



Per- and Polyfluoroalkyl Substances (PFAS) Facts Related to Drinking Water

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

In March of 2023, the U.S. Environmental Protection Agency (EPA) proposed new limits on six types of PFAS in drinking water. Of the thousands of PFAS in use, these

six are believed to be the most prevalent in the environment: perfluorooctanoic acid (PFOA), perfluorooctane sulfonic acid (PFOS), perfluorononanoic acid (PFNA), hexafluoropropylene oxide dimer acid (HFPO-DA, commonly known as GenX Chemicals), perfluorohexane sulfonic acid (PFHxS) and

perfluorobutane sulfonic acid (PFBS). These are known as “forever chemicals” because they do not break down in the environment or in our bodies.

PFAS can be present in our water, soil, air, food and materials in our homes. The usage of PFOA and PFOS began in the 1940s in many consumer

and industrial products. The principal U.S. manufacturer of PFOS phased out its production of the chemical in the early 2000s, though PFOA and PFOS may still be present in some imported products. The Food and Drug Administration (FDA) banned both PFOA and PFOS in 2016.

Common sources historically have included fire extinguishing aqueous film-forming foam, food packaging, water and stain repellents used on carpets, upholstery, clothing and other fabrics, non-stick cookware, sealants and some industrial products. PFAS have been found to migrate into surface and groundwater.

Exposure to PFAS can come from:

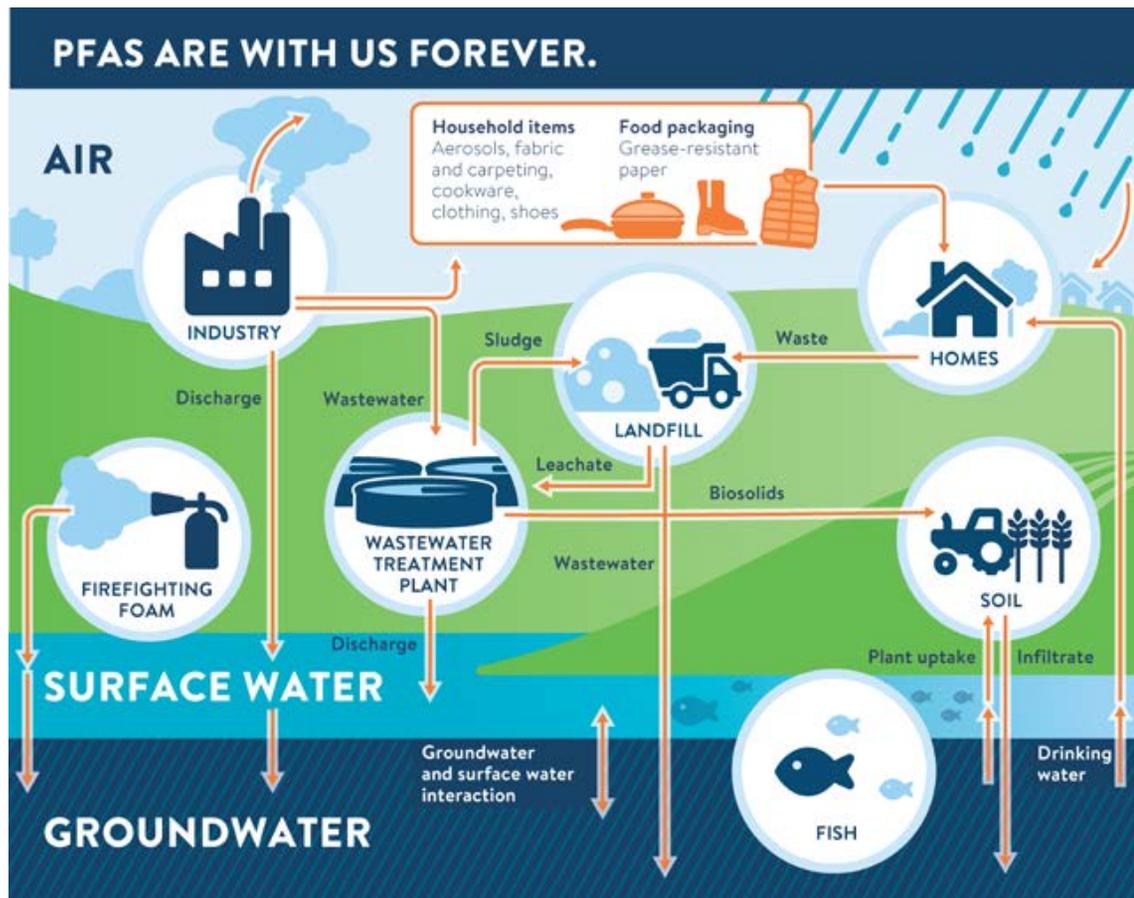
- Eating fish caught in water contaminated with PFAS, specifically PFOS.
- Ingesting contaminated soil or dust.
- Eating food that was grown or raised near places where PFAS

were used.

- Eating food packaged in material containing PFAS.
- Using consumer products such as stain-resistant carpeting and water or stain-repellent clothing.
- Drinking contaminated water from a municipal or private well.

Current scientific research suggests that exposure to certain PFAS compounds may lead to adverse health outcomes. Research is ongoing to determine how different levels of exposure to different PFAS can lead to a variety of health effects. On April 10, 2024, the EPA finalized the PFAS National Primary Drinking Water Regulation, setting maximum contaminant levels (MCLs) for six PFAS for Public Water Supply Systems. Both PFOA and PFOS have a legally enforceable MCL of 4 parts per trillion (ppt, also expressed as ng/L), and a health-based,

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Graphic courtesy of Minnesota Pollution Control Agency

PFAS are forever chemicals. Old landfills, industrial sites, firefighting foam and wastewater treatment discharge are just some of the ways PFAS can contaminate the environment. It then ends up in our groundwater, surface water resources and soils, which impacts the water we drink, and the fish and grown food that we eat. It is important to understand how PFAS move through the environment in order to address the problem of PFAS pollution.

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Drinking Water

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non-enforceable Maximum Contaminant Level Goal (MCLG) of 0 in public drinking water. In addition, a Hazard Index of below 1 is required for four other PFAS compounds, as described at https://go.unl.edu/epa_substances.

Health Effects

Ongoing research continues to study the potential health effects of exposure to PFAS. According to the EPA, current peer-reviewed scientific studies have shown that exposure to certain levels of PFAS may lead to:

- Reproductive effects such as decreased fertility or increased high blood pressure in pregnant women.
- Developmental effects or delays in children, including low birth weight, accelerated puberty, bone variations or behavioral changes.
- Increased risk of some cancers, including prostate, kidney and testicular cancers.
- Reduced ability of the body's immune system to fight infections, including reduced vaccine response.
- Interference with the body's natural hormones.
- Increased cholesterol levels and/or risk of obesity.

Occurrence of PFAS in Nebraska's Waters

In 2013–2015, selected public water supply systems in Nebraska were tested for several PFAS compounds, and no PFAS were found (screening level was 70 ppt for that project). The Nebraska Department of Environment and Energy (NDEE) has a voluntary water-monitoring project for the screening of PFAS compounds for community water systems fewer than 3,300 in population. Some samples have exceeded the proposed PFOA and PFOS MCL. As with any other monitored contaminant, when an exceedance occurs, follow-up testing is performed. It is anticipated that domestic water wells are at risk of containing PFAS above the MCL if they are down gradient of, or near, a source of PFAS.

If a domestic well is near a community water supply well, the public can contact that community water system to obtain the results of any PFAS water quality testing. If a Nebraska community water system (fewer than 3,300 in population) has not yet been tested, encourage the community water system to

communicate with NDEE to participate in the voluntary PFAS monitoring project.

Multiple environmental groups have compiled interactive maps that are updated as new PFAS information becomes available. One such map is available by the Environmental Working Group and can be found at https://go.unl.edu/pfas_map. Note that the data from many public water supply systems has yet to be published on these websites but may be obtained by calling community water systems.

Home Water Testing Options

For homeowners considering testing to evaluate PFAS in their drinking water, EPA recommends using an accredited laboratory to test water samples and to use an EPA testing method. There are few such labs in our region. One is Pace Analytical Laboratory Services, which recommends ordering the 537.1 sample kit if you want to have a private water tested for PFAS. To order a kit, email Pace Labs at PFAScitizen@pacelabs.com. Testing for PFAS is expensive, and the 537.1 test will cost over \$500.

Homeowners near

groundwater sources known to be contaminated by PFAS may choose to invest in a water treatment system instead of water quality testing.

Home Water Treatment Options

Homeowners with PFAS in a water source above the proposed MCL, or who are concerned about their water quality and want to minimize their risk of exposure through drinking, can apply one of the following technologies to treat their water. Recent projects conducted by the EPA and the Water Quality Research Foundation each identified that reverse osmosis (RO) and activated carbon filters in point-of-use (POU) devices can be effective at removing PFAS chemicals. A POU device treats what is in the house at a specific location, such as a kitchen sink.

The effectiveness of residential treatment units at removing PFAS from water has shown to be impacted by water quality conditions, concentration levels of PFAS in the water and operational conditions of the treatment units. When purchasing a home POU device to remove PFAS, look for evidence on the packaging that the device has met the National

Science Foundation/American National Standards Institute 53 or 58 standards. These require independent testing and certification that the device can remove the two most common PFAS chemicals. A list of POU devices that currently have met these standards and are anticipated to remove PFAS can be found at <https://go.unl.edu/pfoa-pfos-water>.

Homeowners should be careful to follow the POU device manufacturer's instructions for system maintenance and replacement of cartridges.

Certain ion exchange resin systems have been found to be effective for removing PFAS at the municipal level, but most home ion exchange treatment systems have not been designed to be effective for PFAS removal. For example, ion exchange systems for water softening are not designed to remove PFAS. Ion exchange systems for home treatment have not been independently proven to be effective. Boiling water that contains PFAS will actually concentrate the contaminant.

Recommendations for treatment methods may change in the future if additional PFAS compounds are found to become common in drinking water sources.

Tar Spot is an Emerging Corn Disease in Eastern Nebraska

By John Nelson, Extension Educator in Lancaster County

Tar spot is a relatively new corn disease in Nebraska. It was first confirmed in a few eastern Nebraska counties in 2021, and has since been identified in all eastern counties, and as far west as Adams, Hall and Holt counties.

Tar spot is characterized by small, raised black spots across the upper and lower leaf surfaces. It is important to note that tar spot structures cannot be scraped off. If a black spot is found that can be scraped off, it is likely insect frass and not tar spot.

In Nebraska, the most severe incidences of tar spot

have been in sprinkler-irrigated fields. This is because tar spot development is driven by higher relative humidity, longer periods of leaf wetness and more consistent precipitation and/or irrigation. All of these conditions are more often present in irrigated fields than in dryland fields, so irrigated fields are a good place

to begin scouting for tar spot. Tar spot also favors moderate temperatures (60°F–lower 70s°F), so if cooler temperatures and consistent precipitation prevail during the growing season, it is especially important to begin scouting both irrigated and dryland corn fields.

It is also important to

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Dr. Tamra Jackson-Ziems, UNL Plant Pathology Department

Tar spot

Nutrition Education for Refugee and Immigrant Families in Lincoln

By Emily Gratopp, MS, ICF ACC, CPCC, ASCM-CPT, Extension Educator in Lancaster County

Lincoln has been designated as a Welcoming City for immigrants and refugees and is home to 30,000 refugees and immigrants from over 150 different countries (see Lincoln/Lancaster County Welcoming and Belonging Plan, <https://welcominglnk.org>).

Health of Refugees and Immigrants

Refugee and immigrant families have more health disparities than the general United States population. New Americans, especially refugees, have higher rates of hypertension, high cholesterol, diabetes and vitamin deficiencies (Kumar, Beeler, Seagle, & Jentes, 2021). Lincoln's immigrant and refugee families are no exception to these statistics. Nebraska Extension's Nutrition Education Program (NEP) has served New Americans for several years with nutrition, physical activity and healthy living education and has witnessed these increased rates of chronic health conditions among program participants.

Nutrition Education for New Americans

In the last few years, due to hiring dedicated, diverse staff and specialized grants, NEP has increased capacity and effectiveness for serving New Americans. Most recently, since August 2023, upon hiring Zahraa Rida and in partnership with Lincoln Culture Centers, NEP has taught nearly 300 New Americans with over 2,000 hours of nutrition education classes. In addition to nutrition education, Zahraa has collaborated with the Nebraska Department of Education and other culture experts to engage families in a process of identifying and developing recipes that reflect Afghan culture for integration into public school lunches. Additionally, NEP is addressing chronic disease concerns with New Americans by incorporating hypertension-specific classes and equipping individuals with blood pressure monitors.



Extension Assistant Zahraa Rida distributes blood pressure monitors to program participants.

Culturally Responsive Education

The relationships formed from NEP classes with New Americans and partnership organizations have enabled a new project NEP is leading, with support from the National Association of City and County Health Organization and the Centers for Disease Control and Prevention, that focuses on developing culturally responsive nutrition education materials for infants and toddlers for Middle Eastern cultures and languages. The project emphasizes a community-driven approach, so it includes collaborating with and providing monetary support to eight Middle Eastern families and six cultural liaisons to develop educational resources.



Extension Educator Emily Gratopp joins Cultural Liaison Fariha and an Afghan family to discuss healthy eating.

New American participants have shown interest and dedication to learning about nourishing their families with healthy food while preserving their cultural eating patterns. The nutrition education classes and special projects have been a journey of co-learning and discovery to blend tradition with wellness.

*"Through their guidance, I've gained knowledge about nutrition, and I've also found a community of women who share similar experiences and obstacles."
— NEP participant*

RECIPE OF THE MONTH

By Emily Gratopp, MS, ICF ACC, CPCC, ASCM-CPT, Extension Educator in Lancaster County

A traditional Middle Eastern recipe that will also be featured in the developing infant and toddler nutrition education materials is Biryani. This recipe is most commonly eaten with Jajic (featured in the Oct. 2023 NEBLINE) and, together, they include all MyPlate food groups in a delicious combination.

BIRYANI

(Yield: 8 servings)

- 2 Tablespoons olive or vegetable oil (divided)**
- 1 cup carrots, scrubbed with clean vegetable brush under running water, peeled and diced**
- 1 cup baking potatoes, scrubbed with clean vegetable brush under running water, peeled and diced (about 2 small potatoes)**
- 1/2 cup peanuts, unsalted**
- 1/2 cup chopped almonds**
- 1/2 cup raisins**
- 1 cup basmati rice, uncooked**
- 1 cup vermicelli noodles, uncooked**
- 1 cup frozen peas, thawed**
- 2 Tablespoons Baharat spices***
- 1 teaspoon salt (optional)**
- 2 cups water**
- 4 hard-boiled eggs, quartered (optional)**



1. Wash hands with soap and water.
2. Heat 1 Tablespoon of oil in a large skillet over medium heat. Add carrots and potatoes and sauté for 10 min, or until soft. Move sautéed vegetables into a large bowl.
3. Return the skillet to medium heat and toast the peanuts, almonds and raisins for 5 minutes. Stir constantly to prevent them from burning. Remove from skillet and add to the large bowl with sautéed vegetables.
4. Return the skillet to medium heat and add 1 Tablespoon of oil. Add rice and vermicelli noodles and sauté for 5 minutes, or until toasted and lightly brown.
5. Add the vegetable and nut mixture, raisins, peas, Baharat spices and salt (if desired) to the rice mixture and mix to combine. Add water and reduce heat to medium-low. Cook covered for 20 minutes, or until the rice is tender.
6. Serve with quartered hard-boiled eggs, if desired.
7. Store leftovers in a sealed container in the refrigerator for up to 4 days.

Notes: *Baharat is a widely used spice blend in Middle Eastern cuisine. It includes black pepper, cumin seeds, coriander seeds, cardamom, cinnamon, paprika and cloves.

Nutrition Information: Serving Size (1 cup): Calories 320; Total Fat 12g; Saturated Fat 1.5g; Cholesterol 0mg; Sodium 30mg; Total Carbohydrates 46g; Fiber 5g; Total Sugars 9g, includes 0g Added Sugars; Protein 9g; Vitamin D 0%; Calcium 4%; Iron 10%; Potassium 6%.

Nutrition Software Used: ESHA Food Processor

GARDEN GUIDE

THINGS TO DO THIS MONTH



By Mary Jane Frogge, Extension Associate in Lancaster County

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

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.

Weed removal is important for many 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 a dull or improperly adjusted mower blades that shred grass rather than cut it.

Cutting flowers is best done with sharp shears or a knife which will help avoid injury to the growing plant. A slanting cut will expose a larger absorbing surface to water and will prevent the base of the stem from resting on the bottom of the vase. It is best to carry a bucket of water to the garden for collecting flowers, rather than a cutting basket.

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.

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.

Sudden Wilt and Death in Tomatoes

By Sarah Browning, Extension Educator in Lancaster County

Nothing is more disappointing to the home vegetable gardener than to raise a tomato plant, finally have it loaded with fruit, when suddenly it wilts and dies. What could be the problem? Possible causes include lack of water, fungal wilt diseases, tomato spotted wilt virus, walnut toxicity and stalk borers.

Lack of Water

Tomato plants require approximately one inch of water per week. Plants may wilt badly when soils are dry, but will revive rapidly when they are watered. A thorough watering once a week during hot, dry weather should be sufficient. Apply water directly to the soil around the base of the plants with a garden or soaker hose. If an overhead sprinkler is used to water the tomatoes, water the plants in the morning to reduce foliar disease problems.

Fungal Wilt Diseases

Verticillium and Fusarium wilt are two common diseases that affect tomatoes and plants in the tomato family, such as pepper, eggplant and potato. Both diseases overwinter as fungal spores in garden soil or on infected plant debris that was not discarded at the end



Fusarium wilt of tomato.

of the previous growing season. Spores enter the plant through the roots. The fungus then grows up into the main plant and throughout the plant's vascular system, blocking the movement of water and nutrients. As water movement to the leaves stops, they begin to turn yellow and wilt.



Browning of tomato vascular tissue by Fusarium wilt.

Plants can be infected at any stage of growth. Young plants may completely wilt and die soon after planting. The first symptoms on older plants appear when leaves, either at the top or bottom of the plant, wilt during the day, and then recover at night. Eventually, infected plants no longer recover at night, but remain permanently wilted and finally die. Stems of infected plants show brown streaking within the vascular tissues just under the green outer tissue. Infected leaves turn yellow, wilt and die. There is no cure for fungal wilt diseases, so infected plants should be removed and discarded, but do not place diseased plants in the compost pile. For management recommendations, read "Verticillium Wilt of Tomato and Eggplant," NC State Extension, <https://bit.ly/verticillium>.

Tomato Spotted Wilt Virus (TSWV)

TSWV causes stunting, wilting, bronzing of foliage and brown or green rings on fruit. A virus disease, TSWV can infect plants in the greenhouse or in the field. Infected plants cannot be cured and should be removed from the garden. Use resistant tomato varieties in gardens with a history of this disease. For more information, read "Tomato Spotted Wilt Virus," South Dakota State University Extension at <https://bit.ly/tsw-virus>.



Tomato fruits showing symptoms of Tomato Spotted Wilt Virus (TSWV).

Walnut Toxicity

Black walnut trees produce a toxic material (juglone) that can injure and kill solanaceous crops (tomatoes, potatoes, peppers and eggplant) and other juglone-sensitive vegetables in the garden. Symptoms of walnut toxicity include stunted growth, yellowing and wilting of foliage and death of susceptible plants. Juglone is present in all parts of the black walnut tree (fruits, leaves, branches and roots). Generally, the greatest concentration of juglone in the soil exists within the dripline of walnut trees.

Nothing can be done to save juglone-damaged tomato plants. Simply remove and destroy dead plants. Gardeners who have large walnut trees near their gardens should consider alternate sites. If alternate sites are unavailable, plant tomatoes and other susceptible plants 20–25 feet beyond the dripline of walnut trees to minimize walnut toxicity problems.

Corn, beans, onions, beets and carrots are tolerant of juglone and can be planted closer to walnut trees provided the area receives sufficient sunlight.

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Sun's Out, Fun's Out: Keeping Your Little One Safe This Summer

By Hayley Perez, Extension Educator in Lancaster County

Sunshine is synonymous with summertime fun, but for parents, it can also mean sunburn worries. Here's how to create lasting summer memories while keeping your child safe in the sun.

Sun Protection: A Multi-Layered Approach

Sunscreen is a must-have, but it's not the only line of defense. The American Academy of Pediatrics (AAP) recommends a broad-spectrum sunscreen with SPF 30 or higher for children over 6 months

old (<http://HealthyChildren.org>). Apply liberally 15 minutes before sun exposure and reapply every two hours, or more often after swimming or sweating.



Photo by Bob Brochhie

Dress for Success

Clothing provides excellent sun protection. Opt for lightweight, tightly woven fabrics that cover your child's arms and legs. Look for swimwear with UPF (Ultraviolet Protection Factor) ratings for added defense. Wide-brimmed hats are essential, shading the face, ears and neck.

Seek Shade and Time It Right

The sun's rays are strongest between 10 a.m. and 4 p.m. Plan outdoor activities for the early morning or late afternoon when the sun

is less intense. Seek shade whenever possible, whether under a tree, umbrella or pop-up tent.

Cool Hydration is Key

Sun exposure can lead to dehydration, so keep your child well-hydrated throughout the day. Offer cool water frequently, even if they don't say they're thirsty. Pack a reusable water bottle and make it a fun game to see how many refills they can get.

Make Sun Safety Fun!

Turn sun protection into an engaging activity. Let your child pick out a colorful hat and cool

sunglasses with UV protection. Apply sunscreen together and make it a silly game by singing songs or telling stories.

Be a Sun-Smart Role Model

Children learn best by example. Always wear sunscreen and sunglasses yourself and take breaks in the shade to show them the importance of sun safety.

By following these tips, you can create a summer filled with joyful memories while safeguarding your child's delicate skin from the sun's harmful rays. Remember, sun safety is a habit that will benefit your child for a lifetime.

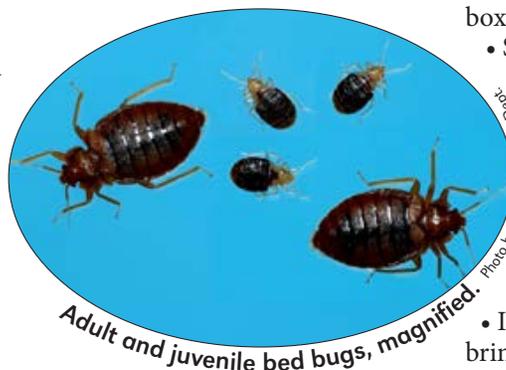
Protect Yourself from Bed Bugs

By Kait Chapman, Extension Educator in Lancaster County

The phrase, "Good night, sleep tight. Don't let the bed bugs bite," is more than just a nighttime farewell; it also serves as a reminder for a very real and common problem. Bed bugs are small insects that infest homes, bite and feed on blood and are most often found in places where people spend a lot of time inactive, like their beds. Not only are bed bugs an uncomfortable nuisance, but they are also notoriously difficult to get rid of. The keys to a bed bug's success?

1. They're small enough to avoid detection.
2. They're excellent at hide and seek, concealing themselves in tight cracks and crevices.

3. They're professional hitchhikers, spreading from place to place on items stored near infested areas.



Adult and juvenile bed bugs, magnified. Photo by JNL Entomology Dept

The Good News?

There are ways to prevent one from having to deal with a bed bug infestation through early detection. When traveling, avoid bringing home unwanted bed bug souvenirs by:

- Inspecting and examining hotel rooms and other lodgings for signs of bed bugs, paying close attention to seams along mattresses and boxsprings.
- Storing luggage and bags on hard surfaces and away from beds, couches and upholstered chairs (the bathtub/shower works great!).
- Isolating dirty laundry in bags to avoid attracting bed bugs.
- Inspecting all items before bringing them back into your home.
- Placing clothing directly into a dryer on high heat for 20–30 minutes.
- Storing all bags and luggage in an area away from the bedroom.

If you do find what you

suspect to be a bed bug, be sure to collect it and have its identity verified by an entomologist at Nebraska Extension or a pest management professional.

Extension's Bed Bug Identification Cards

The cards are a handy tool to have ready and available during travel. Not only do they provide a description of what to look for during a room inspection, but they also slide easily into bed bug hiding spots to flush them out. For more information on bed bugs or how to get a bed bug ID card, visit

<https://lancaster.unl.edu/bedbugs> or email Nebraska Extension in Lancaster County at lancaster@unl.edu.

Bed Bug ID Card



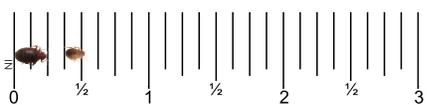
(magnified)

Oval shaped
Reddish-brown
No wings
3 pairs of legs
Flattened from top



(actual size)







Live bugs
(actual size)



Cast skins



Fecal/blood
stains



Eggs

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Tar Spot in Corn

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reiterate that the pathogen has been confirmed in every county in eastern Nebraska, and it can spread from nearby fields. Even if you haven't seen it in your fields in the past, the conditions noted above can spur development of tar spot in areas where it has not been seen in previous years.

Some corn hybrids do have tar spot resistance ratings, so talk to your agronomist or seed dealer to see if there are any ratings for your hybrids. If you have a hybrid with a low tar spot tolerance rating, those fields would be another good place to begin tar spot scouting. Scouting should be done frequently, especially in the days and weeks approaching tasseling.

Fungicides have been found to be effective in research conducted at Purdue University. Fungicide efficacy is very dependent on when the disease develops and the timing of application. Common fungicide applications at tasseling may control tar spot if its development coincides with the timing of application. However, if environmental conditions are favorable, tar spot can develop later in the season after the tasseling stage, and those early fungicide applications may wear off before the tar spot arrives. Once again, we must focus on timely and regular scouting to determine if and when additional fungicide applications should be made.

If you do suspect you have tar spot this year, the UNL Plant & Pest Diagnostic Clinic (<https://plantpathology.unl.edu/plant-pest-diagnostic-clinic>) will diagnose any possible tar spot samples free of charge. Dr. Tamra Jackson-Ziems at the UNL Plant Pathology department is leading the research and Extension's efforts related to tar spot in Nebraska. She can be contacted at tjackson3@unl.edu.



HEART OF 4-H VOLUNTEER AWARD

Betsy Barent

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

She has gone above and beyond in her duties as Curriculum Specialist for Science at Lincoln Public Schools (LPS) to help with 4-H school enrichment programs. As a core part of the LPS science curriculum, third graders hatch chicks in their classrooms while learning about embryonic development. Betsy has collaborated with 4-H staff to implement lessons about eggs and chicks that are focused on traits and inheritance.

"I like being a 4-H volunteer because of the authentic learning experiences in which students get to engage," Betsy says. "My favorite experience as a 4-H volunteer is watching students be in awe of the chicks that hatch in their classroom. I am always so impressed with how much they care for the chicks."

Extension Associate Kate Pulec says, "Betsy also works great with our team to help provide additional communication to the teachers to support the success of the Embryology program. She and her team provide the schedule planning dates and always give input to make sure the teachers are successful in delivering the program to the third graders."



HEART OF 4-H VOLUNTEER AWARD

Jessica Marsh

Lancaster County 4-H is proud to announce Jessica Marsh of Lincoln as winner of the July "Heart of 4-H Award" in recognition of outstanding volunteer service.

She is co-leader of the Lancaster Leaders 4-H club, and helped start the club 5 years ago. The club has been recognized as a Nebraska Club of Excellence for 4 years,

which means it meets specific standards of excellence, such as meeting at least six times per year and having youth serve in leadership roles. Jessica has helped lead club members in community-service projects, such as collecting donations for people in need, marching in the Veterans Day Parade, staffing a booth at the Kiwanis Carnival for Elliot Elementary School students and helping staff shifts at 4-H Council's food stand during the Lancaster County Super Fair.

"I love the variety of programs offered by 4-H," Jessica says, "There truly is something for everyone! Our club has members of all ages and it is fun to see them interact. Our club members really enjoy working in the food stand at the fair. The members are always so excited about their fair projects and it is fun to see them share their results, then work together in the stand. It is really a neat year-to-year comparison of how much they have grown physically and in experience."



Nebraska 4-H Foundation Scholarship Winners

Two Lancaster County 4-H youth were among the 2024 Nebraska 4-H Foundation scholarship winners:

- Clara Johnson received the Rose and Guy Richard McDonald Scholarship for \$1,000.
- Christina Xu received the Women in STEM Scholarship for \$1,000.

The 4-H Foundation provides up to \$25,000 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.

Congratulations to these Lancaster County 4-H youth!

LEARN WITH



The National 4-H Council has created CLOVER, a new platform in educational technology. With over 190 interactive activities online, CLOVER caters to learners from ages 5 to 18. Through the CLOVER site, users can earn rewards and customize their experiences as they progress through the activities. CLOVER also offers hands-on opportunities through downloadable lessons. Whether you're a student, parent or educator, CLOVER has something valuable to offer to everyone who's interested in having fun while learning! Join CLOVER today by creating an account at <http://4h.org/clover> or download the CLOVER mobile app.



4h.org/clover



"I like to learn new things. So I liked looking for projects on Clover and finding the ones that I was interested in."

—Avery Vlasnik,
Lancaster County 4-H'er

EXAMPLE ACTIVITIES

**Cooking Code**

Did you know that a recipe is a type of an algorithm? An algorithm is a set of instructions that can be followed to tell someone how to complete a task to get a specific result. In this activity, you'll follow an algorithm to bake cupcakes, use patterning to decorate those cupcakes, change variables in an algorithm and design an algorithm for others to follow.

**Code Your Garden**

Welcome to the garden of code! You may not think something outdoorsy, like gardening, can have anything to do with something indoorsy, like coding, but you'd be surprised! In this activity, you'll identify some computational thinking skills, including pattern recognition, decomposition, abstraction and algorithmic thinking.

**Best in Breed**

There are hundreds of breeds of dogs! In this activity you'll get to be a veterinarian and learn how dogs have evolved over time, about the different breeds of dogs and characteristics of each group of breeds.

**Engineer a Bee**

Bees are vital to agriculture, pollinating over \$16 billion worth of crops just in the United States each year. In this activity you'll learn why bees are important to agriculture, the unique anatomy of bees and how bees work as pollinators.



"I just like to see how things grow. So I liked doing this project and watching my seeds grow in the little greenhouse!"

—Jaxon Vlasnik,
Lancaster County 4-H'er

"From my perspective as the mom: I have planted seeds and baked cookies with my kids before, but I liked having the Clover activities as a guide. It gave the activities structure and provided me with purposeful questions to ask the kids throughout the learning process."

—Amber Vlasnik, parent



LANCASTER COUNTY

Super Fair

10 Days of Fair Fun Aug. 1–10

4-H & FFA Exhibits & Events Aug. 1–4

4-H Horse Shows July 31–Aug. 4

Sandhills Global Event Center

84th & Havelock, Lincoln

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

2024 SUPER FAIR PARKING PASS —

- New this year, carpool and save!
- \$15 per day per vehicle — cash only.
- This pass includes FREE gate admission for everyone in your vehicle.
- Same day re-entry allowed with parking pass.
- \$5 off Fair Parking Pass coupons will be available thanks to Fair gate sponsors! (Sponsor locations will be announced at SuperFair.org after June 1.)

Note: 4-H/FFA exhibitor Entry Pass Hangtags from the Extension office (see NEBLINE p. 10) get exhibitors and their family into the fair all 10 days! (No Fair Parking Pass needed.)

CHICKEN DINNER & SILENT AUCTION, AUG. 2 —

Lancaster County 4-H Council is hosting a Chicken Dinner on Friday, Aug. 2, 5:30–7:30 p.m. at the South Hall (formerly Exhibit Hall) — enter through Lancaster County Farm Bureau Room (vehicles enter Gate 3 off Havelock, park near South Hall). Dinner features Slim Chickens chicken tenders, side dishes and dessert! To-go boxes will be available. Tickets can be purchased at the door and advance tickets are available 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 Sheri Ramirez at 402-805-2696 or Skr0701@windstream.net no later than Wednesday, July 24. Both events are fundraisers for 4-H Council.

4-H Events Open to All Youth

For more information about the following, go to <https://go.unl.edu/lan4hnews> or call 402-441-7180.



PLANT SCIENCE ONLINE CONTESTS — All

youth, as well as adults, may test their knowledge of plants through two upcoming plant science online contests. Study materials are online at <https://lancaster.unl.edu/hort-fair>.

- Lancaster County 4-H Online Tree ID and Grass & Weed ID Contests will be open from Friday, June 7, 9 a.m. through Friday, June 21, 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 7, 8 a.m. through Friday, June 21, 8 a.m. For more information and link, go to <https://4h.unl.edu/online-horticulture-judging-contest>.

CLOVER COLLEGE, JUNE 11–14 — Lancaster County 4-H Clover College is four days of in-person, “hands-on” workshops. It will be held June 11–14 at the Nebraska Extension in Lancaster County conference rooms, 444 Cherrycreek Road, Suite A, Lincoln. Youth must be at least 6 years old 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>.

HORSEMANSHIP CLINIC WITH REBEKAH IRISH, JUNE 23 — Rebekah Irish is an instructor of equestrian science at Black Hawk College and coaches their Western and Hunt Seat Show Team. Rebekah is ready to help you reach your goals as a horseman, help improve your riding skills and develop a deeper connection with your horse. Nebraska 4-H will present a Horsemanship Clinic With Rebekah Irish on Sunday, June 23 at the Sandhills Global Event Center in Lincoln. Register by June 15 at <https://go.unl.edu/hclinic2024>. Cost is \$40 per 4-H member and \$50 per non-4-H member (youth or adults). Auditing is free.

SUMMER CAMPS — Nebraska 4-H Summer Camps provide all youth a place to discover, learn and grow. 4-H Camp 101 is offered to youth ages 8–10. Power of Being Green is offered to youth ages 8–14. More information at <https://4h.unl.edu/camp>.

- Chadron: June 1-5 – Power of Being Green 4-H Camp
- Cozad: June 16-20 – Power of Being Green 4-H Camp
- Cozad: July 1-3 – 4-H Camp 101
- Burwell: July 17-19 – 4-H Camp 101
- Burwell: July 20-24 – Power of Being Green 4-H Camp

Babysitting Training, June 28 or July 15

Extension Educator Hayley Jackson will present a Babysitting Training open to youth ages 10–15 on two separate dates: Friday, June 28 or Monday, July 15. 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 about 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/btsignup>. Payment may be made by calling 402-441-7180 with a credit/debit card (small fee), or sending a 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.

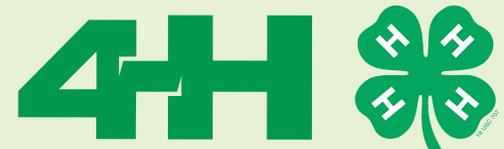
Support 4-H During

“Give to Lincoln Day,” May 30

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 is increased by a proportional share of a \$650,000 challenge match fund!

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

give
TO LINCOLN DAY
MAY 30, 2024





4-H Announcements

FOR 4-H'ERS AND VOLUNTEERS

The 4-H e-newsletter at <https://go.unl.edu/lan4hnews> has up-to-date information about upcoming 4-H opportunities.



4-H'ERS AGES 8 & 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 be 8 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 & AKSARBEN STOCK SHOW LIVESTOCK NOMINATIONS & DNA ENVELOPES

— Animal exhibitors (4-H ages 8–18, FFA ages 10–21) are eligible to participate at the Nebraska State Fair regardless of county fair placing. The 2024 Lancaster County 4-H/FFA Animal Requirements for Super Fair and State Fair handout is online at <https://go.unl.edu/anireq>. This handout lists deadlines, events and identification requirements for showing at the Lancaster County Super Fair and State Fair.

- By Saturday, June 15, DNA envelopes must be submitted to the Extension office. **New 2024 DNA envelopes are required — please discard old envelopes.** Each 4-H & FFA livestock project must have a DNA envelope submitted. 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. 4-H & FFA families who want to be nominated for both State Fair and Aksarben Stock Show only need to submit one DNA envelope.
- For State Fair — breeding and market livestock nominations must be entered and a fee of \$7 per animal paid on Show Stock Manager at <https://showstockmgr.com> (step-by-step instructions are at <https://go.unl.edu/sfnomination>). Nomination deadline is June 15. Entry deadline is Saturday, Aug. 10, 8 p.m. in ShoWorks online at <http://nebr.fairwire.com>. For more information, go to <https://4h.unl.edu/state-fair-livestock-exhibitor>.
- For the Aksarben Stock Show — **new in 2024: youth must submit nominations online in addition to State Fair nomination.** The Aksarben Stock Show online nomination system will be different than Show Stock Manager. Link will be on the Aksarben Stock Show website at <https://aksarbenstockshow.com>. Nomination deadline is July 1, 5 p.m. Entry process and deadline will be announced later.

SEWING HELP SESSIONS

— Sewing Help sessions for 4-H youth ages 8–18 will be held Tuesday, June 25 and Thursday, June 27 from 12:30–4:30 p.m. and Saturday, June 29 from 10:30 a.m.–2:30 p.m. All sessions will be held at the NEW location of the Bernina Sewing Center, 5740 Old Cheney Road in Lincoln. No fees or pre-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 15th 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 Wednesday, 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 via email with questions. Essays may be handwritten or typed by the 4-H'er. Applicants MUST be currently enrolled 4-H members.

4-H STATE HORSE EXPO SHOW, HIPPOLOGY AND JUDGING ENTRIES DUE JUNE 1

— The Fonner Park State Horse Expo will be held July 13–17 in Grand Island. Exhibitors must be ages 8–18 (by Jan. 1 of the current year) and have passed Horsemanship Advancement Levels I and II. State 4-H Horse Show, Hippology and Horse Judging entries, horse ID's and level requirements are due June 1. The entry process must be completed online by the exhibitor or their family. For more information 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 emailed to 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 lanaster4H@unl.edu or the Extension office. If you have questions, contact Kate Pulec at kpulec3@unl.edu.

HORSEMANSHIP LEVEL TESTING, JUNE 25

— the last 2024 4-H horsemanship advancement level group testing will be held at the Sandhills Global Event Center on Tuesday evening, June 25. Anyone wishing to be tested must register by June 18. Time slots will be emailed. Contact Kate Pulec at kpulec3@unl.edu or 402-441-7180 for questions or to register for a testing date. All other horsemanship level requirements and paperwork must be completed and handed in to Kate at the Extension office before the riding portion can be done. 4-H'ers must give Kate at least 24-hour notice if they are unable to attend their test time, or a \$20 fee will be assessed.

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 or 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 13–17

— The Fonner Park State 4-H Horse Exposition will be held July 13–17 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 26 — 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 22. 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 the Reward Request Form are due to the Extension office no later than July 26. More information can be found at <https://lanaster.unl.edu/4h/horse>.

VIDEO COMPANION ANIMAL SHOWMANSHIP

— The Nebraska 4-H Video Companion Animal Showmanship Contest is open to 4-H'ers ages 10–18 who are enrolled in a companion animal (including cat) project. Videos should be recorded at the youth's home and submitted following the instructions at <https://4h.unl.edu/companion-animal-showmanship>. Entries can be submitted starting July 1 and are due by Monday, Aug. 12 at 5 p.m.

STATE FAIR PREMIER SCIENCE AWARD

— New this year, the State Fair Premier Science Award for static exhibits will not be selected by judges at county fairs, but submitted by 4-H'ers via an application process. 4-H'ers may select ONE exhibit from any static exhibit project entered at a county fair selected by judges for the State Fair and complete an awards application. Exhibit must relate to the scientific method or engineering design process while completing the exhibit. The application form will be at <https://go.unl.edu/NSFPremierScienceApp> and is due by Monday, Aug. 19. Include a photograph of the exhibit which will not be used in judging, but is needed if the exhibit needs to be located in the exhibit hall.

- Entries are only judged on the information included in the application.
- Exhibits which do not have a completed application or photograph may be disqualified at the discretion of the judge.
- Participants will be scored on how well they communicate their use of the scientific method or engineering design process while completing their exhibit.
- An exhibit involving a science topic does not necessarily qualify it to be the best choice for this award.
- The award application and the exhibit must both be at State Fair. If the application form is not attached to the exhibit, it will be disqualified. More information may be found at <https://4hfairbook.unl.edu/fairbookview.php/contests/51>.

4-H/FFA at Super Fair

Announcements

FOR 4-H/FFA MEMBERS AND VOLUNTEERS



4-H & FFA ENTRY PASS HANGTAGS

4-H/FFA exhibitors can get free 4-H/FFA Entry Pass Hangtags for their immediate families at the Extension office (available July 1–31) or Extension 4-H fair, horse and livestock offices at the Sandhills Global Event Center (SGEC) (available during the 4-H/FFA portion of the fair). These Entry Pass Hangtags allow one vehicle and its occupants to enter the SGEC fairgrounds each day Thursday, Aug. 1–Saturday, Aug. 10. Your hangtag will be honored all 10 days of Super Fair! Hangtags are not needed July 30–31 for static entry and judging days.

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 Sandhills Global Event Center. 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. 1 through Sunday, Aug. 4 (sign up online at <http://go.unl.edu/foodstandsignup>). All volunteers are **strongly encouraged** to attend the food stand training on Sunday, July 28, 5 p.m. in the Ag Society Hall (formerly Lincoln Room).
- **WITH STATIC EXHIBIT SET-UP** (ages 8 and up) on Sunday, July 28, 5:30 p.m., in the Ag Society Hall. Bring power screwdrivers, if available. Pizza will be served to the volunteers after set-up.
- **DURING JUDGING OF STATIC EXHIBITS** (ages 12 and up) on Wednesday, July 31.

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 29 and Tuesday, July 30, anytime between 4–10 p.m. Sign up at <http://SuperFair.org/GetInvolved>. Volunteers will receive a fair volunteer T-shirt, meal and beverages.

LIFE CHALLENGE CONTEST, MAY 30

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 Thursday, May 30, 8:30 a.m. at Nebraska Extension in Lancaster County conference rooms at 444 Cherrycreek Road, Suite A, Lincoln. Register by Thursday, May 23. A study packet is available at <https://lancaster.unl.edu/4h/lifechallenge>. To register, 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 the 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. If you use the online form at <http://go.unl.edu/horseID>, make a copy for yourself.

HORSE JUDGING CONTEST, JUNE 1

The Lancaster County Super Fair 4-H Horse Judging Contest will be held on Saturday, June 1 at the Sandhills Global Event Center – LivestockMarket Pavilion (formerly Pavilion 3), 2 p.m. You may register in advance by emailing name(s) and age(s) of youth to Kate Pulec at kpulec3@unl.edu or before the event 1:30–2 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 18

The Lancaster County 4-H Plant Science Contests will be held in-person on Tuesday, June 18, 10 a.m.–Noon at the Nebraska Extension in Lancaster County conference rooms, 444 Cherrycreek Road, Suite A, Lincoln. Register by Monday, June 17 by calling 402-441-7180. Open to 4-H'ers ages 9–18 from all counties. 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.

Study materials are at <https://lancaster.unl.edu/hort-fair>. 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 18–JULY 1

The 2024 Lancaster County 4-H/FFA Animal Requirements for Super Fair and State Fair handout is online at <https://go.unl.edu/anireq>. This handout lists deadlines, events and identification requirements for showing at the Lancaster County Super Fair and State Fair. All 4-H/FFA animal entries for the Lancaster County Super Fair must be entered online through ShoWorks at <https://go.unl.edu/lcani>. Animal entries may be submitted online starting on Tuesday, June 18. Deadline is Monday, 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://lancaster.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 at <https://v2.4honline.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.

- **STALL/PEN RESERVATIONS:** For beef, bucket calves, dairy cattle, swine, sheep, meat goats, dairy & pygmy goats 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 the 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 8

- Livestock exhibitors who enter the following species will be charged a bedding fee: Beef and dairy cattle — \$12 per head. Bucket calves — \$9 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 Monday, July 8.
- 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 Monday, July 8.

PHOTOGRAPHY HELP SESSION, JULY 8

A Photography Help Session for 4-H youth ages 8 and up will be held Monday, July 8 from 10 a.m.–2 p.m. at the Nebraska Extension in Lancaster County Conference Rooms, 444 Cherrycreek Road, Suite A, Lincoln. No fees or pre-registration required, just drop in. Super Fair Photography Superintendent, Brett Jurgens, 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 entry and data tags will be available.

FASHION SHOW JUDGING, JULY 23; PUBLIC FASHION SHOW, AUG. 1

Fashion Show judging will be Tuesday, July 23, starting at 8 a.m. at the Nebraska Extension in Lancaster County Conference Rooms, 444 Cherrycreek Road, Suite A, Lincoln. 4-H staff will provide a judging schedule in advance of the contest day. The public Fashion Show will be Thursday, August 1 at 7:30 p.m. at the Sandhills Global Event Center, South 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 15.

from previous page

BAGGED SHAVINGS

All animal exhibitors must use shavings provided by the Sandhills Global Event Center (SGEC). Absolutely no outside shavings or straw is allowed since SGEC composts. Note: all stalls are disinfected with Nixall between each rental year-round.

Special discounted 4-H/FFA price of \$9 per bag (with sales tax included) will be honored for 4-H/FFA animal shows from Tuesday, July 30 through Saturday, Aug. 3 with self-pickup at the General Store in EquineMarket Pavilion. 4-H/FFA exhibitors may pay and pick up their shavings at the General Store on east end of EquineMarket Pavilion during these hours:

- Tuesday, July 30, 4–8 p.m.
- Wednesday, July 31, 7 a.m.–9 p.m.
- Thursday, Aug. 1, 7 a.m.–9 p.m.
- Friday, Aug. 2, 7 a.m.–3 p.m.
- Saturday, Aug. 3, 7 a.m.–1 p.m.

If you need shavings outside of these hours, please call SGEC office at 402-441-6545 or stop by (it is in front of Ag Society Hall 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 EquineMarket Pavilion. On arrival, just check in quickly with cashier to sign for your shavings. Preorder no later than Thursday, July 25 at <https://bit.ly/3Kahqrr>.

STATIC EXHIBIT CHECK-IN, JULY 30, 4–8 P.M.

4-H & FFA static exhibits do not preregister, but MUST be physically checked in during Static Exhibit Check-in on Tuesday, July 30, 4–8 p.m. at the Sandhills Global Event Center, Ag Society Hall (formerly 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 Fair Book for detailed entry requirements for each class. Specific tags are required to be completed and attached to the following exhibits:

- **Home Design & Restoration Supporting Information Tag** for each Home Design & Restoration exhibit. Information on this tag may be provided on a half sheet of paper. Note: “Quilt Designs Other Than Fabric” exhibits also use this tag.
- **Visual Arts Supporting Information Tag** for each Visual Arts exhibit. Information on this tag may be provided on a full or half sheet of paper.
- **Food Preservation Card** for each Food Preservation item.
- **Photography Data Tag** for each Photography exhibit.
- **Clothing Design Data Card** for some Upcycled and Beyond the Needle classes.
- **Fiber Arts Knitting and Crochet Data Cards** for Knitting and Crochet Level 2 & 3 classes.

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. 5 from 7–11 a.m.

STATIC EXHIBIT INTERVIEW JUDGING, JULY 31

Interview Judging is Wednesday, July 31 beginning at 9 a.m. in the Ag Society Hall (formerly 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, page 19 for project areas which have interview judging. 4-H’ers may interview judge one exhibit from each project area except Clothing, which allows multiple exhibits. To sign up members for a five-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 in person during Static Exhibit Check-in on Tuesday, July 30, 4–8 p.m. Parents/grandparents/guardians are not allowed in the judging areas.

TABLE SETTING CONTEST, AUG. 2

The Table Setting Contest will be held during the Super Fair on Friday, Aug. 2 at the Sandhills Global Event Center, South Hall (formerly Exhibit Hall) — use east entrance. 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 give a 5-minute prepared presentation about their table to a judge. Register by Tuesday, July 23 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. Scheduled times are mailed to participants about a week prior to the fair. A “how-to” handout is available at <https://lancaster.unl.edu/4h/fair/2024/Tablessetting-24.pdf>.

CLOVER KIDS SHOW & TELL, AUG. 4

All Clover Kids, youth ages 5–7 by Jan. 1, 2024, are invited to show & tell one of their 4-H exhibits or a small animal during Clover Kids Show & Tell on Sunday, August 4 in Ag Society Hall (formerly 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 26. If slots are still available, you may sign up on Tuesday, July 30, 4–8 p.m. near the Clover Kids static exhibit check-in table in Ag Society Hall.

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 Market 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.

- For enrollment to be complete, at least one project needs to be selected. New in Fall 2023: The project listing in 4-H Online has been narrowed down from 200+ projects to approximately 50 youth project areas. For example: “Design Decisions” is now under “Home Design & Restoration.” “Aerospace” is now under “STEM: Rockets.” “STEAM Clothing 1” is now under “Textile, Quilts & Apparel.”
- The only required health information for members is regarding allergies and permission to treat.
- “Independent members” need to select “Lancaster Independent” under “club.”
- FFA members need to select their FFA chapter under “club.”
- Leaders, choose organizational leader or project leader when enrolling, not project volunteer.

YOUTH FOR THE QUALITY CARE OF ANIMALS (YQCA)

4-H & FFA members participating 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). 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 23 or Thursday, June 6, 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. **Note: You will need to take a 5-question pre-test at <https://yqcaprogram.org> before attending.** 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 and 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, Suite A, Lincoln, NE 68528
402-441-7180 • lancaster.unl.edu

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Sudden Wilt in Tomatoes

from page 4

Walnut trees that are 75–100 feet from the garden shouldn't be a big threat to tomatoes and other juglone-sensitive vegetables.

Stalk Borers

The stalk borer is an insect pest that attacks a wide variety of plants, including tomatoes. The larva (caterpillar) bores into the stem and tunnels inside the stalk. (The entrance hole is small and often difficult to locate.) Affected plants wilt and often die. However, stalk borer damaged plants that are given good care may survive.

Tomato plants that die should be pulled and destroyed. The destruction of the plants may also kill the stalk borer. Cutting or mowing tall weedy areas around vegetable gardens may also help control the pest.

For more information, read “Common Stalk Borer” from Kansas State Research and Extension at <https://bit.ly/stalk-borer>.



James Kalisch, University of Nebraska, Bugwood.org

Common stalk borer feeds on over 175 different plant species, including many in the flower and vegetable garden.



EXTENSION CALENDAR

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

May

- 23 Youth for the Quality Care of Animals Face-to-Face Training for 4-H & FFA Livestock Animal Exhibitors 6–7 p.m.
- 23 4-H Dog Workshop, Greater Lincoln Obedience Club, 5740 Johanna Rd, Bay 4 . 6–8 p.m.
- 27 Extension Office Closed for Memorial Day Holiday
- 28 4-H Horsemanship Advancement Level Testing, Sandhills Global Event Center
- 30 4-H Life Challenge Contest 8:30 a.m.–12 p.m.

June

- 1 4-H State Horse Show, Hippology and Horse Judging Entries, ID's and Level Requirements Due
- 1 Super Fair 4-H Horse ID's Due to Extension
- 1 4-H Horse Judging Contest, Sandhills Global Event Center - LivestockMarket Pavilion 2 p.m.
- 4 4-H Council Meeting 6 p.m.
- 6 Pesticide Applicator NDA “Walk-In” Testing Session 9 a.m.–2 p.m.
- 6 Youth for the Quality Care of Animals Face-to-Face Training for 4-H & FFA Livestock Animal Exhibitors 6–7 p.m.
- 7 Extension Board Meeting 8 a.m.
- 7–21 Lancaster County 4-H Online Tree ID and Grass & Weed ID Contests, <https://lancaster.unl.edu/hort/youth/fair/treegrassweedcontests>
- 9–14 Big Red Summer Academic Camps, UNL East Campus
- 11–14 4-H Clover College 8 a.m.–5 p.m.
- 12 GROBigRed Virtual Learning Series: Summer Lawn Care, Zoom Webinar 12–1 p.m.
- 15 Deadline to Enroll 4-H Members/Volunteers — 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/Rabbits
- 15 Deadline for 4-H & FFA Livestock Animal Exhibitors to Complete Requirements for Youth for Quality Care of Animals
- 17–18 Nebraska 4-H Premier Communication Event, UNL East Campus
- 18 4-H Plant Science Contests: Horticulture/Tree ID/Grass-Weed ID. 10 a.m.–12 p.m.
- 18 4-H/FFA Animal Entries for the Lancaster County Super Fair Must be Submitted Online at <https://go.unl.edu/lcani> Between June 18 and July 1, 11:59 p.m.
- 19 Extension Office Closed for Juneteenth Holiday
- 20 Pesticide Applicator NDA “Walk-In” Testing Session 9 a.m.–2 p.m.
- 20–21 Nebraska 4-H Premier Animal Science Events (PASE), UNL East Campus
- 22 Composting Demonstration, Pioneers Park, Across from the Nature Center. . . . 10 a.m.
- 23 State 4-H Horsemanship Clinic With Rebekah Irish, Sandhills Global Event Center
- 25 Sewing Help Session for 4-H Youth, Bernina Sewing Center, 5740 Old Cheney Road 12:30 p.m.–4:30 p.m.
- 25 4-H Horsemanship Advancement Level Testing, Sandhills Global Event Center
- 27 Sewing Help Session for 4-H Youth, Bernina Sewing Center, 5740 Old Cheney Road 12:30 p.m.–4:30 p.m.
- 28 Babysitting Training. 9 a.m.–3 p.m.
- 29 Sewing Help Session for 4-H Youth, Bernina Sewing Center, 5740 Old Cheney Road 10:30 p.m.–2:30 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 Livestock Booster Club Scholarship Deadline
- 8 4-H Photography Help Session. 10 a.m.–2 p.m.
- 10 GROBigRed Virtual Learning Series: Vegetable Garden Disease, Zoom Webinar. 12–1 p.m.
- 11 Pesticide Applicator NDA “Walk-In” Testing Session 9 a.m.–2 p.m.
- 12 Extension Board Meeting 8 a.m.
- 13–17 Nebraska 4-H State Horse Expo, Fonner Park, Grand Island
- 15 Babysitting Training. 9 a.m.–3 p.m.
- 22 4-H Horse Incentive Program Last Day to Log Hours/Points
- 23 4-H Fashion Show Judging Day 8 a.m.
- 23 4-H Horse VIPS/Superintendent Meeting. 6 p.m.
- 25 Pesticide Applicator NDA “Walk-In” Testing Session 9 a.m.–2 p.m.
- 26 4-H Horse Incentive Program Forms Due to Extension
- 30 4-H & FFA Static Exhibit Entry for Lancaster County Super Fair, Sandhills Global Event Center - Ag Society Hall 4–8 p.m.
- 31 4-H & FFA Static Exhibit Interview Judging at Lancaster County Super Fair, Sandhills Global Event Center - Ag Society Hall 9 a.m.