

# >>> OTOE COUNTY <<<<

# TIPS ON TAP



## Celebrating Our Achievements

September is the time to start putting together Achievement Applications. To those of you who have been involved in 4-H for a long time, you may remember them as Career Portfolios or Member Record Books. The Otoe County process is a blend of the traditional Career Portfolio and the current Achievement Application created by Nebraska 4-H.

Although the Career Portfolio is no longer accepted for state-level awards, a similar format is required for county-level awards. In Otoe County, this would be the Entry Sheet (Form 1-2024) and the Activity Sheet (Form 2-2024). These forms are more for record keeping of the activities and projects a 4-H youth has been involved in.

Similar to the state-level Achievement Application, a My Experiences Report is required for county-level awards. This is a written report of the work accomplished. It looks similar to a resume, it is also a story telling of sorts.

These three items come together to complete the Otoe County Achievement Application. We highly encourage all 4-H aged youth to participate in the Achievement Application Process. Reflecting on completed work, celebrating triumphs & struggles, and writing positively about yourself are all skills that youth need to practice.

We are here to help you along the way!

~ Elizabeth

## Leader's Corner

Leaders,

Thank you for all of your hard work during the 2024 Otoe County Fair! Our 4-H'ers could not do all of the things they do without your hard work and support.

Please remind your club members about the annual 4-H Achievement Night on November 10th! We are excited to recognize all of the hard work of our youth over the past year. Check the rest of TIPS for more information on Achievement Applications!

Stephanie

**National 4-H Week is  
coming...  
October 6th-12th**



# Beyond Ready

## 2024 NEBRASKA STATE FAIR

CONGRATULATIONS TO ALL OF THESE OUTSTANDING OTOE COUNTY EXHIBITORS!

Hadley Bakan	Augustin Bruggeman	Liatris Hay	Andrew Lovelace	Izzy Stubbendick
Conor Bando	Cecilia Bruggeman	Kymber Hein	MacKenzie McCoy	Trent Stubbendick
Emilia Bando	Madeline Bruggeman	Augustus Hinrichsen	Ruby Oetjen	Reese Tuxhorn
Trevor Bando	Simon Bruggeman	Charlotte Hinrichsen	Deitric Pfeiffer	Lydia VanMeter
Addison Bates	Cora Bryant	Jacob Hippen	Maggie Roberts	Emily VanMeter
Garret Bates	John Bryant	John Hippen	Westleigh Santema	Diego Velazco
C. Zane Bausch	Kyle Cavanaugh	Josie Hippen	Amber Schropfer	Aiden Velazco
Lauren Beccard	Erin Chambers	Emma Kirchhoff	Rachel Schropfer	Hayden Wellensiek
Grace Behmer	Gavin Cumro	Brooklyn Knake	Charlie Simon	Lillie Whyman
James Brandt	Cody Damme	Kirsten Knake	Kadyn Sisco	Brya Willms
Payton Brandt	Ryan Damme	Evalyn Kraeger	Maci Smidt	Madeline Wood
Lauren Brehm	Shawnee Ensor	Gaven Kraeger	Daisa Smidt	Sydney Wood
Leighton Brehm	Laramie Epp	Jolie Kreifels	Justin Starling	Michael Wood
Lyndon Brehm	Maverick Epp	Justus Kreifels	Brandon Steinhoff	
Karson Brooks	Easton Florea	Addisyn Lorensen	Henry Stubbendick	
Kole Brooks	Hubbard Hay	Ian Lorensen	Madison Stubbendick	



### Fair... By the Numbers

- 3718 Entries
- 1152 Purple Ribbons
- 852 Blue Ribbons
- 487 Clover Kids Exhibits
- 306 Healthy Living Exhibits
- 299 4-H Exhibitors
- 291 Consumer & Family Science Exhibits
- 226 Communication & Expressive Arts Exhibits
- 169 Plant Science Exhibits
- 168 Red Ribbons
- 112 Swine
- 80 Chickens, Ducks, Geese, Quail and Turkeys
- 68 Shooting Sports
- 64 Beef
- 55 Environmental Education & Earth Science Exhibits
- 52 Sheep
- 51 Fashion Show Exhibits
- 29 Goats
- 27 White Ribbons
- 25 Favorite Foods Revue Participants
- 24 Science, Engineering, & Technology Exhibits
- 23 Horses
- 16 Rabbits
- 13 Leadership, Citizenship, & Personal Development Exhibits
- 9 Rocket Launch Contestants
- 8 Livestock Judging Contestants

### Award Pick Up

Did you earn Champion or Reserve Champion at the Otoe County Fair? Your award choice is now ready for pick up at the Extension Office!

### State Fair Exhibit Pickup

Please stop by the office to pick up your State Fair exhibits and premium checks. Please watch social media for updates on extended office hours!

## Superintendent Thank You

The Otoe County Fair would not be possible without our department Superintendents. From helping with the fairbook, to organizing volunteers, to running a show or displaying exhibits, these volunteers work tirelessly to help our youth learn and grow! Please make sure to share your appreciation with them!

**Beef:** Jared Neumeister

**Clover Kids:** Jaclyn Kreifels & assistant Kelly Julifs

**Communication & Expressive Arts:** Courtney Bakan

**Consumer & Family Sciences:** Jill Reese & assistant Chrissy Sheer

**Dogs:** Jenna Dirkschneider

**Environmental Education & Earth Science:** Monty Lovelace

**Goats:** Matt & Roxy Schutz

**Healthy Living:** Robyn Stubbendick & assistants Donna Sluka Smith & Hilary Wiebusch

**Horses:** Gina Essink & assistant Jill Cary

**Leadership, Citizenship, & Personal Development:** Jill Reese & assistant Chrissy Sheer

**Plant Science:** Monty Lovelace

**Poultry:** Sarah Hobbie & Monty Lovelace

**Rabbits & Companion Animal:** Courtney Bakan

**Round Robin:** Mike Wieckhorst & assistant John Stubbendick

**SET:** Gene & Cheryl Hobbie

**Sheep:** Dale & Michelle Francis

**Shooting Sports:** Sherlyn Damme, Rustin Brooks, John Hay, & Dee Moore

**Swine:** Lori Kirchhoff & assistant Brent Johnson

**Textiles, Quilts & Apparel:** Linda Bennier & assistants Amanda Stubbendick & Victoria Broders

*Thank You*



**OTOE COUNTY AGRICULTURE  
SOCIETY, INC.**

P.O. Box 385  
Syracuse, NE 68446



Thanks to Ag Society Members  
Mike, Brandon, Doc, Duane,  
Curt, Randy, Austin, Ted, &  
Darin for all of the hard work you  
put in!

## 2024 Fair Sponsors

Our sponsors help support Otoe County 4-H in a variety of ways, including fair awards. Please share your gratitude for their support of 4-H by patronizing these businesses or telling the individuals a heartfelt THANK YOU!

AKRS EQUIPMENT

BECK'S SEEDS

BOLZ FAMILY FARMS

AMERICAN NATIONAL BANK

RIVERSTONE BANK

STUKENHOLTZ FARMS

RODNEY AND JEANETTE WELLSANDT

DON AND KATHY WITTLER

WESTOVER ROCK AND SAND

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DAN'S TIRE AND REPAIR, INC

HENG LAND COMPANY

STAACK FURNITURE AND CARPETS

CARL AND SARAH PURCELL

AMERICAN FAMILY INSURANCE

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CASS OTOE LIVESTOCK ASSOCIATION

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VERDA UMLAND

WAYNE AND PAULA WOHLERS

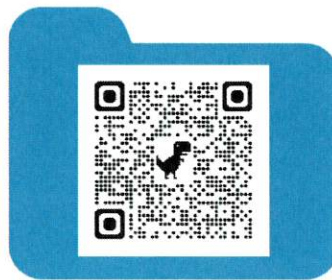
MIKE AND LASHELLE ZIMMER

STEVE ZIMMERS

# Achievement Awards Application

Achievement Award Applications are due before **October 1st, 2024.**

- Read the enclosed Otoe County 2024 4-H Achievement Application Directions handout.
- Download the forms and essay instructions from the Otoe County Extension website at [www.otoe.unl.edu](http://www.otoe.unl.edu) by clicking on Otoe County 4-H, then 4-H Resources, and scroll down to Awards/Reports OR go directly to our [4-H Family Google Drive Folder!](#)
- Drop off the application to the office **prior to October 1st.**
- Call the office if you need any help!



## Class of 2025

If you are a senior this school year, please complete this [Senior Recognition Information Form](#) before October 1st. The information gathered will be used for Senior Recognition at Achievement Night and for creating Senior Banners. In order to receive your banner, you must be re-enrolled in 4-H for the 2023-2024 4-H year.

## Wider Extension Opportunities

Nitrate is a valuable fertilizer source that keeps Nebraska growing abundant landscapes and crops. Nitrogen that does not get used by the crop ends up in our streams, lakes and groundwater. Nitrate is the most common form of nitrogen found in water. It has economic, recreation, and health impacts for the residents of Nebraska. (<https://water.unl.edu/category/nitrate>)

Nebraska Extension, along with the Nemaha NRD, provide support for residents in ensuring their drinking water is safe. Informational resources can be found at [water.unl.edu/residential-water-use](http://water.unl.edu/residential-water-use). Residents can order a water testing kit at [nebraska.gov/dhhs](http://nebraska.gov/dhhs). FREE private well testing for residents of Nemaha NRD can be scheduled by calling 402.335.3325

### NITRATE AND HEALTH

PROTECT THE HEALTH OF YOU AND YOUR LOVED ONES BY KNOWING WHAT IS IN YOUR DRINKING WATER!



#### WHERE AND WHAT IS NITRATE?

Nitrate is a form of nitrogen that can sometimes be found in our drinking water. Nitrogen fertilizers used for growing crops are the largest contributor to nitrate in our drinking water. Therefore, if you live in an area where there is a lot of agricultural production, you are at risk of drinking nitrate-contaminated water.

#### WHAT CAN I DO TO PROTECT MYSELF AND MY FAMILY?

If you drink water from a private well, it is up to you to ensure you are drinking safe water. There are no requirements for private well owners to test or treat their water. Nitrate is colorless, odorless and tasteless. The only way to know if you have nitrate in your drinking water is to test for it.

Private well users should test their drinking water annually. You can order a test kit from a certified laboratory or do-it-yourself test kits are available as well. The do-it-yourself kits should be used as a screening tool only. An analysis by an approved lab is recommended for the most accurate, reliable and precise measurement.

If you find nitrate above the safe drinking water level (10 ppm) in your water, the quickest and easiest solution is to install a reverse osmosis water filtration system in your house. For more information, go to <https://water.unl.edu/>

#### HOW CAN CONSUMING NITRATE IMPACT HUMAN HEALTH?

- Children and Infants**
- A result in infants consuming nitrate-contaminated water is methemoglobinemia (blue-baby syndrome); bottle-fed babies under six months old are at the highest risk. This illness can cause the skin to turn a bluish color and result in serious illness or death.
  - There are studies suggesting potential linkages between nitrate consumption and pediatric cancers. Nebraska has the highest rate of pediatric cancer in the Midwest and 7th highest in the entire United States. More research needs to be conducted before we can draw sure conclusions.
- Pregnant Women**
- During pregnancy, it is common for a woman's methemoglobin levels to increase from normal. Therefore, pregnant women are particularly susceptible to methemoglobinemia as well.
  - Pregnant women exposed to too much nitrate are at greater risk of giving birth prematurely.
  - Maternal exposure to nitrate through drinking water has been linked to birth defects. Nebraska has double the national average rate of birth defects.

- Other Adults**
- The University of Nebraska Medical Center, along with researchers across the globe, continue to study linkages between consuming nitrate and human health impacts. A growing body of studies indicate potential associations between nitrate and:
  - increased heart rate, nausea, headaches, thyroid disease, and other cancers such as colorectal, bladder, ovarian and kidney.
- \*Please consult your doctor if you are experiencing any of these symptoms.

