounds. All of the written horsemanship level requirements must be completed and submitted to Kate Pulec before the riding portion of the level testing can be conducted. Sign up by June 21 by emailing Kate Pulec at kpulec3@unl.edu or calling 402-441-7180. Held in the evening, time slots will be emailed.

4-H/FFA LIVESTOCK BOOSTER CLUB SCHOLARSHIP DEADLINE JULY 6

Applications for the Lancaster County 4-H/FFA Livestock Booster Club \$500 college scholarship are due July 6. Open to all Lancaster County 4-H/FFA seniors, but preference to those who have exhibited production livestock in 4-H or FFA. The application is at the Extension office and online at <http://go.unl.edu/5bg>.

STATE 4-H HORSE SHOW, JULY 9–13

The Fonner Park State 4-H Horse Exposition will be held July 9–13 at Fonner Park in Grand Island. Information is at <http://4h.unl.edu/horse/state-expo>. Please bring a stall gate at least 48 inches wide. All stalls will be required to have bedding and must be cleaned before releasing. Shavings will be available for purchase on the grounds. Please bring your own feed. A 14-day health certificate and a negative Coggins Test will be required for all horses attending the State 4-H Horse Expo in Grand Island. All horses will be checked. No 4-H horse exhibitors and/or owner shall exhibit a horse at the Fonner Park State 4-H Horse Exposition that has been given in any manner whatsoever, internally or externally, a narcotic, stimulant, depressant, analgesic, local anesthetic or drug of any kind within 24 hours before the first scheduled event of each show day at 8 a.m. A horse on prescribed treatment of phenylbutazone and/or aspirin-like products must file a statement in the 4-H Horse Show office before the horse can be shown. This statement must describe the treatment reason and be signed by an accredited D.V.M.

HORSE INCENTIVE DUE JULY 18

Any Lancaster County 4-H'er may participate in the horse incentive program and earn points by participating in horse-related activities between January 1 and July 15. The more points you earn, the more valuable the reward! The points you tracked from participating in horse-related activities must be totaled on the Horse Incentive Summary Sheet. Official sheets and Reward Request Form are due to the Extension office no later than July 18. More information can be found at <https://lancaster.unl.edu/4h/horse>.

VIDEO COMPANION ANIMAL SHOWMANSHIP

The Nebraska 4-H Video Companion Animal Showmanship Contest is open to youth ages 10–18 who are enrolled in a companion animal (including cat) project. Videos should be recorded at the youth's home and submitted at <https://4h.unl.edu/companion-animal/showmanship-contest> following the instructions at this website. Entries can be submitted starting July 1 and are due by Aug. 13 at 5 p.m. If you do not have the capabilities to record a video, contact Vicki Jedlicka at 402-441-7180 to set up a recording time at the Extension office by Friday, July 22.

ALL LANCASTER COUNTY 4-H VOLUNTEERS MUST BE RESCREENED IN 2022

This year, all Lancaster County direct volunteers must be rescreened through the Nebraska Dept. of Health and Human Services (DHHS) Central Registry Check. Cost of the screening is \$5. For 4-H club leaders and parents/guardians who volunteer, the process will be initiated when you re-enroll through 4-H Online 2.0 at <https://v2.4honline.com> (select Organizational Leader, Project Leader or Program Volunteer). NOTE: parents of independent members do not need to be screened. If you are a volunteer who works directly with youth and not a 4-H club leader or parent/guardian, email Lancaster4H@unl.edu or call 402-441-7180 for a link to get rescreened. Rescreening is done every five years by district, regardless of when a volunteer's original screening was completed.

4-H/FFA at Super Fair

Announcements

FOR 4-H/FFA MEMBERS AND VOLUNTEERS



4-H & FFA ENTRY HANGTAGS FOR SUPER FAIR

4-H/FFA exhibitors can get free 4-H/FFA entry pass hangtags for their immediate families at the Extension office (available now through July 29) or Extension 4-H fair, horse and livestock offices at the Lancaster Event Center Fairgrounds (available during the 4-H/FFA portion of the fair). These entry passes allow one vehicle and its occupants to enter the fairgrounds each day Thursday, July 28–Saturday, Aug. 6. Your hangtag will be honored all 10 days of Super Fair! Hangtags are not needed July 26–27.

BE A FAIR VOLUNTEER — HAVE FUN, MAKE A DIFFERENCE!

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

- **IN THE 4-H FOOD STAND** (ages 8 and up) from Wednesday, July 28 through Sunday, August 1 (sign up online at <http://go.unl.edu/foodstandsignup>). All volunteers are strongly encouraged to attend a food stand training on Sunday, July 24, 5 p.m. in the Lincoln Room.
- **WITH STATIC EXHIBIT SET-UP** (ages 8 and up) on Sunday, July 24, 5:30 p.m., in the Lincoln Room. Those with power screwdrivers are needed to set up display grid panels. Pizza will be served to the volunteers after set-up.
- **DURING JUDGING OF STATIC EXHIBITS** (ages 12 and up) on Wednesday, July 27.

The Lancaster County Ag Society invites 4-H/FFA exhibitors and their families (ages 5 and up) to participate in the **4-H/FFA Family Volunteer Fun Days** to help with fairgrounds setup on Monday, July 25 and Tuesday, July 26, 4–10 p.m. Sign up at <http://SuperFair.org/GetInvolved>. Pizza and beverages provided!

LIFE CHALLENGE CONTEST, JUNE 1

The Lancaster County 4-H Life Challenge will be held on Wednesday, June 1, 8:30 a.m. at the Nebraska Extension in Lancaster County conference rooms, 444 Cherrycreek Road, Suite A, Lincoln. Register by Thursday, May 26 by calling 402-441-7180 (there is no entry form). The contest helps youth learn more about issues related to family and consumer science and entrepreneurship. Open to all 4-H'ers ages 8–18 (by January 1 of the current year) — need not be enrolled in a specific project. This is a Lancaster County Super Fair contest held before the fair and premiums must be picked up Monday, Aug. 1, 7–11 a.m. at the Lancaster Event Center Fairgrounds – Lincoln Room. For more information or a study packet, contact Kristin Geisert at kristin.geisert@unl.edu or 402-441-7180. There will not be a state Life Challenge contest this year.

HORSE IDENTIFICATION FORMS DUE JUNE 1

Each horse which will be shown at Super Fair must be identified on form “4-H Horse Identification Certificate” and submitted to Nebraska Extension in Lancaster County office by June 1. Forms are available at the office as a carbon copy form. If you use the online form at <http://go.unl.edu/horseID>, make a copy for yourself.

HORSE JUDGING CONTEST, JUNE 3

The Lancaster County 4-H Horse Judging Contest will be held on Friday, June 3 at the Lancaster Event Center Fairgrounds – Pavilion 3, 5 p.m. Registration will be 4:30–5 p.m. Open to all 4-H'ers — need not be enrolled in a horse project. Enter day of contest. This is a Lancaster County Super Fair contest held before the fair and premiums must be picked up Monday, Aug. 1, 7–11 a.m. at the Lancaster Event Center Fairgrounds – Lincoln Room. The top 10 contestants in all three age groups will be recognized at Horse Awards Night. The champion in each age group must participate in both judging and oral reasons to receive a belt buckle.

PLANT SCIENCE CONTESTS, JUNE 15

Three Plant Science Contests will be held Wednesday, June 15, 10 a.m.–12 p.m. at the Nebraska Extension in Lancaster County conference rooms, 444 Cherrycreek Road, Suite A, Lincoln. Registration is required by Monday, June 13 by calling 402-441-7180. Open to 4-H'ers from all counties, ages 10–18. Youth choose which portions of the contest to participate in:

- Tree identification
- Weed & grass identification
- Horticulture contest

Participants will be able to use a list of plants while identifying samples. These are Super Fair contests held before the fair and premiums must be picked up on Monday, Aug. 1, 7–11 a.m. at the Lancaster Event Center Fairgrounds – Lincoln Room. Ribbons will be awarded at the Super Fair or mailed.

SUPER FAIR 4-H/FFA ANIMAL ENTRIES MUST BE SUBMITTED ONLINE JUNE 17–JULY 1

All 4-H/FFA animal entries for the Lancaster County Super Fair must be entered online through ShoWorks. Animal entries may be submitted online starting on Friday, June 17. Deadline is Friday, July 1, 11:59 p.m. This includes stall requests and livestock/poultry exhibitor T-shirt sizes. Registration website, details and step-by-step instruction guide will be at <https://lanaster.unl.edu/4h/fair#animal>. No late entries will be accepted! Only parents/guardians and 4-H members may submit animal entries. Youth must have been enrolled AND animal project(s) selected at <https://v2.4online.com> by June 15. Note: Do not use feedback through ShoWorks for comments or questions about entries. If you have questions about the process, call 402-441-7180.

LIVESTOCK BEDDING AND HORSE ROPING/WORKING RANCH FEES DUE JULY 8

- Exhibitors who enter the following species will be charged a bedding fee: Beef Cattle, Dairy Cattle, Bucket Calf and Llama/Alpaca. \$10 per head for beef and dairy cattle. \$7 per head for bucket calves and llamas/alpacas. Please print, fill out and submit the Livestock Bedding Fee Worksheet at <https://lanaster.unl.edu/4h/fair/fwlivestock.htm> with payment to the Extension office by Friday, July 8.
- Exhibitors who enter a Horse class that requires a Roping/Working Ranch animal fee (\$15 per class), please print, fill out and submit the Horse Roping/Working Ranch Fee Worksheet at <https://lanaster.unl.edu/4h/fair/fwhorse.htm> with payment to the Extension office by Friday, July 8.

PRESENTATIONS CONTEST, JULY 9

This year's Presentations Contest will be Saturday, July 9, 8:30 a.m. at the Nebraska Extension in Lancaster County conference rooms, 444 Cherrycreek Road, Suite A, Lincoln. Register by Tuesday, July 5 by calling 402-441-7180 and providing youth name(s), age(s) by Jan. 1 of current year, presentation title, class number and time slot preference. Time slots will be assigned in advance, however, the 4-H'er may indicate a time preference when they register. All Presentation topics should be related to one or more of the 4-H Program priorities; Career & College Readiness, Community Development, Entrepreneurship, Food Supply Confidence, Healthy Living, Leadership Development or STEM. Specify if it is a team presentation. Open to all 4-H'ers ages 8–18. Need not be enrolled in a specific project. See Fair Book page 15 for complete contest information. A “how-to” handout is available at <http://lanaster.unl.edu/4h/fair> and the Extension office. All participants are strongly encouraged to read the handout. This is a Lancaster County Super Fair contest held before the fair and premiums must be picked up Monday, Aug. 1, 7–11 a.m. at the Lancaster Event Center Fairgrounds – Lincoln Room.

PHOTOGRAPHY HELP SESSION, JULY 14

A Photography Help Session for 4-H'ers ages 8 and up will be held on Thursday, July 14, 9–11 a.m. at the Nebraska Extension in Lancaster County conference rooms, 444 Cherrycreek Road, Suite A, Lincoln. No fees or registration required, just drop in. Super Fair 4-H Photography Superintendent, Michelle Huber, will be on hand to answer questions about fair entry, provide guidance for photo selection, give tips and demonstrate the matting process. Bring your photography project(s) and get the help you need to get your exhibits ready for the fair. Fair Static Exhibit Entry Tags and Photography Data Tags will be available.

FASHION SHOW JUDGING, JULY 19; PUBLIC FASHION SHOW, JULY 28

Fashion Show judging will be Tuesday, July 19, 8 a.m. at the Nebraska Extension in Lancaster County conference rooms, 444 Cherrycreek Road, Suite A, Lincoln. The public Fashion Show will be Thursday, July 28 at 7:30 p.m. at the Lancaster Event Center Fairgrounds, Exhibit Hall. Also open to Clover Kids. Again this year, 4-H'ers will model runway style in the middle of the audience! A handout and entry forms are available at the Extension office or online at <http://lanaster.unl.edu/4h/Fair>. 4-H'ers, including Clover Kids, must submit entry forms by July 11.

from previous page

BAGGED SHAVINGS

4-H/FFA animal exhibitors at Super Fair can save time and prepay for shavings online to pick up at the General Store in Pavilion 2. On arrival, just check in quickly with cashier to sign for your shavings. Preorder no later than Thursday, July 21 at <https://bit.ly/2PaQCwS>. Absolutely no outside shavings or straw is allowed since the fairgrounds composts. All exhibitors must use shavings provided by the Lancaster Event Center (LEC) Fairgrounds. Special discounted 4-H/FFA price of \$7 per bag (with sales tax included) will be honored for 4-H/FFA animal shows from Tuesday, July 26 through Sunday, July 31 with self-pickup at General Store in Pavilion 2.

4-H/FFA exhibitors may pay and pick up their shavings at the General Store on east end of Pavilion 2 during these hours:

- Tuesday, July 26, 4–8 p.m.
- Wednesday, July 27, 8 a.m.–9 p.m.
- Thursday, July 28 through Sunday, July 31, 7 a.m.–1 p.m.

If you need shavings outside of these hours, please call LEC Fairgrounds office at 402-441-6545 or stop by (it is in front of Lincoln Room on northwest corner of facility) daily 8 a.m.–10 p.m. with any form of valid payment accepted.

STATIC EXHIBIT CHECK-IN JULY 26

4-H & FFA static exhibits are not preregistered, but MUST be physically checked in during Static Exhibit Check-in on Tuesday, July 26 between 4–8 p.m. at the Lancaster Event Center Fairgrounds, Lincoln Room. An adult — such as a club leader or parent(s) — should assist 4-H members in entering exhibits. A registration table is set up for each of the project areas — please take project(s) to the appropriate area(s). All entry tags, additional information, recipe cards, data tags, etc. MUST be attached at this time. EACH 4-H static exhibit must have a 4-H Static Exhibit Entry Tag attached. Some classes require additional information — see 4-H/FFA Fair Book for detailed entry requirements for each class. Specific tags are required to be completed and attached to the following exhibits:

- Home Environment Supporting Information Tag for each home environment exhibit. Note: “Quilt Designs Other Than Fabric” exhibits also use this tag.
- NEW Visual Arts Tag.
- Food Preservation Card for each food preservation item.
- Photography Data Tag for each photography exhibit.
- 4-H Clover Kids (ages 5–7) static exhibits require a Clover Kids Entry Tag.

It is highly encouraged to pick up tags/cards at the Extension office or download at <http://lancaster.unl.edu/4h/fair> and fill them out beforehand; however, tags/cards will be available during check-in. (Exception: Static Exhibit Entry Tag is not available online because it is a carbon-copy triplicate.) All static exhibits will be released on Monday, Aug. 1 from 7–11 a.m.

STATIC EXHIBIT INTERVIEW JUDGING, JULY 27

Interview judging is Wednesday, July 27 beginning at 9 a.m. in the Lincoln Room. 4-H’ers have the opportunity to talk to judges about their static exhibits and share what was easy, what was challenging and the lessons they learned. 4-H’ers also learn what the judge looks for and how to improve skills. See Fair Book for the number of exhibits 4-H’ers may interview judge in each project area. Refer to page 19 of the Fair Book for project areas which have interview judging. To sign up members for a five-minute time slot, call the Extension office at 402-441-7180 between July 5 and 22. If slots are still available, you may sign up during Static Exhibit Check-in on Tuesday, July 26, 4–8 p.m.

TABLE SETTING CONTEST, JULY 29

The Table Setting Contest will be held during the Super Fair on Friday, July 29 at the Lancaster Event Center Fairgrounds (Exhibit Hall — use east entrance). Register for time slots at 5 p.m., 6 p.m. or 7 p.m. by Tuesday, July 19 by calling 402-441-7180 (there is no entry form). Provide 4-H’ers age and category (picnic, casual, formal or birthday). A “how-to” handout is available at the Extension office or online at <http://lancaster.unl.edu/4h/fair>. Participants select a theme, wear a costume related to that theme and display one place setting, including table covering, dishes, glassware, silverware, centerpiece and menu. (Do not bring/prepare food.)

CLOVER KIDS SHOW & TELL, JULY 31

All Clover Kids, youth ages 5–7 by Jan. 1, 2022, are invited to show & tell one of their 4-H exhibits or a small animal during Clover Kids Show & Tell on Sunday, July 31 at the Lancaster Event Center Fairgrounds in the Lincoln Room, Clover Kids exhibit area (15-minute time slots run from 1–2:45 p.m.). Clubs may show a group project or perform a short skit or song. See page 13 of the Fair Book for more information. To sign up for a time slot, call 402-441-7180 between July 5 and July 22. If slots are still available, you may sign up on Tuesday, July 26, 4–8 p.m. at the Clover Kids static exhibit check-in table in the Lincoln Room.

LIVESTOCK PREMIUM AUCTION DONATIONS NEEDED

Please remember to talk with your community businesses to get donations for the Lancaster County 4-H/FFA Purple Ribbon Livestock Premium Auction. The success of the auction is dependent on 4-H’ers to acquire donations and buyers for the auction to support scholarships for the youth of this county! For more information, email Julia Plugge, auction committee chair, at Julia.Plugge@gmail.com.

JUNE 15 4-H DEADLINES

To participate in 4-H at the Lancaster County Super Fair, youth MUST complete the following before June 15. If you have questions, contact 402-441-7180 or Lancaster4H@unl.edu.

ENROLL/RE-ENROLL ONLINE

4-H members must be enrolled/re-enrolled by June 15. Nebraska 4-H has transitioned to 4-H Online 2.0 at <https://v2.4honline.com>. 4-H club leaders and adult volunteers also need to re-enroll every year. For returning families, please do not create a new account — use your previous log-in credentials for 4-H Online 1.0. Only parents/guardians may enroll 4-H members. Each 4-H household will need to set up a profile in which the 4-H youth and/or volunteers in the household will be added. There is no fee to enroll in 4-H in Lancaster County. NOTE: The only required health information is regarding allergies — The rest is needed only if a child is planning to attend an overnight camp or campus event. Step-by-step instructions for new and returning members, as well as new and returning club leaders, are at <https://4h.unl.edu/enroll>. If you have questions about the process, email Lancaster4H@unl.edu or call 402-441-7180.

PROJECTS UPDATED

To exhibit projects in the fair, 4-H members must be enrolled in the respective project (unless otherwise stated in the Fair Book). Enrolled project examples: Home Environment Design Decisions, Food & Nutrition Cooking 101, Aerospace 2 and Rabbit. Note, this does not include the specific fair classes within each project area, such as: wall hanging, baked cookies, rocket display and rabbit breed class. Select projects at <https://v2.4honline.com> by June 15.

YOUTH FOR THE QUALITY CARE OF ANIMALS (YQCA)

4-H/FFA members enrolled in any of the following animal projects need to complete Youth for the Quality Care of Animals (YQCA) training: Beef, dairy cattle, goat, poultry, rabbit, sheep and swine. The deadline to complete YQCA and submit certificates of completion is June 15. In Lancaster County, youth may choose one of three options to complete their YQCA requirements:

- Complete online training at <https://yqcaprogram.org>. Cost is \$12. For directions and more information, visit <https://4h.unl.edu/yqca>.
- Attend a face-to-face training held Thursdays, June 2 or June 7, 6–7 p.m. at the Nebraska Extension in Lancaster County conference rooms, 444 Cherrycreek Rd., Suite A, Lincoln. To sign up, you must go to <https://yqcaprogram.org> before the training and pay \$3 by credit or debit card on the website.
- Complete test-out exam at <https://yqcaprogram.org>. Cost is \$36 for ages 12–14 and \$48 for ages 15–18.

YQCA has recently moved to a new online system at <https://yqcaprogram.org>. You’ll notice the opportunity to create a parent account and add children, essentially creating one family account. On the “More Info/Parents & Youth” page, you’ll find Help Documents detailing the steps to getting your web-based training certification, instructor-led training certification (face-to-face training) or test-out certification. If you have further questions, contact Calvin DeVries at 402-441-7180 or calvin.devries@unl.edu.

ANIMAL IDS

- All 4-H/FFA sheep/goat/swine/beef/bucket calf/dairy cattle/llama & alpaca/rabbit identifications are due by June 15. Pick up tags and ID forms from Extension office (forms are also at <https://lancaster.unl.edu/4h/fair>). If questions, contact Calvin DeVries at calvin.devries@unl.edu or 402-441-7180.
- 4-H poultry, dogs, cats and household pets do not require identification.

Nebraska Extension in Lancaster County
444 Cherrycreek Road, Ste. A, Lincoln, NE 68528
402-441-7180 • lancaster.unl.edu

Extension is a Division of the Institute of Agriculture and Natural Resources at the University of Nebraska–Lincoln cooperating with the Counties and the United States Department of Agriculture.

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NEBLINE

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EXTENSION NEWS

Two Assistants Promoted

Congratulations to two Extension Assistants at Nebraska Extension in Lancaster County who will be promoted to Extension Associates effective July 1!

Meredith Kuca joined Nebraska Extension in Lancaster County as an Extension Assistant for the Nutrition Education Program (NEP) in September 2015. She delivers nutrition education to limited-resource adults and seniors, including adults going through correctional centers, transitional housing and rehabilitation. She also leads a Soccer for Success youth program.



Kate Pulec joined Nebraska Extension in Lancaster County as an Extension Assistant in February 2017. She delivers positive youth development opportunities through 4-H program areas such as 4-H horse, rabbit, public speaking, Next Chapter and Embryology. Previously, Kate worked with Lancaster County 4-H as an AmeriCorps and 4-H intern starting in November 2015.



Lancaster County Years of Service

Recently, three Lancaster County employees at Nebraska Extension in Lancaster County were recognized for years of service to Lancaster County:

- **Jenny DeBuhr**, Administrative Services Officer, 20 years of service.
- **Vicki Jedlicka**, Publication & Resource Assistant, 20 years of service.
- **Christopher Rosenthal**, Repair & Cleaning Worker, 15 years of service.



EXTENSION CALENDAR

All events held at the Nebraska Extension in Lancaster County conference rooms, 444 Cherrycreek Road, Suite A, Lincoln, unless otherwise noted.

June

- 1 Super Fair 4-H Horse ID's Due to Extension
- 1 4-H Life Challenge County Contest..... 8:30 a.m.
- 2 Pesticide Applicator Nebraska Dept. of Ag. Walk-In Testing 9 a.m.–2 p.m.
- 2 Sewing Help Session for 4-H Youth, Bernina Sewing Center, 5500 Old Cheney Rd, Suite 7..... 12:30 a.m.–4 p.m.
- 2 Youth for the Quality Care of Animals Face-to-Face Training for 4-H/FFA Livestock Animal Exhibitors..... 6–7 p.m.
- 3 Sewing Help Session for 4-H Youth, Bernina Sewing Center, 5500 Old Cheney Rd, Suite 7..... 10:30 a.m.–2:30 p.m.
- 3 4-H Horse Judging Contest, Lancaster Event Center Fairgrounds Registration 4:30–5 p.m./Contest 5 p.m.
- 4 Pre-District Horse Show Presented by 4-H Horse VIPS, Lancaster Event Center Fairgrounds
- 4 Sewing Help Session for 4-H Youth, Bernina Sewing Center, 5500 Old Cheney Rd, Suite 7..... 10:30 a.m.–2:30 p.m.
- 7 Everything Bed Bugs Workshop for Pest Management Professionals ...8 a.m.–12 p.m.
- 7 4-H Council Meeting6 p.m.
- 7 Youth for the Quality Care of Animals Face-to-Face Training for 4-H/FFA Livestock Animal Exhibitors 6–7 p.m.
- 6–10 4-H Horse District Shows, Chadron, Guide Rock, Albion, Kearney
- 9 4-H Horse District Show in Lancaster County, Capital City Horse & Pony Club Arena, 12900 N. 14th St., Raymond
- 9 Babysitting Training9 a.m.–3:30 p.m.
- 10 Extension Board Meeting8 a.m.
- 13 Next Chapter at Nebraska: Chapter 1 9–11 a.m. & 12–2 p.m.
- 15 4-H Plant Science Contests: Horticulture/Tree ID/Grass-Weed ID... 10 a.m.–12 p.m.
- 15 Webinar: All About Bed Bugs for Businesses 1–2:30 p.m.
- 15 Deadline to Enroll New 4-H Members/Volunteers and to Select Project Area(s) Planning to Enter at Super Fair — Must Use <https://v2.4honline.com>
- 15 Deadline for 4-H Identification Requirements of 4-H & FFA Sheep/Goats/Swine/Beef/ Bucket Calves/Dairy Cattle/Llamas & Alpacas/Rabbits
- 15 Deadline for 4-H/FFA Livestock Animal Exhibitors to Complete Requirements for Youth for Quality Care of Animals
- 16 Next Chapter at Nebraska: Chapter 2 9–11 a.m. & 12–2 p.m.
- 16 Pesticide Applicator Nebraska Dept. of Ag. Walk-In Testing 9 a.m.–2 p.m.
- June 17–July 1 4-H/FFA Animal Entries for the Lancaster County Super Fair Must be Submitted Online at <https://lancaster.fairmanager.com> Between June 17 and July 1, 11:59 p.m.
- 20 Extension Office Closed for Juneteenth Holiday
- 21–24 4-H Clover College
- 22 Webinar: All About Bed Bugs for Homeowners and Renters 6:30–8 p.m.
- 22–23 Premier Animal Science Events (PASE), UNL East Campus
- 24 State 4-H Public Speaking Contest, UNL East Campus
- 25 Composting Demonstration, Pioneers Park, across from the Nature Center.. 10–11 a.m.
- 26 So You've Inherited a Farm, Now What 10:30 a.m.–2 p.m.
- 28 4-H Horsemanship Advancement Level Testing, Lancaster Event Center Fairgrounds

July

- 1 Deadline for All Super Fair 4-H/FFA Animal Online Entries
- 4 Extension Office Closed for 4th of July Holiday
- 6 4-H/FFA Livestock Booster Club Scholarship Deadline
- 7 Pesticide Applicator Nebraska Dept. of Ag. Walk-In Testing 9 a.m.–2 p.m.
- 8 Extension Board Meeting8 a.m.
- 9 4-H Presentations Contest 8:30 a.m.
- 9–13 State 4-H Horse Show, Fonner Park, Grand Island
- 14 4-H Photography Fair Help Session..... 9–11 a.m.
- 15 4-H Horse Incentive Program Last Day to Log Hours/Points
- 18 4-H Horse Incentive Program Forms Due to Extension
- 19 4-H Fashion Show Judging Day8 a.m.
- 21 Pesticide Applicator Nebraska Dept. of Ag. Walk-In Testing 9 a.m.–2 p.m.
- 26 4-H & FFA Static Exhibit Check-In for Lancaster County Super Fair, Lancaster Event Center Fairgrounds - Lincoln Room 4–8 p.m.
- July 28–Aug. 6 Lancaster County Super Fair (4-H/FFA Exhibits & Events July 28–July 31; 4-H Horse Shows July 27–July 31), Lancaster Event Center Fairgrounds