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NEBLINE, August 2017

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Back-to-School Nutrition

Alyssa Havlovic, MS, RDN, ACSM EP-C and
Jessica Meuleners, MS, RDN, LMNT
Extension Educators

The month of August means back to school for many children. Families will spend time shopping for new clothes and school supplies. However, how many families spend time planning for what they will eat every day? From hectic mornings, packing lunches, carpooling to after school activities, getting a family meal on the table in the evening, to finishing homework, the days can become long and busy. You may start to wonder how you will ever feed your family a healthy meal. Here are some quick tips and tricks to feeding your family during some of the most hectic days.

Hectic-Free Breakfasts

Many families find it hard to make breakfast and get out of the house on time to make it to school. Children who eat breakfast tend to concentrate better in the classroom, are more likely to maintain a healthy weight, and will get the energy they need to make it through the day.

The key to a healthy breakfast is balance. Try to include at least three food groups into your breakfast, such as a lean protein, whole grains, a fruit or vegetable, and milk. See the "On-the-Go Breakfast Ideas" at right.

Healthy breakfast staples to have on-hand include eggs, yogurt, whole grain cereal (choose low-sugar varieties), oatmeal, fruit (fresh, canned or frozen), whole wheat bread and low-fat milk. A great way to save time in the morning is to prepare breakfast foods on the weekend. This will save you a few extra minutes during the week as you're rushing out the door!

Smart Snacks for After School

Many families don't eat dinner until 2-3 hours after school gets out, so children may come home needing a snack. You want to find the right sized snack that will satisfy those hunger cues but not be large enough to prevent your child from being hungry for dinner. Including two food groups (one being a fruit or vegetable) will help keep your child energized but not overly full.



"Lickity Split Banana Split" made with fruit, whole grain cereal and yogurt.



Celery sticks, carrots and crackers with hummus is a delicious, smart snack!

For more kid-friendly snack, breakfast and meal ideas, go to UNL Nutrition Education Program's Pinterest page at www.pinterest.com/unlneq

Snack time is the perfect opportunity to have some fun, experiment with new foods and include foods your child may not be getting enough of at meals. Having fresh fruits and vegetables already washed and cut make an easy snack choice. Try carrots and celery sticks with a side of hummus or serve an apple with a tablespoon of peanut butter. Trail mix with whole grains, nuts and dried fruit is another simple and healthy option.

Meal Planning and Preparation

Starting the week with a plan of five to seven healthy meals that everyone in your family enjoys will take the stress out of family meal time. Begin by choosing a main entree, such as baked chicken or tacos, then add a vegetable and/or fruit side. Be sure to include foods from all five food groups (fruits, vegetables, protein foods, grains and dairy) when planning your meals.

Watch for sales on frozen or canned vegetables and fruits, or other staples like rice and pasta to keep your pantry stocked with healthy foods. Shopping for seasonal produce is a great way to save some money and add variety to your meals. When cooking beef or poultry, double or triple the batch to use in another dish the next day (tacos, casseroles, stir-fry, etc.) or freeze for future use.

Get the whole family involved in meal planning and preparation. Allow your children to help make their lunches and snacks each week and let family members help choose the meals you will eat together. Mealtime does not have to be just one person's responsibility. When more family members play a role in getting a meal on the table, it makes for a more enjoyable experience and less pressure on you. Assign age-appropriate tasks such as setting the table, preparing the salad, and even helping with the dishes and clean-up.

see BACK-TO-SCHOOL NUTRITION on page 5

On-the-Go Ideas For Breakfast



Fruit and yogurt parfait



Egg and cheese on an English muffin



Whole wheat tortilla with peanut butter and banana



Fruit and yogurt smoothie



Homemade granola bars



Bagel topped with yogurt and fruit



Homemade granola mix



Overnight oatmeal with Greek yogurt and berries

Photos (unless otherwise noted): Craig Chandler, UNL Communications, taken for Nebraska Extension's Nutrition Education Program

USDA Center for Nutrition Policy and Promotion



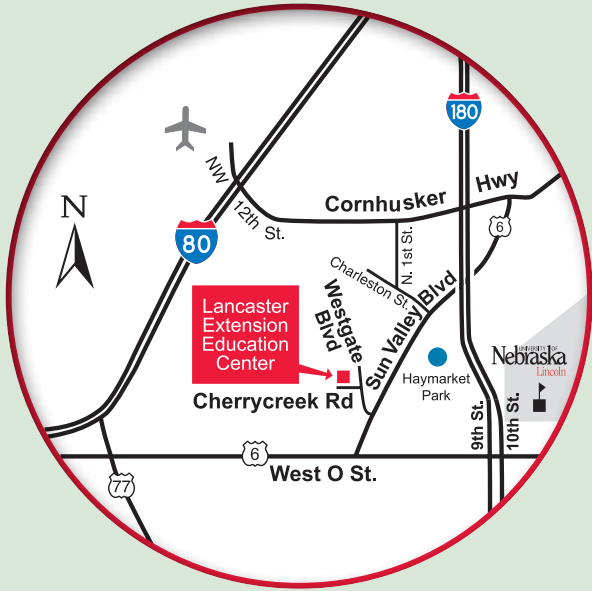
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444 Cherrycreek Road, Lincoln



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The NEBLINE is published monthly (except December).
Mailed to nearly 11,000 households in Lancaster County
and can be read online at <http://lancaster.unl.edu/nebline>.

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Are You Avoiding Some Healthy Foods Because of Sugar

Alice Henneman, MS, RDN
Extension Educator

Have you heard people say they no longer ate fruit or drank milk because these foods contained "sugar?" I started thinking of how many other foods people think they should avoid because of something they heard in the news.

The public has been hearing a lot about cutting back on sugar. What the recommendations from the 2015 Dietary Guidelines for Americans (DGA2015) were talking about is "added" sugar, not the sugars found naturally in foods such as fruit and milk. "Added sugars" are those sugars added during processing or added when we eat, such as adding sugar to coffee.

Recommendations

The reason for the original recommendations wasn't because sugar is a "toxic" substance as some articles claim. Rather, excessive "added sugars" can:

- Contribute to excess calories — unless a person is very active — which may lead to weight gain and an increased risk of heart disease and diabetes.
- Provide calories but no additional nutrients. In turn, some people may reduce or avoid eating more nutrient-dense foods to avoid gaining weight. (See Table 1 comparing milk, fruit and regular cola.)
- Contribute to tooth decay.

The DGA2015 recommend consuming less than 10 percent of calories per day from added sugars for children and adults. This amount was chosen as — for most calorie levels — there aren't enough calories left after meeting food group recommendations to still stay within the limits of desirable calorie amounts. For a 2,000-calorie level, this amount would equal less than 200 calories of added sugar. As one example, 200 calories would equal approximately 12 teaspoons of granulated white sugar, a common source of sugar.

4 grams of granulated white sugar equals approximately 1 teaspoon of sugar

Does this mean you should never eat "added sugar." Not at all! Rather, limit the amount to assure getting adequate nutrients from more nutrient-dense foods in your diet. A small amount of sugar may help us consume disease-fighting foods, according to Jill Weisenberger, Registered Dietitian Nutritionist and Certified Diabetes Educator. For example, think about eating cranberries "without some added sweetness," says Weisenberger.

Sources of "Added" Sugar

"About half the added sugars in our diets come from drinks — like sodas, fruit drinks and other sweetened beverages," according to the DGA2015.

Reading the list of ingredients on the label of processed

Table 1: Major Nutrient Comparison of Milk, Fruit and Cola

Nutrient	A typical serving size		
	Milk, nonfat, with added vitamin A & D, 1 cup	Oranges, raw, 1 large, 3-1/16 diameter	Cola, regular, 12 fluid ounces
Calories	83	86	155
Protein, g	8.3	1.7	0
Fiber, g	0	4.4	0
Sugars, g	12 (naturally occurring)	17.2 (naturally occurring)	36.78 (added)
Calcium, mg	200	74	4
Vitamin C, mg	0	97.9	0
Potassium, mg	382	333	0
Vitamin A, IU	500	414	0
Vitamin D, IU	115	0	0

Source of nutrients: USDA Food Composition Databases, retrieved 6/19/2017 at <https://ndb.nal.usda.gov/ndb>

foods can help identify added sugars. The Department of Agriculture (USDA) identifies the following names among those for added sugar on food labels: anhydrous dextrose, brown sugar, confectioner's powdered sugar, corn syrup, corn syrup solids, dextrose, fructose, high-fructose corn syrup, honey, invert sugar, lactose, malt syrup, maltose, maple syrup, molasses, nectars (e.g., peach nectar, pear nectar), pancake syrup, raw sugar, sucrose, sugar and white granulated sugar.

Food labels list ingredients from most to least by weight.

Nutrition Facts Panel

At present, the Nutrition Facts panel on foods is not required to indicate whether sugars are added or naturally occurring in a food. This is what a current Nutrition Facts label might look like (Figure 1).

On May 27, 2016, the U.S. Food & Drug Administration (FDA) published final rules in the Federal Register for a regulation that, "Added sugar,"

Figure 1. Sugar listing on current Nutrition Facts label

Nutrition Facts	
Serving Size 1 cup (228g)	
Servings Per Container about 2	
Amount Per Serving	
Calories 250	Calories from Fat 110
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 3g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Proteins 5g	

in grams and as percent Daily Value, will be included on the label." The compliance date was set for "...July 26, 2018, with an additional year to comply for manufacturers with annual food sales of less than \$10 million." After additional feedback from industry and consumer groups, FDA determined additional time would be needed for compliance with no final compliance date determined as of this writing.

Limit Fruit Juice

Fruit juice is an exception to eating less of a source of naturally-occurring sugar. USDA's MyPlate nutrition guidelines state, "Make most of your choices whole or cut-up fruit, rather than juice, for the benefits that dietary fiber provides."

In May 2017, The American Academy of Pediatrics recommended fruit juice should not be given to infants before 12 months of age unless clinically indicated. Juice should be limited to 4 ounces/day for toddlers 1–3 years of age; 4–6 ounces/day for children 4–6 years of age; and 8 ounces/day for youth 7–18 years of age. Excessive juice consumption was associated with tooth decay, diarrhea, flatulence and abdominal distension.

AAP further recommended toddlers shouldn't be given juice from bottles or easily transportable cups that allow them to consume juice throughout the day. Nor should toddlers be given juice at bedtime. Both practices increase the risk of tooth decay through a lengthy exposure to the sugar in fruit juice.

References for this article are online at <http://go.unl.edu/kr45>

FREE PROGRAM: "QUICK & HEALTHY NO-RECIPE MEALS"

Thursday, Aug. 17, 6:30–8 p.m.

Bryan East Campus, Plaza Conference Center,
1500 S. 48th St., Lincoln

Pre-registration is required by calling 402-481-8886

Learn how to use a few simple tips and techniques with a variety of ingredients to fix healthy meals in a hurry.

Presented by Alice Henneman, Extension Educator, RDN

Ag Land Management: Back to the Basics

Monday, Aug. 7 • 9:30 a.m.–3 p.m.

Lancaster Extension Education Center,
444 Cherrycreek Road, Lincoln

Please register by Friday, Aug. 4 by calling
402-441-7180

Cost is \$20/person or \$30/couple (includes lunch)

This workshop is designed for farmland owners who haven't been on the farm much, or on the farm recently. It is also designed to be a refresher course for those who would like to have the latest information on land management and rental. Instructors will be Extension Educators Allan Vyhnalek, Aaron Nygren and Jim Jansen.

Vyhnalek says, "I am contacted monthly from citizens who have had their parents pass away, and now they are managing a farm for the first time in their lives. They may have even grown up there, but haven't been around for 30 or 40 years, and need to understand that farming practices and management concepts have changed."

Participants can use this seminar to learn about:

- Am I keeping the farm, or selling it?

- How do I manage a farm?
- If leasing, what are key lease provisions?
- What legal considerations do I have with this decision?
- How do we manage family communications and expectations when other family members are involved?
- What does a soil test tell me?
- I hear about organic or natural production. How does that vary from what my farmer is currently doing?
- If corn and soybeans aren't making money, why don't we raise other crops?
- What should I expect for communications between the landlord and tenant?
- What are key pasture leasing considerations?

For assistance about seminar content, contact Allan Vyhnalek by e-mail at avyhnalek2@unl.edu.

Opportunities for Growing and Grazing Cover Crops

Wednesday, Aug. 9 • 11 a.m.–5:30 p.m.

During the Lancaster County Super Fair
Lancaster Event Center – Exhibit Hall, 84th & Havelock, Lincoln

Please register by Friday, Aug. 4 by going to
<http://lancaster.unl.edu/ag/covercrops> or calling 402-441-7180

FREE thanks to our sponsors (includes lunch)



Nebraska Extension, Lancaster County Farm Bureau, Nebraska Corn Board and North Central SARE have teamed up to provide this unique learning and networking opportunity for potential cover crop growers and cattle operators. Lunch will be provided. A reception will follow the event sponsored by Polansky Seed.

The day will feature a trade show, speakers from both public and private organizations, as well as first-hand insight from producers who are using cover crops in

Nebraska. Program topics will include:

- Tips and opportunities for growing cover crops.
- How and when to utilize livestock.
- Rental rates and partnership agreements.
- Opportunity to visit and network with related businesses and producers.

There are many challenges and opportunities with cover crops, but utilizing cattle to graze cover crops may provide a benefit to both farmers and cattle owners. President of Lancaster

County Farm Bureau Rod Hollman says, "Cover crops can be a way for both livestock producers and grain producers to improve soil health and increase their income. Cover crops can provide extra feed for livestock allowing producers to increase the size of their herds."

UNL Beef Systems Specialist Mary Drewnoski says, "Using cattle to graze cover crops is a way to capture extra income while also gaining some environmental benefits."

Water Conservation in the Hot Summer Months

Meghan Sittler
Extension Educator

Water conservation is important to both your drinking water and wastewater systems. Conservation is also important to help protect your pocket book.

During the warm summer months and the growing season, water use tends to increase as we try to help meet water demand of lawns, vegetable gardens, flowers and trees.

However, our water use inside the house can also tend to increase during the summer months — something we may not always realize. We may create more laundry, take more frequent showers, teenagers may be home during the days instead of at school, combined with other household practices that can increase our water usage.

There are an increasing number of ways to use water more efficiently within our society, such as many appliances designed to use smaller amounts of water, low-flow faucets and fixtures, and rain barrels to catch and reuse water outside the home. However, it is still a good idea to practice good conservation measures both within and outside the home to protect the safety and reliability of your water supply.

Developing good conservation habits can help lower utility and maintenance costs and provide greater insurance



for your water supply in years of drought. Here are some tips.

Water Conservation Inside the Home

- Wash fewer full loads of laundry instead of multiple small loads and select the correct load size on your machine.
- Draw a pitcher of water to keep in the fridge so water isn't wasted while you wait for the tap water to cool to the desired temperature.
- Shut the flow of water off while shampooing, brushing teeth or shaving.
- Run the dishwasher only when you have a full load.
- Plug the sink if you are washing.
- Compost leftover food to limit running the garbage disposal.
- Adjust the water level in your toilet tank.
- Fix faucets that drip or have a small leak as soon as you notice the issue.
- If you have a dehumidifier,

use the water collected by the machine, to water house plants.

- Explore rebates or cost-share programs on the purchase or installation of water-efficient fixtures and appliances.

Water Conservation in the Landscape

- Plant native or drought tolerant plants that require less water.
- Purchase an inexpensive soil moisture probe to assess soil moisture and the need to water vegetables, flowers, trees and shrubs.
- Ensure your in-ground irrigation system has a rain sensor installed and functioning to make sure your system does not run immediately after or during a rain shower.
- Sweep driveways, sidewalks, porches and decks instead of using water to rinse off dust and debris.
- Wash your car using a bucket instead of running the water constantly.
- Consider installing a soaker hose or drip irrigation system to help water plants more efficiently and reduce water lost to evaporation.

FOR MORE INFORMATION

You can find many more ways to conserve water inside and outside the home at:

- <http://water.unl.edu>
- <http://lancaster.unl.edu>
- www.epa.gov/watersense

Water "Load" Affects Private Wastewater Systems

If you live on an acreage or a farm, water conservation is not only important for your water supply, but is also equally important for the successful and appropriate operation of your individual wastewater system. Increased water use in your home can strain your wastewater system.

Your system is designed for a certain "load" of wastewater entering it each day. Not exceeding that amount of wastewater or "load" is key to ensuring your system operates properly.

If your system's load is exceeded, the system will not be able to effectively treat the wastewater to remove harmful bacteria and other contaminants. The system can become overloaded and result in untreated wastewater rising to the surface and exposing your surface and groundwater, as well as plants and animals to harmful contaminants.

Some simple tips to prevent your system from exceeding its designed load include:

- Stagger loads of laundry throughout the week instead of washing all your laundry on one day.



Deann Hochman, flickr.com

- Composting leftover or discarded food can limit or eliminate the use of your garbage disposal and reduce the amount of both wastewater and solids entering your wastewater system.

Practice other water conservation habits such as:

- Fixing leaks in faucets immediately.
- Adjusting water levels within your toilets.
- Taking shorter showers and shutting off the water when brushing your teeth or shaving.
- Only running the dishwasher when there is a full load.

FOR MORE INFORMATION

Nebraska Extension has many resources on private wastewater systems at <http://water.unl.edu>

Termite Academy

Sept 12-13



Nebraska Extension will present a two-day termite hands-on training for termite applicators, home inspectors and others interested in wood-destroying insects. This "Termite Academy" will be held Tuesday, Sept 12–Wednesday, Sept. 13, 8 a.m.–5 p.m. both days. There will be classroom and field instruction by Nebraska Extension entomologists, UNL Pesticide Safety Education Program staff, Nebraska Department of Agriculture staff and industry specialists.

Classroom instruction will be at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln. Participants will travel to a house in Lancaster County to observe preparation and treatment for subterranean termites.

Registration fee is \$300 before Aug. 31, \$325 after Sept. 1. Fee includes manual, refreshments and lunches.

Registration form is online at <http://lancaster.unl.edu/pest> and available at the Extension office.

For more information, contact Jody Green at 402-441-7180 or jgreen17@unl.edu.

Mosquitoes: A Bad Buzz

Jody Green

Extension Educator

Mosquitoes are both a nuisance pest and a health pest. They are known as the deadliest animal on earth (think: Malaria, Dengue fever). There are 50 species of mosquitoes in Nebraska, half of them feed on human blood and only females bite because they require blood to produce eggs. Both male and female mosquitoes obtain nutrients from plant nectar.



Female *Culex* mosquito (shown magnified) taking a blood meal.

How Can I Keep Mosquito Bites Down This Year?

- Because mosquitoes are aquatic in the egg, larval and pupal stages, it is important to dump any stagnant water. Mosquitoes will breed in the smallest amount of water, so dumping the water out of containers, dog bowls, planters, saucers, tires, children's pools and toys will



Active ingredients of effective products (from left to right): Oil of lemon eucalyptus 30%, picaridin 20%, DEET 25%, DEET 15%

remove potential breeding sites. Dump water at least once a week to break the mosquito life cycle.

- Fix and repair window and door screens.
- Avoid the outdoors during peak mosquito times such as dawn and dusk.
- Wear light colored, loose fitting clothing because mosquitoes prefer dark colors and can bite through fabric.
- Use effective insect repellents.

How Does DEET Repel Mosquitoes?

Mosquitoes are attracted to the carbon dioxide we expel. Insect repellents like DEET change the receptors of mosquitoes, which prevent the insect from detecting us. They may still land, but they won't bite if coverage is thorough, the product is effective and the concentration is high enough. DEET (Off!, Ben's®, Sawyer®,

Repel®) at 25–30% concentration is effective at repelling mosquitoes for eight hours.

Are There Any DEET-Free Options?

DEET-free options that have been tested and evaluated include products with the following active ingredients:

- Picaridin (Sawyer®, Natrapel®).
- Oil of lemon eucalyptus. (Repel®, Coleman®).
- IR3535 (Coleman®).

More about repellents:

- Higher percentages allow for longer protection, but it's suggested to only apply to skin the percentage needed.
- High percentages of DEET (98%) will dissolve plastics, so be aware using around watches, cameras, sunglasses and other plastic objects.
- Be careful spraying aerosols near eyes and faces.
- Creams and liquids can provide better application coverage.
- Use lower percentages on children and reapply if necessary.
- Apply to skin, but not skin under clothing.

What Can Be Applied to Clothing to Protect From Mosquitoes?

Permethrin sprays are pesticides sold specifically

to treat clothing, which can remain effective through multiple wears and 4–6 washings. Be sure to follow the instructions and allow clothing to dry before wearing. There are also clothing lines that are factory pretreated with permethrin which remain effective against mosquitoes and ticks for up to 70 washings.

Do Bracelets, Citronella Candles, Essential Oils and Clip-on Fans Work?

No. Neither does drinking beer, bug zappers, eating certain foods, taking vitamin B, using smart phone apps or plug-in ultrasonic devices.

How Can I Treat Water That Cannot be Emptied at Least Once a Week?

When water cannot be dumped, Mosquito Dunks® can be dissolved in standing water such as troughs, fishponds, rain barrels and birdbaths. Mosquito Dunks® contain the active ingredient bacterium, *Bacillus thuringiensis israelensis* (*Bti*), which is toxic to mosquito larvae when consumed, but non-toxic to humans, pets, pollinators, fish and other wildlife. They are effective immediately and can last for a month.

Bats Can Be Removed From Buildings After Mid-August

Soni Cochran

Extension Associate

There are 13 species of bats occurring in Nebraska. Most are uncommon and rarely found near structures. Bats are not rodents with wings. They are instead, the only mammals with the ability of true flight which is made possible by their elongated finger bones covered with a thin layer of skin.

In Nebraska, all of our bats are insectivores. They do not eat wood or chew openings into buildings. Bats feed on flying insects like mosquitoes and moths. The bat catches the mosquitoes or moths in the air with their mouth or by scooping them up with their tail. The little brown bat (*Myotis lucifugus*) found in eastern Nebraska is only 2-1/2 to 4 inches long and weighs as much as three to five pennies. One little brown bat can eat 600–1200 mosquito-sized insects every hour!

Droppings are the most common sign bats may be present. The droppings are small (1/8 to 1/4-inch long), shiny black and dotted with fragments of insects eaten by the bat. People often call about finding droppings on porch floors, under eaves and below shutters. Bats are known to roost in buildings and can enter openings as small as 3/8 inch in diameter (about



A little brown bat (approximate size).

the diameter of your thumb).

Bats often times form maternal colonies which may include dozens of female bats, each with one or two young. The mothers leave the pups behind at night to find food and water. They return later to nurse their pups. In June and July, you are advised to leave bat roosts alone. If you seal a bat roost up too early, you risk trapping young bats in your home where they will die. Decaying dead bats in a building may create an odor problem.

As we get into mid-August, one-way doors can be installed so bats can exit the building and not find their way to reenter. There is no rush as exclusion can be safely attempted from mid-August through mid-May in

our area.

To exclude bats from a roost in a structure:

- Stand outdoors at dusk (about 30 minutes from dark) and watch the building for bats leaving their roost to hunt insects at night. If you choose to watch in the morning, begin watching about an hour before dawn. If the bats have a roost in a building, they use the same opening(s) to go in and out every evening when they leave to feed. Smudges left by the oil and dirt rubbing off the bat's fur while it goes in and out are also possible signs the animals are using the opening.
- Once you've figured out where the bats are going in and out of the building, seal any UNUSED openings with

1/2-inch screening, caulk or sealant. (Do not seal up openings the bats are using — at least not yet!)

- For all of the entry and exit points the bats ARE using, make a one way door. You can use one-foot strips of flexible 1/4-inch nylon netting draped down from the top of the opening (mosquito or bird netting). Iowa State Wildlife Specialists suggest using heavy cloth or even a sock with the end cut off to create a tube around the opening. This allows the bats to exit the building but they won't be able to reenter.
- Allow at least one week to go by before sealing and patching all of the entry points the bats were using. Work with a contractor or retailer to find the materials that will work best for your situation. You may be able to use foam sealants, fine wire mesh (1/2-inch squares or less) or do repairs to the soffit on your home. Remember, bats don't create holes, they use openings already available on the home.
- Again, never use one-way doors or seal up exit/entry areas during June and July when there still may be young bats in the roost.

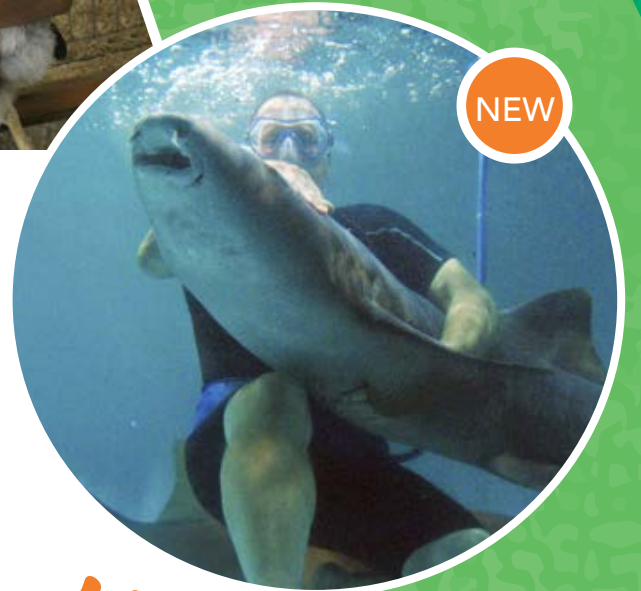
If bats are resting behind shutters, flying around lights or hanging out in your entry way or unscreened porch:

- Direct bright light at the resting site to encourage the bats to leave.
- Turn off exterior lights at night to prevent flying insects (food for the bats) from gathering. Replace your standard bulb with a yellow "bug light" to reduce the number of insects.
- If you need light, consider a motion sensor to reduce the amount of time a light stays on in the area.
- For bats behind shutters, you may need to remove your shutters completely. Or add small blocks to the corners of the shutters to space them a few additional inches away from the wall.
- Bats found resting under patio furniture like table umbrellas, close up your umbrella when it is not being used and the bats can't be trapped in the closed umbrella.

FOR INFORMATION

Nebraska Extension has the following NebGuides at the Extension office and online at <http://lancaster.unl.edu/pest>:

- "Bats In and Around Structures" (available as NebGuide G1667 and online magazine Z1667), with detailed information how to exclude bats from homes, make one-way doors or remove an individual bat
- "Bat House Construction and Installation" (G1575), explains how to build and install bat houses.



LANCASTER COUNTY Super Fair

Schedule & Map

AUGUST 3-12, 2017
LANCASTER EVENT CENTER
84TH & HAVELOCK, LINCOLN
SuperFair.org

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over 140 years of
Lancaster County
fair fun!

HISTORICAL DISPLAY —
100-year and older Lancaster County Fair
photos and artifacts
Business Center entryway (daily)

NEW EVENTS

- **FREE Haai Shark Encounter** — only traveling shark show in USA (daily)
- **Dream Drive Exotics** — pre-register at SuperFair.org (Aug 10)
- **Cornhusker Bill's Wild West Show** — tickets at SuperFair.org (Aug 11) featuring Hollywood star Joey Dillon



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camp facilities

NEW



TOP 10 NATIONAL RED DIRT ARTIST
Aug 11, 8pm (doors open 7pm)
Outdoors in Muhlbach Motorsports Complex
(Rain location: Pavilion 3)
\$15 general admission (bleacher seating or pit) at
SuperFair.org by Aug 10 or \$20 day of show



Motor Mania!

MUHLBACH MOTORSPORTS COMPLEX (all seats reserved)
Save time in line & get the seat you want with reserved tickets at SuperFair.org

PRE-FAIR! JULY 29 | MOTOCROSS ON THE BLUFFS
Doors open 11am, Practice 12-2pm, Motos 2-7pm, Main Event 7-10:30pm
\$15 pit pass, \$10 adult reserved,
\$5 ages 12 & under reserved (under 2 free if on lap)
no fair gate or parking fees

AUG 5 | DEMOLITION DERBY **AUG 7 | FIGURE 8 RACES**
Doors open 5:30pm, Event 7pm
\$20 pit pass, \$10 adult reserved,
\$5 ages 12 & under reserved
(under 2 free if on lap)



AUG 12 | FAST TRACK MUD DRAGS —
Doors open 11am
12-5pm AMATEUR & NOVICE RACES: ATV, UTV, Daily Truck and Street Rod
5-6pm Meet & Greet Trucks and Drivers
6-9:30pm MAIN EVENT: Sportsman, Super Stock, Modified and Open
\$20 pit pass, \$10 adult reserved, \$5 ages 12 & under
reserved (under 2 free if on lap) —
ONE TICKET for hours of fun



NEW

TODAY'S BEST COUNTRY FRAGGY98 Free Music Series

Free nightly music at the Main Stage

- Aug 3** | **Dance Party Karaoke** by Finch on the Run Entertainment 9-11pm, immediately following MWA Wrestling (7-9pm)
- Aug 4** | **Lancaster GhettoBlaster** (Old Skool Hip Hop) 8-11:30pm
- Aug 5** | **Lincoln Continentals** (A Cappella Chorus) 4-4:30pm
Bucka Ruse (Nebraska Country) 7-9pm
Dylan Bloom Band (Midwest Country Rock) 9:30-11:30pm
- Aug 6** | **Conjunto Estigma** (Latin American) 2-4pm
McKenzie JaLynn Band (Contemporary Country) 6:30-10pm
- Aug 7** | **Switchbak** (Rugged Country Rock) 8-11:30pm
- Aug 8** | **B Street Band** (Country Rock) 6:30-10pm
- Aug 9** | **DJ Toons** (DJ with Latino Vibes) 6-10pm
- Aug 10** | **Sawyer Jay** (Country/Rock/Folk) 6-7pm
Drunk Monkey (Pop/Rock/Country/Dance/Funk) 7-10:30pm
- Aug 11** | **DJ Music** by Finch on the Run Entertainment 6-11pm
- Aug 12** | **Lemon Fresh Day** (Top 40/Rock/Country/Classics) 8-11:30pm

Next to Shade Tent with fair food vendors & beer garden open 12pm-12am daily (except Aug 7-10 open 4-11pm)

FREE DAILY ATTRACTIONS

NEW



Haai Shark Encounter
Aug 3-6, Aug 11-12
• 12:30pm, 2:30pm, 5:30pm & 7:30pm
Aug 7-10 • 5:30pm, 6:30pm & 7:30pm
Attraction Zone



Daryl's Racing Pigs
Aug 3-6, Aug 11-12
• 11:30am, 1:30pm, 4:30pm & 6:30pm
Aug 7-10 • 4:30, 6 & 7:30pm
Attraction Zone



A-Z Exotic Animal Petting Zoo & Pony Rides
Aug 3-6, Aug 11-12 • 10am-10pm
Aug 7-10 • 5-10pm
Attraction Zone

ESPECIALLY FOR KIDS — FREE!



Fun at the Farm Kid Zone — DAILY
Aug 3-6, Aug 11-12 • 10am-10pm
Aug 7-10 • 5-10pm
Pavilion 1

Discovery & interactive play area — collect eggs, plant crops, play in a corn box & more!

Sponsored by



Bob Bohm's Family Shows — DAILY
Aug 7-9 • 5:30pm, 7pm & 8:30pm
Aug 10-12 • 2pm, 4pm, 6pm & 8pm
Multipurpose Arena

Scavenger Hunt — DAILY

Free t-shirt & coupons while supplies last
Multipurpose Arena Super Fair Info Booth

Sponsored by



MULTIPURPOSE ARENA — OPEN DAILY

Aug 3-6, Aug 11-12 • 10am-10pm
Aug 7-10 • 5-10pm



- Super Fair Info & Souvenir Booth staffed by Cornhusker Kiwanis Club
- Commercial Vendors
- Railway Display — FREE by Lincoln Area Railway Historical Society
- Bob Bohm's Family Shows — FREE • Aug 7-12
- Horseshoe Cafe
- Cheerful Bungee Trampoline — Aug 3 & 7-10 • 5-10 pm
Aug 4-6 & 11-12 • 1-10pm

SPECIAL EVENTS

NEW



Lancaster Event Center Lunch & Learn — FREE

Sat Aug 5 • 12-1pm
Business Center Nebraska Room
Meet LEC staff and Agricultural Society board members. Hear an update on current and future LEC plans while enjoying tastes from our new cafe menu. Bring your appetite and questions!

All public invited

NEW



Dream Drive Exotics

ONLY Thu Aug 10 • 12-8:30pm
Parking Lot E (Enter Gate 3 off Havelock Ave.)
Pre-register at SuperFair.org

NEW



Cornhusker Bill's Wild West Show

Fri Aug 11 • 1:30-3pm & 6:30-8:30pm
Pavilion 4 Amy Countryman Arena
Reserved Seating: \$7, 2 & under free if on lap — tickets at SuperFair.org
Fundraiser for Boy Scouts of America
Cornhusker Council



Sheepdog Herding Trials — FREE

Sat Aug 12 • 11am-4pm & 6-9pm
Pavilion 4 Amy Countryman Arena



Equipment Rodeo — FREE

Sat Aug 12 • 1-5pm
Exhibit Hall Parking Lot D
Pre-register at SuperFair.org



DAILY SCHEDULE OF EVENTS

Color Key: **4-H/FFA Activities** **Open Class & Super Fair Activities**
Free Entertainment **Paid Admission Events**

Thursday, August 3

COME LET THE GOOD TIMES GROW DAY

FREE Super Fair hand-held fan for every fairgoer
(while supplies last at Super Fair Info Booth in Multipurpose Arena)

- 8am-10pm **4-H/FFA Livestock & Horse Exhibits**, Pavilions 1, 2, 3, 4
8am **4-H English Horse Show: Hunter/Saddleseat Horse Halter/English Showmanship/English Pleasure/English Equitation**, Pavilion 4 Amy Countryman Arena
9am **4-H Cat Show/Quiz/Costume Contest**, Exhibit Hall North End
10am-10pm **4-H/FFA Static Exhibits on Display**, Lincoln Room
10am-12pm **4-H Poultry Judging Contest**, Pavilion 1 Southwest Corner/West Arena
11am **4-H Poultry Showmanship/Show**, Pavilion 1 Southwest Corner/West Arena
12pm **4-H Household Pets Show/Animal Bingo**, Exhibit Hall North End
2pm **4-H Meat Goat Show**, Pavilion 1 West Arena
TBA **4-H/FFA Sheep Show, 10 minutes after completion of Meat Goat Show**, Pavilion 1 West Arena
After 4:30pm **4-H Xtreme Horse Show: Extreme Versatility Class/Discipline Rail/Horsemanship Pairs/Freestyle Drill Teams**, Pavilion 4 Amy Countryman Arena
7pm **4-H Fashion Show**, Exhibit Hall
7-9pm **MWA Professional Wrestling**, In front of Pepsi Main Stage
9-11pm **Dance Party Karaoke by Finch on the Run Entertainment — NEW Froggy98 Free Music Series — Immediately following MWA Wrestling**, Pepsi Main Stage

Friday, August 4

KIDS AND GRANDPARENTS DAY

FREE Super Fair tote bag for grandparents and Super Fair frisbee for kids
(while supplies last at Super Fair Info Booth in Multipurpose Arena)

- 8am-10pm **4-H/FFA Livestock & Horse Exhibits**, Pavilions 1, 2, 3, 4
8am **4-H/FFA Swine Show**, Pavilion 1 West Arena
8am **4-H Western Horse Show 1: Groom & Care/Western Showmanship/Horse and Pony Halter**, Pavilion 4 Amy Countryman Arena
9:30am & 1pm **Fair Fun Day for pre-registered child care groups**, Exhibit Hall Room A
10am-10pm **4-H/FFA Static Exhibits on Display**, Lincoln Room
TBA **4-H Western Horse Show 2: Reining/Working Pleasure, immediately following Horse and Pony Halter**, Pavilion 3 Arena
3pm **4-H Bucket Calf Show**, Pavilion 1 East Arena
4:30pm **FREE WATERMELON FEED — Hosted by Lancaster County Commissioners & Staff — Sponsored by Union Bank, Colin Electric Motor Service, Wolfe Ace Hardware and Johns & Sons Refuse**, Nebraska Lottery Entertainment Tent
5pm **4-H Llama/Alpaca Show**, Pavilion 1 East Arena
5pm **4-H Table Setting Contest**, Exhibit Hall
5:30-7:30pm **Chicken Dinner 4-H Council Fundraiser featuring Raising Cane's food truck**, Exhibit Hall Room B (Enter Gate 3 off Havelock Ave., parking near door)
TBA **4-H Horse Games Show: Keyhole Race/Pole Bending/Figure 8 Stake Race/Barrel Race, immediately following Working Pleasure**, Pavilion 4 Amy Countryman Arena
5:30pm **4-H Rabbit Judging Contest/Breeder's Choice**, Pavilion 1 Southwest Corner
7pm **4-H Rabbit Pet Class**, Pavilion 1 Southwest Corner
8-11:30pm **Lancaster GhettoBlaster (Old Skool Hip Hop) — NEW Froggy98 Free Music Series**, Pepsi Main Stage

Saturday, August 5

SEE THE ANIMALS DAY

FREE Super Fair hand-held fan for ages 12 & under
(while supplies last at Fun at the Farm in Pavilion 1)

- 7:55am **4-H Rabbit Show Flag Ceremony**, Pavilion 1 Southwest Corner
8am-10pm **4-H/FFA Livestock & Horse Exhibits**, Pavilions 1, 2, 3, 4
8am **4-H Rabbit Market/Breed/Fur Show**, Pavilion 1 Southwest Corner
8am **4-H Horse Roping/Working Ranch Show: Working Ranch/Boxing/Roping/Goat Tying/Dummy Roping**, Pavilion 3 Arena
8am **4-H Miniature Horse Show: Showmanship/Halter/Miniature Horse Jumping/In-Hand Obstacle Trail/Pleasure Driving/Timed Cones**, Pavilion 4 Amy Countryman Arena
9am **4-H Dog Obedience/Showmanship/Costume Contest**, Exhibit Hall
9am **4-H/FFA Beef Show**, Pavilion 1 East Arena
9am **4-H Rabbit Showmanship**, Pavilion 1 Southwest Corner
10am-10pm **4-H/FFA Static Exhibits on Display**, Lincoln Room
12-1pm **NEW — FREE Lancaster Event Center Lunch & Learn**, Business Center Nebraska Room
TBA **4-H Horse Special Needs Show, following 4-H Miniature Horse Show, not to start before 10am**, Pavilion 4 Amy Countryman Arena
TBA **4-H Dog Agility Show, 1 hour following dog morning classes**, Exhibit Hall
2pm **4-H Dog Creative Kennel Contest**, Exhibit Hall
2-3pm **Capital City Dance Shack (Clogging)**, Pepsi Main Stage
TBA **4-H Horse Trail Show, following 4-H Horse Special Needs Show**, Pavilion 4 Amy Countryman Arena
4-4:30pm **Lincoln Continentals (A Cappella Chorus) — NEW Froggy98 Free Music Series**, Pepsi Main Stage
6pm **4-H/FFA Livestock Premium Auction**, Pavilion 1 West Arena
6:30pm **4-H Rabbit Specialty Show, Best Matched Pair/Tricks/Costume Contest/Pee Wee and Rabbit Races**, Pavilion 1 East Arena
7pm **Demolition Derby, get reserved seat tickets at SuperFair.org (doors open 5:30pm) — Sponsored by KanEquip, Hosted by County Engineer Pam Dingman** Muhlbach Motorsports Complex (Enter Gate 3 off Havelock Ave.)
7-9pm **Bucka Ruse (Nebraska Country) — NEW Froggy98 Free Music Series**, Pepsi Main Stage
9:30-11:30pm **Dylan Bloom Band (Midwest Country Rock) — NEW Froggy98 Free Music Series**, Pepsi Main Stage

Sunday, August 6

FAMILY FUN DAY

- 8am–10pm **4-H/FFA Livestock & Horse Exhibits**, Pavilions 1, 2, 3, 4
- 8am **Open Class Rabbit Show** — Sponsored by UNICO, Exhibit Hall
- 8:30am **4-H/FFA Dairy Cattle Show**, Pavilion 1 East Arena
- 9am **4-H Dairy/Pygmy Goat Show/Costume Contest**, Pavilion 1 West Arena
- 10am–10pm **4-H/FFA Static Exhibits on Display**, Lincoln Room
- 10am **4-H Western Horse Show 3: Bareback Equitation/Western Pleasure/Western Horsemanship/Ranch Riding/Ranch Horse Versatility**, Pavilion 4 Amy Countryman Arena
- 11am **Open Class Dairy Show**, Pavilion 1 West Arena
- 12–2pm **4-H/FFA Livestock Judging Contest**, Pavilion 1
- 12–4pm **Show and Shine Car Show**, Pre-register at SuperFair.org (first 100 pre-entries free!) or day of show starting 9am–12pm, Parking Lot B
- 1pm **4-H Clover Kids Show & Tell**, Lincoln Room Southeast Corner
- 2pm **Kids Big Wheel Race**, register at 1:30pm — Sponsored by Lancaster County Farm Bureau, Exhibit Hall
- 2–4pm **Conjunto Estigma (Latin American)** — **NEW Froggy98 Free Music Series**, Pepsi Main Stage
- 3pm **Pedal Tractor Pull**, register all ages at 2:30pm for youth & adult classes — Sponsored by Lancaster County Farm Bureau, Exhibit Hall
- 5pm **4H/FFA Elite Showmanship Contest**, Pavilion 1 West Arena
- 5pm **Hay Hauling Contest**, register your 3-person adult or youth team starting 4:30pm, see SuperFair.org for rules, Pavilion 4 Amy Countryman Arena
- 6:30–10pm **McKenzie JaLynn Band (Contemporary Country)** — **NEW Froggy98 Free Music Series**, Pepsi Main Stage

Thursday, August 10

MORE RIDES THAN EVER DAY (Fair opens 4pm)

- 12–8:30pm **NEW — Dream Drive Exotic Cars**, pre-register at SuperFair.org, Parking Lot E (Enter Gate 3 off Havelock Ave. — no fair admission/parking fees until 4pm)
- 4:30pm **Open Class Miniature Horse Show**, Pavilion 2
- 5–10pm **Open Class Static Exhibits on Display** — Sponsored by Iowa-Nebraska Power Farming Show, Rixstine Recognition, Roca Berry Farm and Runza, Lincoln Room
- 6–7pm **Sawyer Jay (Country/Rock/Folk)** — **NEW Froggy98 Free Music Series**, Pepsi Main Stage
- 7–10:30pm **Drunk Monkey (Pop/Rock/Country/Dance/Funk)** — **NEW Froggy98 Free Music Series**, Pepsi Main Stage

Friday, August 11

WILD WEST DAY

- 8am **Open Class Miniature Horse Show**, Pavilion 2
- 10am–10pm **Open Class Static Exhibits on Display** — Sponsored by Iowa-Nebraska Power Farming Show, Rixstine Recognition, Roca Berry Farm and Runza, Lincoln Room
- 1pm **Open Class Llama Show** — Sponsored by L.P. Stewart & Sons Inc., Pavilion 1 East Arena
- 1:30–3pm & 6:30–8:30pm **NEW — Cornhusker Bill's Wild West Show Produced by Boy Scouts of America Cornhusker Council with proceeds to benefit summer camp facilities (reserved seating at SuperFair.org, doors open 12:30pm and 5:30pm)**, Pavilion 4 Amy Countryman Arena
- 6–7:30pm **Floral Design Education Show**, Lincoln Room
- 8pm **NEW — Headliner "Red Dirt" Concert: Stoney LaRue w/Special Guest TBA** — Presented by KX96.9 (get tickets at SuperFair.org, doors open 7pm), Muhlbach Motorsports Complex (Pavilion 3 rain location)

Saturday, August 12

RANCH DAY

- 8am **Open Class Dairy Goat Show**, Pavilion 1 West Arena
- 8am **Open Class Boer Goat Show** — Sponsored by State Farm Insurance Agent Bev Higgins, Pavilion 1 West Arena
- 9am **Open Class Llama Show** — Sponsored by L.P. Stewart & Sons Inc., Pavilion 1 East Arena
- 10am–10pm **Open Class Static Exhibits on Display** — Sponsored by Iowa-Nebraska Power Farming Show, Rixstine Recognition, Roca Berry Farm and Runza, Lincoln Room
- 11am–4pm **Sheepdog Herding Trials**, Pavilion 4 Amy Countryman Arena
- 12–5pm **Fast Track Mud Drags AMATEUR & NOVICE RACES: ATV, UTV, Daily Truck and Street Rod Classes** — Presented by Ultimate Truck Off Road Center (get reserved seat tickets good for both day & night events at SuperFair.org, doors open 11am), Muhlbach Motorsports Complex (Enter Gate 3 off Havelock Ave.)
- 1–5pm **Equipment Rodeo**, pre-register at SuperFair.org — Hosted by Lancaster County Engineering Dept., Exhibit Hall Parking Lot D
- 1:30–2:30pm **Wild Animal Encounter by Lincoln Children's Zoo**, Pepsi Main Stage
- 3pm **Chase Dance Studio (Jazz, tap, ballet)**, Pepsi Main Stage
- 3–10pm **Lancaster Roping** — Sponsored by Wolfe Brothers, Pavilion 3 Arena
- 5–6pm **Fast Track Mud Drags MEET & GREET TRUCKS AND DRIVERS** — Presented by Ultimate Truck Off Road Center (reserved seat tickets needed — good for both day & night events at SuperFair.org), Muhlbach Motorsports Complex in front of bleachers (Enter Gate 3 off Havelock Ave.)
- 6–9:30pm **Fast Track Mud Drags MAIN EVENT: Semi Pro Classes including Sportsman, Super Stock, Modified and Open** — Presented by Ultimate Truck Off Road Center (get reserved seat tickets good for both day & night events at SuperFair.org, doors open 11am), Muhlbach Motorsports Complex (Enter Gate 3 off Havelock Ave.)
- 6–9pm **Sheepdog Herding Trials**, Pavilion 4 Amy Countryman Arena
- 8–11:30pm **Lemon Fresh Day (Top 40/Rock/Country/Classics)** — **NEW Froggy98 Free Music Series**, Pepsi Main Stage

FREE FAIR ADMISSION NIGHTS!!!

No gate admission or parking fees (Fair opens 4pm)

Monday, August 7

TASTE THE GOOD TIMES DAY

Fair food specials at all food vendors!

- All day **4-H Static Exhibit Release & Open Class Static Exhibit Check In (not open to public)**, Lincoln Room
- 4pm **Open Class Swine Show** — Sponsored by Smithfield, Pavilion 1 West Arena
- 5–6:30pm **NEW — Fun on the Ranch Demo**, open to all, no pre-registration, try your hand at cowboy skills like roping & tying! Pavilion 4 Amy Countryman Arena
- 5:30pm **McClain's Kids Ranch Rodeo**, open to all children, no pre-registration required, Pavilion 4 Amy Countryman Arena
- 6pm **McClain's Mutton Bustin'**, pre-register children at SuperFair.org, Pavilion 4 Amy Countryman Arena
- 7pm **Figure 8 Races**, get reserved seat tickets at SuperFair.org, (doors open 5:30pm) — Sponsored by Gana Trucking & Excavating, Muhlbach Motorsports Complex (Enter Gate 3 off Havelock Ave.)
- 8–11:30pm **Switchbak (Rugged Country Rock)** — **NEW Froggy98 Free Music Series**, Pepsi Main Stage



Tuesday, August 8

CARNIVAL DISCOUNT DAY

All-you-can-ride wristbands only \$20!

- All day **Open Class Static Exhibit Judging (not open to public)**, Lincoln Room
- 4pm **Open Class Sheep Show & Sale**, Pavilion 1 West Arena
- 6:30–10pm **B Street Band (Country Rock)** — **NEW Froggy98 Free Music Series**, Pepsi Main Stage

Wednesday, August 9

VETS AND HEROES DAY

FREE Super Fair water bottle for veterans, active duty military & first responders (while supplies last at Super Fair Info Booth in Multipurpose Arena)

- 9am **Open Class Poultry Show** — Sponsored by Orscheln Farm & Home, Pavilion 1 Southwest Corner
- 12pm **Open Class Beef Cattle Show** — Sponsored by Integrated Controls, Trade Well Pallet Inc. and Schaffer Communications, Pavilion 1 East Arena
- 5–10pm **Open Class Static Exhibits on Display** — Sponsored by Iowa-Nebraska Power Farming Show, Rixstine Recognition, Roca Berry Farm and Runza, Lincoln Room
- 5pm **Lancaster Barrel Racing** — Sponsored by Lampe's Clean Air Specialists and TO Haas Tire, Pavilion 4 Amy Countryman Arena
- 6pm **Open Class Pigeon Show**, Walkway Between Pavilions 1 & 2
- 6–10pm **DJ Toons (DJ with Latino Vibes)** — **NEW Froggy98 Free Music Series**, Pepsi Main Stage

CONNECT WITH US ONLINE!

Website
SuperFair.org
LancasterEventCenter.org

Facebook
@SuperFairLNK
@LancasterEventCenter

Twitter
@SuperFairLNK
@LancasterEventC

Instagram
@SuperFairLNK
@LancasterEventCenter



The Super Fair is brought to you by the Lancaster County Agricultural Society, a nonprofit 501(c)(3) organization that promotes agriculture, youth and community. Help let the good times grow by making a donation at SuperFair.org today!



Lancaster Event Center is a nonprofit 501(c)(3) organization dedicated to growing community through all-year-around events like yours and the Super Fair. Go to LancasterEventCenter.org to plan your next event.



The Nebraska Extension in Lancaster County 4-H Youth Development program is open to all youth ages 5–18. Visit lancaster.unl.edu to learn how to get involved.



The National FFA Organization (formerly Future Farmers of America) is an agricultural education program based in classrooms. Local chapters are Norris, Raymond Central, Waverly and Crete. Find out more at ffa.org

Pick up FREE GATE ADMISSION tickets at these locations



NEW

Ride the StarTran bus (route 49) to Wal-Mart next door with Super Fair golf cart shuttle available daily upon request during fair hours (tell bus driver). Note: bus does not run on Sunday.

See SuperFair.org "Plan Visit" for more details.



FAIR HOURS

Fair Hours

Thu Aug 3–Sat Aug 5 • 8am–12 midnight
 Sun Aug 6 • 8am–11pm
 Mon Aug 7–Thu Aug 10 • 4–11pm
 Fri Aug 11–Sat Aug 12 • 8am–12 midnight

GATE ENTRY

Admission Hours

Thu Aug 3–Sun Aug 6 • 10am–10pm
 Thu Aug 10 • 4–10pm
 Fri Aug 11–Sat Aug 12 • 10am–10pm

Gate Admission Tickets

\$3 per day per person — cash only*

*ticket required for each gate entry regardless of age, no re-entry

*Free Gate Admission tickets available at sponsor locations above

Parking

\$5 per day per vehicle — cash only*

*same day re-entry allowed, if parking permit kept

FREE ADMISSION NIGHTS

Mon Aug 7–Wed Aug 9
 free gate admission & parking
 • Note fair opens 4pm

PARKING TIPS

Drop Off/Pick Up Zones

Parents may drop off/pick up their kids (13 & older) at Gates 1 & 2 without paying a parking fee

Handicapped Parking

Ample parking reserved at Gate 1 (Lot J) for most events. Use Gate 3 for parking located closer to Exhibit Hall, equine & Muhlbach Motorsports Complex events

Golf Cart Service

Available from/to each parking lot including handicapped Lot J — ask parking or any staff to call you free cart ride

Pedestrian Walkways & Bridges

Use these to stay safe when walking to/from parking lots

Two Ways to Exit

Use Gate 1 (84th Street) & Gate 3 (Havelock Ave) to exit the fairgrounds

PARKING RULES

- Parking will be allowed in designated parking areas only. NO PARKING IN THE FIRE LANES.
- Livestock and equipment may be unloaded/loaded next to the buildings, but vehicles must be moved to parking areas immediately afterwards.

CARNIVAL INFO

Open Hours & All-You-Can-Ride Wristband Sessions:

WEEKDAY SESSION (evening only)

Thu Aug 3, Mon Aug 7,
 Wed Aug 9–Thu Aug 10
 • 6–11pm

Buy wristband for \$25 at carnival until 10pm or buy before fair for \$20 at SuperFair.org through Aug 2

WEEKEND MEGA SESSION (use all day & night):

Fri Aug 4–Sun Aug 6,
 Fri Aug 11–Sat Aug 12
 • 1–11pm

Buy wristband for \$30 at carnival until 10pm or buy before fair for \$25 at SuperFair.org through Aug 2

SUPER TUESDAY Wristband Special

Tue, Aug 8 • 6–11pm
 Save \$5 off at-carnival price — one day only!!
 Buy wristband for \$20 at carnival until 10pm or save time in line at SuperFair.org through Aug 8

See carnival ticket booths for single ride ticket pricing.

Fairground General Rules

- No smoking inside the buildings per Nebraska state law. E-cigarettes and vaping also prohibited due to interfering with smoke alarm system.
- No outside alcohol allowed anywhere on fairgrounds or in buildings due to Nebraska liquor license laws.
- Alcohol not allowed in any building during 4-H/FFA days of fair (Aug 3–6) — alcohol must be purchased and consumed in designated outdoor beer garden areas only.
- Absolutely no use of drones or lasers.
- No personal transportation devices anywhere on fairgrounds, including bicycles, scooters, ATVs, hoverboards, Segways or personal golf carts.
- No dogs allowed in any buildings except as required for special needs or for dog shows.
- Lincoln City Police and security will be patrolling fairgrounds.
- Exhibitors will not be allowed to sleep overnight in the buildings without written permission from your show superintendent.

Culver's Root, a Must-Have Perennial Plant

Mary Jane Frogge
Extension Associate

Culver's root, *Veronicastrum virginicum*, is an impressive plant and quite stunning in full bloom. The flowers are white and resemble an elegant candelabra. It blooms from late June into August. It can reach heights of 3–6 feet tall and adds an amazing vertical element to the landscape.

Culver's root is native to Nebraska and prefers a moist site. It grows well in full sun to part shade. It is an herbaceous perennial that grows in a clump with a rhizome root system, but is not aggressive. Culver's root has lance-shaped, dark green, whorled leaves and are attractive through the season.

Culver's root is important to many native pollinators. This plant is visited by leafcutter bees, bumblebees, red admiral butterflies and soldier beetles.

There are no serious insect or disease problems with Culver's root. Long flower spikes provide a noticeable accent and impressive vertical height for landscape borders, rain gardens or pollinator habitats.



Mary Jane Frogge, Nebraska Extension in Lancaster County

Selecting a Babysitter

Jaci Foged
Extension Educator

Babysitting is a job many youth participate in during their teenage years. As a parent, you hope to find a safe and responsible teen to care for your child while you are away. Whether you are a seasoned parent or a new parent, you might be curious as to "What makes a good babysitter?"

If you are looking to find a great teenage babysitter in your neighborhood, here are a few things to consider:

- Age and abilities of the teen.
- Has the teen babysat before.
- Availability for babysitting: days, evenings, weekends.
- Are they comfortable watching an infant? Toddler? Preschool-age child? School-age child?
- Are they comfortable watching multiple children at once?
- How will the teen get to and from your home?
- Does your child require any extra care such as needing to take medicine or be taken to sport practice on time?
- Do you know the teen's family?
- Have they taken a babysitting class?

I am an instructor for the American Red Cross Babysitting Training. This training is designed for new and developing babysitters, typically in 5th–7th Grade. I have taught youth as young as 10 years and as old as 16. Youth who take this training will learn skills in:

- Basic child development and

complete an activity to do with children.

- Identifying safety hazards in the home.
- Become trained in CPR and First Aid.
- Learn about the business of babysitting.
- Practice feeding, diapering and good handwashing.
- Identify and grow leadership skills.
- Increase their decision-making skills.
- How to prepare and serve a healthy snack.

Babysitters who take this training get a babysitters handbook, CD and babysitter emergency-ready reference guide — a pocket guide to caring for anything from a simple scratch, bee sting, asthma attack, choking and more. This program typically is offered at the Extension office in June each year.

Leaving your child in the care of someone else is a big decision. As a parent, you should take time to sit with the teen and talk about your child. Discuss your expectations of them as a babysitter and ask what they feel comfortable doing. Do they feel like they can make lunch for your child? Would they be willing to help your child take a bath?

You will also want to ensure the babysitter knows your address, phone number and another emergency contact in case they cannot reach you. If possible, make sure to have a first-aid kit available at your home and let the sitter know where you keep it.

I am lucky enough to have found some great babysitters over the years to care for my two daughters. Where did I find them? Early childhood programs in the city I lived in employed many of my children's sitters. Using a babysitter who also works for a licensed childcare can be a great benefit to the parent. These employees must have had criminal background checks and annual continuing education in child development.

If you are looking for some resources you can provide your babysitter with, about children the same age as your child, Nebraska Extension has developed NebGuides "Ages and Stages," which are broken up into ages: 0–12 months, 12–24 months, 2 and 3 year olds and 3, 4 and 5 year olds (at <http://extensionpubs.unl.edu>).

4-H has "I have What It Takes To Be Your Teenage Babysitter." This curriculum helps adults facilitate a program to train teens in babysitting skills similar to those mentioned above.

FOR MORE INFORMATION

Nebraska Extension NebGuides available online at <http://extensionpubs.unl.edu> include:

- "Helping Children Resolve Conflict: Conflict Mediation Model" (G2014)
- "Consequences Teach Responsibility" (G1818)
- "Parenting Your Child Effectively: Help Children Feel Lovable and Capable" (G1732)

GARDEN GUIDE

THINGS TO DO THIS MONTH

Mary Jane Frogge, Extension Associate

Every weed that produces seed means more weeds next year. Control weeds before they go to seed.

Remove old vegetable plants which have stopped producing to eliminate a shelter for insects and disease organisms.

Water the garden early in the day so plants can absorb the moisture before the hot sun dries the soil. Early watering insures the foliage dries before night. Wet foliage at night increases susceptibility to fungus diseases.

Many herbs self-sow if the flowers are not removed. Dill produce seeds that fall around the parent plant and come up as volunteers the following spring.

Check deciduous trees for fall webworm. Use a broom or rake to get them out of small trees.

Check on water needs of hanging baskets daily in the summer. Wind and sun dry them more quickly than other containers.

Clean up fallen rose and peony leaves. They can harbor disease and insect pests over the winter, if allowed to remain on the ground.

Mound soil over the lateral or brace roots of corn stalks for extra support against strong winds.

Pick summer squash and zucchini every day or two to keep the plants producing.

To reduce the number of pests on your fruit tree for the coming year, pick up and destroy all fallen fruit.

Bacillus thuringiensis (Bt) is used by many gardeners to protect cole crops from chewing caterpillars.

White flies are attracted to yellow, so use yellow sticky boards to reduce their populations.

Do not add weeds with mature seed heads to the compost pile. Many weed seeds can remain viable and germinate next year when the compost is used.

Back-to-School Nutrition

continued from page 1

Studies suggest children and teens who eat with their families are less likely to be overweight, eat more fruits and vegetables, have higher self-esteem, improved grades and a lower incidence of

depression. Make family mealtime a priority and take advantage of the time with your children. Ask children to share how their day was, what they are learning in school and share events from your day. Mealtime is a wonderful opportunity to connect with your children and bring your family closer together.



TROPICAL FRUIT DIP

(8 servings)

- 1 cup non-fat yogurt, vanilla
- 1 package (3.9 oz.) instant coconut pudding mix
- 1 cup non-fat sour cream
- 1 cup non-fat milk
- 1 cup crushed pineapple, drained

In a medium bowl, stir together all ingredients until well blended. Cover and chill at least two hours. Serve with fresh fruit or graham crackers.

Nutrition Facts Per Serving: Calories 117, Total Fat 0 g (0% DV), Saturated Fat 0 g (0% DV), Cholesterol 4 mg (1% DV), Sodium 248 mg (11% DV), Total Carbohydrate 26 g (20% DV), Dietary Fiber 0 g (0% DV), Sugars 21 g, Protein 3 g, Vitamin A 6% DV, Vitamin C 3% DV, Calcium 13% DV, Iron 0% DV.

Source: Nebraska Nutrition Education Program's 2017 Calendar



HEART OF 4-H VOLUNTEER AWARD

Rachel Hanigan

Lancaster County 4-H is proud to announce Rachel Hanigan as winner of July's "Heart of 4-H Award" in recognition of outstanding volunteer service.

She has been a club leader since she was a sophomore in high school 10 years ago. Rachel co-lead the Heart to Heart 4-H club in Lincoln, then led the 4H Friends club in Omaha, and two years ago, started the Little Green Giants club in Lincoln.

"I love working with the kids in my club," she says. "They are a lot of fun, but I love watching them problem solve and work together. They are very creative and an incredible group of young people. My favorite experiences are working with my clubs on community-service projects. It's great to see the kids give back, and often it's a chance for them to try something new."

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



Six Lancaster County 4-H Clubs Receive Governor's Ag Excellence Awards

Congratulations to the six Lancaster County 4-H Clubs who received 2017 Governor's Agricultural Excellence Awards: **Blazing Saddles, Boots 'N' Hooves, Go Go Goat Getters, Lancaster County 4-H Teen Council, Pick-A-Pig and Prairie Star 4-H.** The award recipients were recognized during the Premiere Animal Science Events (PASE) and Life Challenge at University of Nebraska-Lincoln. The awards are sponsored by the Nebraska 4-H Foundation and Nebraska Investment Finance Authority (NIFA). Each year, 25 Nebraska 4-H clubs are awarded \$500 to be used as described in the award application form completed by the club.



HEART OF 4-H VOLUNTEER AWARD

Megan Bauman

Lancaster County 4-H is proud to announce Megan Bauman as winner of August's "Heart of 4-H Award" in recognition of outstanding volunteer service.

Four years ago, she started the JP2 Crew 4-H club and is the organizational leader. The club was named a Nebraska 4-H Club of Excellence in 2016, which means it met criteria such as choosing/electing youth officers and completing at least one community-service project together. Megan has also helped with the county Life Challenge contest and helped write comments for Clover Kids exhibits at the Lancaster County Super Fair.

"I enjoy seeing the kids' enthusiasm to learn something new, she says. "I started the 4-H club because I had been in 4-H when I was younger and I wanted my children to have those same positive experiences."

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



4-H'ers Test Family and Consumer Science and Entrepreneurship Skills at Life Challenge

The 4-H Life Challenge contests focus on Family and Consumer Science and Entrepreneurial project areas.

County Contest

The county Life Challenge contest was held June 3. Youth demonstrated their knowledge in the areas of Foods & Nutrition, Disaster Preparedness, Becoming Money Wise, Child Development and Healthy Lifestyles.

Clare Bowman was the Junior Champion and Sarah Lange was the Junior Reserve Champion. Senior Champion was Sarah Cunningham and Anna Sump was the Senior Reserve Champion.

State Contest

The 2017 State Life Challenge Event was held on UNL East Campus on June 26-27. Fifteen Lancaster County



4-H'ers formed four teams. Teams applied information they have learned in 4-H projects to real-life situations such as creating and marketing a new product, designing a historical quilt block and creating a distribution plan for surplus produce.

The highly successful Lancaster teams won eight top awards. UNL College of Education and Human Sciences awarded \$500 college scholarships to each member of the top three placing teams.

Ellie Babcock, Nora Clarke, Julia Stephenson and Anna Sump placed first in the Foods

and Nutrition Challenge. During the Entrepreneurship Challenge, they won; 2nd Place for Best Overall Presentation, the "Price & Finance" Award and the "Fan Favorite" Award. This team also won the "Best Use of Design

to Tell a Story" Award in the Design Challenge.

Abigail Babcock, Valerie Gabel, Emma Lanik and Emma Noel won 1st Place in the Entrepreneurship (ESI) Challenge for Best Overall Presentation and 3rd Place in the Foods & Nutrition Challenge.

Emma Timmer, John Sump, David Swotek and Eliese Schwinck won the "Best Marketing Concept" Award in the ESI Challenge.

Nathan Gabel, Bridget Clarke and Lily Noel also represented Lancaster County with high scores.

4-H'ers Test Animal Science Skills at PASE

Congratulations to the Lancaster County 4-H'ers who competed in the Livestock Judging Contest during the state Premiere Animal Science Events (PASE) held at UNL East Campus on June 27.

Livestock Judging

The Livestock Judging contest consists of ranking classes of four animals from the most to least desirable. Classes include market and breeding beef, sheep, meat goats and swine. Youth also give oral reasons to the official judges to defend their reasons for ranking the animals. A big thank you to coach Roger Bell, who spent countless hours working with the Lancaster County teams.

Senior teams — The first team consisted of Isabela Chaffin,



Lancaster County Livestock Judging Senior First Team

Cole Cooper, Dylan Hafer and Adam Oldemeyer, which earned 5th overall team, 2nd overall in reasons, 4th overall in sheep and goats, 5th overall in swine and 5th overall in beef cattle.

The second senior team consisted of Brett Heinrich, Colter Tietjen, Reid Pretzer and Madysen Cox.

Individual senior results included:

- High overall reasons: Adam Oldemeyer placed 4th.
- High individual overall sheep: Dylan Hafer placed 10th.

Intermediate team — consisted of Tayden Bell, Allison Walbrecht, Haylee Mitchell and Judson Tietjen.

Poultry Judging

Lina Carlson (5th place individual) and Breanna Blair competed in the poultry judging contest, comprised of two classes of judging hens for past production, oral reasons on a production hen class, grading eggs based on exterior quality, interior quality by candling, broken-out quality, grading ready-to-cook poultry and identification of ready-to-cook parts.

HORSE BITS

District Horse Show Results

Many Lancaster County 4-H'ers competed in district competitions held in Lincoln. All purple and blue ribbon winners qualified for the Fonner Park State 4-H Horse Show and Exposition in Grand Island. The district show in Lincoln was held on June 20 at the Lancaster Event Center. Congratulations to all who participated! Below are the Lancaster County purple ribbon and trophy winners. Complete results are online at <http://4h.unl.edu/horse/district-shows>

SR. HUNTER UNDER SADDLE, 15 & UP
Madison Sobotka

JR. HUNTER UNDER SADDLE, 10-14
Kali Maytum (Reserve Champion)

SR. HUNT SEAT EQUITATION, 15 & UP
Madison Sobotka (Reserve Champion)

JR. HUNT SEAT EQUITATION, 10-14
Cadi Wilbeck (Champion)

WESTERN PLEASURE PONIES
Miya Higgins (Reserve Champion)

SR. WESTERN PLEASURE HORSES, 15 & UP
Aubrey Hayes

JR. WESTERN PLEASURE HORSES, 10-14
Isabella Gerlach (Reserve Champion),
Ellie Bunz

SR. WESTERN HORSEMANSHIP, 15 & UP
Aubrey Hayes, Audrey Heusinger,
Nicole McConnell

JR. WESTERN HORSEMANSHIP, 10-14
Isabella Gerlach (Champion), Lillie Beach,
Ellie Bunz

SR. REINING, 15 & UP
Jadin Vogler

SR. POLE BENDING, 15 & UP
Audrey Heusinger

JR. POLE BENDING, 10-14
Clara Bradbury (Champion)

SR. BARREL RACING, 15 & UP
Jayme Litchfield (Champion), Cassie Meyer
(Reserve Champion), Audrey Heusinger

JR. BARREL RACING, 10-14
Clara Bradbury (Champion), Lillie Beach
(Reserve Champion), Cadi Wilbeck


**LANCASTER COUNTY
Super Fair**
Aug. 3–12, 2017
4-H & FFA Exhibits & Events Aug. 3–6
4-H Horse Show July 31–Aug. 6
Lancaster Event Center


4-H & FFA Fair Books have complete information about entering 4-H/FFA exhibits and contests.



Fair Books are available at the Extension office and at <http://lancaster.unl.edu/4h/Fair>

4-H Will Livestream From the Fair!


Lancaster County 4-H will livestream video of several events at the Super Fair via YouTube which will then be archived! Watch at www.youtube.com/user/4HLancasterNE. A tentative schedule will be posted at <http://lancaster.unl.edu/4h/fair>

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. These entry passes allow one vehicle and its occupants to enter the fairgrounds each day Thursday, Aug. 3–Monday, Aug. 7, 11 a.m. and park in designated areas.

4-H/FFA families are asked to enter Gate 3 (second Havelock driveway) where there will be an exhibitor lane when possible to speed entry — except when unloading/loading static exhibits, use 84th Street entrance and temporarily unload/load by the Lincoln Room and park in Lot K if staying longer.

These passes are for 4-H/FFA members and their immediate family only. Please do not abuse this privilege.

General Public Gate Admission

FREE general public gate admission tickets will be available July 1–Aug. 12 at ticket sponsors. Ticket sponsors as of press time are: Casey's General Store, Russ's Market, Super Saver and West Gate Bank. Gate admission without this free ticket will be \$3 per person per entry.

General Public Parking

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

FREE Fair Entry Days!

Monday, Aug. 7–Wednesday, Aug. 9 ONLY — no gate tickets, no parking fee required. Note: fairgrounds open to public at 4 p.m. on these days.

**Static Exhibit Check-In
Aug. 1, 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, 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. All entry tags, additional information, recipe cards, data tags, etc. MUST be attached at this time. In the Lincoln Room, exhibits are grouped into the following areas designated by signage: Clover Kids; General Areas; Photography; Home Environment; Clothing; Food & Nutrition; Horticulture; and Science, Engineering & Technology. A registration table is set up for each of the above areas — please take project(s) to the appropriate area(s). **All static exhibits MUST be picked up during release time on Monday, Aug. 7 from 7–11 a.m.** Please pick up project(s) at each of the area(s) you have exhibits.

Interview Judging, Aug. 2

Interview judging is Wednesday, Aug. 2 starting at 9 a.m. in the Lincoln Room. 4-H'ers have the opportunity to talk to judges about their fair static exhibits and share what was easy, what was challenging. 4-H'ers also learn what the judge looks for and how to improve skills. 4-H'ers may interview judge ONE exhibit from each project area. Refer to page 18 of the Fair Book for project areas which have interview judging. Members, parents or leaders are to **call the Extension office at 402-441-7180 to sign up members for a five-minute time slot — preregister before July 28.** If slots are still available, you may sign up during Static Exhibit Check-in on Tuesday, Aug. 1, 4–8 p.m.

Clover Kids Show & Tell, Aug. 6

All Clover Kids, youth ages 5–7 by Jan. 1, 2017, are invited to show & tell one of their 4-H exhibits at the Lancaster County Super Fair, Sunday, Aug. 6, starting at 1 p.m. Clover Kids Show & Tell is held in the Lincoln Room at the Lancaster Event Center. Youth are also invited to do a skit or song at this time. See page 13 of the Fair Book for more information. To sign up, call 402-441-7180 before July 29, or at the static exhibit area on Tuesday, Aug. 1, 4–8 p.m.

Livestock Judging Contest, Aug. 6

Now in its seventh year, a 4-H/FFA Livestock Judging Contest will be held Sunday, Aug. 6, 12 noon–2 p.m. in Pavilion 1. Preregister by Thursday, Aug. 3, 6 p.m. in the Livestock Office at the fair. Come join the fun of judging livestock and bring your parents! For those who have never judged before, there will be a short orientation before the contest, outlining how to fill out the judging cards and where to answer questions.

Youth may judge as individuals or teams. Teams will consist of four youth and one adult. Seven classes shall consist of two beef, two sheep, two swine and one meat goat. Classes will be decided day of contest and could consist of market and/or breeding animals. Contestants will have 12 minutes to judge each class. No reasons will be given, however questions will be asked on three classes.

Premium Payouts, Aug. 7

STATIC EXHIBITS and CONTESTS: Premium payouts for all static exhibits and contests held before and during the fair must be picked up on Monday, Aug. 7, 7–11 a.m. in the Lincoln Room (except Livestock Judging and rabbit contests). With proper identification, parents, guardians, 4-H club leaders and FFA chapter advisors will also be permitted to pick up and sign for exhibitor premiums.

HORSE EXHIBITORS: Premium payouts will be made to 4-H members, their parents or their 4-H leaders on Monday, Aug. 7, 7–11 a.m. in the Lincoln Room. The entire 4-H club must have removed all bedding from each stall in order for premiums to be received. Stalls will be checked by an Ag Society member. Signatures from all representatives receiving payments will be required.

**Support 4-H by
Eating at Clover Cafe/
Horseshoe Cafe**

4-H Council's food stand during the Super Fair features a variety of snacks and beverages, including the popular Walking Taco, snow cones and cotton candy!



The Clover Cafe (in the Lincoln Room) and the Horseshoe Cafe (in the Multipurpose Room) will be open Aug. 3–6, 10 a.m.–9 p.m.

The food stand is Lancaster County 4-H Council's primary fundraiser. Proceeds support 4-H youth programs, activities and scholarships.

**Chicken Dinner
Fundraiser, Aug. 4**

Lancaster County 4-H Council is having a Chicken Dinner on Friday, Aug. 4, 5:30–7:30 p.m. at the Exhibit Hall - Room B (during the 4-H Table Setting Contest). Dinner features Raising Cane's chicken fingers hot off their food truck! This is a fundraiser for 4-H Council to help support 4-H youth programs, activities and scholarships. Advance tickets can be purchased for \$7 at the Extension office before the Super Fair or at the 4-H food stand during the fair. Tickets at the door are \$8.

**4-H Volunteers
Needed**

Adults *and* youth are needed to help 4-H during the Lancaster County Super Fair. If you, someone from your club, or an interested volunteer would like to help, contact the Extension office at 402-441-7180.

- **In the 4-H Corner Stop food stand** (ages 8 and up) from Wednesday, Aug. 2 through Sunday, Aug. 6 (sign up online at <http://go.unl.edu/foodboothsignup>).
- **Static exhibit set-up** (ages 8 and up) on Thursday, July 27 at 6:30 p.m. (pizza will be served to volunteers) and Saturday, July 29 at 8 a.m. in the Lincoln Room.
- **During judging of static exhibits** (ages 12 and up) on Wednesday, Aug. 2.
- **Teen tour guides are needed for Fair Fun Day** (ages 14 and up) for child care groups on Friday, Aug. 4 at 9–11:30 a.m. and 12:30–3 p.m.

Food Stand Training, July 27

All volunteers are strongly encouraged to attend the food stand training on Thursday, July 27, 6–7 p.m. at the Lancaster Event Center – Lincoln Room.


Static Exhibits

At the Super Fair, 4-H static exhibits will be selected for the Nebraska State Fair by the judges in the respective areas. A state fair sticker will be placed on all exhibits selected for state fair. 4-H members with qualifying static exhibits will receive information in the mail after Super Fair about entering at the State Fair.

Join the Fun as a Volunteer!

Nebraska 4-H is looking for volunteers to help with exhibit entry day, judging and serving as 4-H exhibit building hosts. Volunteers will be needed for assisting with all 4-H contests and events. State Fair 4-H volunteers will receive a fair pass for the day(s) they volunteer. Sign up at <http://4h.unl.edu/state-fair/volunteer>. If you have questions, call 402-472-1762.

Animal Entries Due Aug. 10

4-H & FFA animal exhibitors' ages 10–18 are eligible to participate at the Nebraska State Fair regardless of county fair placing. The 2017 State Fair will be Aug. 25–Sept. 4 at Fonner Park in Grand Island.

Again this year, 4-H/FFA youth and their families will be responsible for making their own livestock, rabbit and dog entries online for the Nebraska State Fair. Entries will be due Thursday, Aug. 10. Instructions and link to register are at <http://nebr.fairwire.com>. Lancaster County Extension staff will NOT be collecting State Fair entries or entry fees during Super Fair. For more information, contact Cole Meador at 402-441-7180.

The 2017 Nebraska State Fair will be Friday, Aug. 25–Monday, Sept. 4 at Fonner Park in Grand Island! For a schedule of 4-H activities at the state fair and more, go to <http://4h.unl.edu/state-fair>



EXTENSION CALENDAR

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

July

- 25 **4-H Fashion Show Judging**.....9 a.m.
- 27 **4-H Food Stand Training for Super Fair, Lancaster Event Center - Lincoln Room**.....6-9 p.m.
- 27 **4-H Static Exhibit Set-Up, Lancaster Event Center - Lincoln Room** . 6:30 p.m.
- 29 **4-H Static Exhibit Set-Up, Lancaster Event Center - Lincoln Room**8 a.m.
- 31 **Lancaster County Super Fair 4-H Horse Shows Begin, Lancaster Event Center**

August

- 1 **4-H & FFA Static Exhibit Check-In for Lancaster County Super Fair, Lancaster Event Center - Lincoln Room**..... 4-8 p.m.
 - 3-12 **Lancaster County Super Fair (4-H/FFA Exhibits & Events Aug 3-6; 4-H Horse Show July 31-Aug. 6), Lancaster Event Center**
 - 7 **Super Fair 4-H Premium Payouts and Static Exhibit Release, Lancaster Event Center, Lincoln Room**..... 7-11 a.m.
 - 7 **Ag Land Management: Back to Basics Workshop**..... 9:30 a.m.-3 p.m.
 - 9 **Opportunities for Growing and Grazing Cover Crops Conference, Lancaster Event Center, Exhibit Hall** 11 a.m.-5:30 p.m.
 - 10 **Co-Parenting for Successful Kids Class**.....9 a.m.-12:30 p.m.
 - 14 **Pesticide Applicator NDA Walk-in "Testing Only" Session** 9 a.m.-2 p.m.
 - 17 **Quick & Healthy No-Recipe Meals, Bryan East Campus, Plaza Conference Center, 1500 S. 48th St.**..... 6:30-8 p.m.
- Aug. 25-Sept. 4 Nebraska State Fair, Fonner Park, Grand Island**

4-H Clover College: 55 Workshops of Hands-On Learning!

Held each June, 4-H Clover College is a four-day series of hands-on workshops for youth presented by Nebraska Extension in Lancaster County. Emphasis is on science, agricultural literacy, healthy living, career development and citizenship/leadership.

This year, Clover College was held June 20-23 and featured 55 workshops. 153 youth participated (varying from 1 to 15 classes each), with a total 960 class registrations! A special thank you to the nearly 75 instructors and assistants!

More photos are online at www.flickr.com/photos/unextlanco/sets. Several workshops were livestreamed and are archived at www.youtube.com/user/4HLancasterNE.



In "Playing in the Dirt" and in "Clover Kids Day Camp," youth engineered farm planters using hex bugs, tested them for speed, ground covered and least soil disturbed.



In "Picture This!" taught by Extension Board member Pat Heather, youth made pinhole cameras from oatmeal containers and developed their photos in a make-shift darkroom.



Members of the Go Go Goat Getters 4-H Club helped teach "Giddy Goats."

Seeking Lancaster County Fair 100-Year or Older Photos/Artifacts

As part of Nebraska's 150th statehood anniversary celebration, the Lancaster County Fair will be celebrating its more than 140-year history. In fact, the first year the fair was held is not exactly known — the Ag Society is researching this information.

A display at the 2017 Lancaster County Super Fair — held Aug. 3-12 at the Lancaster Event Center, 84th & Havelock, Lincoln — will

feature 100-year and older Lancaster County Fair photos and artifacts. The historical display will be in the Business Center entryway.

The public is asked to share their Lancaster County Fair photos and artifacts from 1917 or older. Bring to Lancaster Event Center office by Monday, July 31, attention Amy. Mark the back with original owner name, year and current submitter name,

address, phone number. Bonus points for written description/origin/story/history to explain the photo/artifact.

All entrants will receive \$5 to spend at a Lancaster Event Center cafe during the Super Fair. If sufficient entries are received, prize ribbons and premiums up to \$50 will be awarded. For more information, contact Amy at 402-441-6545.

EXTENSION NEWS

Kristin Geisert Promoted



Kristin Geisert at Clover College

Kristin Geisert was recently promoted from Extension Assistant to Extension Associate. She has worked for the Lancaster County 4-H program since August 2016. Previous Extension experience included working at the Phelps and Buffalo County offices since 2008.

Kristin's responsibilities will continue to include leading all static exhibit project areas, clubs, volunteers and Clover Kids. She organizes workshops, contests, Clover College and Lancaster County Super Fair events.

Her emphasis is on positive youth development in the areas of:

- Citizenship and leadership.
- Science, technology, engineering, art and math (STEAM)
- Career development.
- Healthy living.

Congratulations Kristin!

Winners of NEBLINE Survey Drawing

Thank you to everyone who completed the recent NEBLINE Reader Survey. Completed survey submissions were eligible for a random drawing. Congratulations to the following five winners, who received \$20 gift cards*:

- Janice B. from Lincoln.
- Mary D. from Eagle.
- Rick G. from Raymond.
- Dan P. from Seward.
- Lisa V. from Lincoln.

* Not funded by tax dollars. Winners have been contacted.

Pollinator Talks and Tours, Aug. 3

The Nebraska Statewide Arboretum is sponsoring free "Pollinator Talks and Tours" on Thursday, Aug. 3, 9 a.m.-3 p.m. at UNL East Campus. All events except the 2 p.m. tour begin from the Backyard Farmer garden east of UNL Keim Hall at 1825 N. 38th Street. The 2 p.m. tour of Union Plaza will begin at 228 N. 21st Street. Activities for kids include face-painting, make-your-own antennae and other pollinator activities. For a complete schedule and pollinator resources, go to <https://plantnebraska.org>.

AKSARBEN 4-H Show Entries Due Aug. 10

More than 2,000 4-H families from a 10-state area participate in the AKSARBEN 4-H Show.

The AKSARBEN 4-H Stock Show will be held Sept. 28-Oct. 1 at the Nebraska State Fair Grounds (Fonner Park) in Grand Island. Categories of this 4-H-only competition are dairy, feeder calf & breeding beef, market beef, market broilers, meat goats, market lamb, market swine and dairy steer. Exhibitors must be 10 years of age by Jan. 1.

The AKSARBEN 4-H Horse Show will be held Sept. 23-24 at the Nebraska State Fair Grounds - Thompson Foods 4-H Arena (Fonner Park) in Grand Island. Horse exhibitors must be 12 years of age by Jan. 1.

New for 2017: AKSARBEN will be utilizing an all online entry process. More information regarding the entry process will be communicated as it becomes available.

Extension staff will NOT be accepting entries at the Super Fair as in previous years. Online entries will be due Thursday, Aug. 10. For more information and tentative schedule, go to www.aksarbenstockshow.com.