



INTRODUCING NIT KITS

Extension's New Program on Head Lice in Early Childhood Settings

By Kait Chapman, Extension Educator in Lancaster County

In the United States, head lice continue to be a public health concern with around 12 million infestations per year, primarily affecting children 3–12 years in age. While they do not transmit disease, head lice will bite and feed on blood, potentially causing a slew of symptoms including an itchy scalp. While head lice is a fairly common issue, it can also be stigmatizing, leading to social isolation and exclusion from school and activities.

This spring, Nebraska Extension in Lancaster County Extension Educators Kait Chapman (entomology) and Hayley Jackson (early childhood) designed and developed a Nit Kit program to tackle issues surrounding the spread of and management of head lice in children.

What Are Nit Kits?

Nit Kits are convenient “kits” that provide head lice and nit (lice egg) removal resources and tools to those who may need extra guidance or an alternative option to purchasing head lice treatments from a store.

Each Nit Kit contains:

- A wide-tooth comb for detangling hair and fine-tooth nit comb specially designed for removing head lice and eggs.

- A guide book for treating head lice on your family and in your home, created by Extension Educators Kait Chapman and Jody Green. The guide provides comprehensive, research-based, non-biased information on all things head lice, including need-to-know and myth-busting facts, step-by-step instructions for combing out lice and common chemical pesticide options available.
- An activity for your child. Because removing head lice can sometimes be a long, tedious process, the Nit Kits include a fun, playdough activity to keep little hands busy.

Training Opportunities

Educating Nebraska communities on what to do about head lice is the goal and focus of the Nit Kit program. Emphasis is on training the professionals who interact with children and families, including those in early childhood, schools, youth organizations and more.

Training is provided by Extension Educators in-person and through Zoom, with topics including head lice identification, fast facts, prevention and management, and the development of head lice policies rooted in research-based information. Upon completion of

training, participants are eligible to receive professional development certificates and up to five Nit Kits for their program at no cost, thanks to support from our community partners.

If your school, program, business or organization is interested in setting up a training on head lice, call Kait at 402-441-7180 or email kchapman13@unl.edu.

How to Get Nit Kits

Nit Kits are also currently available to families and individuals by stopping at the Nebraska Extension in Lancaster County office, 444 Cherrycreek Road, Suite A, Lincoln during office hours, Monday–Friday, 8 a.m.–4:30 p.m.

The kits are no cost and are intended for families and community members who are struggling to remove head lice or may not have the financial resources to purchase over-the-counter products. If you or your organization are able to purchase a Nit Kit at a low cost, all funds help support the program and provide additional kits to others.



Adult head louse (highly magnified)



Nit Kits include a nit comb, “A Helpful Guide for Removing Head Lice Safely” and a child’s activity.



Hayley Jackson (in red jacket) and Kait Chapman (in gray jacket) recently presented a Nit Kit in-person and online training at Educare Lincoln.

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Curiosity as a Tool for Health Access

By Emily Gratopp, MS, Extension Educator in Lancaster County

Health equity is defined by the World Health Organization as health for all with the “absence of avoidable, unfair or remediable differences among groups of people.” See the May 2021 NEBLINE article for further reading on health equity. Sparked by Lincoln’s Health Equity Coalition, Nebraska Extension and University of Nebraska–Lincoln researchers conducted focus groups in 2021 with community members to explore health access, and they heard a theme: the need for anti-discrimination in healthcare. Some focus group participants stated that if they had access to healthcare at all, it was poor quality and was filled with discrimination based on race, ethnicity and income level.

Discrimination in healthcare, whether intentional or unintentional, can be impactful. A 2020 research study found that infant death rates were twice as high if the infants were cared for by a white physician versus a black physician. Place Matters maps of Lincoln show that neighborhoods with more minority residents also have lower incomes and fewer medical clinics. Similarly, quality of healthcare is often

dictated by health insurance access and the benefit reimbursement clinicians receive. These are only a couple examples of discrimination in medical care. Health also includes mental health, food access, neighborhood, environment, workplace and the like. There are many community-based structures that determine a person’s health and quality of life. If these structures are filled with discrimination, then certain people have an unfair, yet remediable, opportunity to live their highest-quality of life.

Achieving health equity in communities means addressing the biases or discrimination in systems that lead to avoidable and unfair differences in healthcare. The Racial Equity Toolkit offered by Dominique Samari, JD and Paul Schmitz of the Collective Impact Forum, outlines six conditions of systems change (see graphic below).

The six conditions span from internal beliefs and thoughts to external policies and processes. Changes in systems or structures toward health equity and away from discrimination starts within the internal transformation realm of Mental Models & Narratives. These mental

models are “deeply held beliefs, stories and assumptions that influence the actions of individuals, institutions and systems.” Individuals who want to create anti-discriminatory systems and structures can start with their own internal mental models and narratives. Outlined below are activities to first gain awareness of personal, deeply ingrained mental models and then shift to more inclusive individual actions.

Curiosity

Viewing self, others and systems with curiosity enables openness and connection. Curiosity is a desire to learn, a mindset of exploration and discovery and ability to ask questions. An activity to strengthen curiosity is to simply imagine or view self, others and systems as if through the eyes of a small child. Children are naturally curious because they are new at life and do not hold assumptions or presumptions based on past experience. Put past experience aside for a few moments and be filled with wonder, awe and questions about life. Continue curiosity of self by keeping an open mind and exploring one’s own mental models and narratives with the next two activities.

Harvard’s Implicit Bias Tests

Discrimination can occur unintentionally. This often occurs when a personal belief about a person or group of people is unfair and implicit. Implicit means the belief exists, but the person is not fully aware of it or its impact. Harvard researchers host Project Implicit which offers tests for a person to explore and gain awareness of internal thoughts regarding 16 potential biases. The tests only take a few minutes to complete

and can be a start for shifting mental models.

Social Identity Wheel

A person’s identity shapes their mental models and narratives. An activity to gain awareness of identity is a Social Identity Wheel. A person’s experiences, environments and characteristics lead to individual identity and perceptions.

Perceptions are the lenses through which the world is viewed. Awareness of one’s own perceptions — or lenses — can also lead to the recognition that not everyone wears those same lenses and can open a doorway to taking on others’ perspectives and thus acting with empathy and curiosity. There are several Social Identity Wheels on the Internet. Use reflection questions that complement the wheel to deepen learning.

RECIPE OF THE MONTH

By Emily Gratopp, MS, Extension Educator in Lancaster County

Explore with curiosity this unique combination of fruits and vegetables in this perfect summer salad. It’s tasty without dressing, but if you need some sauce, try sprinkling it with lemon juice and olive oil, or add your favorite vinaigrette dressing.

REFRESHING WATERMELON SALAD

(Yield: 4 servings)

- 1 cup fresh spring greens, gently rubbed under cold running water (if not pre-washed)**
- 1 cup fresh cilantro, gently rubbed under cold running water, chopped**
- 1 cup fresh watermelon, scrubbed with clean vegetable brush under running water, cubed**
- 1/2 cup red grapes, gently rubbed under cold running water, halved**
- 1/4 cup walnuts, chopped**
- 1/4 cup feta cheese**



Photo by Maruse Jones, Nutrition Education Program

1. Wash hands with soap and water.
2. Rinse produce with cool running water.
3. Mix all ingredients together and serve immediately.
4. Store leftovers in a sealed container in the refrigerator for up to four days.

Nutrition Information: Serving Size (1 cup): Calories 100, Total Fat 7g, Saturated Fat 2g, Cholesterol 10mg, Sodium 90mg, Total Carbohydrates 8g, Fiber 1g, Total Sugars 6g, includes 0g Added Sugars, Protein 3g, Vitamin D 0%, Calcium, 6%, Iron 6%, Potassium 4%

Nutrition Software Used: ESHA Food Processor

Source: USDA’s MyPlate Kitchen

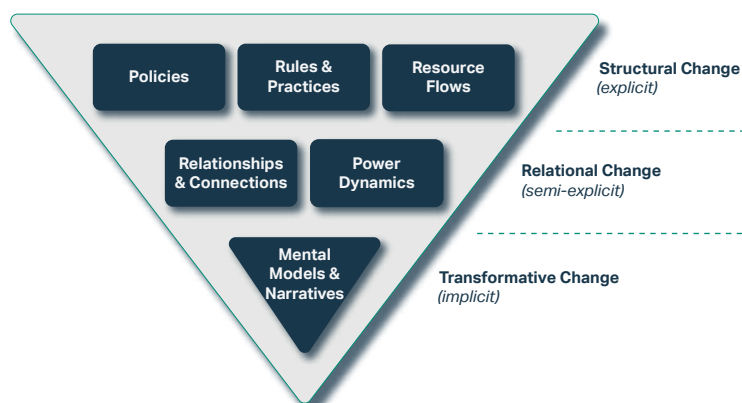


Image depiction of the six conditions of systems change.

Nebraska Celebrates Wildflower Week, June 5–11

By Sarah Browning, Extension Educator in Lancaster County

Inspired by a similar national event, Nebraska Wildflower Week is a celebration of wildflowers and native plants in the wild and in the landscape through events and activities across the state. It will be observed in early June when many of Nebraska's prairies and gardens are at their prime.

Nebraska Statewide Arboretum serves as coordinator for Wildflower Week activities, bringing together organizations and individuals across the state that recognize the value of wildflowers — not only for their beauty but also for what they imply and symbolize.

"Where wildflowers are thriving, it is a sign that the environment is healthy," said Bob Henrickson, whose nursery production work with the Arboretum concentrates on native and regionally appropriate plants.

Bob's Top Ten Wildflowers

Beardtongue, *Penstemon grandiflorus*

There are over 200 species of *Penstemon*, with nearly 24 native to the Great Plains. Ours are upright, multi-stemmed perennials, growing from 2–3 feet tall. Flowers are shaped like snapdragons, in shades of pink, red, blue, purple or white, arranged in upright spikes. Prefers full sun and well-drained soil. Looks great planted in masses.

Compass plant, *Silphium laciniatum*

This classic prairie plant is a relative of the sunflower, with many large bright yellow flowers in late summer. The large, 15-inch coarse, oak-like leaves align themselves in a north-south direction, then it sends up a 4–7 foot flowering stalk in summer. Also called "century plant" because of its ability to survive for decades. Best for larger gardens where the prairie sky is your background. Can grow to 3 feet wide and 7 feet high.

Leadplant, *Amorpha canescens*

A Nebraska native that attracts butterflies, it has showy, blue–purple

flowers with gold anthers that rise above silvery green foliage. Prefers well–drained soil in full sun, but also tolerates poor, dry soil. Grows 2 feet high and wide.

Prairie larkspur, *Delphinium virescens*

Native perennial of moist, tall-grass prairies that grows to 3 feet tall. Distinctive flowers in May–June have five white petal-like sepals with purplish-brown spot and a long spur.

Plains coreopsis, *Coreopsis tinctoria*

A native annual that flowers from June to September. Flashy yellow flowers with red centers and brown center disks are produced on fairly large branched plants. Grows from 1–3 feet tall and prefers dry prairies or open woodlands.



Plains coreopsis, *Coreopsis tinctoria*

Purple poppy mallow, *Callirhoe involucrata*

This tough native is often grown as a groundcover or allowed to weave among taller perennials. Its stems lie close to the ground, but do not root, growing out to 4 feet each year from a bulb-like corm that gets as big as a turnip. Bright purple cup-shaped flowers bloom profusely in early summer among the attractive, cut-leaf foliage.

Prairie coneflower, *Echinacea pallida*

Flashy flowerheads have pale pink drooping petals around a dark, dome-shaped disk. Grows 1–3 feet tall in moist to dry upland prairies. Stout, unbranched stems are covered with coarse, stiff hairs. Seedheads remain through winter.

Yellow coneflower, *Ratibida columnifera*

This bushy 2-foot tall native prairie plant is extremely drought-tolerant. In late summer, the top of the plant is covered with flowers of bright yellow petals drooping around a central cone. Prefers a hot, sunny site and well-drained soils.

Prairie phlox, *Phlox pilosa*

Native perennial with rounded clusters of deep pink to magenta flowers blooms May–July. Grows from 1–2 feet tall in dry to moist, well-drained prairies. Narrow leaves can be up to 4-inches long.

Spiderwort, *Tradescantia ohioensis*

Clump-forming, multi-stemmed perennials with arching, grass-like leaves. Produces showy clusters of flowers in late spring and early summer. Colors range from various shades of blue to pink, rose, purple and white. Spiderworts native to the Great Plains can tolerate full sun and dry conditions.

Upcoming Events

Opportunities for wildflower enthusiasts across the state include guided tours, presentations on wildflower plantings, exhibits, prairie runs and much more.

- All month-long in June, wildflower activities and hikes at Mahoney State Park, every Wednesday from 1:30–2 p.m. Meet in front of the Activity Center. Kelly Ekue, 402-332-5022, kelly.ekue@nebraska.gov.

- Thursday, June 8, in Lincoln. "Wildflower Walkabout" 10–11 a.m. at Pioneers Park Nature Center. \$5 per person, register by June 7. For more information, call 402-441-7895 or email naturecenter@lincoln.ne.gov.

- Saturday, June 10, near Unadilla. Tour and seed gathering activity with Wachiska Audubon Society. 9 a.m.–12 p.m. For more information, visit <https://wachiskaaudubon.org> or call 402-486-4846.

For more on this year's Wildflower Week events visit, <https://go.unl.edu/wildflower>.

GARDEN GUIDE THINGS TO DO THIS MONTH

By Mary Jane Frogge, Extension Associate in Lancaster County

Celebrate Pollinator Week, June 19–25, by planting native perennial plants and placing a bee house in your landscape.

In the summer, a garden needs one inch of rain or water each week. Early morning is the best time to water. Evening watering is less desirable because plant leaves that remain wet through the night are more susceptible to fungus diseases. Mulch plants to reduce water losses and improve yields.

Many plants are easily propagated by layering in July. Verbenas, euonymus, English ivy and climbing roses are a few plants that will root if the stems are fastened down and covered with soil.

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

Continue to make successive plantings of crops like beans and sweet corn to provide a continuous harvest until fall. A small garden will produce a large quantity of vegetables if replanting is done throughout the summer.

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 a 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.

Fescue Toxicosis

By Connor Biehler, Extension Educator in Saunders County

Traditionally, the fescue belt spans from South Carolina to northwestern Missouri, with the heart of it lying in Kentucky and Tennessee. In recent years, there has been an influx of fescue growth in southeastern Nebraska. Fescue is known for its hardiness and ability to grow in broad temperature ranges. The hardiness of fescue allows for it to out-compete other forage varieties and take over pastures. The largest drawbacks of fescue are its high levels of fiber which are more difficult for cattle to digest than other forage varieties. Additionally, thick and lush stands of fescue are likely infected with a fungal endophyte that constricts the blood vessels of cattle causing fescue toxicosis. This toxicosis rarely causes death in cattle; however, it does cause serious physiological problems, impairing the performance of cattle.



Photo by Carol Knight

The endophyte is contained entirely within the plant. The endophyte is present in the seed at time of planting and is only transferable through the seed. Moreover, it also provides the plant with a natural disease and insect resistance, which could explain why endophyte-infected plants are hardier. There are endophyte-free varieties available, but these varieties are less productive, causing thinner stands. One thing to note is that endophyte levels are the most concentrated in the bottom three inches and

the mature seed head of the plant. Therefore, cattle should not be allowed to graze mature fescue. Proper management skills should be implemented to prevent fescue from reaching the mature stage.

The toxins that result from the endophyte cause a constriction of the blood vessels in the peripheral tissues of cattle causing a variety of issues within the animal. As a result, this cuts off the body's ability to thermoregulate. This results in making cattle hotter in the summer and colder in the winter. Some of the visual signs that producers can see include stomping and wallowing in mud holes, sloughing off hooves and tail switches, reduced feed intake and performance, and increased respiration rate.

If endophyte-infected fescue is present in pastures, here are a few ways to mitigate fescue toxicosis:

- Interseed fescue pastures with clover. Along with many of the positives of clover, including greater protein consumption in late summer and nitrogen fixation, clover's ability to thrive when fescue is becoming more mature reduces fescue consumption during times when ergot levels are the highest.
- Utilize rotational grazing practices. Rotating pastures reduces selectivity, forcing cattle to not let forage mature. When grazing large pastures, cattle will selectively choose immature, greener forages and not utilize mature forages until there is a lack of higher-quality forages. In turn, cattle will get to the point of where their only option is to consume mature fescue.
- Clip seed heads of mature fescue stand to reduce the level of endophyte consumption.

Graywater Use in Nebraska

By Becky Schuerman, Extension Associate, Domestic Water/Wastewater Management

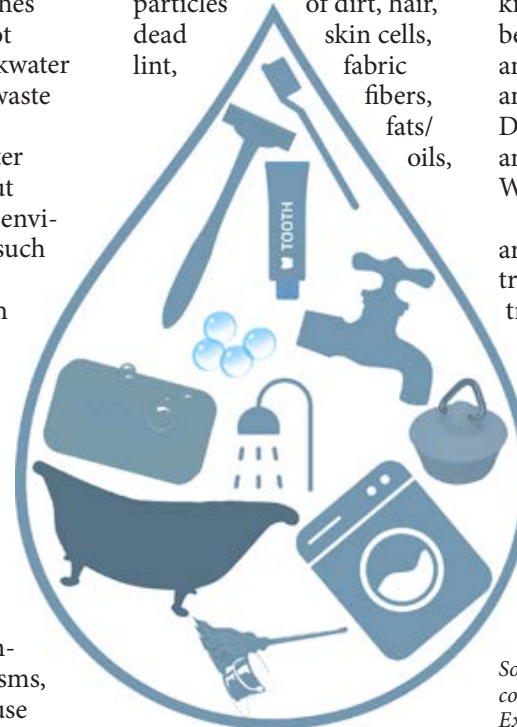
With the forecast of another dry year, more people are inquiring about reusing their graywater to water their plants or lawn. It is illegal in Nebraska to discharge untreated graywater. Wastewater in Nebraska is comprised of graywater and black water. Graywater is defined in Nebraska Onsite Wastewater Regulations as water that has been used for bathing, laundering clothes and sink waste that is not kitchen sink waste. Blackwater is water that carries off waste from toilets, urinals and kitchen sinks. If graywater is applied to land without treatment, it can lead to environmental degradation such as long-term damage to the soil profile from high dissolved solids, as well as posing a threat to public health. There are many unknowns that go down the drains within our homes, thus graywater can harbor the following contaminants:

- **Microorganisms** — The water is contaminated by microorganisms, many of which can cause disease. Numbers of coliform bacteria found in laundry wastewater are highest in the wash water and lowest in rinse water. Numbers of coliform bacteria were found from 1 million colony forming units per 100 ml when infant clothes were washed, to 25 colony

forming units per 100 ml in the second rinse water. One hundred ml is less than 1/2 cup.

- **Chemicals** — The water may be polluted chemically by dissolved sodium, nitrogen, phosphates and chloride, or by organic chemicals such as soap and detergents. Wash cycle water was found to have concentrations of sodium, phosphate, boron, surfactants, ammonia and nitrogen.

- **Solids** — The water may be physically polluted by particles of dirt, hair, dead skin cells, lint, fabric fibers, fats/oils,



food particles and/or fecal matter. Laundry wash cycle water was found to be high in suspended solids including lint, turbidity and other organic material. People can reuse graywater, such as laundry water or dishwater, only after:

1. It has been treated for protection of public health and the environment.
2. It is discharged at a location and in a manner that does not put the environment or human health at risk.
3. A permit has been obtained.

Treatment systems typically include components that allow for settling of solids, anaerobic digestion, aeration, clarification or filtration and disinfection.

In addition, the dwelling must be plumbed so that graywater is kept separate from black water — from toilets and kitchen sinks. Systems must be designed by an engineer and designs must be approved and permitted by the Nebraska Department of Environment and Energy (NDEE) Onsite Wastewater Program.

Legal graywater systems are more expensive than traditional onsite wastewater treatment systems and require considerably more maintenance than a traditional system. If you are interested in installing a graywater treatment system, contact the NDEE Onsite Wastewater Program through the agency switchboard at 402-471-2186.

Some content in this article was compiled by former Project Manager, Extension Agronomy & Horticulture, Jan Hygnstrom.

FOR MORE INFORMATION

For water and wastewater topics, check out <https://water.unl.edu> and subscribe to the monthly Water Column E-newsletter.

Aphids, Scales and Spider Mites, Oh My!

By Kait Chapman, Extension Educator in Lancaster County

For those of us who love our trees, flowers, yards and gardens, we likely want to do our best to keep our plants healthy and looking beautiful. While the love of these outdoors spaces may include a fondness for the biodiversity and nature that plants attract, some plant-eating bugs can quickly take over.

Plant-eating insects are often split up into two categories, “chewers” and “suckers.” Chewing insects, like caterpillars and beetles, have strong mandibles that chew, leaving telltale signs of holes and missing areas of leaves. In contrast, sucking insects have straw-like mouthparts that pierce into leaf tissue to suck up sap and water. Because

they don’t create chewing holes in leaves, signs of sucking insect damage include leaf stippling, yellowing, curling and wilting.

Many of our sap-sucking insect pests also happen to be small with truly unique or bizarre life cycles, making them somewhat difficult to control. In the summer, we often encounter plant pests like aphids, scale insects and spider mites, who sometimes seem to show up overnight in large numbers. And while sometimes management may be as easy as a spray of water from the hose, other solutions include a combination of tactics, including careful monitoring, expert timing and thorough insecticide applications.



Oleander aphids on milkweed (magnified).

Photo by UNL Dept. of Entomology

Aphids

Aphids are small insects that can come in a variety of colors, from white to green, yellow to red and even black. What makes aphids so difficult is how fast they can multiply and overwhelm a plant. Female aphids do not need males to reproduce, allowing them to have dozens of generations per growing season. While the presence of aphids does not always cause problems for a plant, you can use a strong spray of water or low-risk insecticides like

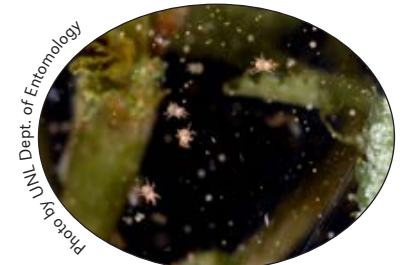
Neem or insecticidal soap for removal.

Scales

Scale insects are an oddity in the world of insects and, while there is a bit of variety in their appearance, they look like their name-sake: scales. What makes scales so odd are the wingless, legless, antennae-less and immobile females found motionless on plant leaves, stems and twigs. Where scale insects lack appendages, they make up for in thick armor that is difficult to penetrate with insecticides. Because of this, scale insects are most vulnerable to treatments during their freshly hatched “crawler” stage, meaning monitoring for these crawlers is extremely important for timely treatment and management.

Spider Mites

While not technically insects, spider mites are another pest that thrive in hot, dry weather and can quickly kill plants. One revealing symptom of a spider mite infestation is the presence of fine webbing, particularly around newer growth. Management of these mites include keeping plants well-watered, using a high-pressure spray of water for physical removal or products like insecticidal soap or horticultural oil.



Spider mites on webbing (magnified).

Photo by UNL Dept. of Entomology

Challenging Behaviors — Using Positive Language

By Hayley Jackson, Extension Educator in Lancaster County

Challenging behavior in young children is defined as a repeated pattern of behavior that impedes the ability of the child to engage in appropriate social interactions with both their peers and adults (National Center for Pyramid Model Innovations [NCPMI], 2023). Although challenging behaviors in young children can be frustrating for both the child and caregiver alike, there are some simple strategies we can use to lessen the likelihood that challenging behaviors are going to happen. Continuing our Challenging Behaviors series, we will be diving into some of these strategies. This month, we will be looking at the language we use with children.

The language we use with children is very important. Our language helps children know what we, as adults, expect of them, and it also can be used to validate the experiences they are having. When we take time to see things from their perspective and acknowledge their feelings, we are letting them know we care about their thoughts and experiences. This, in turn, strengthens the relationship we have with our children. This month we will dive into one facet of language use: validating children’s emotions before intervening in their behavior.

Validating Children’s Emotions

Young children experience a variety of emotions on any given day. In fact, one of the



main goals of early childhood is to help children learn about their own emotions, as well as the emotions of people around them. This is a skill called emotional literacy, and children who have higher levels of emotional literacy, have an easier time cooperating with peers, making friends and regulating their emotions (NCPMI, 2023). One way to help promote children’s emotional literacy is to validate their feelings when

they are experiencing big emotions. This can be as simple as telling a child who is upset about having to wait for a toy, “I see that you are frustrated that you have to wait to play with the iPad. It can be hard to wait our turn!” This validates the child’s emotional experience while also acts as a tool to connect with the child. Validating children’s emotions lets children know you see their point of view and you understand why they are feeling a certain way.

The next time you need to intervene in a child’s behavior, start first with validating their emotions and then move into the re-direction. This can sound like “You are mad we have to clean up so we can eat dinner. It can be hard to have to

stop doing something we like. Remember, the rule is that we have to clean up before we move onto the next activity. Let’s see how fast we can clean this up, and then we can come back to play with this after dinner is over!” This helps to validate the child’s experience first, so the child feels heard and understood, and then we remind the child of the rule. Finally, we try to make the task at hand more fun while also letting them know the next time they will be able to engage in this activity.

Making sure to validate our children’s emotional experiences before trying to change their behavior is a great way to strengthen the connection you have with your child as well as promote their emotional literacy skills.

EXTENSION NEWS

New 4-H Assistant

Jazmin Jurkevicius-Phares joins Nebraska Extension in Lancaster County as a 4-H Extension Assistant. Her responsibilities will include coordinating the livestock project areas. She will also lead the Embryology and Ag Literacy Festival 4-H school enrichment programs.



Jazmin Jurkevicius-Phares

Jazmin graduated from Southeast Missouri State University in 2021 with a bachelor's degree in Agribusiness: Animal Science. She was a 4-H youth member in St. Francois County in Missouri where she spent time raising market hogs, market steers and a show herd of Nigerian Dwarf dairy goats. She worked for the University of Missouri Extension as a 4-H Program Associate. Jazmin and her husband, Juan, both moved to Lancaster County to continue in their careers and education. Jazmin's experiences in 4-H grew her passion for Animal Science which led her to pursue not only a degree, but also a career in this field.

She says, "4-H has shaped me into who I am today. Every day, I wish I could go back and experience raising animals and completing projects in 4-H again. I am excited to work with the youth of Lancaster County and help them find their spark."

You can reach Jazmin at 402-441-7180 or jphares2@unl.edu.

Household Pets Clinic, June 3

Do you have a child or children interested in learning more about household pets — which includes hamsters, gerbils, guinea pigs, fish, caged birds and any animal small enough to put in your pocket?

Attend a 4-H Household Pets Clinic on Saturday, June 3, 10 a.m.–Noon at the Nebraska Extension in Lancaster County conference rooms, 444 Cherrycreek Road, Suite A, Lincoln. Open to all youth and their families, this clinic is presented by the Pet Pals 4-H club and Nebraska Extension in Lancaster County. Youth do not need to be enrolled in 4-H. Cost is \$2 per family (includes 3 raffle tickets). Sessions/activities include: guest speakers and animal trivia.

Register by Friday, May 26 with name, age and grade of youth, and their preference of making an educational poster or display/collage. To register, or for more information, contact Elizabeth Thiltges at ethiltges2@unl.edu or 402-441-7180. Cash or check (payable to Lancaster County Extension) can be given to Elizabeth at the event.

4-H'ers Qualify for State Presentations Contest

The Lancaster County 4-H Illustrated Presentations contest was held on April 22. Seventeen Lancaster County 4-H youth competed, while learning how to use presentation software or posters to enhance their presentation topics.

The following top winners will have the opportunity to represent Lancaster County at the Premiere Communication Event contests on June 23 at the University of Nebraska–Lincoln East Campus. County contest champions and reserve champions are indicated.

More photos are on Flickr at <https://flickr.com/photos/unlxtlanco>.

- **Senior Division:** Kamryn Wanser (Champion)
- **Intermediate Division:** Brooklynn Nelsen (Champion) Andrea Bettenhausen (Reserve Champion), Hannah Chevalier, Parker Hansen and Alexa Smith



(L–R) Alexa Smith, Hannah Chevalier, Kamryn Wanser, Brooklynn Nelsen, Andrea Bettenhausen, Parker Hansen



Brooklynn Nelsen's presentation topic was her community service project, which was part of the Nebraska 4-H Gives Back program.

4-H Clubs Helped at Kiwanis Carnival

About 250 people attended the Kiwanis Carnival sponsored by the Lincoln Center Kiwanis Club in April at Elliott Elementary. Nine 4-H clubs created and staffed 11 game booths. Teen Council members ran bingo for adults. Lincoln Center Kiwanians served snacks.

Lorene Bartos, Nebraska Extension in Lancaster County Emeritus and Lincoln Center Kiwanis member, said, "Elliott families enjoyed the 2023 Kiwanis Carnival and expressed their thanks. Kiwanians enjoy working with the Elliott and 4-H families. A special thank you to the 4-H clubs and families who provided the fun games for the children. Thank you to the 4-H Teen Council for running



4-H Teen Council members ran bingo for adults.

bingo for adults. Once again, a very successful event for all."

More photos are on Flickr at <https://flickr.com/photos/unlxtlanco>.

Nebraska 4-H Foundation Scholarship Winners

Two Lancaster County 4-H youth were among the 2023 Nebraska 4-H Foundation scholarship winners: Aleyna Cuttlers and Olivia Vanderford. The 4-H Foundation provides up to

\$22,000 worth of scholarships each year to graduating seniors who have been actively involved in 4-H. Youth apply for these scholarships as part of the Senior Achievement Application.



LANCASTER COUNTY
Super Fair

Aug. 3–12, 2023

4-H & FFA Exhibits & Events Aug. 3–6

4-H Horse Shows Aug. 2–6

Lancaster Event Center Fairgrounds

August
NEBLINE and
SuperFair.org will
have a complete
schedule!

GENERAL PUBLIC GATE ADMISSION

FREE general public gate admission tickets will be available July 1–Aug. 12 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, AUG. 4

Lancaster County 4-H Council is hosting a Chicken Dinner on Friday, Aug. 4, 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 Wednesday, July 26. 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:** Korben Payne (Champion), Korben Payne (Reserve Champion)
- **Intermediate Division:** Amorita Payne (Champion), Brooklynn Nelsen (Reserve)

- **Champion),** Alexa Smith (2), Elizabeth Hilkeman
- **Senior Division:** Kamryn Wanser (2)

CAT TRIVIA

- **Intermediate Division:** Elizabeth Hilkeman (Champion), Brooklynn Nelsen
- **Senior Division:** Kamryn Wanser (Champion)

DOG TRIVIA

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

ESSAY

- **Informative Intermediate Division:**

- Elizabeth Hilkeman (Champion), Amorita Payne (Reserve Champion)

- **Persuasive Intermediate Division:** Amorita Payne (Champion)

PHOTOGRAPHY

- **Junior Division:** Noah Schmoll (Champion), Josiah Schmoll (Reserve Champion), Ava Schepers
- **Intermediate Division:** Elizabeth Hilkeman (Champion), Collin Schepers (2), Jocelyn Schmoll, Elizabeth Hilkeman



Korben Payne earned champion in the Art junior division.



Amorita Payne earned champion in the Art intermediate division.



Noah Schmoll earned champion in the Photography junior division.



Elizabeth Hilkeman earned champion in the Photography intermediate division.



HEART OF 4-H VOLUNTEER AWARD

Kent Richard

Lancaster County 4-H is proud to announce Kent Richard of Lincoln as winner of the June “Heart of 4-H Award” in recognition of outstanding volunteer service.

He has volunteered with 4-H Shooting Sports for 13 years. He started as a coach and instructor for the St. Joseph 4-H Trap Club, and became organizational leader five years ago.

The club recently opened up to youth from multiple schools and became the Southside Shooting Sports 4-H Club. During trap shooting season — February through May — club members meet and practice weekly, and participate in various local and state meets. With over 60 members, the club is currently the largest Lancaster County 4-H club.

“I like being a 4-H volunteer because it is a wonderful opportunity to work with youth and see them broaden their horizons and have fun,” he says. “The skills these youth are learning, including practice, application of new knowledge and perseverance, will serve them in the future. My favorite volunteer experience is watching a team member learn a new skill and then work at getting better until they are achieving their best. The growth in confidence and pride in mastering a skill, and the accompanying smile, is the best reward!”



HEART OF 4-H VOLUNTEER AWARD

Caitlyn Schmidt

Lancaster County 4-H is proud to announce Caitlyn Schmidt of Lincoln as winner of the July “Heart of 4-H Award” in recognition of outstanding volunteer service.

A former Lancaster County 4-H member and summer intern, she has volunteered with 4-H for 10 years. Caitlyn has taught many workshops at Clover College

such as Let’s Be Artsy and Canvas Creations. She was the assistant leader of the All-American Kids 4-H club for two years. Last year, Caitlyn started the Clover Comets 4-H club which meets afterschool at the Blessed Sacrament Catholic School where she is the Art/Computer teacher. She is currently assisting her club with a community service project of donating supplies to the Capital Humane Society. Caitlyn also judges the 4-H Visual Arts exhibits at the Lancaster County Super Fair.

“I like being a 4-H volunteer because I get to help kids explore areas of interest and learn the importance of service for others,” she says. “My favorite experience as a 4-H volunteer is leading the Clover Comets 4-H club. It is an awesome experience to be able to help my students learn about 4-H and participate in activities that they wouldn’t have the opportunity to do outside of 4-H.”



Clover College June 20–23

Lancaster County 4-H Clover College is four days of in-person, “hands-on” workshops. It will be held June 20–23 at the Nebraska Extension in Lancaster County conference rooms, 444 Cherrycreek Road, Suite A, Lincoln. Youth must be at least 6 years old (as of June 20) to attend — need not be enrolled in 4-H. Many workshops still have openings! More information and online registration link is at <https://lancaster.unl.edu/cc>.

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 2, 9 a.m. through Friday, June 16, 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 2, 8 a.m. through Friday, June 16, 8 a.m. For more information and link, go to <https://4h.unl.edu/online-horticulture-judging-contest>.

Big Red Summer Academic Camps

Big Red Summer Academic Camps are residential, career exploration camps held at the University of Nebraska–Lincoln open to all youth grades 9–12. This year’s dates are June 11–16. Work with university faculty to explore a topic like STEM, digital media, fashion design or agriculture & natural resources. Visit <https://4h.unl.edu/big-red-camps> for more information.

Babysitting Training, June 30 or July 24

Extension Educator Hayley Jackson will present a Babysitting Training open to all youth ages 11–15 on two separate dates: Friday, June 30 and Monday, July 24. Both will be offered 9 a.m.–3 p.m. at the Nebraska Extension in Lancaster County conference rooms, 444 Cherrycreek Road,

Suite A, Lincoln. Cost is \$35 per participant. 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 workbook.

Register and pay at least one week in advance to reserve a spot. Register online at <https://go.unl.edu/babysit23>. Payment may be made by calling 402-441-7180 with

credit/debit card (small fee), or sending check or cash to the Nebraska Extension in Lancaster County office. If you are interested in having your child go through formal CPR/First Aid certification at an additional cost, contact Hayley at hayley.jackson@unl.edu or 402-441-7180.



4-H Announcements

FOR 4-H'ERS AND VOLUNTEERS

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.

HORSEMANSHIP LEVEL TESTING, JUNE 6 & 27

Horse exhibitors must pass Horsemanship Advancement Levels for many classes at county fair and state horse shows. For Lancaster County Super Fair level requirements, see Fair Book class descriptions. Deadline is June 1 for the State Expo, and July 1 for the Super Fair. The final Lancaster County 4-H 2023 horsemanship advancement level group testings will be held at the Lancaster Event Center Fairgrounds on the following Tuesday evenings: June 6 and June 27. Contact Kate Pulec at kpulec3@unl.edu or 402-441-7180 for questions or to register. Sign up by May 30 for the June 6 testing, and by June 20 for the June 27 testing. Held in the evening, time slots will be emailed. All other horsemanship level requirements and paperwork must be completed and handed in to Kate before the riding portion can be done. It is important to note, 4-H'ers need to be testing with their own 4-H projects. The horse is being tested (and acclimated) as well. 4-H'ers must notify Kate (kpulec3@unl.edu or 402-441-7180) at least 24 hours in advance if they are unable to attend their test time, or a \$20 fee will be assessed. The fee will need to be paid before the 4-H'er will be allowed to test on another date.

STATE HORSE SHOW ENTRIES, HIPPOLOGY AND JUDGING ENTRIES DUE JUNE 1

The Fonner Park State 4-H Horse Expo includes the State 4-H Horse Show, State 4-H Horse Judging Contest and State 4-H Hippology Contest. This year, the Expo will be held July 15–19 in Grand Island. Beginning in 2023, there will no longer be 4-H District Horse Shows. Instead, all 4-H horse exhibitors ages 10–18 (by Jan. 1 of the current year) are eligible to participate at the State Horse Show, but various classes require youth have passed horsemanship advancement level I, II, III or IV. State 4-H Horse Show, Hippology and Horse Judging entries, horse ID's and level requirements are due by Thursday, June 1, 5 p.m. The entry process must be completed online by the exhibitor or their family. For more information, level requirements for each class and entry link, go to <https://4h.unl.edu/horse-expo>. Horse identification certificates, 2- & 3-year old western pleasure affidavits and completed horsemanship levels must be submitted

to the Extension office or lancaster4H@unl.edu or kpulec3@unl.edu. Hippology and Horse Judging contest entry fees of Lancaster County 4-H youth will be reimbursed by Lancaster County 4-H Council. Submit receipt invoice to lancaster4H@unl.edu or the Extension office. If you have questions, contact Kate Pulec at kpulec3@unl.edu.

PREMIER ANIMAL SCIENCE EVENT

The Premier Animal Science Event (PASE) will be held June 21–22 at UNL East Campus. For more information, visit <https://4h.unl.edu/pase>. 4-H volunteer Tyler Pickinpaugh will be coaching this year's Lancaster County 4-H livestock judging teams. Entries are due Thursday, June 1. If you are interested in participating in PASE, please contact the Extension office at 402-441-7180 or lancaster4h@unl.edu.

PREMIER COMMUNICATION EVENT

Nebraska 4-H's new Premier Communication Event consists of five state-level contests: Prepared Speech, Radio Public Service Announcements, Illustrated Presentation, Impromptu Speech and Video Communication. The event will be held on Friday, June 23 at Nebraska East Union on University of Nebraska–Lincoln East Campus. Most contests require qualifying at a county contest, except any 4-H youth ages 10–18 may participate in the Impromptu Speech and Video Communication contests. More information is at <https://4h.unl.edu/premier-communication-event>. If you are interested in participating in Impromptu Speech or Video Communication, contact the Extension office at 402-441-7180 or lancaster4H@unl.edu by June 1. Lancaster County 4-H Council will pay contest entry fees for Lancaster County 4-H'ers.

4-H'ERS AGES 9 & UP MAY PARTICIPATE IN ALL IN-PERSON EVENTS AT STATE FAIR

Nebraska 4-H has lowered the age eligibility requirements for State Fair for all in-person events (livestock, contests, Fashion Show) to 9 years of age (by January 1 of the current year). This change does not affect static exhibits which are selected by judges (and in many cases, level 1 projects do not advance to State Fair).

STATE FAIR LIVESTOCK NOMINATIONS & DNA ENVELOPES DUE JUNE 15

Animal exhibitors (4-H ages 9–18, FFA ages 10–21) are eligible to participate at the Nebraska State Fair regardless of county fair placing. By Thursday, 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. New in 2023 for State Fair: Each 4-H/FFA livestock project must have a DNA envelope submitted and a \$7 nomination paid on Show Stock Manager by June 15. This includes feeder calves, and all market and breeding livestock for ALL SPECIES (excluding rabbits and poultry). With this update, livestock animals will automatically be eligible for both breeding and market. By Thursday, Aug. 10, 8 p.m. 4-H/FFA youth or their families must submit their final animal entries in ShoWorks online at <http://nebr.fairwire.com>. For more information, go to <https://4h.unl.edu/state-fair/live-animal-exhibitor>.

SEWING HELP SESSIONS, JUNE 26, 28 & 30

Sewing Help sessions for 4-H youth ages 8–18 will be held Monday, June 26, Wednesday, June 28 and Friday, June 30. All sessions will be held from 12:30–4 p.m. at the Bernina Sewing Center, 5500 Old Cheney, Suite 7 in 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.

EARN A NEW SEWING MACHINE!

This is the 14th 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 26 to Nebraska Extension in Lancaster County, 444 Cherrycreek Road, Ste. A, Lincoln, NE 68528 or email to kristin.geisert@unl.edu. Contact Kristin 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.

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 online at <http://go.unl.edu/5bg>.

STATE 4-H HORSE SHOW, JULY 15–19

The Fonner Park State 4-H Horse Expo will be held July 15–19 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 Expo 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 24

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 21. 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 Monday, July 24. 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> following the instructions at this website. Entries can be submitted starting July 1 and are due by Sunday, Aug. 13 at 5 p.m.

4-H/FFA at Super Fair

Announcements

FOR 4-H/FFA MEMBERS AND VOLUNTEERS



4-H & FFA ENTRY HANGTAGS

4-H/FFA exhibitors can get free 4-H/FFA entry pass hangtags for their immediate families at the Extension office (available July 1–Aug. 4) 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, Aug. 3–Saturday, Aug. 12 and park in designated areas. Your hangtag will be honored all 10 days of Super Fair! Hangtags are not needed Aug. 1–2.

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 Thursday, Aug. 3 through Sunday, Aug. 6 (sign up online at <http://go.unl.edu/foodstandsignup>). All volunteers are strongly encouraged to attend a food stand training on Sunday, July 30, 5 p.m. in the Lincoln Room.
- **WITH STATIC EXHIBIT SET-UP** (ages 8 and up) on Sunday, July 30, 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, Aug. 2. 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 31 and Tuesday, Aug. 1, anytime between 4–10 p.m. Sign up at <http://SuperFair.org/GetInvolved>. Pizza and beverages provided!

LIFE CHALLENGE CONTEST, JUNE 2

The Lancaster County 4-H Life Challenge contest helps youth learn more about issues related to family and consumer science and entrepreneurship. It will be held on Friday, June 2, 8:30 a.m. at Nebraska Extension in Lancaster County conference rooms at 444 Cherrycreek Road, Lincoln. Register by Thursday, May 25. A study packet is available. To register or request a study packet, call 402-441-7180 (there is no entry form) or email Kristin Geisert at kristin.geisert@unl.edu. Life Challenge is 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 is a premium event.

HORSE IDENTIFICATION FORMS DUE JUNE 1

Each horse being shown in 4-H at the Lancaster County Super Fair or State Horse Expo must be identified on form “4-H Horse Identification Certificate” and submitted to the 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 2

The Lancaster County Super Fair 4-H Horse Judging Contest will be held on Friday, June 2 at the Lancaster Event Center Fairgrounds – Pavilion 3, 5 p.m. You may register in advance by emailing name(s) and age(s) of youth to Kate Pulec at kpulec3@unl.edu or at the event 4:30–5 p.m. Open to all 4-H'ers — need not be enrolled in a horse project. This is a Lancaster County Super Fair contest held before the fair and is a premium event. Ribbon placings will be awarded. 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 IN-PERSON CONTESTS,

JUNE 14 — The Lancaster County 4-H Plant Science Contests will be held in-person on Wednesday, June 14, 10 a.m.–Noon at the Nebraska Extension in Lancaster County conference rooms, 444 Cherrycreek Road, Suite A, Lincoln. Register by Monday, June 12 by calling 402-441-7180. Open to 4-H'ers ages 9–18 from all counties — need not be enrolled in a horticulture project. Youth choose which contest(s) to participate in:

- Tree Identification — identify tree samples. See “Tree Identification Manual” (4H332) for a list of trees that will be used.
- Grass-Weed Identification — identify grass and weed samples.
- Horticulture Contest — identify samples of vegetables, fruits, nuts, herbs and landscape ornamentals. The plant list contains plants commonly used or sold in Nebraska.

Participants will be able to use a list of plants while identifying samples. These are Lancaster County Super Fair contests held before the fair and are premium events.

SUPER FAIR 4-H/FFA ANIMAL ENTRIES MUST BE SUBMITTED ONLINE JUNE 19–JULY 1

All 4-H/FFA animal entries for the Lancaster County Super Fair must be entered online in ShoWorks at <http://go.unl.edu/lcani> (this includes stall/pen requests and livestock/poultry exhibitor T-shirt sizes). 4-H families and youth may submit entries. Youth must be enrolled AND animal project(s) selected online

Fair Book has incorrect web address for online entries: it is go.unl.edu/lcani

at <https://v2.4honline.com> by June 15. Animal entries may be submitted online starting on Monday, June 19. Deadline is Saturday, July 1, 11:59 p.m. No late entries will be accepted! Step-by-step instruction guide with pictures is at <http://lancaster.unl.edu/4h/fair#animal>. If you have questions about the process, call 402-441-7180 or email lancaster4H@unl.edu.

- **STALL/PEN RESERVATIONS:** For beef, bucket calves, dairy cattle, swine, sheep, meat goats, dairy & pygmy goats, llama/alpaca and horse entries, you must submit stall/pen requests during the online entry process or you will be assigned stalls/pens (requests are subject to space and availability). During online entry, look for ‘_Stalls and Pens_’ as the first option under division (species). Please submit 1 ‘_Stalls and Pens_’ item per animal species. Rabbits, poultry and cats are assigned cages based on entry numbers.
- **LIVESTOCK/POULTRY EXHIBITOR T-SHIRT SIZES:** Livestock and poultry exhibitors will each receive a free T-shirt at Super Fair courtesy of sponsors. During animal entry online, T-shirt sizes will be required for livestock and poultry exhibitors prior to check out. T-shirts will be available for pickup during the Lancaster County Super Fair at the livestock office.

TIPS:

- For rabbits, notice there are 4 rabbit divisions. If you can't find the class you are looking for, try the other rabbit divisions. If you plan to enter 15 rabbits, you will need to submit 15 entries.
- For horses, notice there are 4 horse divisions. If you can't find the class you are looking for, try the other horse divisions. If you plan to enter 12 horse classes, you will need to submit 12 entries plus 1 for stalls and pens.

LIVESTOCK BEDDING AND HORSE ROPING/WORKING RANCH FEES DUE JULY 7

- Livestock exhibitors who enter the following species will be charged a bedding fee: Beef and dairy cattle — \$10 per head. Bucket calves and llamas/alpacas — \$8 per head. **[Fair Book has incorrect fee: it is \$8 per head.]** Fill out the form at <https://go.unl.edu/lcfwllivestock>. Print and submit with payment (cash or check) to the Extension office by Friday, July 7.
- Roping/Working Ranch horse exhibitors who enter the following classes which require a calf will be charged a livestock fee: working ranch, boxing, breakaway run, heading run and heeling run — \$15 per class. Fill out the form at <https://go.unl.edu/lcfwhorse>. Print and submit with payment (cash or check) to the Extension office by Friday, July 7.

PHOTOGRAPHY HELP SESSION, JULY 13

A 4-H Photography Fair Exhibiting Help Session for 4-H youth ages 8–18 will be held Thursday, July 13 from 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. Former Super Fair Photography Superintendent, Michelle Huber, will be on hand to answer questions about fair entry, give tips, provide guidance for photo selection and demonstrate the matting process. Bring your photography project(s) and get the help you need to get your exhibits ready for the Super Fair. Fair 4-H Static Exhibit Entry Tags and Photography Data Tags will be available.

FASHION SHOW JUDGING, JULY 18; PUBLIC FASHION SHOW, AUG. 3

Fashion Show judging will be Tuesday, July 18, starting at 8 a.m. at the Nebraska Extension in Lancaster County Conference Rooms, 444 Cherrycreek Road. 4-H staff will provide a judging schedule in advance of the contest day. The public Fashion Show will be Thursday, Aug. 3 at 7:30 p.m. at the Lancaster Event Center, Exhibit Hall. Also open to Clover Kids. A handout and entry forms are available at the Extension office or online at <http://lancaster.unl.edu/4h/fair>. 4-H'ers, including Clover Kids, must submit entry forms by July 10.

from previous page

BAGGED SHAVINGS

All exhibitors must use shavings provided by the Lancaster Event Center (LEC) Fairgrounds. Absolutely no outside shavings or straw is allowed since the fairgrounds compost. Note: all stalls are disinfected with Nixall between each rental year-round. Special discounted 4-H/FFA price of \$8 per bag (with sales tax included) will be honored for 4-H/FFA animal shows from Tuesday, Aug. 1 through Sunday, Aug. 6 with self-pickup at the 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, Aug. 1, 4–8 p.m.
- Wednesday, Aug. 2, 8 a.m.–9 p.m.
- Thursday, Aug. 3, 7 a.m.–6 p.m.
- Friday, Aug. 4–Sunday, Aug. 6, 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.

PREORDER SHAVINGS! 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 27 at <https://bit.ly/3Kahqrr>.

STATIC EXHIBIT CHECK-IN, AUG. 1, 4–8 P.M.

4-H & FFA static exhibits are not preregistered, but MUST be physically checked in during Static Exhibit Check-in on Tuesday, Aug. 1 between 4–8 p.m. at the Lancaster Event Center, Lincoln Room. An adult – such as a club leader or parent(s) – should assist 4-H members in entering exhibits. A registration table is set up for each of the project areas – please take project(s) to the appropriate area(s). All entry tags, additional information, recipe cards, data tags, etc. MUST be attached at this time. EACH 4-H static exhibit must have a 4-H Static Exhibit Entry Tag attached. Some classes require additional information – see 4-H/FFA Fair Book for detailed entry requirements for each class. Specific tags are required to be completed and attached to the following exhibits:

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

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

STATIC EXHIBIT INTERVIEW JUDGING, AUG. 2

Interview Judging is Wednesday, Aug. 2 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 4-H’ers for a 5-minute time slot, call the Extension office at 402-441-7180 between July 5 and 26. If slots are still available, you may sign up during Static Exhibit Check-in on Tuesday, Aug. 1, 4–8 p.m.

TABLE SETTING CONTEST, AUG. 4

The Table Setting Contest will be held during the Super Fair on Friday, Aug. 4 at the Lancaster Event Center (Exhibit Hall – use east entrance). Register by Tuesday, July 18 by calling 402-441-7180 (there is no entry form). Provide 4-H’ers age and category (picnic, casual, formal or birthday). Judging time slots will be at 5 p.m., 6 p.m. or 7 p.m. and will be assigned ahead of time by 4-H staff and a competition schedule will be provided in advance of the contest day. A “how-to” handout is available 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.) 4-H’ers also give a 5-minute prepared presentation about their table to a judge.

CLOVER KIDS SHOW & TELL, AUG. 6

All Clover Kids, youth ages 5–7 by Jan. 1, 2023, are invited to show & tell one of their 4-H static exhibits or a small animal during Clover Kids Show & Tell on Sunday, Aug. 6 in the Lincoln Room, Clover Kids exhibit area (15-minute time slots run from 1–2:30 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 28. If slots are still available, you may sign up on Tuesday, Aug. 1, 4–8 p.m. near 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

All 4-H members, organizational leaders and project leaders must re-enroll every year. (Note: project volunteers and parent helpers do not need to enroll as volunteers.) The website to enroll or re-enroll is 4-H Online at <https://v2.4honline.com>. Step-by-step instructions are at <https://4h.unl.edu/enroll>. Only parents/guardians may enroll 4-H members. There is no fee to enroll in 4-H in Lancaster County. Each 4-H household will need to initially set up a profile in which the 4-H members and/or leaders in the household will be added. For returning families, please do not create a new account – use your previous log-in credentials. The only required health information for members is regarding allergies. “Independent members” need to select “Lancaster Independent” under “club.” FFA members need to select their FFA under “club.” Leaders, choose organizational leader or project leader when enrolling, not project volunteer.

PROJECTS UPDATED

To exhibit projects in the fair, 4-H members must be enrolled in the respective project unless otherwise stated. Select projects at <https://v2.4honline.com> by June 15. Project examples: Home Environment-Design Decisions, Food & Nutrition-Cooking 101 and Rabbit. This does not include the specific fair classes within each project area, such as: wall hanging, baked cookies and rabbit breed class. When signing up for individual projects, note the abbreviations for the project areas. The abbreviations are on the 4-H Project List at <http://lancaster.unl.edu/4h/club/ProjectList.pdf>. For example, you will find “Design Decisions” under C&FS which stands for Consumer and Family Science instead of under ‘D’ or “Home Environment.”

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 (bucket calf, feeder calf, breeding beef, market beef), dairy cattle, goat (breeding meat goat, market meat goat, bottle meat goat, dairy/pygmy goat), poultry, rabbit, sheep (breeding sheep, market sheep), swine (breeding swine, market swine). Youth must be currently enrolled at <https://v2.4honline.com>. Only parents/guardians may enroll 4-H members. In Lancaster County, youth may choose one of two 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 an in-person training held Thursday, May 25 or Thursday, June 8, 6–7 p.m. at the Nebraska Extension in Lancaster County conference rooms, 444 Cherrycreek Road, Suite A, Lincoln. To sign up for in-person trainings, you must go to <https://yqcaprogram.org> before the training. The training will cost \$3 payable by credit or debit card on the website. We cannot take payments in person; all families must register and pay online. You must sign in as proof of attendance – certificates will be available online.

Deadline to complete YQCA and submit certificates of completion is June 15. Send completed certificates to lancaster4H@unl.edu or Nebraska Extension in Lancaster County, 444 Cherrycreek Road, Suite A, Lincoln, NE 68528.

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>).
- 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

New Ag Educator

John Nelson recently joined the Lancaster County Extension office as a Water and Integrated Cropping Systems Extension Educator and will serve Lancaster, Cass and Otoe counties. His focus will be working with producers in the area and helping them find research-based answers to their crop production questions. His areas of interest include precision agriculture, irrigation and soil water management, cover crops/soil health and soil fertility.



John Nelson

John grew up on a family farm in Eastern Colorado and farmed full-time for several years. He earned his bachelor's degree in Soil & Crop Science from Colorado State University, master's degree in Crop Science from North Carolina State University and doctoral degree in Agronomy from Texas Tech University. John has a diverse background in agronomy and cropping systems research and extension. He worked 3 years as a Field Agronomist at the North Central Kansas Experiment fields for Kansas State University.

You can reach John at 402-441-7180 or jnelson158@unl.edu, as well as follow him on Twitter at [@NebWater_Crops](https://twitter.com/NebWater_Crops).



EXTENSION CALENDAR

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

May

- 25 Pesticide Applicator NDA "Walk-In" Testing Session 9 a.m.–2 p.m.
- 25 Youth for the Quality Care of Animals In-Person Training for 4-H/FFA Livestock Animal Exhibitors 6–7 p.m.
- 29 Extension Office Closed for Memorial Day Holiday
- 30 4-H Horsemanship Advancement Level Testing, *Lancaster Event Center Fairgrounds*

June

- 1 State 4-H Horse Show, Hippology and Horse Judging Entries, ID's and Level Requirements Due
- 1 Lancaster County 4-H Super Fair Horse ID's Due to Extension
- 2 4-H Life Challenge Contest 8:30 a.m.
- 2 4-H Horse Judging Contest, *Lancaster Event Center Fairgrounds*. 4:30 p.m.
- 2–16 Lancaster County 4-H Online Tree ID and Grass & Weed ID Contests, <https://lancaster.unl.edu/hort/youth/fair/treegrassweedcontests>
- 3 4-H Household Pets Clinic 10 a.m.–12 p.m.
- 6 4-H Council Meeting 6 p.m.
- 8 Pesticide Applicator NDA "Walk-In" Testing Session 9 a.m.–2 p.m.
- 8 Youth for the Quality Care of Animals In-Person Training for 4-H/FFA Livestock Animal Exhibitors 6–7 p.m.
- 9 Extension Board Meeting 8 a.m.
- 12 Challenging Behaviors Series Online Class for Early Childhood Professionals, <https://child.unl.edu/register-upcoming-classes> 1–2:30 p.m. & 7–8:30 p.m.
- 14 4-H Plant Science Contests: Horticulture/Tree ID/Grass-Weed ID 10 a.m.–12 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 4-H Online at <https://v2.4honline.com>
- 15 Deadline for 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
- June 19–July 1 4-H/FFA Animal Entries for the Lancaster County Super Fair Must be Submitted Online at <https://go.unl.edu/lcani> Between June 19 and July 1, 11:59 p.m.
- 19 Extension Office Closed for Juneteenth Holiday
- 20–23 4-H Clover College 8 a.m.–5 p.m.
- 21–22 Nebraska 4-H Premier Animal Science Events (PASE), *UNL East Campus*
- 23 Nebraska 4-H Premier Communication Event, *UNL East Campus*
- 24 Composting Demonstration, *Pioneers Park, across from the Nature Center*. 10–11 a.m.
- 26 Sewing Help Session for 4-H Youth, *Bernina Sewing Center, 5500 Old Cheney Rd, Suite 7*. 12:30 p.m.–4 p.m.
- 27 4-H Horsemanship Advancement Level Testing, *Lancaster Event Center Fairgrounds*
- 28 Sewing Help Session for 4-H Youth, *Bernina Sewing Center, 5500 Old Cheney Rd, Suite 7*. 12:30 p.m.–4 p.m.
- 29 Pesticide Applicator NDA "Walk-In" Testing Session 9 a.m.–2 p.m.
- 30 Babysitting Training 9 a.m.–3 p.m.
- 30 Sewing Help Session for 4-H Youth, *Bernina Sewing Center, 5500 Old Cheney Rd, Suite 7*. 12:30 p.m.–4 p.m.

July

- 1 Deadline for All Super Fair 4-H/FFA Animal Online Entries
- 4 Extension Office Closed for Independence Day Holiday
- 6 4-H/FFA Livestock Booster Club Scholarship Deadline
- 13 4-H Photography Fair Exhibiting Help Session 9 a.m.–11 a.m.
- 13 Pesticide Applicator NDA "Walk-In" Testing Session 9 a.m.–2 p.m.
- 14 Extension Board Meeting 8 a.m.
- 15–19 State 4-H Horse Expo, *Fonner Park, Grand Island*
- 18 4-H Fashion Show Judging Day 8 a.m.
- 21 4-H Horse Incentive Program Last Day to Log Hours/Points
- 24 4-H Horse Incentive Program Forms Due to Extension
- 24 Babysitting Training 9 a.m.–3 p.m.
- 27 Pesticide Applicator NDA "Walk-In" Testing Session 9 a.m.–2 p.m.