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The NEBLINE, January 2013

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4-H School Enrichment Programs Bring Hands-On Learning to Local Classrooms

Focus on Science

University of Nebraska–Lincoln Extension in Lancaster County 4-H staff have developed 4-H School Enrichment programs which have been implemented in many Lancaster County schools. These programs focus on science and bring 4-H’s hands-on learning approach into classrooms.

Kirsten Smith, Lincoln Public Schools (LPS) Curriculum Specialist for Science says, “The Lancaster County Extension office and staff are a crucial part of the LPS science curriculum. The staff are valuable resources who are willing to share their expertise with LPS students and teachers — helping to create meaningful learning experiences.”

Garbology, Embryology, and Earth Wellness Festival are part of the LPS science curriculum and are also taught at many other Lancaster County schools. These curricula meet Nebraska Curriculum Standards.

Garbology

Garbology is not in the dictionary, but in Lancaster County, it means the study of garbage (“ology” = Latin for “study of”). Usually taught in spring, Garbology consists of a curriculum manual with hands-on science activities. Many supplies and supplemental materials are provided in a kit, including books, posters, and DVDs. Extension staff give presentations in the classrooms about environmental conservation, including reduce, reuse, and recycle. In the 2011–12 school year, 3,574 students in 167 classrooms participated.

In Garbology, students hatch chicks in the classroom and witness the exciting miracle of life. Three sessions are presented each spring. Students take the responsibilities of caring for the fertilized eggs and then the chicks after they have hatched. Extension staff teach about embryo development when they deliver eggs to the classrooms. One week later, they candle the eggs using a bright light so students can see how the embryos are developing. In 2012, 4,175 students in 167 classrooms participated.

Focus on Nutrition

Nutrition Education Program

UNL Extension in Lancaster County Nutrition Education Program (NEP) staff have developed supplemental kits of hands-on nutrition education to enhance LPS’s health curriculum in grades K–8.

Grade specific kits include teacher curriculum, science experiments, interactive games, activity sheets, DVDs, and more. There are science, math, and reading components in each grade level. Lancaster NEP staff coordinates the kits for 21 income-eligible elementary schools (20 LPS and one parochial school). Teachers keep the kits for three weeks and NEP staff present handwashing and healthy snack demonstrations. In 6 income-eligible middle schools (five LPS and one parochial), teachers keep the kits for the entire year. In the 2011–12 school year, 8,864 students in 437 classrooms participated.

In 2011, a grant allowed the program to be expanded to the remaining LPS schools for grades K–2 and is coordinated by UNL faculty.

Earth Wellness Festival

Organized by 10 local agencies, including UNL Extension in Lancaster County, Earth Wellness Festival is an environmental education program which consists of pre-festival learning kits delivered to schools each October and a two-day festival held each March. Kits contain curriculum and all the supplies needed to complete more than 20 science-based activities covering topics in soils (land), water, air, and living resources. The festival consists of interactive sessions and a culminating presentation, “The Raptors,” by the World Bird Sanctuary of St. Louis, Mo. In 2012, approximately 3,109 students from 131 classrooms participated.

Ag Awareness Festival

Students gain a better understanding of agriculture and how it impacts their daily lives at the two-day Ag Awareness Festival held each April at the Lancaster Event Center. Hands-on activities and opportunities to touch, and experience animals, feedstuffs, and farming equipment are often students’ first exposure to where their food comes from. In 2012, 467 students from 20 classrooms participated.

In 2013, 4-H School Enrichment programs will be expanded to the remaining LPS schools for grades K–2 and is coordinated by UNL faculty.

Focus on Science

Extension Associate Marty Cruickshank candles eggs in 3rd grade classrooms as part of Embryology. Students are able to see inside the eggs and learn how embryos develop.

Extension Assistant Teri Hlava teaches students in 2nd grade classrooms how to reduce, reuse, and recycle as part of Garbology.

Extension Technologist Dove Smith works with 5th graders during the “Scoop on Poop” session at Earth Wellness Festival.

Extension Assistant Cole Meador gives 4th graders a hands-on experience with a piglet at Ag Awareness Festival.

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UNL Extension in Lancaster County 2012 ANNUAL REPORT
Proper Precautions Are Necessary For Chainsaw Safety

Dennis Adams
UNL Extension Forestry Specialist

Higher energy costs have given many people the incentive to cut their own firewood. However, users should review safety precautions before handling a chainsaw to avoid serious injury.

Operators should begin by reading the instruction manual. This is especially important in situations involving a first-time user or new model of chainsaw. Reread instructions to obtain a clear understanding of the operation process.

While chainsaws are more efficient than manual saws, they are more likely to be used incorrectly and cause injury. Most injuries are the result of kickback. Kickback occurs due to the fast rotation of the blade. When the tip of the blade makes contact with the tree, the high rpm s of the chain may cause the chainsaw to literally “kickback” out of the operator’s control. Uncontrolled kickback often results in injuries to the arms, legs or face.

It is also important to be aware of surrounding objects when harvesting firewood. An area clear of excess brush or other obstacles is most desirable. This provides an open area for the tree to land and an escape route for harvesters should the tree fall in an unexpected direction.

Don’t forget to remain aware of what is occurring overhead. Falling branches, known as “widow makers,” can cause serious injury or death as well. Once the tree is down, it is safest to use the bottom of the chainsaw bar to cut the wood into sections. This will prevent kickback and make operating the chainsaw less work.

Most importantly, never operate a chainsaw alone. Having another person present guarantees help is available should any problem or injury occur.

Decommission Out-of-Service Wells to Protect Water Quality

David Shelton
UNL Extension Agricultural Engineer

Windmills dot the Nebraska landscape. Perhaps there is one on your acreage. Did you ever stop to think that this picturesque scene could be contributing to groundwater contamination?

Not the windmill itself, but perhaps the water well below. Often, these wells are deteriorating and no longer used, but the well shaft is still a direct connection from the ground surface to the underlying aquifer. This can allow surface runoff to flow directly to the water-bearing zones, often carrying organic wastes, fertilizers, and other chemical residues such as pesticides and petroleum products into the groundwater.

Small animals can fall into these wells, further adding to the contamination.

Contact authorities that enter an old, out-of-service well can migrate to in-service water supplies such as a new well on the property, or a neighbor’s well. Once groundwater is contaminated, it is difficult, if not impossible, to clean up, and the process is always expensive.

Unlike wells, especially those old and/or in disrepair, or that do not meet current standards as an inactive well, pose a major threat to groundwater quality and represent a serious threat to human health and safety. State law defines these as illegal wells.

There are thousands of these wells on farmsteads, acresages, and other rural areas throughout the state. Early Nebraska settlers found many areas had relatively abundant groundwater that could be obtained fairly easily. In many situations, it was common to have more than one well on each farmstead because it was easier to construct a well at the point of use rather than develop a central well and water distribution system. Farm consolidation, rural electrification, and general modernization took many of these old wells out of service.

Also, when an old farmstead is sold on an acreage, the new owner frequently has a new well drilled, but neglects to properly decommission the old well or wells on the property.

Not all out-of-service wells are located in rural areas. There likely are hundreds, and possibly thousands, located in communities throughout the state. In the early development of communities, most households and businesses had an individual water-supply well. Most of these water wells have since been replaced by community water-supply systems, but in some cases, the old wells were not properly decommissioned.

While a windmill tower can be an almost sure sign, wells can be present at many other locations too. Some signs an old well might exist include: concrete pads where the legs of a windmill tower once stood; depressions where an old well pit or the walls of a dug well may have collapsed; an old stock tank in an overgrown area; a small fenced off area, especially if there are also pipes sticking out of the ground; flat stones, a concrete slab, old boards, metal sheets, or other items that could be covering an old well shaft; and many others. Sometimes there are no signs, and the well may be discovered only by accident.

Nebraska regulations require that illegal wells be decommissioned following the requirements found in Title 178, Chapter 12, regulations governing “Water Well Construction, Pump Installation, and Water Well Decommissioning Standards” of the Nebraska Department of Health and Human Services. With only one exception, well decommissioning must be carried out or supervised by an individual with a valid Nebraska Water Well Standards and Contractors’ license.

The decommissioning process includes removal of well equipment (pump, piping, etc), disinfection, sealing, filling, capping, and reporting.

The cost of decommissioning a well depends on several factors including accessibility, construction technique and materials, diameter, depth, condition, and contractor travel.

See OUT-OF-SERVICE WELLS on next page

Upcoming Green Industry Conferences

NEBRASKA TURFGRASS CONFERENCE JANUARY 8–10
NEBRASKA TURFGRASS ASSOCIATION
Location: Embassy Suites Omaha-La Vista/Hotel & Conference Center, La Vista, NE 402-472-8973 • www.nebraskaturfgrass.com/conference

GREAT PLAINS GROWERS CONFERENCE JANUARY 10–12
A CONFERENCE FOR BEGINNING & SEASONED GROWERS
Hosted by Extension Services, Vegetable Growers’ Associations of MO, KS, NE, IA & SD, and the Mid-America Fruit Grower’s Association
Location: Missouri Western State University, St. Joseph, MO 816-279-1691 • www.greatplainsgrowers.org

NEBRASKA GREAT PLAINS CONFERENCE FEBRUARY 18–19
NEBRASKA ARBORISTS ASSOCIATION AND NEBRASKA NURSERY & LANDSCAPE ASSOCIATION
Location: Embassy Suites Omaha-La Vista, Lincoln, NE 402-476-3865 • www.nebraskabarrios.org • www.nnl.org
Don’t Neglect Stored Grain this Winter

Tom Dorn
UNL Extension Educator

As most dryland corn growers probably know, you cannot assume that the 2012 corn in the bin has not been contaminated by molds, including one of the most species capable of producing mycotoxins. The only defense against mycotoxin contamination in corn is to manage the grain moisture content and grain temperature to minimize mold growth in the grain.

In the November 2012 issue, I made several recommendations to help you protect your stored grain:
• Dry clean corn down to 13% moisture if it is to be stored for more than a month.
• Run aeration fans whenever the air temperature was 10°F cooler than the grain temperature since the rate of mold growth is slower at cooler temperatures.
• Cool stored grain down to 30°F (plus or minus 5°F) to stop mold growth. If you have not cooled the grain to the recommended temperature for long-term storage, then do so soon, especially if you plan to keep the grain into the new year.

Supplement Cows to Improve Calf Performance

Feed your cows correctly and steer calves will gain more weight and more heifers will get pregnant. As winter forage quality declines, the need for high nutrient demands increase, wise operators begin to feed protein supplements to assure healthy calves plus cows that will rebreed rapidly. But protein supplements while grazing corn residue can increase profitability of the cow and her calf.

In fall and winter, grain next to the bin wall will be cooled while grain in the center will stay warmer. The difference in temperature can result in convection air currents migrating through the grain (see graphic). The warmer air in the center of the bin rises and the grain next to the cold bin wall sinks. When the warm rising air encounters the colder air at the top of the bin, the escaping air can go below the dew point temperature of the rising air and deposit moisture on the grain. This can create a wet spot in the top center of the bin.

As the grain is warm enough for microbial activity, a hot spot can form and molds can grow, even in winter. This includes molds that can produce mycotoxins.

Run the aeration fan(s) at least once a month when the humidity is low and the ambient air temperature is 30–35°F. To conduct a preliminary check of grain quality, start the aeration fan(s), then climb up and lean into the access hatch. If the air coming out of the hatch is 1) warmer than you expected, 2) has a musty order, or 3) if condensation forms on the underside of the bin roof, on a cold day, continue to run the fan(s) long enough to push a temperature front completely through the grain.

A rule of thumb is, the time (hours) to push a temperature front through a bin of grain is 15 divided by the airflow-cubic-feet per minute per bushel cfm/bu or 15/0.3 = 50. For example, a bin used for drying grain should be able to produce about 1.0 cfm/bu so it would take 15 hours to push a temperature front through the grain (15/1 = 15). In another example, a bin equipped with a fan able to push only 0.3 cfm/bu could push a temperature front through in 50 hours (150/0.3 = 50).

Private Pesticide Applicator Certification Opportunities

Federal and state law states a private pesticide applicator must be certified and licensed to use or supervise the use of a Restricted-Use Pesticide (RUP) to produce an agricultural commodity on property they own or rent — or — on an employer’s property if the applicator is an employee of the farm. No pesticide license is needed if the applicator will only be applying General-Use Pesticides (GUPs) or if you hire a commercial applicator to apply RUPs to your property.

If you do not have a current private pesticide certification and plan to buy or apply any RUP products, you will need to receive the same certification training as described below for people who need to be recertified.

All training sessions meet the requirements for both initial certification or recertification as private pesticide applicators. If your private pesticide certification expires in 2013, you will receive (or have already received) a notification letter from the Nebraska Department of Agriculture (NDA). Be sure to keep the letter from NDA and bring it with you to the training session you choose or when you pick up home-study materials. The NDA letter contains a bar-code form which tells NDA what they need to know about you.

Regardless of the certification method chosen, all applicants will receive an invoice from the NDA for the $25 license fee. Note: we cannot collect the $25 license fee at the extension office. The certification and license is good for three years, expiring on April 15, 2016 for those who certify this spring. You should receive your new license within three weeks.

Private pesticide applicators have three alternative methods to obtain initial certification and four alternative methods to recertify.

Traditional Training Sessions
Three private pesticide applicator training sessions have been scheduled in 2013 at the Lancaster Extension Education Center, 4444 Cherry Creek Road in Lincoln.

The dates and times are:
• Wednesday, Jan. 23 — Beatrice (Midland University Event Center, corner of W. Highway 12 and 408th Street) from 8:30 a.m. to 4:30 p.m.
• Saturday, Jan. 26, from 8:30 a.m. to 4:30 p.m.
• Thursday, Feb. 21, from 8:30 – 9:30 p.m.

A $60 training fee will be collected at the training session (make checks out to Lancaster County Extension).

For more information about Crop Production Clinics, go to http://crop.unl.edu.

Out-of-Service Wells continued from preceding page

Distance from the Lower Plateau Natural Resources District Show that the district is the largest and 10,2012 cost an average of $484 per well. These wells were 2–4 inches in diameter and 40–400 feet in depth, with an average depth of approximately 180 feet. A natural production well typically produces 2 to 4 gallons per day using a shallow well digging average 28 inches in diameter and 42 feet deep that cost an average of $887 to decommission. Fortunately, because of the importance of protecting water quality, nearly every Natural Resources District (NRD) offers an attractive incentive to assist well owners with the cost of decommissioning. Payment rates vary by NRD, but typically these programs will pay for 60–75% of the costs. With these cost-share payments, out-of-pocket expense to the well owner will often be around $150 for most domestic and livestock wells — a small price to pay to improve water quality and human health and safety are protected.

To apply for well decommissioning cost-share assistance, well owners must first contact the appropriate NRD for an information and application packet that gives program guidelines, forms, and instructions. Notice that all requirements can be made unless all procedures are followed.

For example, if there is an unused well on your property, contact the NRD office today to begin the $25 license fee. Note: we cannot collect the $25 license fee at the extension office. The certification and license is good for three years, expiring on April 15, 2016 for those who certify this spring. You should receive your new license within three weeks.

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### Make Your Own Hot Beverage Mixes

**Spiced Tea Mix**  
This sweet, spicy cup of tea will put you in a delightful mood!  
1-1/2 cup orange breakfast drink (such as Tang)  
1/4 cup instant coffee mix (unsweetened)  
1-1/2 cup white sugar  
2 teaspoon ground cinnamon  
2 teaspoon ground cloves  

**Directions:** Mix contents in a large bowl. Store mixture in an airtight, qua-size container.  

**Double Chocolate Peppermint Candy Hot Cocoa Mix**  
Enjoy this delightful mix after a hectic day of hitting the after-holiday sales. It also makes a hearty treat after a chilly afternoon of sledding, ice skating, or building snow creatures!  
For each serving, place 1 cup boiling water in a mug and stir in 1 teaspoon mix.  
Makes 6 servings. Per serving: 60 calories, 0 g fat, 0 g protein, 10 g carbohydrates, 0 g fiber, and 0 mg sodium  

**Directions for mixing a single serving:**  
For each serving, place 1/4 cup instant coffee mix powder in a mug and stir in 1 cup boiling water.  
Makes 12 servings. Per serving: 160 calories, 3.5 g fat, 4 g protein, 23 g carbohydrate, 2 g fiber, and 150 mg sodium  

**Mint Candy Coffee Mix**  
Chocolate, mints, and coffee — perfect! And all you have to do is add boiling water for a delicious hot beverage.  
1/3 cup instant coffee  
1 cup instant skim milk powder  
1/2 cup powdered non-dairy coffee creamer  
1/2 cup white sugar  
1/4 cup unsweetened cocoa powder  
1/4 cup instant chocolate pudding mix  
6 to 8 red and white striped candy mints, crushed  

**Directions:** Add the ingredients to a food processor. Pulse until thoroughly mixed and you have a smooth powder. Store mixture in an airtight, qua-size container.  

**French Vanilla Coffee Mix**  
Need a pick-me-up? A cup of French Vanilla Coffee will bring renewed energy.  
For each serving, place 1 cup boiling water in a mug and stir in 3 tablespoons of mix.  
Makes 9 servings. Per serving: 110 calories, 1.5 g fat, 3 g protein, 23 g carbohydrate, 1 g fiber, and 150 mg sodium  

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### Stretch Your Food Dollar By Planning

*Stretching your food dollar can pay off in several ways, including reducing waste, saving money, and improving nutrition. Here are some tips to help you stretch your food budget.*

**Suggestions to save on your food budget:**

- **Plan your meals:** Choose a day of the week to plan your meals for the week. Make a shopping list and know what foods you will need.  
- **Check for sales:** Look for sales on items that you need regularly.  
- **Use coupons:** Take advantage of coupons, but only for items you need.  
- **Make meals that can be frozen:** Many meals can be frozen for later use.  
- **Use leftovers:** Don’t throw away leftovers. Use them in other meals or freeze them for later use.  
- **Invent your own recipes:** Experiment with new recipes that use what you have on hand.  
- **Buy in bulk:** If an item is something you use regularly, consider buying in bulk to save money.  
- **Use store brands:** Sometimes store brands are just as good as name brands and can save you money.  
- **Make your own drinks:** Make your own coffee or tea instead of buying it.  
- **Use leftovers creatively:** Use leftovers in creative ways, such as in stir-fries or tacos.  
- **Use your imagination:** Think outside the box when it comes to stretching your food dollar.
President’s View — Marian’s Message

Marian Storm
FCE Council Chair

Happy New Year! Time to think of our new resolutions and remember all the good times spent with the family and friends. We can not forget all the good food and snacks.

FCE News & Events

January Council Meeting
The next FCE Council meeting will be Monday, Jan. 28, 12:30 p.m., at the Lancaster Extension Education Center. It will be a soup luncheon provided by the officers. Business meeting will follow.

2012 Leader Training Lessons
These FCE and Community Leader Training Lessons give you the tools to present the topic as a program. Extension provides a teaching outline for the facilitator and a handout for participants. All trainings will be presented Wednesdays at 1 p.m. at the Lancaster Extension Education Center.

FCE 2012 Achievement Day
This year for the first time, FCE Achievement Night was held during the day as Achievement Day. Held Oct. 15, nearly 20 members attended and enjoyed a salad luncheon. Mary Newcomer presented “Write It Down!”, in which she encouraged everyone to write down family memories using any format they are comfortable with. More photos are on at Flickr at http://go.unl.edu/b2.

Membership Awards
55-year member
Irene Calborn, Helpful Homemakers
45-year member
Joyce Doleza, Helpful Homemakers
40-year members
Jean Darby, Individual Member
Lela Wagner, Salt Creek Circle
25-year member
Carmelle Tuma, Salt Creek Circle

Club Incentive Awards
Helpful Homemakers
Salt Creek Circle

Communicate Your Advance Directives for Health Care

If you had a serious accident or illness causing permanent loss of mental capacity, leaving you unable to tell your doctor which medical treatments you did or did not want, would your loved ones know what to do? Who would make these decisions for you? If you couldn’t make your wishes known, how could you make sure they were respected?

If you’re like most people, you probably haven’t taken time to complete or discuss documents known as advance directives for health care. The holiday season, when many family gatherings occur, is an excellent time to discuss these important issues. Advance directives include a living will and durable power of attorney for health care. They allow you to give instructions on future health care to your health care providers and loved ones, relieving them of the burden of guessing what you want. The choices you make as you prepare these documents should be based on your personal values, beliefs, preferences, and discussions with loved ones. Since it’s impossible to foresee future circumstances or illness, think in general terms about what’s important to you.

FOR MORE INFORMATION
UNL Extension Community Lesson “Make Sure It’s Done the Way You Want” (HEF585) available at the extension office or at http://go.unl.edu/pwr.

Financial Security: Children and Money

Children are not born with “money sense.” Children learn about money by example and experience, beginning at a very young age. Parents are an important influence on what and how children learn about money. It is never too early to start teaching sound money management skills. Begin teaching basic principles of money as early as children understand money is needed to buy the things they enjoy.

Much of what your children learn about money is not from the conscious efforts you make to teach money management. Children are great imitators. Children pick up your values, attitudes, and money habits by watching and listening to you. In fact, you do not have to say anything to pass along money attitudes, habits, or decision-making styles.

If you shop with a list, your children will probably shop with a list. If you always spend money before it is earned, you may have a hard time teaching children to save. Children learn from observing you and others in the grocery store, post office, bank, toy store, mall, and home. Many parents are amazed at what children have learned about money through observation.

Source: eXtension.org
Winter Gardening Activities for Kids of All Ages

Mary Jane Frogge
Extension Associate

Windowsill gardens — When snowstorms keep your kids indoors, try cultivating a windowsill garden. All you need is a sunny spot and a few containers of soil. Herbs are an excellent choice for windowsills.

Nature journaling — All you need is paper and a pencil. Look out your window or if it is nice, go outside to your backyard, neighborhood park, or favorite outdoor space. Sit down and look around. What do you see? Make a list or draw a picture of what you see. Write down what you are feeling and your thoughts. Write a poem. There is no one way or right way to make a nature journal.

Peculiar plants — What kid wouldn’t be fascinated by an insect eating plant? Many garden centers sell Venus flytraps in their houseplant section. Visit your library or search the Internet for more information on the natural habitat and growth habits of this unusual plant.

Check young trees and shrubs for rodent or rabbit damage. Prevent entry by fencing or protective collars.
Avoid heavy traffic on the frozen, dormant lawn. The crown of the lawn is the most vulnerable to damage, and new growth will emerge from the base of the plants that were damaged.

Windowsill gardens — When snowstorms keep your kids indoors, try cultivating a windowsill garden. All you need is a sunny spot and a few containers of soil. Herbs are an excellent choice for windowsills.

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Avoid heavy traffic on the frozen, dormant lawn. The crown of the lawn is the most vulnerable to damage, and new growth will emerge from the base of the plants that were damaged.
UNL Extension in Lancaster County develops and delivers educational programs benefiting individuals, families, businesses, and communities.

Extension Educator Maureen Bursen (second from right) is part of the Co-Parenting for Successful Kids online team. In January 2012, the Nebraska Supreme Court approved the online class as a basic parenting class mandated for parents experiencing separation, custody, and divorce. In the first 10 months, 778 parents enrolled in the online class.

Extension Educator Sarah Browning (far right) is a regular panelist on UNL Extension’s Backyard Farmer, which celebrated 60 seasons this year and included a special “50’s night” (pictured). Backyard Farmer is the longest-running locally produced program in television history.

Extension Educator Alice Henneman presented a class, “Quick, Delicious One-Dish Meals” to nearly 350 people at Bryan Medical Center. In 2012, Extension staff in Lancaster County taught face-to-face educational programs to approximately 25,800 people (44,300 teaching contacts).

Nutrition Education Program graduate Wah Wah Moo shares a message about the importance of eating well. Wah Wah Moo is the longest-running producer of RentWise, which has expanded to training other trainers across the state to present RentWise.

Nutrition Education Program participant Keenya Barnes-Heyward, 8-year 4-H member, presents RentWise.

4-H & Youth
- Clubs, school enrichment, after-school & more
- Developing life skills, citizenship, leadership & career readiness
- Hands-on projects, science & technology

Farm & Acreages
- Livestock & crop production
- Acreage living
- Urban agriculture
- Drought & water resources

Food & Nutrition
- Nutrition & cooking
- Food safety
- Stretching food dollars

Families & Home
- Early child development, parenting & family relationships
- Home environment & energy
- Family & Community Education (FCE) clubs

Pests & Wildlife
- Pest identification
- Insect, spider & wildlife education
- Low-toxic solutions

Yard & Garden
- Plant & pest problem diagnosis
- Master Gardener volunteers
- Horticulture education
- Drought & water resources

“Extension has made a big difference in my life. The education I received from Extension classes has empowered me to make good decisions for myself and family. Extension classes provide education, skills, budgeting, and crucial resources to create healthy, balanced families in our community.”

—Keenya Barnes-Heyward, RentWise, Co-Parenting for Successful Kids, and Nutrition Education Program participant

“Extension’s Guardian and Conservator training allows individuals serving as guardian and/or conservator the unique opportunity to learn their rights and responsibilities from trained professionals. My clients have indicated that this class is an invaluable resource.”

—Chris Blomenberg, attorney and member of Nebraska State Bar Association who volunteers to help answer legal questions at Guardianship Trainings

“Extension Educator Tom Dorn is a very valuable asset to the extension of education to agriculture. He has an in-depth knowledge of many subjects and he is very helpful in directing us to the best choice in an unbiased fashion. I know that when I consult with Tom, I am getting quality information in a style that is very easy to understand.”

—Gale Williams,cy producer

Outreach Educator Alice Henneman presented a class, “Quick, Delicious One-Dish Meals” to nearly 350 people at Bryan Medical Center. In 2012, Extension staff in Lancaster County taught face-to-face educational programs to approximately 25,800 people (44,300 teaching contacts).

“With my involvement with 4-H, I have learned about the importance of leadership, became more confident with myself, and it influenced me to get more involved with my community.”

—Sadie Hammond, 8-year 4-H member, secretary of 4-H Council, and president of 4-H Teen Council

“Extension is an invaluable community partner for Community CROPS. Extension educators have taught good agricultural practices and pest management in our workshop series, and are always quick to respond to any requests for assistance. Several Extension staff serve on our board and provide excellent leadership and guidance.”

—Warren Kittles, Community CROPS Growing Farmers Training Program Manager

“The nutrition classes helped me a lot. I have started to eat more whole grains and a variety of fruits. I now use shopping lists. At the grocery store, I buy the meats last, and when I go home, the first thing I do is put milk and meat in the refrigerator. I share what I learned with my community [Burmese and Karen].”

—Wah Wah Moo, Nutrition Education Program graduate through the New American Leadership Academy

“Extension Educator Tom Dorn is Extension’s statewide expert on grain storage. He is a regular panelist on UNL Extension’s Backyard Farmer, which celebrated 60 seasons this year and included a special “50’s night” ( pictured). Backyard Farmer is the longest-running locally produced program in television history.”

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“With my involvement with 4-H, I have learned about the importance of leadership, became more confident with myself, and it influenced me to get more involved with my community.”

—Sadie Hammond, 8-year 4-H member, secretary of 4-H Council, and president of 4-H Teen Council
Since 2000, the Nutrition Education Program (NEP) School Enrichment Kits have increased nutrition education in qualifying Lincoln classrooms. To date, 51,953 students from 2,691 classrooms (grades K-8) have benefited from more than 25,900 total hours of teaching. Teachers have noticed students choosing healthier foods and improving their eating habits. In 2012, the Lancaster County nutrition kits were replicated by the NEP in nearly 40 other counties.

Extension Educator Sarah Browning educated fruit and vegetable growers on Good Agricultural Practices (GAPs), enabling them to maintain or improve the safety of their produce by preventing contamination with microbial pathogens such as Salmonella or E. coli. Growers attended a day-long workshop taught through the five-state Great Plains Growers Conference (GPPC). 19 additional growers increased their knowledge of GAPs through previously attended trainings.

315 commercial/noncommercial and 93% private frequently or very frequently used safe storage, holding, and application practices for pesticides, and
94% commercial/noncommercial and 88% private frequently or very frequently used pesticide best management practices to reduce contamination.

The “Cook It Quick” monthly e-newsletter written by Extension Educator Alice Henneman began in 1996 and now has more than 8,000 subscribers worldwide. A recent online survey of subscribers indicated 84% agreed in providing foods faster and easier. Subscribers also reported learning how to save money, improving their cooking practices, cooking with healthier fats, handling foods safely, eating more home-cooked meals, reducing their sodium, and cooking with more whole wheat flour.

In 2012, Barb Ogg gave 28 bed bug presentations to groups, including the Real Women’s 4-Hers Association (pictured). She also consults with hundreds of individuals.

For 17 years, Extension Educator Lorene Bartos has provided leadership and teaching for the “Window of Opportunity” spring child care providers conference. Each year, an average of 105 providers attend the conference for a total of about 1,700. Each provider cares for approximately 10 children. Providers report they have made positive changes in the areas of child guidance and discipline, daily learning activities for children, hands-on activities for the children, and safety guidelines and practices in their childcare home/facility. One participant said, “The most important thing I learned was how much routines that are always consistent really help the child develop better!”

Extension has played a big role in my family through 4-H and its ag research and education programs. By serving on the Extension Board, I see the big impact Extension provides throughout the whole community to all ages in both rural and urban settings through its many excellent programs.”

Lancaster Extension Education Center Conference Facilities

As part of Extension’s commitment to community learning, the Lancaster Extension Education Center conference facilities are available to other nonprofit and governmental organizations at a nominal cost. In 2012, more than 4,320 hours of conferences and meetings were held in the facilities.

4-H Clover College is one of many events held at the Lancaster Extension Education Center conference facilities.

BIG HONORS, AWARDS, AND ACCOMPLISHMENTS

Tracy Anderson, Extension Associate
• 15 years of service with UNL
Lorene Bartos, Extension Educator
• "Continuum: Connecting 4-H to Life" webinar
• "Family Goals and Commitment" presented by National Extension Association of Family and Consumer Sciences (NEAFCS)
Maureen Burnson, Extension Educator
• Co-presented a concurrent session at National Extension Association of Family and Consumer Sciences conference
Gary C. Bergman, Extension Educator
• 15 years of service with UNL
• Nebraska Resource Conservation and Development Commission's "High Impact" winner
• "Local Food Window of Opportunity" presented by Nebraska Extension Service

Maureen Burnson, Extension Educator
• Co-presented a concurrent session at National Extension Association of Family and Consumer Sciences conference
• Family and Consumer Sciences section president of Nebraska Cooperative Extension Service (NCES)


Children of Persons with Disabilities (CoPDD) coalition secretary

Tom Dorn, Extension Educator
• Two Crop Hatching activities
• "How to Estimate the Bushels of Grain in a Bin," and "Estimating the Storage of Silage in a Bunker Site" selected for Agriculture.com’s "The JA List: the best from the internet"

North Central Regional Vice Chair of the National Search for Excellence Committee, National Association of County Agricultural Agents (NACAA)
Karen Evanco, Clerk Typist II
• 10 years of service with Lancaster County
Alice Henneman, Extension Educator
• 1st place national winner & 1st place Central Region winner in "Communication – Internal Education Technology," presented by National Extension Association of Family and Consumer Sciences (NEAFCS)
• Co-presented a concurrent session at National Extension Association of Family and Consumer Sciences conference

• Article (with Lisa Franzen-Castle) on "Giving Back: Expanding the Horizons of the Next Generation," published in the "International Journal of Consumer Science Education Technology,” presented by National Extension Association of Family and Consumer Sciences (NEAFCS)
The University of Nebraska–Lincoln Extension 4-H youth development program is open to all youth ages 5–18. Emphasis is on developing life skills through learning-by-doing.

Lancaster County 4-H consists of:
- Organized Clubs — 119 clubs ranging from 5 to 79 members and led (or co-led) by adults. Youth choose officers to run meetings. Clubs usually work on one or more projects together.
- Independent Members — With increasingly busy schedules, more and more youth are becoming independent 4-H members. Youth and families work independently on 4-H projects.
- Projects — Youth can choose from numerous 4-H projects. Project manuals are developed by experts and most project manuals have leader guides.
- Educational Events — 4-H staff organize workshops, contests, leader trainings, and events such as Clover College.
- Lancaster County Super Fair — Many 4-H youth choose to exhibit their project(s) and participate in contests at the Lancaster County Super Fair held at the Lancaster Event Center. In 2012, more than 800 4-H/ FFA exhibitors showcased more than 6,000 exhibits (including static exhibits, animals, contest entries, and Clover Kids exhibits).
- Leadership Opportunities — Several opportunities are available to youth, including the 4-H Teen Council leadership club, youth members and officers on 4-H Council, teens helping younger 4-H members, and more.
- School Enrichment — 4-H programs for classrooms include: Garbology (2nd grade), Embryology (3rd grade), Awareness Festival (4th grade), Earth Wellness Festival (5th grade), and Nutrition Education Program (K–8th grades in qualifying schools). These curricula meet Nebraska Curriculum Standards.
- After-School Programs — 40 Lincoln after-school/summer site programs have incorporated 4-H projects and/or county fair exploration activities into their programs.
- 4-H Embryology Website — EGG Cam and other resources at http://lancaster.unl.edu/4h/Embryology.

Communities benefit when they support 4-H. Youth who participate in 4-H learn life skills, science, technology, leadership, and citizenship.*
— Lancaster County 4-H Council

A day-long workshop, “Fun with Healthy Food!” was new this year. Youth learned that making healthy food choices can be fun and tasty. Pictured is a participant guessing how much sugar is in various drinks, with Extension Associate Tracy Anderson.

In the past year, Lancaster County 4-H involved nearly:
- 1,410 club members
- 200 independent members
- 1,587 youth in after-school/summer programs which incorporated 4-H activities
- 20,357 youth in 4-H school enrichment programs

Lancaster County hosted a District 4-H Horse show in June. 158 exhibitors participated.

Six Lancaster County 4-H’ers attended the 4-H/FFA Western National Roundup and helped team Nebraska earn the High Overall State Award in the Horse Classic. The Horse Bowl team (pictured) of Megan Luedtke, Cory Peters, Ian Schuster, and Erika Warner earned national champion. Seven Lancaster County 4-H’ers were part of the first Nebraska 4-H team to compete at the national American Rabbit Breeders Convention. 4-H Council provided financial support for these youth attending nationals.

At the 2012 Family & Community Education (FCE) clubs Achievement Day, members donated 140 pounds of canned food and paper products, along with cash, for the Food Bank of Lincoln.

Nearly 115 4-H youth and family members painted 36 trash barrels for the Lancaster Event Center as a 4-H community service project.

B1G BENEFIT TO YOUTH

B1G COMMUNITY SERVICE

The Family & Community Education (FCE) clubs are an educational, social, and community-oriented program designed to meet the needs and interests of Nebraska homemakers. FCE members help strengthen communities and families through education, leadership, and action. Lancaster County FCE’s emphasis is on community service and sponsoring a scholarship. Annually, FCE awards a $400 scholarship.

Many 4-H clubs and individual members participate in community service projects. Part of the 4-H pledge is “my hands to larger service.”

B1G VOLUNTEERISM

Last year, UNL Extension in Lancaster County programs benefited from approximately 1,630 volunteers investing 22,000 hours of time for a total value of $421,500.* Volunteers contributed to 4-H, Master Gardener, Family Community Education (FCE), and other Extension programs.

* Independent Sector values volunteer time in Nebraska for 2010 at $36.86/hour.

New at the 2012 Lancaster County Super Fair was a 4-H/FFA Livestock Judging Contest. About 80 youth participated, judging Angus heifers, market steers, commercial gilts, market hogs, commercial ewes, and market goats.

In the 4-H Embryology school enrichment program, 3rd graders incubate, candle, and watch eggs hatch. Pictured is Extension Associate Marty Cruickshank. In 2012, 4,175 students in 167 classrooms participated.
Food & Nutrition

Extension Educator Karen Wobig, part of the Nutrition Education Program in Lancaster County, teaches nutrition classes at three senior sites.

Yard & Garden

UNL Extension plays a vital role in protecting human health by teaching Nebraskans how to create healthy, sustainable, and diverse landscapes that are energy and water efficient, as well as less dependent on pesticides. Fewer pesticide applications means less chance for human exposure, and reduced potential for chemical residue to end up in lakes and streams. Extension Educator Sarah Browning and Extension Associate Mary Jane Frogge assist area residents and green industry professionals via phone calls, walk-in requests, email questions, publications, and Internet resources. Browning has a weekly column in the Lincoln Journal Star and is a regular panelist on Backyard Farmer.

Farms & Acreages

UNL Extension continues to make agricultural profitability and sustainability a priority issue. Extension Educator Tom Dorn fulfil's this goal through numerous workshops and meetings, educational resources, person-to-person contacts, timely articles in The NebliNe newsletter and UNL CropWatch, and an up-to-date agricultural website. He is Extension's statewide contact for grain storage questions. Some of the agricultural programs presented this year include: private and commercial pesticide applicator certification trainings, a pasture management seminar, and a farmland rental workshop. Residential acreages are rapidly increasing in Lancaster County. Extension delivers information on a wide range of issues related to acreages such as proper management of septic tanks and wastewater lagoons, landscape management, and alternative crops profitable for acreages. Extension Educator Sarah Browning provides education through Extension's statewide Acreage Insights website at http://acreage.unl.edu and Acreage eNews monthly email newsletter. In 2012, Browning developed a UNL Good Agricultural Practices (GAPs) state-wide website at http://cropwatch.unl.edu/web/gaps in partnership with the Nebraska Fruit & Vegetable Growers Association.

Local Programs

Plants & Wildlife

UNL Extension in Lancaster County has extensive resources to help identify pests and recommend control methods. Emphasis is on low-toxic control methods, whenever possible. Extension Educator Barb Ogg and Extension Associate Soni Cochran assist area residents via phone calls, walk-in requests, email questions, publications, presentations, workshops, and radio. Extension's popular pest and wildlife website reaches a global audience with research-based pest management resources including publications, photos, and videos. Ogg partners with community organizations and industry professionals in training and disseminating pest control educational resources. Ogg helps organize a hands-on Termite School for pest management professionals and inspectors from 2005 to 2012, 216 attendees from five states have learned best practices in inspections, calibration of equipment, and application techniques. Bed bugs are a growing problem in Lincoln and other Nebraska communities with more people requesting unbiased information about managing this pest.

Families & Home

Extension Educator Maureen Burson presents Guardianship Trainings and Co-Parenting For Successful Kids on six classes in Lancaster County and Southeast Nebraska. These classes meet requirements mandated by the Nebraska Supreme Court. Burson is also on the statewide Co-Parenting For Successful Kids team which developed an online class in 2012. Most participants give positive feedback about the class. One said, "The mix of journal entries, quizzes, and videos made the information 'sink in' better than just quizzes alone would have.

ExtensionResponds With Drought Resources

By late 2012, more than 95 percent of Nebraska was in extreme to exceptional drought. Lancaster County Extension staff developed and disseminated drought resources to assist ag producers, homeowners, and communities. Topics included the management of drought-impacted trees, turf, and ornamentals; water conservation in the home and landscape; and corn storage management to minimize mold and mycotoxins. Information was delivered in newspaper articles, publications, on TV via the Internet, and during face-to-face programs. Staff responded to numerous phone, walk-in, and email inquiries related to drought. UNL Extension created a statewide website at http://droughtresources.unl.edu.

Pests & Wildlife

Extension Educator Lorene Bartos coordinates and presents child care provider trainings and serves on various community committees supporting education and development of young children. She works with Headstart/EXCITE programs to support literacy in families. Bartos also shares her expertise on home maintenance, energy conservation, safety in the home, and recycling through The NebliNe, an up-to-date agricultural website. He is Extension's statewide contact for grain storage questions. Some of the agricultural programs presented this year include: private and commercial pesticide applicator certification trainings, a pasture management seminar, and a farmland rental workshop. Residential acreages are rapidly increasing in Lancaster County. Extension delivers information on a wide range of issues related to acreages such as proper management of septic tanks and wastewater lagoons, landscape management, and alternative crops profitable for acreages. Extension Educator Sarah Browning provides education through Extension's statewide Acreage Insights website at http://acreage.unl.edu and Acreage eNews monthly email newsletter. In 2012, Browning developed a UNL Good Agricultural Practices (GAPs) state-wide website at http://cropwatch.unl.edu/web/gaps in partnership with the Nebraska Fruit & Vegetable Growers Association.

Production ag and acreage resources are online at http://lancaster.unl.edu/ag.
Public Health Concern: Misuse of Insecticides for Bed Bugs

Barb Ogg
UNL Extension Educator

Bed bugs are flat and can easily gauze-type material, which gets ripped the frame. This dust cover is made of a covered with a dust cover, stapled to be found. The box springs is a wooden is the most common place bed bugs will be found. Bed bugs are very tiny flies. They breed in moist or rotting organic matter. The key to solving the gnat problem is to find and eliminate the breeding area. There are several different type of gnats which can be found in homes. Each type prefers a slightly different place to breed.

\[\text{Fruit Flies}\]

Fruit flies are light brown and have red or orange eyes. Fruit flies most often breed in very ripe fruit, rotten vegetables, like tomatoes, onions or potatoes. They often get brought into the house in garden items, such as leftover beer or soft drinks, also are a favorite food of these flies. Including flies may breed fruit flies.

Control: Fruit flies are best controlled by discouraging overly-ripe fruit or placing it in the refrigerator to eliminate breeding. To get rid of fruit flies away from your home, it is important to minimize exposure to pesticides and only use products in these areas if it is necessary to protect a bed bug infestation. Ethical pest control professionals will not treat for pests that are not present.

Even if bed bugs are found, I don’t recommend do-it-yourself treatments because research studies (University of Kentucky) have shown bed bugs throughout the United States have a high level of resistance to pyrethroid insecticides, which are the products most commonly found in hardware stores and other places where people buy pesticides.

One study shows it takes more than 10,000 times more pyrethroid insecticide to kill these resistant bed bugs compared with laboratory bugs never exposed to pyrethroids.

Clearly these products are not very effective at the labeled rates and it would be unhealthy to dose your home with the amount needed to kill bed bugs. There are more effective (non-pyrethroid) products, but they are primarily sold to professionals through pest control distributors.

Over-the-counter foggers (i.e., bug bombs) are also pyrethroids and not effective in controlling bed bugs. Susan Jones, a researcher at Ohio State University, found only small percentage of bed bugs died even when only 3–10 feet from the fogger itself. Bugs in harborage areas the most likely location for them were not killed at all. Clearly the purchase and use of over-the-counter foggers is a waste of money and increases unnecessary exposure to inhabitants.

Phorid Flies

Phorid flies are weak fliers, having a distinct oviposition behavior that helps distinguish them from fruit flies but don’t have red eyes. When disturbed, phorid flies run across horizontal surfaces instead of immediately flying. This behavior distinguishes them from other gnats, which immediately take flight. When viewed under a microscope or hand-lens, they can also be recognized by characteristic wing veins.

Phorid flies are in moist, decaying organic matter, including sewage-contaminated soil, garbage, drains, human cadavers, rotting vegetables, fruit, garbage, as well as damp organic materials. Phorid fly infestations may breed underneath plumbing leaks (or a poorly seated toilet) where sewer water collects in hidden places in void areas or soil. Because these flies breed in unsanitary, places, this fly can transmit disease-causing bacteria.

Control: It can be difficult to determine the source of phorid fly infestations, but it is often a leaky sewer pipe. Once you find the source, it can be resolved. Without a constant source of moist organic matter, the problem will disappear. A plumber may be needed to inspect and repair leaky pipes.

Drain Flies

Drain flies are weak fliers, typically flying only a few feet at a time. They are often found in the kitchen above the sink. Adult flies mate above the drain and female flies enter the drain to lay eggs, which become tiny maggots and live and feed on fungi inside the gelatious material that lines the inside of drains. Infestations may open to organic flow in a kitchen or bathroom drain or from a garbage disposal.

Control: Drain flies can be eliminated by simply removing the gelatinous slime on the inside of the pipes. Products that open chows will not clean the slime and are not likely to work. Bleach will not penetrate the slime and is also not likely to work. Replacing boiling water down the drain may loosen the gelatinous slime and may be helpful. But, manual cleaning with a plunger snake is the simplest method which will solve a drain fly problem.

Fungus Gnats

Fungus gnat larvae feed on fungi in soil of potted plants. High-organic matter fertilizers and overwatering, especially in the fall and winter months, when indoor plants are not actively growing, are associated with fungus gnat infestations.

Control: Follow these tips to discourage or deal with fungus gnat infestations:

• Don’t overwater potted plants. Allow the soil to dry between waterings. Make sure your potted plants have good drainage.

• If plants are summered outdoors, check plant soil for adult gnats or their larvae before bringing them indoors.

• Prevent indoor entry of gnats by keeping windows closed and sealing window and door openings.

• Place yellow sticky traps on the soil surface to trap the gnats. They can be obtained at a local garden store.

• Place a potato slice on the surface of the potting media. The larvae will feed on potato slices. After four days, remove the potato slices, and check for fungus gnats.

PEST DIAGNOSTIC SERVICES

If you need help identifying gnats or other pests, bring specimens to the UNL Extension office in Lancaster County, 444 Cherrycreek Rd, Suite A, Lincoln, between 8 a.m.–4:30 p.m. on weekdays. A free service, extension staff can identify and make control recommendations.
Meet the 2013 Lancaster County 4-H Council

Lancaster County 4-H Council represents the interests of youth, parents, and leaders. 4-H Council is responsible for determining long- and short-term goals and policy for Lancaster County 4-H. They also raise funds by operating a food booth at the Lancaster County Fair. These funds help support 4-H programs, activities, and scholarships. Here is this year’s 4-H Council:

- Officers: Ann Pickrel (President), Bailey Johnson (Vice-President), Kent Frobish (Treasurer), and Sadie Hammond (Secretary).

Volunteers are the Heart of 4-H.

Pat Heather was the first recipient of the Heart of 4-H Award in January 2003.

Celebrating 10 Years of Heart of 4-H Award

Volunteers are the Heart of 4-H. Lancaster County 4-H benefits from approximately 1,445 volunteers. Volunteers include club leaders, project leaders, fair superintendents, workshop presenters, 4-H Council members, animal Voluntiers in Program Service (VIPS) committee members, parent volunteers, and much more. Most volunteers are adults, though some youth also volunteer.

In January 2003, Lancaster County 4-H started a monthly Heart of 4-H Award to recognize outstanding volunteer service. Below is the list of honorees to date, and we have no shortage of outstanding volunteers to continue to recognize! Thank you to all of our amazing volunteers who help develop youth to their full potential!

For information and photos of the winners, or to nominate someone, go to http://go.unl.edu/heart4h.


Volunteers are the Heart of 4-H

The 4-H Council meets on the third Monday of each month at 6:30 p.m. at the Lancaster Event Center, 220 West O’Hearn Road, Lincoln, NE 68504. Volunteers are invited to attend the meetings. Volunteer reports are also incorporated! To learn more and schedule a time, contact Sheridan at 402-783-2086 or karol.swotek@gmail.com.

Pick-A-Pig 4-H Club

It’s almost time for the 4-H Pick-A-Pig club to begin again. This club gives youth ages 8 and up the opportunity to participate in a livestock project. There is a small cost to participate and 4-H’ers will be required to attend weekly meetings and training sessions at a local farm. If you would like to raise a pig for four months, learn how they grow, and then show the pig at the fair, call Harry Murlbach at 402-430-7304 for more details.

Volunteers are the Heart of 4-H

January

Kent Frobsh

Lancaster County 4-H is proud to announce Kent Frobsh as winner of January’s “Heart of 4-H Award” in recognition of outstanding volunteer service. Five years ago, Kent started helping with his daughter’s various horse clubs. He is in his third year on 4-H Council and has a crucial role on the food booth committee. The 4-H food booths at the Lancaster County Super Fair is Council’s primary fundraiser. Kent is currently treasurer of 4-H Council.

“I like being a 4-H volunteer because it allows me to be involved in a activity with my kids,” says Kent. “I have had the pleasure meeting and working with so many parents who want to promote the 4-H values to their children and community. 4-H is a wonderful program that greatly benefits our community and state. The 4-H food booth is lots of hard work, but a thoroughly enjoyable time with Extension staff, adult volunteers, and 4-H kids. Making thousands of bags of cotton candy has a way of bringing people together. It is a sweet way to give back to the community.”

Lancaster County 4-H thanks Kent for donating his time and talents. Volunteers like him are indeed the heart of 4-H.

4-H Crocheting Workshop, Feb. 2

4-H youth ages 10 and up are invited to learn how to crochet a washcloth utilizing the single crochet stitch at the “Basic Crocheting” workshop on Saturday, Feb. 2, 9 a.m. at the Lancaster Extension Education Center, 444 Cherry Creek Road, Lincoln. No cost — all supplies will be provided. Adults are welcome to attend to help 4-H’ers. Must preregister by Jan. 31 by calling 402-441-7180. If you previously attended this workshop, you are welcome to attend again. 4-H’ers may enter washcloths at the Lancaster County Super Fair under 4-H Clothing — Level 1 Crochet.

Pillow Party, Feb. 23

4-H youth ages 8 and up are invited to learn beginning sewing skills and make a pillow at a Pillow Party, Saturday, Feb. 23, 9 a.m. Bring your sewing machine and supplies.

4-H/FFA Market Beef Weigh-In, Feb. 7

4-H and FFA exhibitors showing market steers or heifers at the Lancaster County Super Fair, Nebraska State Fair, and/or Ak-Sar-Ben 4-H Stock Show must identify and weigh-in their projects on Thursday, Feb. 7, 6–8 p.m. at the Lancaster Event Center – Pavilion 2. 4-H’ers planning on exhibiting market beef at State Fair or Ak-Sar-Ben must have DNA sampled. There is a $6 per head charge. It is encouraged to have DNA pulled at the time of weigh-in. Exhibitors have until April 1 to identify, weigh, and pull DNA on any market beef that may go to Ak-Sar-Ben or State Fair.

Please note: all other market livestock possibly going to Nebraska State Fair or Ak-Sar-Ben will need to be DNA sampled, with a later due date to be announced.

Nominate Your Favorite 4-H Volunteer!

A “Heart of 4-H Award” is awarded to a Lancaster County 4-H volunteer each month! Nominate your favorite 4-H volunteer or leader by submitting the following form (also available online at lancaster.unl.edu). Nominations of co-volunteers accepted.

nominate

Please explain why you are nominating person(s) (use additional paper if needed)

Healthy Eating Activities Available for 4-H Clubs

Would your 4-H club like to have two “Eat-4-Health” ambassadors and current 4-H’ers come to your club meetings and teach hands-on healthy eating activities to your club members? Fun games to get everyone moving are also incorporated! To learn more and schedule a time, contact Sheridan at 402-783-2086 or karol.swotek@gmail.com.

Activities Available for 4-H Clubs

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nominate

Please explain why you are nominating person(s) (use additional paper if needed)
Lancaster County 4-H and 4-H Council invite ALL 4-H’ers, 4-H families and volunteers to

**4-H Achievement Night**

Tuesday, Feb. 12 • 6:30 p.m.

Lancaster Extension Education Center
444 Cherry Creek Road, Lincoln

**Evening Starts With a Dessert Potluck**

Please bring a finger food dessert to share

Congratulations to all 4-H youth who commit themselves to excellence!

4-H members, clubs, and volunteers receiving awards, scholarships, or pins will be mailed detailed information.

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**2013 4-H Calendar**

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

Lancaster Event Center is located at 84th & Havelock, Lincoln

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**April**

- **1** All 4-H/FFA Market Beef ID’s Due to Extension
- **2** 4-H Council Meeting
- **12** Public Service Announcement (PSA) Contest CDs Due
- **16** Horse Level Testing, Lancaster Event Center - Any Countryman
- **20** Junque to Jewels Furniture Painting Workshop
- **21** Speech Contest - 1 p.m. registration/1:30 p.m. contest
- **30** Horse Level Testing, Lancaster Event Center - Any Countryman

**May**

- **1** 4-H Council Camp Scholarship Entries Due to Extension
- **2** 4-H/FFA Sheep Weigh-In, Lancaster Event Center - Pav. 2 - 6 - 8 p.m.
- **7** 4-H Council Meeting
- **16** Leader Training

**June**

- **1** County Fair Horse ID’s Due to Extension
- **1** Life Challenge Contest - Junior & County-Level Senior
- **2** Teen Council Meeting
- **16** 4-H/FFA Beef Weigh-In, Lancaster Event Center - Pav. 2 - 6 - 8 p.m.
- **18** Teen Council Meeting
- **21** Achievement Night
- **22** Pillow Party Sewing Workshop

**March**

- **1** Preference Given to 4-H Council Camp Scholarship Entries
  - Submitted to Extension by this Date
- **3** R.B. Warren 4-H Horse Educational ($500) and Grand Island Saddle Club Scholarships ($1,000) Entries Due
- **5** Deadline for Governor’s Agricultural Excellence Awards ($500)
- **7** 4-H Council Meeting
- **9** Jammie Jamboree Sewing Workshop
- **10** Teen Council Meeting
- **16** Lancaster County Deadline for Horse Stampede Entries
- **24** Lancaster Event Center - Lincoln Room

**July**

- **1** All 4-H/FFA Lancaster County Fair Animal Entries Due to Extension
- **2** Premiere Animal Science Events (PASE)/FCS Life Challenge
- **10** Horse Level Testing, Lancaster Event Center - Any Countryman
- **14** 4-H/FFA Beef, Goats, Breeding Beef Bucket Calves/Dairy Cattle/Llamas & Alpacas/Robbin’s Identification Forms Due to Extension
- **15** 4-H/FFA Sheep/Goats/Swine/Breeding Beef/Bucket Calves/Dairy Cattle/Llamas & Alpacas/Robbin’s Identification Forms Due to Extension
- **20** Spring Rabbit Show

**August**

- **1 - 10** Lancaster County Fair
- **1 - 4** 4-H/FFA Exhibits & Events Aug. 1 - 4
- **4** 4-H Council Meeting
- **8** Teen Council Meeting
- **10** 4-H Council Meeting
- **18** State 4-H Horse Show, Fanner Park, Grand Island
- **20** Presentations Contest
- **30** 4-H & FFA Static Exhibit Check-In for Lancaster County Super Fair, Lancaster Event Center - Lincoln Room

**September**

- **1** Teen Council Meeting
- **10** 4-H Council Meeting
- **20** Teen Council Meeting
- **21** 4-H Council Meeting
- **23** Teen Council Meeting

**November**

- **5** 4-H Council Meeting
- **10** Teen Council Meeting

**December**

- **3** 4-H Council Meeting
- **8** Teen Council Meeting

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**4-H SUMMER CAMPS & TRIPS**

**June – September**

- **BIG RED SUMMER ACADEMIC CAMPS • June 9 – 14**

  for high school youth • [http://bigredcamps.unl.edu](http://bigredcamps.unl.edu)

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**2012 Nebraska 4-H Month!**

February FEBRUARY IS NEBRASKA 4-H MONTH

- **2** Crocheting Workshop
- **5** 4-H Council Meeting
- **7** Lancaster County Deadline for Horse Stampede Entries
- **9** 4-H/FFA Beef Weigh-In, Lancaster Event Center - Pav. 2 - 6 - 8 p.m.
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**January**

- **8** 4-H Council Meeting
- **13** Teen Council Meeting
- **16** 4th & 5th Grade Overnight Lock-In Registrations Due to Extension
- **18** 4th & 5th Grade Overnight Lock-In
- **20** Lancaster County Judging Informational Meeting

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EXTENSION NEWS

Three Staff Members Win National Awards

At the National Extension Association for Family and Consumer Sciences (NEAFCS) 2012 Annual Session in September, three University of Nebraska–Lincoln Extension in Lancaster County staff received national awards.

Lorene Bartos, Extension Educator:
• Continued Excellence Award – Nebraska Winner for continuing excellence during her 39-year UNL Extension career. A member of NEAFCS since 1991, she has served as state president, president-elect, and chair of several committees. The Continued Excellence Award recognizes NEAFCS members who have been actively involved in professional improvement programs, the promotion of professional development of others, and leadership.
• Communications – Written Press Release, 1st place for innovative online social networking efforts. YouTube, Vimeo, SlideShare, and Flickr to reach approximately 85,000 people at the time she received the award.

Alice Henneman, Extension Educator:
• Social Networking, national 1st place winner and Central Region winner for her Nourish feature “What is Your Energy IQ?” published October 2011. The award encourages excellence in communications in press releases.

Mardel Meinke, Extension Associate:
• Distinguished Service Award – Nebraska Winner for outstanding educational service to UNL Extension for 17 years, and teaching families to make safe, healthy food choices through the Supplemental Nutrition Assistance Program-Education (SNAP-Ed) program. The Distinguished Service Award is the highest award presented by NEAFCS. The award recognizes members for leadership, outstanding program efforts, and personal and professional development.

Grandparents Raising Grandkids: Perspective of the Grandchildren

Maureen Burson, UNL Extension Educator—
I have gained much appreciation and respect for the important role grandparents play in keeping children safe and secure as I hear heart-felt stories while teaching Guardianship Training and Co-Parenting For Successful Kids classes. In two fall Guardianship Training classes, all of the participants were grandparents raising grandchildren. Grandparents are the glue that holds many Nebraska families together. One class participant, a 75-year-old grandmother continues to work full-time to support herself and her teenage granddaughter. Grandparents love both their children and grandchildren unconditionally. Most have taken on this labor of love, a time in their lives in which they have put their dreams of retirement on hold.

Our colleagues from the University of Wisconsin Extension have a series of very practical research-based educational fact sheets online at http://rfi.uwex.edu/grandparenting/through-the-eyes-of-a-child/fact-sheets/.

With so many children being raised by grandparents, it is important to understand how grandchildren feel about their relationships with their parents and grandparents. There is very little research on how grandchild think and feel about being raised by grandparents. What we do know is based on interviews with 30 cases of grandparents caring for children living with grandparents who are not their parents.

Relationships with Parents

Grandchildren living with grandparents often struggle in their relationships with their parents. Although grandchildren may want to spend time with their parents, their parents may be impossible or unavailable. When parents are involved in grandchildren’s lives, they can sometimes be unpredictable or break promises. As a result, some grandchildren are upset about their parents include anger, grief, resentment, and confusion. In addition to these difficult feelings, grandchildren may feel frustrated when their parents try to discipline them or act like a parent — especially if they have not been very involved in caring for the child. Grandchildren may also distrust their parents and be aware that their parents cannot provide them with a safe environment.

There are some grandchild who describe positive relationships with their parents. In these relationships, parents tend to be more like siblings or friends. In these cases, grandchildren say that they enjoy doing things with their parents such as eating out, going shopping, playing video games, and seeing movies. Grandchildren having these types of relationships with their parents often say that they want to spend more time together.

Relationships with Grandparents

Grandchildren often describe close, trusting relationships with grandparents who are raising them. Many grandchild describe their grandparents as being just like parents. Also, grandchildren often believe that their grandparents provide stability in their lives and want to help them grow into productive adults. Grandchildren feel that their grandparents give them values, a strong work ethic, and a desire to succeed.

In addition to feeling close, grandchildren describe a strong sense of gratitude and appreciation for the work their grandparents have put into raising them. Grandchildren recognize the sacrifices their grandparents have made and say that they want to do the same for their own grandchildren in the future. Still, grandchildren may worry that they are a burden to their aging grandparents and wonder if their grandparents really want to be raising them.

Although many grandchildren are close to their grandparents, conflict and tension may occur. When grandchildren have trouble getting along with their grandparents it is often because of the generation gap. Grandchildren and grandparents may not agree about clothing, music, leisure activities, house rules, chores, and dating.

Climate Masters to Spur Local Action to Reduce Emissions

Climate Masters of Nebraska, a program at the University of Nebraska–Lincoln’s School of Natural Resources, will offer its second course starting Jan. 16. The 10-week course will meet Wednesday 6–8:30 p.m. In exchange for the free course, participants volunteer 20 hours of education to others in the community. The program is open to anyone ages 19 and up.

The course, funded by the U.S. Environmental Protection Agency, will teach participants various ways they can reduce greenhouse gas emissions. Classes will focus on the basics of climate change, home energy, transportation, green building, renewables, yards, consumption and waste, food, water conservation, preparedness for climate change, and more. Two field trips will also be offered as part of the course.

To register for the course, go to http://climatemasters.unl.edu or call 402-472-2712. Registrations will be accepted until class is filled.

Earth Wellness Festival Needs Volunteers

Volunteers are needed for the 2013 Earth Wellness Festival on Monday, March 25 and Tuesday, March 26 at Southeast Community College in Lincoln. Approximately 3,000 fifth graders participate in this annual event which involves students in creative and innovative environmental education activities.

Each year, more than 175 volunteers take part in earth wellness festival activities as classroom escorts, bus greeters, presenters, and registration assistants. Volunteers are essential to the success of this event.

You may choose to volunteer one or both days. In return, you receive the opportunity to participate in a rewarding volunteer experience, a festival T-shirt, coffee, rolls, and lunch. For more information, contact Sonya Bernadt at tbernad5@unl.edu or 402-472-2712 by March 1.
Ak-Sar-Ben 4-H Expo Results

The 85th Ak-Sar-Ben 4-H Stock Show was held in September at the CenturyLink Center in Omaha. The Ak-Sar-Ben 4-H Horse Show was held in September at the Lancaster Event Center in Lincoln. More than 2,000 4-H families from an eight state area participate in this all 4-H Expo. Categories of this 4-H only competition are dairy, feeder calf & breeding beef, market beef, market broilers, meat goats, market lamb, market swine, rabbit, dairy steer, and horse. Below are the Lancaster County 4-H purple ribbon winners. Complete results are at www.rivercityrodeo.com.

Chelsea Beach
- Horse - Senior Pole
- Bending: Senior Western
- Showmanship: Senior Western
- Western Pleasure
- Horse - Junior Pole
- Bending (Champion); Junior Western
- Showmanship

McKenzie Beach
- Horse - Junior Pole
- Bending (Champion); Junior Western
- Showmanship

Morgan Bodfield
- Brailler; Rabbit

Meredith Corney
- 4 Rabbits
- Horse - Junior Western
- Pleasure

Morgan Chippas
- Market Lamb
- 2 Feeder Cows
- Horse - Senior Western
- Horsemanship

Ashton Cooper
- Market Lamb

Coley Cooper
- Market Lamb

Peyton Goracke
- Horse - Senior Western

Anna Huesinger
- Horse - Senior Western

Austin Hurt
- 2 Rabbits; Rabbit
- Showmanship; Broilers

Kyle Hurt
- Rabbit; Rabbit

Cassie Meyer
- 3 Dairy (Champion)
- Junior Jersey and Grand Champion Jersey; Dairy
- Showmanship (Champion)

Bailee Peters
- Horse - Senior Western
- Showmanship; Senior English Pleasure (Reserve Champion); Hunter Hack

Madelyn Scott
- Market Lambs; Market Lamb Showmanship

Riley Scott
- 2 Market Lambs

Carly Vrba
- Rabbit
Local 4-H’ers Compete at National Rabbit Convention

In October, several Lancaster and Gage County 4-H members attended the national American Rabbit Breeders Association (ARBA) Convention in Wichita, Kan. The Lancaster County youth included Hannah Bellinghausen, Kayla Green, Emily Harms, Noah Huber, Austin Hurt, Jacey Prange, and Alyssa Zimmer. The Gage County youth included Mason Blitsher, Tessa Hyde, and Charlotte Schuerman. These were the first local 4-H’ers to compete at a national ARBA contest. Congratulations to these youth!

All of the youth competed in team contests. The junior district quiz bowl team which included Noah Huber earned 2nd place. The intermediates and seniors competed in team and individual breed identification and judging.

All of the youths showed rabbits. Some of the top winners were:
- Hannah Bellinghausen: French lop senior broken chestnut doe - 5th place; senior chestnut buck - 7th place.
- Kayla Green: French lop solid intermediate doe - 1st place, best opposite sex variety, and best opposite sex; Himalayan blue senior buck - 1st place; Himalayan lilac senior doe - 1st place; Himalayan lilac junior buck - 4th; Himalayans black senior bucks - 2nd and 4th place; Himalayans black senior doe - 2nd place; Himalayan black junior doe - 5th place.
- Noah Huber: mini rex senior buck - 5th place; tan black junior bucks - 1st and 2nd place; tan blue junior doe - 2nd place.
- Austin Hurt: Champagne d’Argent intermediate buck - 5th place.