NEBLINE, January 2015

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Extension 2014 Highlights

**Nebraska Extension** is your local connection to university research-based information. We extend knowledge, provide solutions and change lives. Here’s a look at some of Nebraska Extension in Lancaster County’s 2014 accomplishments.

2014 marked the centennial of the Smith-Lever Act which created the national Cooperative Extension Service. Today, every state has a land-grant university with a public mission of teaching, research and extension service. University of Nebraska–Lincoln is our state’s land-grant university. The Lancaster County Board of Commissioners celebrated our state’s land-grant university. University of Nebraska–Lincoln is a research and extension service with a public mission of teaching, state has a land-grant university.

In 2014, Extension Educator Sarah Browning, Associate Mary Jane Frogge and Master Gardeners assisted residents and green industry professionals through over 11,000 contacts and 95 hours of programming. Staff have started local educational efforts about emerald ash borer (EAB), a new invasive pest which is expected to be confirmed in Nebraska at any time. EAB has been confirmed in Iowa, Missouri, Kansas and Colorado.

At the 2014 Lancaster County Super Fair, over 700 4-H/FFA exhibitors showcased nearly 5,500 exhibits (including static exhibits, animals, contest entries and Clover Kids exhibits). There was a 71% increase in exhibitors and birds at the 4-H Poultry Show. This was in part because a 4-H poultry club, The Egg Basket, started in February.

The Nutrition Education Program (NEP) helps limited-resource families learn to prepare nutritious and safe foods while stretching their food dollars. Last year, NEP staff completed lessons with 433 enrolled adults (2,696 teaching contacts) and reached 7,357 youth (11,351 teaching contacts) at 30 schools and other sites. Pictured is Mardel Meinke teaching a lesson at a veterans group home.

Nebraska Extension in Lancaster County coordinates distribution and application of biosolids to agricultural cropland for the City of Lincoln. Since 1992, more than 682,000 tons of biosolids have been recycled. Pictured is Biosolids Coordinator Dave Smith.

* Biosolids are organic solids separated from wastewater and biologically processed to make them safe to use as a fertilizer.

Nebraska Extension offers “Co-Parenting for Successful Kids” onsite and online classes to help separating and divorcing parents — the classes meet court-mandated requirements. Last year, over 97 parents completed the classes offered in Lincoln (pictured is Extension Educator Maureen Burson), and over 400 Lancaster County parents took the class online. On Dec. 1, Oklahoma Extension started offering the online class with Nebraska Extension’s assistance.

The Lancaster County Board of Commissioners celebrated our state’s land-grant university. University of Nebraska–Lincoln is a research and extension service with a public mission of teaching, research and extension service.

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EALTH

residents. There is an annual $5 mailing and handling fee to addresses

NEBRASKA EXTENSION
444 Cherry Creek Road, Lincoln

We assure reasonable accommodation under the Americans with Disabilities Act, for assistance call 402-441-7180.

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

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Alice Henneman, MS, RDN
Extension Educator

Health

“The first wealth is health.” (Source: Ralph Waldo Emerson)

Make health a priority this year. Health should be more than the absence of disease — read on for ideas.

- Attitude
   “Health and cheerfulness naturally beget each other.” (Source: Joseph Addison)
   Positive attitude may not cure a disease. However, thinking positively can help you deal with misfortune, make the most of your situation and enjoy life more.

Physical activity

“A man’s health can be judged by which he takes two at a time — pills or stairs.” (Source: Joan Walsh)

• MONDAY
   The U.S. Department of Health and Human Services 2008 Physical Activity Guidelines for Americans recommends for adults: “Most health benefits occur with at least 150 minutes (2 hours and 30 minutes) a week of moderate intensity physical activity, such as brisk walking. Additional benefits occur with more physical activity: Both aerobic (endurance) and muscle-strengthening (resistance) physical activity are beneficial.”

• p-eople
   “Love cues people — both the ones who give it and the ones who receive it.” (Source: Dr. Karl Menninger)
   Numerous studies indicate social networks, whether formal (such as a church or social club) or informal (such as meeting and friends), make people less vulnerable to ill health and premature death. Be wary, however, of social support that drains you through people being too demanding or encouraging you to engage in harmful behaviors.

Your body

“Take care of your body. It’s the only place you have to live.” (Source: Jim Rohn)

• SUNDAY
   Schedule physical checkups as needed: eyes, teeth, mammogram, colonoscopy, general physical, etc.

N-O!

“Half of the troubles of life can be traced to saying yes too quickly and not saying no soon enough.” (Source: Josh Billings)

Rather than adding “take a management class” to your “to do” list, consider starting a “don’t do” list.

You may discover doing LESS can bring MORE enjoyment to your life. Especially if doing less allows you to spend time doing more to contribute to your health and happiness and that of your family and friends.

E-at healthy

“Rich, fatty foods are like destiny: they too, shape our ends.” (Source: Author Unknown)

ChooseMyPlate.gov recommends: “Calories are the fuel you need to work and play. You even need calories to rest and sleep! Foods and beverages vary in how many calories and nutrients they contain. When choosing what to eat and drink, it’s important to get the right mix — enough nutrients, but not too many calories.”

• TUESDAY
   For more information on planning healthy menus, visit www.choosemyplate.gov.

Wisdom

“A wise man makes his own decisions, an ignorant man follows public opinion.” (Source: Chinese Proverb)

Take time to listen to your own body. Rather than set your goals based on how fast other people walk or jog, how little sleep others can get by on or how much someone else eats, concentrate on what makes YOU healthy.

Your hands

“Keeping hands clean is one of the most important ways to prevent the spread of infection and illness.” (Source: Centers for Disease Control and Prevention)

Here’s how to wash your hands from the Centers for Disease Control and Prevention.

When washing your hands with soap and water:
• Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
• Lather your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers and under your nails.

• Wipe your hands dry or air dry them.

E-nough sleep

“A good laugh and a long sleep are the best cures in the doctor’s book.” (Source: Irish Proverb)

According to a December, 2013 Gallup Poll, 43% of Americans say they feel better if they got more sleep.

“Insufficient sleep is a public health epidemic,” according to the Center for Disease Control and Prevention (CDC). Insufficient sleep is linked to motor vehicle crashes, industrial disaster, medical and other occupational disorders. People who don’t get enough sleep also are more likely to suffering from chronic diseases such as hypertension, diabetes, depression and obesity, as well as from cancer.

The U.S. Department of Health and Human Services offers tips to help you get a good night’s sleep which are online at http://sleep hrs.gov.

Avoid portion distortion

“Never eat more than you can lift.” (Source: Miss Piggy, muppet character)

Rather than worry so much about “what” you eat, consider “how much you eat.” Downsize your portions size. Serve food on smaller plates. Eat from plates and bowls rather than packages and bags, so you see how much you’re eating.

Reading materials

“Be careful about reading health books. You may die of a misprint.” (Source: Mark Twain)

Consider the source before starting a new dratic diet or exercise plan. Beware of plans that:
• Promise quick, dramatic results.
• Charge large fees for consultations, equipment, supplements, etc.
• Relly solely on testimonials and statements from “professionals” with academic sounding degrees.

UNL’s National Food Entrepreneur Program

The University of Nebraska Food Processing Center offers one-day “Recipe to Reality” seminars for all individuals interested in exploring the idea of starting a food manufacturing business.

A seminar will be offered on Saturday, Jan. 24, 8 a.m.–5 p.m. at UNL East Campus in Lincoln. Pre-registration is required and space is limited. Registration deadline is Jan. 7.

Other seminars in Lincoln are:
• Saturday, June 6
• Saturday, Aug. 8
• Friday, Oct. 3

Follow the seminar, affordable, confidential services are available to those participants who decide to launch their own food business.

More information is at http://ftp.unl.edu/small_business. For an information packet, contact Bill Giﬀord at jgifford@unl.edu or 402-472-2819.
How to Use Positive Language to Improve Your Child’s Behavior

“Stop it.” “No!” “Don’t do that!” As a parent, you might find yourself using these words and phrases more often when your child does something you do not want them to do. This can also make your child more likely to do these things next time. Why is this? Now, stop for a moment and consider how the conversation might have gone if you didn’t use these words? What if, rather than telling your child what he can’t do, you instead chose words to tell him what he can do? While this shift in language might seem small, it actually provides a powerful positive change to the tone of the conversation. When you focus on using positive language with your child, you will likely find that he has fewer tantrums, whines less and overall experiences fewer challenging behaviors.

How can such a small change make such a big difference? While it is obvious to adults, young children are not able to make the logical connection that if you don’t say something, they are told to do something. “Don’t climb on the counter” can be very confusing to a child. How can he keep his feet on the floor? The teacher tells the child exactly what he is thinking and how he can change what he is doing. Using positive language also empowers a child to make an appropriate choice on his own and建立自尊。When you are specific in your directions by telling your child exactly what he can do and when, it is easier for him to comply and he is more likely to cooperate with the request.

Offer a choice. When you provide your child with a choice of things that he can do, wear or go, he is more likely to select one of the options you have approved because it makes him feel he is in control. This strategy works for you as a parent because you approve of either choice.

Tell your child “when.” When your child asks to do something, rather than saying no, acknowledge her wish and tell her when she might be able to do it. This answer feels more like a “yes” to a child. For example, if your child asks to go to the park, but you are on the computer finishing up a work project, you could say, “The park sounds like a great idea! I need to finish this letter for work right now. Would you like to go after your nap today or tomorrow morning after breakfast?”

Use “first-then” language. The teacher tells the child a particular way to tell a child when he can do something in a positive way is to use a “first-then” statement. For example, if he wants to watch TV but you would like him to pick up his toys, you could say, “First, pick up your toys and then you may watch a TV show.”

Give your child time to think. Sometimes, you may feel frustrated when your child does not respond quickly to requests and feel tempted to use demands and raise your voice. When that happens, remember that your child is learning language and how to use it. She needs time to think about what you said and how she is going to respond. The teacher tells the child that it is important to think about what you say and how she is going to respond. The teacher tells the child that it is important to think about what you say and how she is going to respond. The teacher tells the child that it is important to think about what you say and how she is going to respond. The teacher tells the child that it is important to think about what you say and how she is going to respond.

Help your child to remember. Children are easily distracted. Sometimes your child may need you to help him remember what you asked him to do in order to do it. “I remember” statements are very useful in these situations. For example, imagine you have asked your child to put on his shoes so that he can go outside, and he comes over to you saying, “I remember you need to put your shoes on before you can go outside.” Stating the information as a simple fact, rather than a command, gives him the information he needs to make the right choice on his own without blaming him or making him feel he has failed.

The Bottom Line

Positive relationships with parents, teachers and other caregivers provide the foundation for a successful and happy child, are the building blocks for your child’s self-esteem and ability to empathize and predict future positive behavior choices. The manner in which you talk and act towards children has a significant impact on his behavior. Making positive changes to your communica- tion and interactions with peers by themselves. For example, a child who is throwing sand on the playground can be shamed, instead, she can use a shovel to put the sand in a bucket. The teacher might say, “If you want to play with the sand, you can fill this bucket. Would you like a blue bucket or this red one?” In this way, the teacher honors the child’s choices, but directs it to a more appropriate play choice.

Try This at Home

Replace “don’t” with “do.” Tell your child what she can do! If you saw her cutting the leaves of a plant, rather than saying “don’t cut!” you could say, “How would you feel if you saw someone doing this to your plants?” Ask her what she would do. As a parent, you might say, “If you saw her cutting the leaves of a plant, rather than saying “don’t cut!” you could say, “How would you feel if you saw someone doing this to your plants?” Ask her what she would do.

Private Pesticide Applicator Certification

Federal and state law states a private pesticide applicator must be certified and licensed to buy, use, or supervise the use of a restricted-use pesticide (RUP) to produce an agricultural commodity on property they own or rent or rent to an employer’s property by the farmer. No pesticide license is needed if the applicant will only be applying nonregulatory-use pesticides (GRPs) or if you hire a commercial applicator to apply RUPs to your property.

If you do not have a current private pesticide certification and you 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 certified.

All training sessions meet the requirements for both initial certification or recertification as a private pesticide applicator. If your private applicator certification expires in 2015, you have four alternative methods to recertify as a private applicator.

Self-Study Manual
A self-study manual and associated computerized testing is available. You are expected to read the chapters and complete a test in the back of the book. When you bring the book back to the office, the test will be graded by our staff while you wait (usually about five minutes). You will have an opportunity to see your test results and the correct answers to any questions you have answered incorrectly.

Cost is $60 per manual.

Testing Option
Take a written (closed-book) examination given by the NDA to receive either a new license or recertify an existing license. Contact NDA, 402-471-2351, for testing dates. There is no testing fee if you choose this option, but you will need to pay the $25 license fee. You should receive your new license within weeks after you receive a passing grade on your written test.

Recertify at a Crop Production Clinic
At Crop Production Clinics, private applicators may receive recertification by attending the full day and attending the mandatory sessions to recertify as a private applicator. Commercial and Noncommercial applicators must obtain their renewal in Ag Plant, Regulatory or Demonstration/Research. Pesticide applicators may now receive training in recertification at a Crop Production Clinic.

The Crop Production Clinics held in southeast Nebraska will be:

• Wednesday, Jan. 14 — York (Holtbrue Convention Center, 3130 Helen Ave.)
• Thursday, Jan. 15 — Beatrice (Beatrice Country Club, S. 13th Street and Oak Street)
• Thursday, Jan. 22 — Mead (ARD/C/ Saunders County Extension Office, 1071 County Road G)

Note: all clinics start at 8:45 a.m. If you are planning to receive recertification as an applicator, be sure to arrive early and register with NDA at the check-in table. They need proof you were there for the full day.

Cost is $65 for preregistered participants, and includes light meals, refreshments, Extension’s 2015 Guide for Weed Management in Nebraska, and the 2015 Crop Production Clinic Proceedings. Pre-registration closes on the day prior to the clinic. For more information about Crop Production Clinics, go to http://crop.unl.edu.

Commercial Pesticide Applicator Training

Commercial/applicator training sessions have been scheduled in 2015 at the Lancaster Extension Education Center, 444 Cherrywood Road in Lincoln.

The dates and times are:

• Wednesday, Jan. 21, from 9 a.m.—Noon
• Monday, Jan. 26, from 7–10 p.m.
• Thursday, April 9

Cost is $30 per person, collected at the training session.

Commercial Pesticide Applicator Training

Upcoming Green Industry Conferences

NEBRASKA TURFGRASS CONFERENCE
JANUARY 6 – 8
NEBRASKA Lawn and Landscape Association, 2021 Nebraska Innovation Campus, 2021 Transformation Drive, Lincoln.

For statewide training sessions each category training will be offered at the Lancaster Extension Education Center, 444 Cherrywood Road. More information about the training sessions will be offered at the Lancaster Extension Education Center, 444 Cherrywood Road on the following dates:

• Thursday, Feb. 3
• Thursday, Feb. 19
• Thursday, April 9

Commercial registration training session will begin at 8:30 a.m. It is highly recommended you review the written study materials prior to attending. This will greatly improve your chances of passing the written examination. Study materials for all commercial categories may be purchased online at http://pested.unl.edu (click on “Classes & Study Materials”).

Commercial recertiﬁcation training sessions will be offered at the Lancaster Extension Education Center, 444 Cherrywood Road on the following dates:

• Thursday, Feb. 5
• Tuesday, Feb. 17
• Thursday, March 19

The general standards session will begin at 9 a.m.

NDA Licensing Procedures
Licenses and applications meeting the requirements for certification or re-certification will receive an invoice from the NDA for $90 for the license fee. When NDA receives the fee, the license will be issued.

For more information about pesticide licensing, go to www.agr.ne.gov/pesticide.
Bed Bug Basics

**If You Think You Have Bed Bugs**

- First, make sure you really have bed bugs! We see plenty of insects brought into the office from people thinking they have bed bugs and to their relief, are not.
- Try not to panic! Bed bugs can be controlled using proper methods. Learn as much as you can. Contact your Extension office or visit [http://lancaster.unl.edu/pests/](http://lancaster.unl.edu/pests/).
- Contact a pest management professional or your landlord to schedule an inspection and professional treatment for bed bugs.
- Over-the-counter pesticides labeled for bed bugs are not effective. Homemade or “custom-formulated” products can also be dangerous and may make your bed bug infestation worse, not better.
- Do not use garden or agricultural pesticides in the home. Never apply pesticides directly to your body. Do not use rubbing alcohol, kerosene or gasoline on your body, your pets or in your home to control pests. These products can make you sick and may cause fires.
- There’s no need to toss your furniture. Beds and furniture can be treated. You can (and should) invest in mattress encasements especially designed to keep bed bugs away from the mattress and box springs.
- Reduce or eliminate any clutter! Don’t store anything under the bed because this gives bed bugs more places to hide. The more hiding places you have for bed bugs, the harder it is for a treatment to work.
- Vacuum thoroughly and often. Be sure to empty the canister or bag immediately and take it to a dumpster or garbage can outdoors. Heat kills bed bugs. Remember this when doing your laundry.
- If you are having a treatment done for bed bugs, please follow the recommendations of the pest control professional both before and after a treatment. As a tenant or homeowner, you play an important role in helping make sure a treatment is successful.

**Bed Bug Fecal Spots and Eggs**

- Under carpet and rugs
- Behind electrical outlets, switch plates
- Bed bug fecal spots and eggs under the fabric stapled to the framing of box springs
- Bed bugs are reddish brown and have flattened bodies (left — approximate size).

Gardening Basics

- Check young trees and shrubs for rodent or rabbit damage.
- Prevent injury with fencing or protective collars.
- Avoid heavy traffic on the frozen, dormant lawn. The crown of the plant may be severely damaged or killed.
- Brush snow from evergreens as soon as possible after a storm. Use a broom in an upward, sweeping motion. Serious damage may be caused by heavy snow or ice accumulating on the branches.
- Do not wait until late in the winter to order seeds. Many varieties sell out early.

Last year, several Lancaster County Master Gardeners volunteered at the People’s City Mission garden. It will be 9 a.m. to 4 p.m. at the Lancaster Extension Education Center, 444 Cherry creek Road. Application deadline is Jan. 23. For additional information, call Mary Jane Frogge at 402-441-7180. To apply online, go to [http://lancaster.unl.edu/hort/uschfink.shtml](http://lancaster.unl.edu/hort/uschfink.shtml)

**Nebraska Extension’s 2015 Master Gardener Trainings, Two Sites Available**

Mary Jane Frogge, Extension Associate

If you have a strong interest in gardening and enjoy helping others, consider becoming a Nebraska Extension Master Gardener volunteer. This program will increase your knowledge and understanding of horticultural topics such as best cultural practices for growing flowers, vegetables, turf, plant disease and insect pest identification, control and much more. Instructors are Extension specialists, educators, associates and horticulture professionals.

To become a Master Gardener volunteer, you must attend all training sessions, pass a test, and complete the required projects.

You must be 18 years of age and have a strong interest in gardening. A commitment of 40 hours of volunteering and 60 hours of training is expected. Master Gardener training sessions will begin in February. Trainings will be 6-9 p.m. at UNL East Campus. Application deadline is Jan. 23. For more information, call Terry James at 402-472-8973. Apply online at [http://mastergardener.unl.edu/become-a-master-gardener](http://mastergardener.unl.edu/become-a-master-gardener).

Do not miss this opportunity to increase your gardening knowledge and skills and the chance to share them with others in the community.

- Contact a pest management professional both before and after a treatment. As a tenant or homeowner, you play an important role in helping make sure a treatment is successful.
- Never apply pesticides directly to your body.
- Do not use rubbing alcohol, kerosene or gasoline on your body, your pets or in your home to control pests. These products can make you sick and may cause fires.
- There’s no need to toss your furniture. Beds and furniture can be treated. You can (and should) invest in mattress encasements especially designed to keep bed bugs away from the mattress and box springs.
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Recycling Your Christmas Tree for the Birds

After the holidays, recycle your fresh-cut Christmas tree by moving it outdoors to help provide shelter for wildlife.

Place your tree in a bucket of wet sand and place it in the garden or in the landscape a few feet away from bird feeders. If you don’t want to stand your tree up in a bucket, prop it up against a secure fence and tie it into place. Your tree will provide wildlife months of protection from winter winds and predators like hawks and cats. Make sure your tree is trimmed up enough from the bottom so cats can’t hide in the tree. Trimmed boughs can be put over tender plants in your landscape until spring.

Decorate your tree with an edible garland made from orange slices, cranberries and popcorn. Pinecones stuffed with suet and rolled in birdseed can also be hung from the boughs of the tree for the birds.

—Soni Cochran, Extension Associate

Earth Wellness Festival Needs Volunteers

Volunteers are needed for the 2015 Earth Wellness Festival on Wednesday, March 25 and Thursday, March 26 at Southeast Community College in Lincoln. For more information, contact Sara Winn at swinn2@unl.edu or 402-472-0636 by Jan. 30. Visit [http://lancaster.unl.edu/ecwf](http://lancaster.unl.edu/ecwf) to register online.

Lancaster County’s Master Gardener training sessions will be 6–9 p.m. on UNL East Campus. Application deadline is Jan. 23. For more information, call Terry James at 402-472-8973. Apply online at [http://mastergardener.unl.edu/become-a-master-gardener](http://mastergardener.unl.edu/become-a-master-gardener).

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Do not miss this opportunity to increase your gardening knowledge and skills and the chance to share them with others in the community.
New In 2015 — 4-H Members MUST Be Enrolled Online by Jan. 31

Nebraska 4-H is introducing a new 4-H online enrollment system, called “4-H Online” that will be operative January 1, 2015 for Lancaster County. 4-H families MUST enroll online by Jan. 31. Paper enrollment is no longer an option. The website to enroll is http://ne.4honline.com. The process is easy and only takes a few minutes per member.

NOTE: only parents/guardians may enroll 4-H members. Each 4-H household will need to set up a profile in which the 4-H youth for the household will be added.

A step-by-step instruction guide with pictures is at http://lancaster.unl.edu/4h/StepbystepEnroll.pdf. If you have questions about the process or need access to a computer, call Karen Evasco at 402-441-7180.

Current 4-H members who are not enrolled online by Jan. 31 will no longer be officially enrolled members. New members and fair projects may be updated through June 15.

For youth, volunteers and leaders must sign up using the form at http://lancaster.unl.edu/4h/club/4hEnrollmentLeader.pdf by June 15.

Online Enrollment Training, Jan. 13

All 4-H leaders, volunteers and parents are invited to attend a 4-H Online Enrollment Training on Tuesday, Jan. 13 at the Lancaster Extension Education Center, 444 Cherrycreek Road. Come anytime between 7:30 a.m. and 6:30 p.m. 4-H staff will answer questions, and laptops will be available for parents/guardians to enroll 4-H members for the new 4-H year.

Meet 2015 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: Karol Swotek (President), Kylee Pfager (Vice-President), Shar Sieck (Treasurer) and Sheridan Swotek (Secretary).

4-H/FFA Market Beef Weigh-In, Jan. 22

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, Jan. 22, 6-7 p.m. at the Lancaster Event Center – Pavilion 2.

4-H’ers planning an 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 State Fair or Ak-Sar-Ben. All other market livestock possibly going to State Fair or Ak-Sar-Ben will need to be DNA sampled, with a later date to be announced.

4-H Crocheting

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. 7, 9 a.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road. No cost – all supplies will be provided. Adults are welcome to attend to help 4-H’ers. Must preregister by Feb. 4 by calling 402-441-7180.

4-H Pillow Sewing Workshop, Feb. 21

4-H youth ages 9 and up are invited to learn beginning sewing skills and make a pillow at the “Pillow Party” sewing workshop on Saturday, Feb. 21, 9 a.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road. No cost to attend. Sign up by Feb. 18 by calling 402-441-7180. Bring your sewing machine, basic sewing equipment (scissors, pins, measuring tape), etc. Also bring 1/3 yard and 2 1/3 yard contrasting fabrics, pre-washed, 100% cotton (no plaids, no knits) and matching thread.

Visit Lancaster County 4-H'er Leads Nebraska to 2nd in National Horticulture Contest

Lancaster County 4-H member Abby Babcock placed 4th individually to lead Nebraska to the runner-up spot in the National 4-H Horticulture Contest held in October in Lexington, Ky. The contest was part of the National Junior Horticultural Association convention. Abby was joined on the Nebraska team by Everett Henry and Darien Henry of Omaha.

The 4-H contest consisted of identifying 100 horticultural specimens (seeds, roots, leaves, flowers, flower pods, etc.), an 80 question test and eight sets of judging.

Abby also earned national recognition for both her creative horticulture story entitled “When the Fairies Came,” and for her demonstration “Leafing Out!”

The Nebraska 4-H team members were joined by Katharine Schaad of North Loup for Horticulture Connections competition. The Nebraska team advanced to the semi-finals before being defeated by the championship team from New York.

The Nebraska 4-H team consisted of the top four eligible-seniors at the State Fair 4-H Horticulture Identification Contest held last August. Abby was the champion at the Lancaster County 4-H Horticulture Contest held last June.

Congratulations Abby and the rest of the youth representing Nebraska!
Congratulations to all 4-H youth who commit themselves to excellence!
**EXTENSION CALENDAR**

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

### December

31 4-H Award and Scholarship Applications Due to Extension

### January

1 4-H Horse Incentive Program Begins
2 4-H Council Meeting........................................7 p.m.
3 Co-Parenting for Successful Kids Class ..................9:30 a.m.–1 p.m.
9 Extension Board Meeting .....................................8 a.m.
11 4-H Teen Council Meeting ..................................3 p.m.
13 Guardian/Conservation Training ..........................1:30–4:30 p.m.
14 4-H Online Enrollment Training ......................... anytime 7:30 a.m.–6:30 p.m.
14 Nebraska Farm Bill Computer Decision Aid Workshop,......................................................9 a.m.–4 p.m.
16–17 4-H 4th & 5th Grade Overnight Lock-In ...............8 p.m.–8 a.m.
21 Private Pesticide Applicator Training ....................9 a.m.–Noon
22/FFA Beef Weigh In, Lancaster Event Center · Pav. 2 .........6–7 p.m.
26 Private Pesticide Applicator Training ....................7–10 p.m.
31 Deadline for Current 4-H Members to Enroll Using “4-H Online” at https://ne.4honline.com

### Extension 2014 Highlights

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Extension’s annual conference with a proclamation at their May 6 meeting.

Nebraska Extension in Lancaster County is a partnership between the University of Nebraska–Lincoln, Lancaster County and the United States Department of Agriculture.

As part of Extension’s commitment to learning, the Lancaster Extension Education Center conference facilities are available to the non-profit and governmental organizations at a nominal cost. In 2014, more than 5,148 hours of conferences and meetings were held in the facilities.

Millions of people access Nebraska Extension in Lancaster County’s website to find answers to questions and solutions to problems. The website contains thousands of pages of content and is updated daily. We continue to expand our social media outreach to give you even more opportunities to connect, learn and share.

Nebraska Extension’s 4-H youth development program emphasizes science, ag literacy, healthy lifestyles, career development and citizenship/leadership.

In the past year, Lancaster County 4-H involved nearly: 1,252 club members, 313 independent members, 2,440 youth in after-school/summer programs which incorporated 4-H activities, 18,800 youth in 4-H school enrichment programs.

4-H school enrichment programs include: Garbology (2nd grade), Embryology (3rd grade), Ag 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. 2014 marked the 20th annual Earth Wellness Festival. Approximately 3,200 Lancaster County 5th graders from 46 schools attended. Pictured is the “Do the Right Thing” session presented by Extension Master Gardeners.

This year’s 4-H Clover College, held June 17–20, featured 53 after-school and summer programs which included hands-on workshops and 887 total class registrations. In a new workshop, “Wired 4 Wind” youth built wind turbines that generate electricity and experimented with turbine design. F. John Hay, Energy and Biofuels Extension Educator on UNL East Campus (pictured at far left), taught the class with the help of some of his interns.

Last year, 42 after-school and summer site programs included 4-H projects and activities in their program. Pictured is Extension Assistant Teri Hlava (far right) leading youth in making recycled greeting cards at the Brownell Community Learning Center (CCLC) after-school program.

**EXTENSION NEWS**

### Staff Earn Statewide Awards

At Nebraska Extension’s annual conference in November, several Nebraska Extension in Lancaster County staff earned statewide awards.

**Extension Educator Alice Henneman:**

- **Innovation in Team Programming** award presented by Nebraska Extension to the food website team (Alice Henneman, Kayla Colgrove, Rachel Helfs, Gaige Fish, Amy Peterson, Lindsay Chichester, Carol Larvick, Julie Albrecht, Jamie Goffena, Cindy Brison, Audra Losey, Carrie Schneider-Miller, Nancy Urbanec and Lisa Franzen-Castle).

Team members contributed content to http://food.unl.edu (including three blogs, four monthly newsletters and a food calendar), social media postings and listserv creation since the fall of 2013.

- **Outstanding Mentor** award presented by Nebraska Cooperative Extension Association for excellence in serving as a mentor. Kayla Colgrove nominated Alice who was assigned to be Kayla’s mentor when she started working for Extension in August 2011.

**Extension Educator Maureen Burson, Publication & Media Assistant Vicki Jedlicka, and Clerk Typist Pam Branson:***

- **Creative Programming by a Team** award presented by Nebraska Cooperative Education Association to the Co-Parenting for Successful Kids adapting on-site to online team (Gail Brand, Statewide Coordinator. Teachers: Maureen Burson, Leslie Crowell, Linda Dunnell, Nancy Freks, Jackie Guzman, Lisa Pope, Susan Poorman, Raith Vendero, LaDonna Werth, Cindy Strawser, Jeanette Friesen, Deb Iwan. Evaluators: Tonia Dunten, Rebecca Swartz. Team Support: Pam Branson, Vicki Jedlicka, Jennifer Rees, Alyssa Reyes, Deborah Weitzkamp, Susan Williams, Holly Weber, Larry Lipke). This award is for NCEA members who have developed creative programming within the past five years to address educational needs of Nebraskans. Nebraska Extension’s “Co-Parenting for Successful Kids” classes help separating and divorcing parents develop plans for respectful, responsible and responsible co-parenting. On-site classes have been presented at locations statewide since 1999.

To date,* 10,062 parents have completed on-site classes. In January 2012, The Nebraska Supreme Court approved the Extension online class. The online class requires journal entries which are reviewed and commented on by Extension Educators. To date,* 3,962 parents from 85 of the 93 Nebraska counties have enrolled in the online class.

*As of Dec. 1, 2014*