



## HARLAN COUNTY EXTENSION NEWSLETTER

<http://extension.unl.edu/statewide/harlan>  
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September 2020



All of us at the Extension Office would like to thank everyone for their encouragement, advice, and help during the 2020 Harlan County Fair. We appreciate all of the support and a huge thank you to everyone on the committees, volunteers, and the many individuals who gave their time and expertise to make this year's 4-H celebration a success. Congratulations to all 4-Hers on completing their projects, having the courage to share their experiences, and to all wins, big and small. Thank you to all of the parents, grandparents, friends and family who encourage, teach, and provide guidance throughout the entire year. We look forward to working with you in the future and hope to learn and grow together.

**Marcy DeJonge, Elena Stout  
& Dawn Hetrick**



Your 4-H Achievement Applications must be submitted to Marcy at [marcy.dejonge@unl.edu](mailto:marcy.dejonge@unl.edu). In this program, youth may receive a project pin at county level and can progress to the state and National 4-H awards. If this program is something you are interested in, please contact us at the office

and we can get you more information.

**Achievement Applications  
DUE - September 30th**

.....  
 **4-H**   
**Achievement  
Night**  
.....  
**TENATIVE DATE  
OCTOBER 25**

## Parent's mark your Calendars!

The Harlan Cattlemen's Association will be serving  
real Harlan County beef for lunch at ;  
Southern Valley School: September 2  
Alma Public School: September 3



*The Beef in Schools program  
is the promoting of  
Nebraska Beef  
for school's lunch program  
&  
encouraging beef  
education & nutrition.*



## 2020 STATE FAIR ANNOUNCEMENTS

Nebraska State Fair

August 29 - September 7, 2020



### Congratulations State Fair Exhibitors!

Now that State Fair is over, we would appreciate if you would collect your priceless exhibits from the Harlan County Extension Office in Alma. All Static exhibits will be in our office and ready for pick up Wednesday, September 9th. Our Office hours are Monday thru Friday 8:30am - 4:30pm.



### MARK YOUR CALENDARS FOR QUILT WEEK At the Orleans Ag Center September 21 - 24

The Harlan County Homemaker's Club invite young and old, newbies and experienced quilters to the Ag Center in Orleans. The Ag Center will be open 9am to 5pm for all who need help or a lot of space to organize.

The 2020 AKARBEN  
Stock Show will be  
conducted  
September 24 - 27.





You're invited to a

# Russell Covey Memorial Scholarship Event

## House Painting

Volunteers are needed to paint Russell and Mona Covey's house. Meals and drinks will be provided throughout the day. Painting starts at 9am.

Please wear painting clothes. Bring your friends, 4-H leaders, 4-H members and don't forget a paint brush. Groups are encouraged. We will have a great day honoring Russell and Mona, while giving Mona's residence a fresh look.

After painting, stay for supper.

## Free Will Donation Meal

All are invited to a Free Will Donation Meal held from 5-7pm at the Ragan Fire Hall.

**When:** October 3, 2020

**Where:** Russell and Mona Covey Residence  
1243 Cross Ave, Ragan, NE

**Time:** Painting starts at 9am

**Free Will Donation Meal 5-7pm - Ragan Fire Hall**

**(Menu TBD, call or text for to-go orders 308.999.1275)**



# Harlan County Ag Society Pork BBQ Feed

*Free-will offering Kick off fundraiser.  
Funds go towards a new animal building and  
show arena at Harlan County Fairgrounds.*

**Southern Valley Eagles vs Alma Cardinals  
Football Game.**

<b>Friday</b>	<b>TIME: Kick off @ 3pm</b>	<b>Free-will</b>
<b>Sept. 25th</b>	<b>BBQ Feed from 4-7pm</b>	<b>donations</b>

**Location: West of the SV Football field.**  
(Mark Bose's Property)

**Drive through or dine in.**  
**Text TO-GO orders to (308) 999-1275**







**Erin Laborie**  
Nebraska Extension Educator  
[erin.laborie@unl.edu](mailto:erin.laborie@unl.edu)  
(308) 268-3105



### Implications

Cow-calf producers have the option of preconditioning calves at weaning to improve health status and potentially add value to their calf crop. Preconditioning programs can vary greatly from one operation to another but share the common goal of preparing calves for the next phase of production. Preconditioning is not suitable for every production system, so estimating the potential costs and benefits associated with a program is important.



*Nebraska Extension Educators and Specialists are available to assist producers with questions. Contact your local Extension office or visit [beef.unl.edu](http://beef.unl.edu) for more information.*

### Points to Consider

- A preconditioning program typically includes a nutritional program and health protocol designed to minimize stress and boost the immune system of the newly weaned calf.
- Benefits of preconditioning include selling calves at heavier weights, seasonal price increase at the time of sale, and any premiums available for preconditioned calves.
- Costs associated with preconditioning may include transportation, vaccinations, additional feed, death loss, and interest expenses.
- Consider whether you have the proper facilities, equipment, time, and labor needed to care for newly weaned calves.
- As calf prices increase and/or feed costs decrease, the probability of having a profitable preconditioning program increases because each pound of calf produced is more valuable and/or costs less to produce.
- Consult with your veterinarian and/or Extension personnel to evaluate the [economics of preconditioning](http://beef.unl.edu/economics-of-preconditioning) and design a program specific to your operation.



## Plan a Nutritious School Lunch

Jordan Luxa, Extension Educator ([jordan.luxa@unl.edu](mailto:jordan.luxa@unl.edu)), MS, RD, LMNT

*Back to school season is here and it's time to start thinking about school lunch. School lunches are designed to provide healthy food options for children. Whether your child enjoys school lunch or you decide to pack your child's lunch instead, it is important they are provided a nutrient packed meal that will fuel their bodies and brains. Below are tips on how to pack a nutritious lunch.*

- **Plan ahead.** It is often helpful to take the time to make school lunches the night before. Cut up your fruits and veggies at the beginning of the week and separate them into single-serve containers. Keep a variety of individual snack packages (fruit cups, pretzels, popcorn, crackers, etc.) in a designated container so that they are easy to grab and add to lunches.
- **Get your kids involved.** When kids play a role in the planning and preparing of lunches, they are more likely to eat them. Give them age-appropriate tasks such as retrieving and putting items away, washing fruit and vegetables, using cookie cutters to make fun sandwich shapes, and putting the food into their lunch box. Agree on what goes into every lunch. Make a checklist of what your child likes in each category. For example: "The vegetables I will eat in my lunch are baby carrots, green pepper slices with ranch dip, cherry tomatoes or a mini-salad."
- **Include each food group.** In order to get a variety of nutrients, it is important to include all five food groups. Eating a variety of food from each food group supplies protein, fat, and carbohydrates. These nutrients give your child the energy to keep up throughout the day and during after-school activities.
  - Fruit and veggies: fresh, frozen, canned, or dried
  - Dairy: milk, yogurt, cheese
  - Grains: whole wheat bread, English muffin, crackers, tortilla wrap, pita, pasta
  - Protein: baked chicken, deli meat, hard boiled eggs, cottage cheese, beans, nut butters
- **Invest in a fun lunch box.** Compartment lunch boxes help to cut back on the number of plastic bags used, they separate food, and help with portion sizes. Reusable baking cups are another great way to separate foods if you are using a larger container. Insulated lunch containers work best to keep cold foods cold. Keep an insulated thermos on hand to send warm foods such as soups and leftovers. Ensure the lunch box and any reusable containers are cleaned out at the end of each day.
- **Have fun.** Get creative by using cookie cutters to make different shapes out of bread, deli-meat, or cheese. Try slicing fruit or use a melon-baller. Use kid-friendly skewers to make kabobs lined with cherry tomatoes, pickles, cheese cubes, and turkey. Brighten your child's day by putting a note in their lunch with words of encouragement.
- **Do not forget to hydrate.** Send their favorite water bottle to school and encourage them to drink the whole thing twice throughout the day. If your child does not love water, try flavored water or try adding fruit to it for a natural flavor.



For more information check out Food Fun for Young Children at: <https://go.unl.edu/foodfunchildren>

### Sources:

1. Making the Grade at Lunchtime, Academy of Nutrition and Dietetics: <https://bit.ly/3ha9OUD>
2. School Lunches: Helping Your Child Make Healthy Choices (2020), Familydoctor.org: <https://bit.ly/317ZmHJ>



# NATIONAL 4-H WEEK



**will be observed October 4 - 10**

Since 4-H began more than 100 years ago, it has become the nation's largest youth development organization. 4-H's reach and depth is unmatched. The 4-H idea is simple: help young people and their families gain the skills needed to be proactive forces in their communities and develop ideas for a more innovative economy.

## **As a 4-H member, you are part of something big!**

4-H is the nation's largest positive youth development and youth mentoring organization empowering six million young people in the U.S. Use this week to show the community what 4-H means to you!

Each 4-H Club is encouraged to conduct a 4-H meeting during the week to get the 4-H message out to the community.

Clubs are encouraged to promote the week. Some ideas include:

- Create a 4-H club promotional display in a downtown window.
- Conduct your 4-H club meeting the week of October 4-10.
- Complete a community service project October 4-10.
- Write a short 4-H article for one of our local newspapers sharing your positive 4-H story.

All 4-H youth are asked to wear their 4-H t-shirt on **Wednesday, October 7** to celebrate!

Post your photos to your social media and tag them **#4HGrown**.



4-H is a Community of more than 100 public universities across the nation that provides experiences where young people learn by doing. Kids complete hands-on projects in areas like health, science, agriculture and citizenship, in a positive environment where they receive guidance from adult mentors and are encouraged to take on proactive leadership roles. Kids experience 4-H in every county and parish in the country through in-school and after-school programs, school and community clubs and 4-H camps.

In 1902, A. B. Graham started a youth program in Clark County, Ohio, which is considered the birth of 4-H in the United States. The first club was called "The Tomato Club". The passage of the Smith-Lever Act in 1914 created the Cooperative Extension System at USDA and nationalized 4-H. By 1924, 4-H clubs were formed and the clover emblem was adopted. Today, 4-H serves youth in rural, urban, and suburban communities in every state across the nation. 4-H'ers are tackling the nation's top issues, from global food security, climate change and sustainable energy to childhood obesity and food safety. 4-H out-of-school programming, in-school enrichment programs, clubs and camps also offer a wide variety of STEM opportunities – from agricultural and animal sciences to rocketry, robotics, environmental protection and computer science – to improve the nation's ability to compete in key scientific fields and take on the leading challenges of the 21st century.

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## Calendar of Events

August 29 - September 7: Nebraska State Fair, Grand Island

September 2: Beef in Schools - Southern Valley

Sept. 3: Beef in Schools - Alma

Sept. 9: State Fair Exhibit Pick Up - Harlan Extension Office

Sept. 21 - 24: Quilt Week @ 9am - 5pm at the Ag Center in Orleans

Sept. 25: Harlan County Ag Society BBQ Pork Feed @ 4pm - 7pm  
at Mark Bose's Property, west from Southern Valley Football field.

September 24 - 27: AKSARBEN, Grand Island

October 3: Russell Covey Memorial Scholarship Event @ 9am in Ragan



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- Achievement Banquet Date
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- MORE!

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The Harlan County Extension Office will be closed  
September 7 in observation of Labor Day

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**EXTENSION**  
*Harlan County*

