2018

Annual Report: Nebraska Extension in Lancaster County, January 1, 2018 through December 31, 2018

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January 2019

Jennifer Brinkman, Chair
Lancaster County Board of Commissioners
County-City Building
555 South 10th Street, Room 110
Lincoln, Nebraska 68508

Dear Commissioners:

Nebraska Extension is pleased to continue a strong tradition of making a difference in the lives of individuals, families, businesses and communities in Lancaster County! Our programs address issues Nebraskans have identified as important to our State. These priority program areas are noted on the reverse of this page.

Enclosed you will find Lancaster County Extension information from 2018. Contents include:

1) **About Extension** – Lancaster County Extension mission statement, overview and impact reports;

2) **Staff and Programs** – staff directory and Extension Educator monthly narratives summarizing program highlights;

3) **Financials** – summaries of 2017-2018 budget expenditures and current fiscal year 2018-2019 budget; and

4) **Media** – website and social media information, samples of our monthly newsletter, the Nebline, and local newspaper articles.

Thank you for continuing to invest in Nebraska Extension as a local collaborative partner. We strive to be great stewards of resources and work hard every day to demonstrate a strong return on your investment. As you know, Extension Educators and Assistants live, work and engage with people in your communities. We look forward to making a difference in the lives of Nebraskans together with you!

Sincerely,

Karen Wobig
Unit Leader & County Department Head
Nebraska Extension in Lancaster County
Nebraska Extension is evolving our team culture to address critical issues.

**DEMAND DRIVEN**

Through a stakeholder survey refined through an employee survey, these 18 issues rose to the top as key concerns for Nebraskans.

**INTERDISCIPLINARY**

To more thoroughly address issues facing Nebraskans, teams will be populated with a variety of experts to create new solutions.

**PARTNER INVOLVEMENT**

We seek community partners and other thought leaders to join our teams and strengthen our work.

For more information, go to extension.unl.edu/issue-teams
About Extension
Nebraska Extension in Lancaster County
January 1, 2018 through December 31, 2018

EXAMPLES OF 2018 PROGRAMS

4-H youth development
Weather and crops
MyPL disaster preparedness
Head Start learning gardens
Nebraska Extension in Lancaster County

Nebraska Extension in Lancaster County is a partnership between Lancaster County, University of Nebraska–Lincoln and the U.S. Department of Agriculture. Extension accomplishes UNL's land-grant mission by extending reliable, research-based information in the areas of Community Environment; Food, Nutrition & Health; Cropping & Water Systems; 4-H Youth Development; Learning Child; Beef Systems; and Community Vitality.

LANCASTER COUNTY EXTENSION BOARD

The Extension Board serves as an advocate for Nebraska Extension in Lancaster County. Members of the board are appointed by the Lancaster County Board of Commissioners. The Extension Board provides guidance to Extension staff in establishing and accomplishing Extension education program goals and objectives. Annually, it assists in developing an operating budget and local educational priorities.

LANCASTER COUNTY 4-H

The Nebraska Extension 4-H Youth Development program is open to youth ages 5–18. 4-H is a learn-by-doing program which teaches science and life skills in clubs, schools and after-school programs. In 2018, 4-H reached 36,520 youth in Lancaster County. Volunteers are the heart of 4-H, with nearly 2,100 adults volunteering as club leaders, county fair superintendents, and general volunteers.

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 staffing a food booth at the Lancaster County Super Fair. These funds help support 4-H programs, activities, and scholarships.

LANCASTER COUNTY AGRICULTURAL SOCIETY

LCAS is a publicly supported organization whose mission is to promote agriculture, youth and community. The LCAS board of directors hosts the annual LANCASTER COUNTY SUPER FAIR. During the fair, local residents and 4-H & FFA members exhibit projects and compete in life skills events. LCAS and Extension work together under a “memorandum of understanding” for a successful county fair. Located at 84th and Havelock, the LANCASTER EVENT CENTER is a public, multipurpose, year-round facility designed to host a variety of events and activities. It is operated by the Lancaster County Agricultural Society and is the home of the Lancaster County Super Fair.
EXTENSION ORGANIZATION AND PLANNING

Nebraska Extension’s mission: Helping Nebraskans enhance their lives through research-based education.

Nebraska Extension in Lancaster County is supported by the Lancaster County Extension Board, who helps oversee Nebraska Extension’s mission. The Extension Board of Directors is comprised of nine appointed members plus one ex officio member with voting privileges who is the President (or another selected person) of the 4-H Council.

Extension board members are appointed in November/December of each year by the Lancaster County Board of Commissioners with appointments becoming effective in January of the following year. A Nominating Committee is appointed annually by the Extension Board to solicit nominations, review applications, and make recommendations to the County Commissioners.

The Lancaster County Extension Board generally meets once each month throughout the year. One of their main roles is to serve as an advocate for Nebraska Extension in Lancaster County. The Extension Board also provides guidance to Extension staff in establishing and accomplishing Extension education program goals and objectives. Annually, it assists in developing an operating budget and with local educational priorities.

The Lancaster County Extension Board members for 2018 were as follows:

<table>
<thead>
<tr>
<th>Name</th>
<th>Term Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jim Bauman</td>
<td>Second term (January 2016 – December 2018)</td>
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<td></td>
<td>First term (January 2014 – December 2015)</td>
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<td></td>
<td>Replacement term (January 2013 – December 2013)</td>
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<td></td>
<td>President (May 2013 – December 2018)</td>
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<tr>
<td>Allen Blezek</td>
<td>Second term (January 2017 – December 2019)</td>
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<td></td>
<td>First term (January 2014 – December 2016)</td>
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<td></td>
<td>Vice President (January 2018 – December 2018)</td>
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<tr>
<td>Shar Sieck</td>
<td>Second term (January 2018 – April 2018)</td>
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<tr>
<td></td>
<td>First term (January 2015 – December 2017)</td>
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<td></td>
<td>4-H Council ex officio member (November 2013 – November 2014)</td>
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<tr>
<td></td>
<td>Secretary/Treasurer (January 2015 – April 2018)</td>
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<tr>
<td>Paula Peterson</td>
<td>Second term (January 2017 – December 2019)</td>
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<tr>
<td></td>
<td>First term (January 2014 – December 2016)</td>
</tr>
<tr>
<td></td>
<td>Secretary/Treasurer (May 2018 – current)</td>
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<tr>
<td>Jodi Freeman</td>
<td>4-H Council ex officio member (Nov. 2018 – Nov. 2019)</td>
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<tr>
<td>Patricia Heather</td>
<td>First term (January 2016 – December 2018)</td>
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<td></td>
<td>Replacement term (January 2015 – December 2015)</td>
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<tr>
<td>Dena Noe</td>
<td>Replacement term (January 2018 – December 2019)</td>
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<tr>
<td>Trudy Pedley</td>
<td>First term (January 2018 – December 2020)</td>
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<tr>
<td>Jim Pinkerton</td>
<td>First term (January 2016 – December 2018)</td>
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<tr>
<td>Chris Scow</td>
<td>First term (January 2018 – December 2020)</td>
</tr>
<tr>
<td>Angelina Stovall-Amos</td>
<td>Replacement term (July 2018 – December 2020)</td>
</tr>
<tr>
<td>Mitch Sump</td>
<td>4-H Council ex officio member (Nov. 2016 – Nov. 2018)</td>
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</tbody>
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2018 Lancaster County 4-H Council Annual Summary

4-H Council has 16 selected members representing 9 adults and 7 youth. Members represent interests of youth, parents and leaders. Adult members serve 3 year terms and youth members serve 2 year terms.

Members are responsible for determining long and short term 4-H goals and 4-H policy. Through 4-H Council funds, support is provided for educational experiences that develop life skills.

2018 highlights:
4-H benefitted 36,520 youth with support from nearly 2,000 volunteers. Of the 36,520 youth served, major participation was traditional 4-H clubs and 4-H school enrichment.

Funds supported 4-H leader training, youth activity vouchers, college and camps scholarships, and 4-H member and leader recognition.

- Funds supported year-long activities including:
  - Volunteer of the Month award
  - State and National 4-H contests
  - 4-H promotion

- 4-H Council members volunteered over 700 hours during the Lancaster County Fair. In addition to attending monthly 4-H Council meetings and serving on various committees, volunteers helped set up and tear down fair displays.

- 4-H Council has leadership for many fundraising events to help support 4-H programs including:
  - A food stand at the Lancaster County Super Fair
  - The chicken dinner fundraiser
  - A golf tournament fundraiser

2018 4-H Council Members:
President: Mitch Sump
Vice President: Bailee Gunnerson
Secretary: Madison Schnase
Treasurer: Cathy Babcock
Members: Elite Babcock, Jodi Freeman, Brandy Gunnerson, Madi Hall, Sara Hansen, Brenda Nepper, Sheri Ramirez, Sydney Schnase, Anna Sump, Karol Swotek, David Swotek
New Program Prepares Teens for Disaster Response

Lancaster County piloted Nebraska Extension's My Youth Preparedness Initiative (MyPI). Teens received training, learning how to respond to disasters, use emergency response equipment and render first aid. The teens then helped 63 families create communication plans and disaster preparedness kits. Participants improved their knowledge on disaster preparedness and emergency response from 43% on the pre-test to 95% on the post-test. MyPI teens are part of our 4-H youth program. In the past year, 36,520 Lancaster County youth were engaged in 4-H programs, including clubs, school enrichment, after-school/summer sites and camps - a 7% increase from last year!

“I feel safer knowing that in an emergency, my neighbors and I know how to react and help others.” – Kolbe Villa, MyPI graduate

$16 Per Acre Value Gained From Farmer Series

46 individuals attended one or more of the Successful Farmer Series workshops presented by Extension Educator Tyler Williams. Topics included: Crops, Soil Fertility, Weather and Economics. Attendees estimated a $16 per acre value gained by participating in the series. Tyler's overall focus is on enhancing cropping system resiliency to climate variability, helping producers manage the impact weather and climate have on agricultural production. He is the only Extension educator in Nebraska with a focus in climate. Tyler recently traveled to the Czech Republic to advise University researchers trying to implement no-till farming and cover crops as a way to reduce risk to ongoing drought.

Preschoolers Benefit From Child-care Provider Trainings and Experiences

Last year, Extension Educator Jaci Foged taught or coordinated 95 workshops for local child-care providers. Total attendance was 1,512, generating 280 in-service hours approved by the Nebraska Department of Health & Human Services. Quality child care is vital in Nebraska since 74% of 156,575 Nebraska youth ages 0-5 live in households where all available parents are currently working. Pictured is Jaci delivering Nebraska Extension's newly developed program, Cultivating Healthy Intentional Mindful Educators (CHIME).

"Westminster Preschool has been fortunate to have the support of the UNL Extension early childhood development staff to supplement our classroom with new experiences. These hands-on materials allowed us to put the learning and discovery process in the kids' hands! The tools provided were instrumental in helping kids gain knowledge and relate to the topic at hand. Students used the various STEM activities to help learning come alive.”

– Jen Burkey, Pre-K Teacher, Westminster Preschool
We extend knowledge, provide the U.S. Department of Agriculture.

partnership between Lancaster County, research-based information. Nebraska educational program areas:

- Community
- Learning Child
- 4-H Youth
- Cropping & Water Systems
- Food, Nutrition & Health
- Community Environment

Williams helps producers manage the impact weather and crops — Extension Educator Tyler and crops. Attendees estimated a $16 per acre value gained by participating in the series. Tyler recently covered crops as a way to reduce risk to ongoing drought. Researchers trying to implement no-till farming and cover crops.

Weather and crops — Extension Educator Tyler Williams helps producers manage the impact weather and crops. Attendees estimated a $16 per acre value gained by participating in the series.

Water and wastewater management program — Extension Educator Meghan Stittler served as Extension’s statewide coordinator whose duties included collaborating with other organizations, developing resources and teaching (pictured teaching an H2O Adventure workshop for youth). Extension, along with the Nebraska Department of Environmental Quality, Nebraska On-site Wastewater Association and the Nebraska Well Drillers Association, provided professional development trainings to over 275 water well and onsite wastewater professionals at seven locations across Nebraska.

Backyard Farmer — Extension Educators Jody Green (second from left) and Sasha Browning (far right) made frequent appearances on Nebraska Extension’s popular gardening TV show. In 2018, the show’s YouTube channel grew by 30% in number of views and watch time, for the first time reaching over 1 million total views in a season. Jody’s focus is urban entomology and Sarah’s is horticulture. Both serve local residents and industry professionals through trainings, educational resources and free in-office diagnostic services.

2018 Extension highlights

Weather and crops — Extension Educator Tyler Williams helps producers manage the impact weather and crops. Attendees estimated a $16 per acre value gained by participating in the series. Tyler recently traveled to the Czech Republic to advise University researchers trying to implement no-till farming and cover crops as a way to reduce risk to ongoing drought.

More impacts on next page

MyP site disaster preparedness program for teens — Lancaster County piloted Nebraska Extension’s My You Preparedness Initiative (MyP) in 2018. Nine teens participated in 40 hours of training, and learned how to respond to disasters, use emergency response equipment and render first aid. The teens then helped 63 families create communication plans and disaster preparedness kits. Participants improved their knowledge on disaster preparedness and emergency response from 43% on the pre-test to 93% on the post-test.

Early childhood trainings for child-care providers — Last year, Extension Educator Jaci Faged taught or coordinated 95 workshops for local child-care providers. Total attendance was 1,512, generating 280 in-service hours approved by the Nebraska Department of Health & Human Services. Quality child care is vital in Nebraska since 74% of 156,575 Nebraska youth ages 0–5 live in households where all available parents are currently working. Pictured is Jaci delivering Nebraska Extension’s newly developed program, Cultivating Healthy Intentional Mindful Educators (CHIME).

Youth nutrition grants — In 2018, Extension Educator Kayla Colgrove co-managed two statewide programs funded by National 4-H Council grants: 4-H Food Smart Families and 4-H Healthy Habits. In Lancaster County, 6 staff members and 7 teen ambassadors delivered 17 programs to 448 K-12th grade students for at least 6 hours of education. In a statewide Healthy Habits survey, 83% of 1,823 youth participants and 91% of 48 teen ambassadors reported they had learned about healthy food choices. Pictured is Extension Educator Kayla Colgrove leading 4th graders at Roper Elementary in preparing a healthy snack.

Food, Nutrition & Health

Nutrition Education Kit program — Nebraska Extension has developed kits for use in K-5 classrooms to help teachers instruct students about health, nutrition and physical activity. The kits include lessons and supplies for hands-on activities. Extension staff also present hands-on lessons in the classrooms. In the 2017-18 school year, the program reached 15,992 students at 39 Lincoln Public Schools and 1 parish school. Evaluations showed significant improvements of students’ nutrition knowledge in all grades. Pictured is Extension Educator Alyssa Havlovic leading 2nd graders at Roper Elementary in preparing a healthy snack.

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"Dr. Jody Green from the Lancaster County Extension office has been a great help to our maintenance department. We often talk in different insects and spiders for identification which then helps us determine possible treatment options. Dr. Green spoke to a group of our tenants about bed bug prevention. She also gave a presentation at a maintenance conference that the Lincoln Housing Authority hosted."

Shawn Servi, Assistant Maintenance Superintendent

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— Jen Buryen, Pre-K Teacher, Westminster Preschool

I did MyPI to help myself and my family be better prepared for emergencies. One requirement for graduation was to help our families and six additional families train and prepare for emergencies, letting us apply our new skills to help our community. I feel safer knowing that in an emergency, my neighbors and I know how to react and help others.

Rakka Villa, MyPI graduate

"My wife and I use Extension programs like the Successful Farmer Series and the Ag Land Management Workshop to better understand — and keep up-to-date on — what is going on.

We also call the Extension office for help on insect and weed problems for crops and pastures, as well as trees."

— Burdette Rening, former Assistant Maintenance Superintendent

"I learned many healthy and delicious recipes from the nutrition classes. Now the meals in my family are low-sodium and low-fat. — and the sugar consumption is also cut down. I share what I learned with my friends. Dana [Extension Associate] is professional and friendly, and she always made our classes fun."

— Xiaqing Bai, Nutrition Education Extension Associate & Unit Leader

Teaching, growing and making a difference

Investing in our youth is an investment in our future! In 2018, growth continued in the Lancaster County 4-H program, with a 7% increase in numbers of youth reached. Tufts University research shows youth development programs, such as 4-H, reduce the likelihood of youth engaging in risk/problem behaviors such as underage drinking, bullying, and vandalism. One study confirmed 4-H youth are leaders, achieve higher marks in school and contribute to self and society — all helping to strengthen the communities where they live.

This past summer, Lancaster County young adults were given opportunities to assist with implementing 4-H programming. Six teens were hired to reach undererved youth through the “Teens as Teachers” (new in 2018) and “Food Smart Families” programs. They gained teaching and leadership skills. New partnerships continue to leverage Extension’s reach to the community. This past year:

• Four partnerships were formed with Lancaster County cultural and literacy centers. As a result, 323 New Americans received critical knowledge of nutrition and healthy living in America.

• Another new partnership resulted in funding which will allow the Raising Healthy Nebraska 4-H nutrition program to serve three additional grade levels. Extension continues to provide research, innovative and trusted information to make a difference in our community.

UNL Extension Educator & Unit Leader

36,520 youth engaged in 4-H programs

Participating in the 4-H positive youth development program provides youth an opportunity to grow their “Youth Voice.” When youth have a voice in community affairs, research has shown there is a decrease in traditional problem behaviors which helps the community and youth (for example, the likelihood of using drugs and alcohol, dropping out of school and criminal behavior lessen). In addition, youth who are involved in the community tend to have higher academic performance. (Crooks, C. L., Osburn, D. & Thomas, D. Hughes 2010)

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UNL Extension Educator & Unit Leader

4-H at Lancaster County Super Fair — At the 2018 Super Fair, over 750 4-H/FFA exhibitors showcased over 5,400 exhibits (including static exhibits, animals, contest entries and Clover Kids exhibits). The Super Fair provides 4-H youth an opportunity to showcase the projects they’ve worked on throughout the year. Pictured are 4-H/FFA youth showing their 4-H projects.

After-school programs — Last year, 54 after-school and summer-site programs included 4-H projects and activities throughout the year. Pictured are 4-H/FFA youth showing their projects.

In 2018, Extension’s estimated 2,300 volunteers gave 29,234 total hours of service worth $684,076 to our community! Nebraska Extension in Lancaster County benefits from these volunteers who help extend the reach of programs such as 4-H, Master Gardeners and MyPI Disaster Preparedness Training. Pictured are adult and youth volunteers assisting with 4-H static exhibits at the Lancaster County Super Fair. In addition, many 4-H clubs and individual members give back to their community through service projects. Lancaster County 4-Hers reported nearly 2,500 hours of community service.

*Based on Independent Sector’s estimate of Nebraska’s value of a volunteer hour (2017) is $21.02

4-H Youth Development

4-H clubs — With 53 clubs ranging from 5 to 105 youth members, clubs are an important part of the Lancaster County 4-H program. 4-H clubs are led by adult volunteers, often hold regular meetings, elect youth officers, recite the 4-H pledge, learn together and do community-service projects. Many club members participate in contests and fair events. Pictured is an Amazing Treasures club meeting.

4-H Clover College — Now in its 22nd year, Clover College is 4 days of hands-on workshops. This year, 170 youth attended 59 workshops with a total 960 class registrations. Nearly 70 volunteer instructors were involved. Pictured is the Tunnel Adventure workshop, where youth learned about healthy soil and its components.

4-H school enrichment programs — Lancaster County 4-H preschool programs and camps include: Geography (2nd grade), Embryology (3rd grade), Ag Literacy Festival (4th grade), Earth Wellness Festival (5th grade), Nutrition Education Programs — 5th grades in qualifying Lincoln Public Schools, Insect and Growing Healthy Kids (K-5th grades in the rest of LPS schools). These curricula meet Nebraska Curriculum Standards. In Embryology, youth watch chicks hatch in classrooms. Last year, 4,000 students in 40 Lincoln Public Schools and 16 other Lancaster County schools participated in Embryology. Pictured is Extension Associate Cole Meador conditioning eggs as Huntington 3rd graders can see the silhouette of the chick embryos.

4-H at Lincoln County Super Fair — At the 2018 Super Fair, over 750 4-H/FFA exhibitors showcased over 5,400 exhibits (including static exhibits, animals, contest entries and Clover Kids exhibits). The Super Fair provides 4-H youth an opportunity to showcase the projects they’ve worked on throughout the year. Pictured are 4-H/FFA youth showing their 4-H projects.

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4-H prepares youth for successful futures

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Nebraska Extension in Lancaster County
January 1, 2018 through December 31, 2018

Examples of 2018 Programs

4-H youth development
Weather and crops
MyPI disaster preparedness
Head Start learning gardens
UNL EXTENSION IN LANCASTER COUNTY
Staff & Their Primary Responsibilities

as of May 2018

- Tracy Anderson
  Extension Educator
  Lancaster County
  4-H Coordinator

- Shannon Boyer
  Clerk Typist II
  Supports The Learning Child; Food, Nutrition & Health; Growing Healthy Kids

- Sarah Browning
  Extension Educator
  Horticulture; Acreages; Urban Agriculture

- Kayla Colgrove
  Extension Educator
  Food, Nutrition & Health

- Soni Cochran
  Extension Associate
  Pest Management; Website Management

- Deanna Covault
  Clerk Typist II
  Receptionist Duties; Supports Horticulture and Urban Agriculture

- Jenny DeBuhr
  Administrative Services Officer
  Office Management

- Jaci Foged
  Extension Educator
  The Learning Child

- Mary Jane Frogge
  Extension Associate
  Horticulture; Master Gardeners; 4-H Horticulture

- Kristin Geisert
  Extension Associate
  4-H Static & New Clubs; Clover College and Leader & Club Dev.

- Jody Green
  Extension Educator
  Urban Entomologist

- Alyssa Havlovic
  Extension Educator
  Growing Healthy Kids; Food, Nutrition & Health

- Teri Hlava
  Extension Assistant
  4-H After-School and Summer Sites; 4-H Garbology School Enrichment

- Vicki Jedlicka
  Publication & Media Assistant
  Publications, Media and Marketing

- Cole Meador
  Extension Associate
  4-H Livestock, Dog & Poultry; Ag Awareness Festival; 4-H Embryology School Enrichment

- Heather Odoski
  Clerk Typist II
  Supports 4-H; Assists in Receptionist Duties

- Kate Pulec
  Extension Assistant
  4-H Horse, Rabbit, Cat and Household Pets Enrichment

- Chris Rosenthal
  Repair & Cleaning Worker
  Room Set Up; Building Maintenance; etc.

- Meghan Sittler
  Extension Educator
  Domestic Water/Wastewater

- Karen Wedding
  Clerk Typist II
  Supports Agriculture; Pest Management; earth wellness festival; Domestic Water/Wastewater; and assists Vicki with Media

- Jim Wies
  Extension Associate
  Computer, Media Equipment and Technology

- Tyler Williams
  Extension Educator
  Agriculture; Acreages; Climate

- Karen Wobig
  Extension Educator and Unit Leader/Department Head
  Administrative
Nutrition Education Program Staff

Nebraska Extension’s statewide Nutrition Education Program (NEP) is part of the federal Supplemental Nutrition Assistance Program – Education (SNAP-Ed) and federal Expanded Food and Nutrition Education Program (EFNEP).

Kyleah Bowder
Extension Assistant
SNAP-Ed — 4-H School Enrichment; Adults; and PSE

Nicole Busboom
Extension Assistant
EFNEP — Adults; Teens; and Youth

Brie Frickenstein
Extension Assistant
SNAP-Ed — Adults; Seniors; and PSE

Emily Gratopp
EFNEP Educator
Youth; Adults and; State and County Program Leadership

Dana Hardy
Extension Associate
EFNEP — Adults; Teens; Youth; WIC Sites

Meredith Hein
Extension Assistant
SNAP-Ed — Adults; Seniors; and PSE

Kristen Houska
SNAP-Ed Educator
Youth; Adults and; County Program Leadership

Konnie Robertson
Office Assistant
Administrative Support for all NEP Staff

Brock Shuler
Extension Assistant
SNAP-Ed — 4-H School Enrichment; and Adults

Mindy Vyhnaelek
Extension Associate
SNAP-Ed — Adults and Youth
## 2018 Nebraska Extension in Lancaster County Staff

<table>
<thead>
<tr>
<th>Staff</th>
<th>Responsibilities</th>
<th>Period of Service</th>
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<tbody>
<tr>
<td><strong>Extension Educators:</strong></td>
<td></td>
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</tr>
<tr>
<td>Tracy Anderson</td>
<td>Extension Educator – 4-H – 100% FTE</td>
<td>August 1997 – Present</td>
</tr>
<tr>
<td>Sarah Browning</td>
<td>Extension Educator – Horticulture – 100% FTE</td>
<td>November 2010 – Present</td>
</tr>
<tr>
<td>Kayla Colgrove</td>
<td>Extension Educator – Food, Nutrition &amp; Health – 100% FTE</td>
<td>April 2018 - Present</td>
</tr>
<tr>
<td>Jaci Foged</td>
<td>Extension Educator – Learning Child – 100% FTE</td>
<td>March 2016 – Present</td>
</tr>
<tr>
<td>Jody Green</td>
<td>Extension Educator – Urban Entomology – 100% FTE</td>
<td>March 2016 – Present</td>
</tr>
<tr>
<td>Alyssa Havlovic</td>
<td>Extension Educator – Food, Nutrition &amp; Health Growing Healthy Kids – 100% FTE</td>
<td>August 2016 – Present</td>
</tr>
<tr>
<td>Alice Henneman</td>
<td>Extension Educator – Food, Nutrition &amp; Food Safety - 100% FTE</td>
<td>July 1980 – March 2018</td>
</tr>
<tr>
<td>Meghan Sittler</td>
<td>Extension Educator – Domestic Water/Wastewater Management – 100% FTE</td>
<td>October 2016 – September 2018</td>
</tr>
<tr>
<td>Tyler Williams</td>
<td>Extension Educator – Cropping &amp; Water Systems – 100% FTE</td>
<td>January 2015 – Present</td>
</tr>
<tr>
<td>Karen Wobig</td>
<td>Extension Educator – Unit Leader – 100% FTE</td>
<td>September 1999 - Present</td>
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</tbody>
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<p>| Extension Assistants/Associates/Coordinators: | | |
| Soni Cochran | Extension Associate, Pest &amp; Website Management – 100% FTE | September 1993 – Present |
| Mary Jane Frogge | Extension Associate, Horticulture – 100% FTE | February 1990 – Present |
| Kristin Geisert | Extension Associate, 4-H – 100% FTE | August 2016 – Present |
| Teri Hlava | Extension Assistant, 4-H – 80% FTE | October 2005 – July 2018 |
| Vicki Jedlicka | Publication &amp; Resource Assistant – 100% FTE | August 2001 – Present |
| Cole Meador | Extension Associate, 4-H – 100% FTE | June 2011 – December 2018 |
| Kate Pulec | Extension Assistant, 4-H – 100% FTE | January 2017 – Present |
| Jim Wies | Extension Assistant, Computers &amp; Communications – 100 % FTE | February 1997 – Present |</p>
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<tr>
<th><strong>Staff</strong></th>
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<tr>
<td><strong>Support Staff:</strong></td>
<td></td>
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</tr>
<tr>
<td>Shannon Boyer</td>
<td>Clerk Typist II, Food/Learning Child,</td>
<td>March 2018 - Present</td>
</tr>
<tr>
<td></td>
<td>General Office – 100% FTE</td>
<td></td>
</tr>
<tr>
<td>Deanna Covault</td>
<td>Clerk Typist II/Receptionist,</td>
<td>January 1999 – Present</td>
</tr>
<tr>
<td></td>
<td>Horticulture/Urban Agriculture – 100% FTE</td>
<td></td>
</tr>
<tr>
<td>Jenny DeBuhr</td>
<td>Office Administration – 100% FTE</td>
<td>November 2012 – Present</td>
</tr>
<tr>
<td>Karen Evasco</td>
<td>Clerk Typist II, 4-H – 100% FTE</td>
<td>May 2000 – January 2018</td>
</tr>
<tr>
<td>Heather Odoski</td>
<td>Clerk Typist II, 4-H – 100% FTE</td>
<td>March 2018 - Present</td>
</tr>
<tr>
<td>Christopher Rosenthal</td>
<td>Repair &amp; Cleaning – 100% FTE</td>
<td>June 2008 – Present</td>
</tr>
<tr>
<td>Karen Wedding</td>
<td>Clerk Typist II, Agriculture/Pest Management/Water – 100% FTE</td>
<td>November 1997 – Present</td>
</tr>
<tr>
<td><strong>4-H Interns:</strong></td>
<td></td>
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</tr>
<tr>
<td>Abby Babcock</td>
<td>4-H Support – Static Exhibits</td>
<td>May 2018 – August 2018</td>
</tr>
<tr>
<td>Jayde Hessler</td>
<td>4-H Support – Horse, Rabbits, Cats Household Pets</td>
<td>May 2018 – August 2018</td>
</tr>
<tr>
<td>Sheridan Swotek</td>
<td>4-H Support – Livestock</td>
<td>May 2018 – August 2018</td>
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**Nutrition Education Program (NEP)**

*Includes the Expanded Food & Nutrition Education Program (EFNEP) and the Supplemental Nutrition Assistance Program Education (SNAP-Ed)*

<table>
<thead>
<tr>
<th>Staff</th>
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<tbody>
<tr>
<td>Emily Gratopp</td>
<td>Extension Educator – 100% FTE</td>
<td>May 2014 – Present</td>
</tr>
<tr>
<td></td>
<td>EFNEP Supervisor</td>
<td></td>
</tr>
<tr>
<td>Kristen Houska</td>
<td>Extension Associate – 100% FTE</td>
<td>August 2010 – September 2016</td>
</tr>
<tr>
<td></td>
<td>SNAP-Ed Supervisor</td>
<td>October 2017 - Present</td>
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**Extension Assistants/Associates:**

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<thead>
<tr>
<th>Name</th>
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<th>Period of Service</th>
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<tbody>
<tr>
<td>Tala Alfarouki</td>
<td>Extension Assistant – 100% FTE</td>
<td>September 2018 - Present</td>
</tr>
<tr>
<td>Kyleah Bowder</td>
<td>Extension Assistant – 100% FTE</td>
<td>January 2017 – Present</td>
</tr>
<tr>
<td>Nicole Busboom</td>
<td>Extension Assistant – 100% FTE</td>
<td>October 2016 – August 2018</td>
</tr>
<tr>
<td>Courtney Eitzmann</td>
<td>Extension Assistant - 60% FTE 100% FTE</td>
<td>May 2018 – October 2018 October 2018 - Present</td>
</tr>
<tr>
<td>Brie Frickenstein</td>
<td>Extension Assistant – 100% FTE</td>
<td>October 2016 – Present</td>
</tr>
<tr>
<td>Meredith Hein</td>
<td>Extension Assistant – 100% FTE</td>
<td>September 2015 – Present</td>
</tr>
<tr>
<td>Brock Shuler</td>
<td>Extension Assistant – 100% FTE</td>
<td>January 2017 – October 2018</td>
</tr>
<tr>
<td>Sam Perea</td>
<td>Extension Assistant – 100% FTE</td>
<td>February 2017 – May 2018</td>
</tr>
<tr>
<td>Dana Hardy</td>
<td>Extension Associate – 100% FTE</td>
<td>October 2008 – Present</td>
</tr>
<tr>
<td>Mindy Vyhnalek</td>
<td>Extension Assistant – 40% FTE</td>
<td>September 2017 – Present</td>
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</tbody>
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**Support Staff:**

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<thead>
<tr>
<th>Name</th>
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</thead>
<tbody>
<tr>
<td>Konnie Robertson</td>
<td>Office Assistant – 50% FTE</td>
<td>December 2011 – Present</td>
</tr>
</tbody>
</table>
Tracy Anderson (4-H) – Served as committee chair for 4-H'er Addison Wanser's Diamond Clover Award. 4-H Extension Associate, Cole Meador, and Extension Board member, Paula Peterson, also served on the committee. Addison's final report was approved by the committee and the State 4-H Office and she will receive the top Nebraska Diamond Clover Award during the February 20, 4-H Achievement Celebration. Along with 4-H volunteer, Karol Swotek, guided 34 Teen Council 4-H youth in their preparation for the January 19, 4th and 5th grade lock-in. The teens taught 58, 4th and 5th graders in this leadership event. Attended the two day state-wide 4-H January inservice held in Lincoln and focusing on "Coping In a Changing World." On January 30, the 4-H team (Tracy Anderson, Kristin Geisert, Cole Meador, Kate Pulec and Teri Hlava) partnered with NEP Extension Assistant, Nicole Busboom, in teaching hands-on food and nutrition activities to over 500 West Lincoln Elementary students.

Sarah Browning (Horticulture & Urban Agriculture) – One of my major tasks in January is to complete my annual report of faculty accomplishments (ARFA). This year I tried something new and would appreciate any feedback the Extension Board would like to provide – I put a dollar figure on impact from all 2017 Lancaster County horticulture programming, which totaled $3,048,598.00. Here is how I reached that figure.

- 868,036 annual print readership of Journal Star horticulture news column, does not include online readers. (83,674 weekly Journal Star Sunday circulation, 57% print only readers, 35% print only readers review the home & garden section according Nielson Scarborough 2010, 2014. Equals 16,693 readers of home & garden information each week multiplied by 52 weeks per year. Source http://intersectmediasolutions.com/sites/default/files/docs/WhoReadsNewspapers.pdf). $16,930.00 economic impact of research-based horticulture news column if each print reader saved $10.00 once per year.

- 249,344 Lancaster County website readers of horticulture information. $2,493,400 economic impact if each reader saved $10.00 per year.

- 210,000 Backyard Farmer viewers increased their knowledge of sustainable landscape management. (For the last 10 years, BYF has averaged 21,000 viewers per night. Multiplied by the 10 times I served on the panel.) $210,000.00 economic impact of my Backyard Farmer participation if each viewer saved $10.00 per year.

- 11,000 monthly readership of NebLine news columns. $110,000.00 economic impact if each reader saved $10.00 once per year.

- 70% usage increase Community Environment website

- $68,274.00 economic value of Extension Master Gardeners 2,282 volunteer hours.

Jaci Foged (Learning Child) – January is always busy with summarizing last years work and writing my annual report. In addition to writing up the report, I did attend a 2 day coaching workshop as a requirement to be able to pilot Dr. Dipti Dev’s EAT-FSD nutrition programing for early childhood providers. I met with both of my SU2Q and taught a CPR class to 9 participants. You may remember that CHIME was piloted last summer/fall – but we are kicking off the year with offering the program in Lincoln. I held an introduction to CHIME program for 9 providers, 7 of which have signed up to attend bi-weekly for an additional 12 weeks. Our office was busy taking this curriculum and putting it into a printable, easy to follow format. Karen Wedding and Vicki Jedlicka spent countless
hours compiling our work into 3 books (guiding teacher handbook, participant handbook and participant journal). I hope you all can see one of these! In Extension, we are tasked with behavior change. Research says you need to contact a participant 7 times to impact their behavior. This program provides us with 8 contacts – it is 12.5 hours in all, and participants have additional homework.

Jody Green (Urban Entomology) – January was heavy on bed bug inquiries (35%), delusory parasitosis (18%) and stored product pests (12%). I attended two conferences: Nebraska Turf Conference and Great Plains Conference (for arborists, landscape and nursery professionals). Though outside of my field, it provided me the opportunity to network with a more diverse group of individuals and a number of presentations added to my entomology subject matter expertise (i.e. horticulture, ecology, sustainability, climate change). Collaborating with Dr. Anandappa from the Alliance for Advanced Food Sanitation (UNL Innovation Campus) to present an entomology content relevant to food processing facilities for her online class. There is nobody on campus that can help her and I hope to create a partnership with her team.

Emily Gratopp (EFNEP) – January marked the beginning of establishing monthly one-on-one meetings with the three staff I supervise that deliver the EFNEP program in Lancaster County. These have been fruitful thus far in increasing communication and feedback. January also marked an increase in planning for a new program connecting Master Gardeners with Childcare Centers and Nutrition Educators to implement gardens at Childcare Centers in order to increase healthy behaviors of children and their parents. January adult education programs featured a new class at the Health360 Campus, partnering with Lutheran Family Services. I also was elected into two new leadership roles: I am now an evaluation co-leader for the Issue Team focused on Healthy Lifestyles and a sub-committee leader for the Issue Team focused on Reaching Underserved Youth. Lastly, January 16 was the start date for a brand new EFNEP position in Platte County. Andrea Lemmer has accepted and started training as a Nutrition Education Program Assistant in Columbus. EFNEP is now in six counties across Nebraska.

Alyssa Havlovic (Growing Healthy Kids) – January marked the beginning of my busiest quarter with programming in the schools. Most K-2 classrooms are scheduled to teach their nutrition unit during 3rd quarter. This month, I have taught hand washing lessons in 13 kindergarten classrooms, 27 1st grade classrooms, and 32 2nd grade classrooms. I also taught healthy snack lessons to 8 1st grade classrooms and 7 2nd grade classrooms and lead a physical activity lesson in 3 1st grade classrooms. Earlier in the month, I submitted an application for a Community Health Endowment grant to fund an Extension Assistant to help with programming with the expansion of the Growing Healthy Kids program now reaching 3rd-5th grade.

Alice Henneman (Food Safety & Nutrition) – January was the month, our year-end report of our activities were due. As I am retiring at the end of March, you may like to read this yearly summary included at the beginning of the report. As I approach March retirement, my goal was to “Wrap it up and tie it with a bow.” I wanted to retire at the “top of my game” and leave behind programs in a good place. Here are 2017 highlights. I hope you feel I’ve achieved this.

**Increasing Consumer Confidence in Food Issue Team:**
- Team Leader. Helped coordinate/support team activities with resulting Impact Report statement of; “Over 42,000 Nebraska youth and adults statewide made changes and/or reinforced knowledge of food safety practices from when food is produced until food reaches consumers’ plates. Their actions will influence both the food safety of food consumed by them and others.”

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• Preventing Food Waste. Online PowerPoint slideshow viewed 2,500+ times; 78 people completed both immediate and 3-month follow-up survey; 100% made changes or had something already being done reinforced (Repurposed presentation for online viewing that I did at Bryan last year)
• What’s on a Food Label?; Online PowerPoint slideshow viewed 3,399 times; the quiz webpage, 1,433 times; 54 people completed online feedback form; 93% learned something new or reinforced something already known*

Website:
Helped grow food.unl.edu to 3rd most visited UNL website: 2.8 million+ pageviews (2017).* Web feedback forms indicate helpfulness; 2 newsletter examples:
• Food Reflections GMO article: 99% (n=80) felt information was helpful. Comment: “Thank you for clarifying a controversial topic. Now we can make more intelligent decisions.” (Also published in the Nebline)
• Cook It Quick tips: 84% (n=458) responded they’d try tips. Comment:“Best article by far from my advanced Google search. (Also published in the Nebline)

Recognition:
• Outstanding Extension Educator of the Year, Central Region, National Extension Association of Family & Consumer Sciences (NEAFCS)
• 1st place national Social Networking Award, NEAFCS*
• 3 Accepted and/or Published peer-reviewed journal articles*
• 4 peer-reviewed poster sessions at national meetings*
• Peer-reviewed panel presentation, national Academy of Nutrition & Dietetics conference*
• Peer-reviewed workshop, NEAFCS national meeting*
• 8 invited state/regional presentations*

It’s not just the position, but people who made Extension a wonderful career. They exemplify the saying: “If you want to go quickly, go alone. If you want to go far, go together.”

*Indicates worked as part of a team

Kristen Houska (SNAP-Ed) –
For the month of January the SNAP-Ed staff hosted a poverty simulation event at the Nebraska History Museum for 50 people comprised of community members and agencies, UNL Faculty and Staff, and students. After the event 4 other contacts wanted to utilize the activity and information gained for other groups. This new year, I am serving as the Leader Elect to co-lead the Healthy Lifestyles for Children and Youth Issue Team. Members of the SNAP-Ed and EFNEP staff have started a new partnership with Health 360 through Blue Stem Health teaching nutrition classes to their clients. Our School Enrichment Kit Program has been very busy reaching 38 classrooms in LPS. We have a new after school site with grades K-2 at Riley Elementary teaching 15 students once per week for 8 weeks.

Meghan Sittler (Water/Wastewater Management) – In January I continued working with NOWWA and NWDA on the upcoming joint convention to be held in Kearney in mid-February. I also completed an interview for the Extension Radio Network based upon my article that appeared in the February Nebline and also on the Extension water website. Planning for the training series for wastewater professionals began and I continued working with NDEQ and Extension leadership on the agreement with NDEQ for the wastewater program. I also spent a number of days working as a member of the newly formed statewide/campus based educator promotion committee.
Tyler Williams (Agricultural Cropping Systems & Climate Resiliency) – Successful Farmer Series began this month with over 30 full-series registrants and many other single session attendees. We met four times in January covering multiple topics. I released Android version of the AgriTools app and we are building a pest monitor tool. I presented at Crop Management Clinics. Questions of the month: dicamba, manure applications, and rental rates.
Tracy Anderson (4-H) - I was selected to the 2018 National Extension Leadership Development Program (NELD). This professional development opportunity is designed to increase and deepen leadership capacity. The mission of NELD is to build leadership in Extension and provide Extension professionals with the vision, courage and tools to lead in a changing world. In February, I was in Chicago and attended the first of four week long NELD experiences. Provided leadership for the 4-H Achievement Celebration event on February 20. Over 245 4-H’ers, family and friends attended this event and 4-H’ers and volunteers were recognized. 4-H Extension Associate Cole Meador and Extension Assistants Kate Pulec and Teri Hlava presented the second of three embryology sessions and reached over 1,200 Lancaster County 3rd grade youth. 4-H Extension Associate Kristin Geisert held two workshops (crochet and pillowcase) reaching over 40 youth who learned practical and life skills. Served on the Lancaster County Clerk Typist II search committee resulting in the hiring of two new support staff.

Sarah Browning (Horticulture & Urban Agriculture) – Soliciting new volunteers to join the Lancaster County Extension Master Gardener (EMG) program is a major late winter activity. Since the implementation of accountability regions, Mary Jane Frogge and I have marketed the program to potential volunteers from Otoe, Cass, Seward, York and Lancaster Counties. I provide Unit Leaders in each office with marketing news articles and a brochure to help them spread the word. We collect applications through online survey tool Qualtrics, then interview each new potential volunteer to make sure they are a good fit for the program. Mary Jane Frogge is the frontline contact for all EMGs; I set program policies, help Mary Jane train and manage volunteers, and troubleshoot when needed. This year we are introducing a new volunteer activity in collaboration with Emily Gratopp, specifically Child Care Center Learning Gardens. We hope to generate enough interest so that six EMGs volunteer to teach gardening topics at two pilot locations in 2018. The impact of the 2017 Lancaster County EMG program was $55,088.00 (based on $24.14 per hour, according to Independent Sector 2016 volunteer valuation). EMGs completed 2,282 volunteer hours, reaching 6,141 youth and adult contacts. We had a 23% increase with 64 active EMGs in 2017, up from 52 in 2016.

Soni Cochran (Wildlife and Website Management) –

Wildlife/ Pest Management: Presented “If You Build It, They Will Come” to 120 master gardeners and professional horticulturalists in Douglas/Sarpy county area. The three-hour training focused on wildlife identification and damage prevention using integrated pest management strategies. | KFOR Problems and Solutions Guest with host Cathy Blythe focusing on pest-related topics of interest | Bats, mice and voles continue to be the most regular pests of concerns to local clientele based on calls into the office. | Attended three wildlife sessions at the Urban Pest Management Conference in Lincoln.

Web site/Social Media: The Web site continues to be updated regularly, as do our social media resources – a listing is available at http://lancaster.unl.edu/media | Statistics were submitted for the Nebraska Extension in Lancaster County Annual Report.

Youth Programs: MyPI (My Preparedness Initiative) training calendar, Web site and presenter assignments were finalized in February. This disaster preparedness program for youth ages 13-18. Teens learn how to participate in a disaster response, use emergency response equipment, render first aid, and explore careers from certified CERT/Emergency Response instructors. Teens share this information with family and friends in the PREP+6 project. Youth will also be certified in CPR/AED and Teen CERT through the US Department of Homeland Security/Federal Emergency Management Agency. The deadline for applications for youth ages 13-18 is March 31. Training dates are April 14, April 28, May 12 and May 20. Web site: https://lancaster.unl.edu/4h/MyPi | earth wellness festival: This month presenters, volunteers, school registrations and other logistics were finalized for the 24th annual festival at Southeast Community College in Lincoln, March 20 and 21. Since its inception, over 66,000 5th grade youth have participated in this event. Members of the earth wellness festival steering committee
Jaci Foged (Learning Child) – February began the start of a 7 session, 14 week CHIME - Cultivating Healthy Intentional Mindful Educators group. 7 participants are enrolled in this program. We meet bi-weekly for 1.5 hours – learning about a new concept each session. In February, we had 2 meetings. Mindfulness in Breathing and Mindfulness in Listening. After the in-person session participants are asked to complete a daily guided meditation journal about their experience. They are also asked to implement a lesson with their classroom program based on the topic and then reflect about the lesson. At the second session, participants asked me for a reminder text message sent out at some time between sessions as a reminder to practice. After I sent texts, I immediately received back a few responses. One person responded with, “This just made my day 😊”. We also found out that our team (Dr. Holly Hatton-Bowers, Carrie Gottschalk, LaDonna Werth and I) was selected to present our work from the CHIME pilot at the World Association for Infant Mental Health (WAIMH) world congress. This will be held in Rome, Italy this May. We have a couple of other states interested in this work as well, North Dakota and Kansas. In Nebraska, we will be meeting with the Vice President for Early Childhood Programs Sixpence Administrator to discuss implementation of CHIME statewide in the Sixpence programs. We will also be meeting with the Director of the Nebraska Early Learning Initiatives from the Buffett Early Childhood Fund to discuss CHIME, the research from the pilot done in 2017 and where we hope to go from here.

Jody Green (Urban Entomology) – February was very heavy with presentations, interviews, podcasts, and creating resources for clients. I'd like to mention my most impactful program to date. I was able to educate the Board of Directors and concerned owners of an “over 55 years, senior condominium community” to help provide science-based information about bed bugs to focus efforts on a building-wide, monitoring and inspection policy rather than buy-in to a quarterly insecticide treatment offered by a local pest control company. My second visit to the same establishment was an evening program to about 50 residents, which included a 45-minute PowerPoint presentation and 75-minute Q&A Session. I received 90% evaluation response rate, with 100% reporting that it was helpful and 80% reporting they learned the importance of monitoring/inspecting. Not only is it costly ($58/treatment) to treat with an insecticide spray four times a year, but it is ineffective at preventing bed bugs in multi-unit housing. Senior communities are considered sensitive environments and a population that should not be exposed to unnecessary pesticide residues. Some of the comments I received from residents included; “I wish we had you come talk before we had the pesticide guy come; he just scared us”, “YOU ARE A GREAT RESOURSE!” and “You present your topic in an interesting and thorough way”. The Board has since assembled a team of residents who are called the "Bed Bug Advisory Group" and created an effective action plan moving forward. Besides this experience, I performed numerous roles leading up to and during the two-day 2018 Nebraska Urban Pest Management Conference (UPMC). Jonathan and I were tasked with the responsibility of creating the program topics and scheduling 26 speakers from across the U.S. in total the UPMC had 130 attendees and was very successful according to completed evaluations.

Emily Gratopp (EFNEP) – In February, the EFNEP program in Lancaster County welcomed two students from Oman who are completing their studies in Dietetics at UNL. Lancaster County EFNEP is a preceptor of Dietetic students to complete their internship experiences as a part of gaining their degree in Dietetics. The students from Oman are in a personalized Dietetic internship rotation and will be working in our office for a total of 5 weeks (normally intern with us for only 3 weeks). These interns will be able to take their learned experiences back to Oman to implement best practices and approaches that they have learned here. Additionally, they are assisting us with cultural awareness projects during their 5 weeks with us. In February I also had the opportunity to go to the National 4-H Healthy Living Summit with one 4-H Youth Council member from Lancaster County and a Nutrition Education SNAP-Ed state-level coordinator. The Summit was also a
second-installment of information from the Robert Wood Johnson Foundation’s Culture of Health, of which the first installment I attended in December of 2017. Lancaster County Extension is on-track to being highly involved in the Culture of Health movement, which targets communities based on health status to form health coalitions and create healthy community change from the community members themselves, including youth community members.

**Alyssa Havlovic (Growing Healthy Kids)** – February has been another busy programming month for Growing Healthy Kids. I taught hand washing in 12 kindergarten classrooms, 4 first grade, and 3 second grade; healthy snacking in 22 kindergarten classrooms, 18 first grade, and 10 second grade classrooms, and 7 classes of physical activity for second graders. I visited a total of 76 classrooms, reaching an estimated 1,596 students. Teachers have been especially vocal this month in support of our program. One kindergarten teacher told me, “I have no idea what we would do without your nutrition curriculum and resources.” A new first grade teacher told me her students were much more engaged in the nutrition lessons than any other unit they have taught all year. I have also heard more feedback from 4th and 5th grade teachers, who have been very pleased with how well their students are engaged in the activities and lessons from the nutrition kits. This is the first year 4th and 5th grade in the non-title I schools have had the kits, so it is great to hear the program has been well-received. This month I also attended a meeting with the Metro District Food, Nutrition & Health Extension Educators to discuss our programming efforts, future plans for collaboration and future directions we would like to take with our programs. I also attended a School Wellness Training, which was a collaboration between Action for Healthy Kids and Nebraska Extension. At this training, we learned about how to help schools secure mini-grants for their school wellness efforts and how to help schools design and implement their school wellness policies. I was invited to submit a Stage II application for the Community Healthy Endowment (CHE) Spring grant cycle. This grant would fund an Extension Assistant to help with Growing Healthy Kids programming, as well as fund supplies and transportation expenses. Adding an additional staff member to serve all 19 schools and 6 grade levels (K-5) would really increase our presence in the classroom and therefore, improve the effectiveness of the program. I attended a workshop at the end of the month to learn about the application process. The Stage II grant is due at the end of March, and we should have an answer by late May.

**Alice Henneman (Food Safety & Nutrition) – Highlights**
- Completing my “last” of many things before I retire at the end of March. For example, I finished my last Cook It Quick Email newsletter that helps people eat healthier through learning how to choose and cook healthier foods. Sample comment received upon “retirement” edition:
  - “Just a note to say I have enjoyed and benefited your newsletters. I appreciate you efforts in this noteworthy newsletter.” – Mary Ann
- I was interviewed by IANR Media for a story on my experience in Extension. A question they asked was how I felt Extension changed over the years. Here is how my answer was written up:
  - “When extension was first established in 1914, its audience used to be primarily a rural population," she said. "Today, although fewer people live in rural areas, extension still plays an important with that population, as well as those in urban or suburban areas." A changing audience and advances in technology have meant an expansion of the ways in which Henneman and her extension colleagues reach the public. "Our goal has always been to help people," Henneman said.
"That goal hasn't changed, but what has changed are the delivery methods we use to spread the knowledge base in addition to traditional face-to-face meetings." Henneman is an industry leader in using new platforms to communicate with broader audiences. In 1996, she started one of the first email newsletters by an extension educator in the country, called Food Reflections. She also helped create, contribute to and recruit a team to build Nebraska Extension's food website in 2010, which is one of the university's top-visited sites. In addition to newsletters and the web, Henneman has used blogs, videos, downloadable education materials and social media to share food-related information. She has amassed an impressive following of fans who regularly seek her guidance and helpful tips for eating healthier. Henneman is frequently recognized across the country by people who follow the work of the extension food team.

Kristen Houska (SNAP-Ed) – Our entire Nutrition Education Program staff attended a Strengths Finder training facilitated by Becky Carter with IANR HR. This training will help us facilitate how we interact as a team and with others such as our partners in the community. I attended the Minority Health Disparities Initiative one day conference focusing on eliminating health disparities in Nebraska. I also attended the Action for Healthy Kids School Wellness Training which focused on promoting school wellness policy and Extension’s role with Every Kid Healthy week. The Bay is a community partner with whom our SNAP-Ed Assistant staff, Kyleah Bowder and Meredith Hein, participate in their food distribution by handing out our nutrition education materials and providing a sample that corresponds to the food being distributed. Through this established partnership I was able to meet with the Bay to discuss their need for healthier vending options and potential ways to increase their client’s (student’s) access to fruit, vegetables and whole grains. Another SNAP-Ed Assistant, Brie Frickenstein, has become part of a partnership with the health department to survey readiness of SNAP benefits being accepted at all the farmers markets in Lincoln. February was the first month the newly revised 3rd grade school enrichment kits were utilized in the Title 1LPS classrooms. SNAP-Ed Assistant Brock Schuler visited 27 classroom with the kits last month and received feedback such as, “Thanks so much for the fun hand-washing demonstration. The kids are still talking about it!”

Meghan Sittler (Water/Wastewater Management) –

Tyler Williams (Agricultural Cropping Systems & Climate Resiliency) – Met with the NRD, Drought Center, State Climate Office to create weather plan for our region; Held final two Farmer Series workshops – early survey shows average of $14 estimated value gained by attendees (avg. 30 per session); Held pesticide and Dicamba training for 65 individuals; Presented at the NICCA conference, 3 Nebraska Conservation Education meetings, Scenario Planning Workshop; hosted Metro District Advisory Committee meeting, DTN Weather Ready Farms discussion, and North Central Regional climate webinar with NOAA.
Tracy Anderson (4-H) – I organized and am chairing two Nebraska Diamond Clover Award Committees. Both Diamond Clover candidates presented their proposals, which is the first step of the program. Attended all-day statewide Extension 4-H Educator’s training on City Campus and gained knowledge about “Igniting Spark.” The Search Institute research shows that kids who thrive have two important supports: knowledge of what their sparks are and adults who support the development of those sparks. Recruited teen to participate and teach the Ag Innovators grant funded summer program and attended Saturday training in Grand Island with teen. Teen is committed to teach at least 45 youth the “Monarchs on the Move” and experiments will engage youth as scientists to learn about the unique life cycle of butterflies and increase the monarch habitat. Attended several committee meetings, met with an Extension Specialist and provided input on creating a procedure for “Movement of Media.” Several workshop and clinics were organized and taught by Kristin Geisert and Kate Pulec. Cole Meador prepared for the third embryology session beginning in April.

Sarah Browning (Horticulture & Urban Agriculture) – January through March is a very busy program season, with the majority of programs being delivered before the growing season begins. I taught 16 programs for a variety of audiences, including commercial fruit & vegetable growers, commercial pesticide applicators, Master Gardeners (Lancaster, Douglas/Sarpy and Hall counties) and home gardeners. Topics addressed included food safety, emerald ash borer control and water quality protection. Programs totaled 20 hours, with 635 participants.

Soni Cochran (Wildlife and Website Management) –
Wildlife/ Pest Management: KFOR Problems and Solutions Guest with host Cathy Blythe focusing on pest-related topics of interest. Fox, squirrels, opossums, raccoon damage in lawns, bats, and spring nuisance bird behaviors were popular pests of concern to local residents based on calls into the office. We also received requests for information on attracting birds and creating habitat beneficial to wildlife.
Web site/Social Media: The Web site continues to be updated regularly, as do our social media resources. 4-H Embryology and 4-H EGG Cam is a popular feature on the web site this month. Cole Meador manages the incubators and views on camera. Social media and web resources at http://lancaster.unl.edu/media.
Youth Programs: Several of Lancaster County Extension staff and master gardeners volunteered in support of earth wellness festival at Southeast Community College on March 20 and 21. Over 3,300 Lancaster County fifth graders from 51 schools attended the 24th event. The culminating event was the World Bird Sanctuary from St. Louis. Photos: https://www.flickr.com/photos/unlextlanco/sets/72157667122647128. March 31 was the deadline for MyPI (My Youth Preparedness Initiative). The training calendar was submitted and approved by Nebraska Extension and the MyPI Core Team from Mississippi State Extension. Training dates are April 14, April 28, May 12 and May 20. Five adult volunteers experienced in Emergency/Disaster Responses and trained CERT (Community Emergency Response Team) instructors will be teaching the course. Web site: https://lancaster.unl.edu/4h/MyPi

Jaci Foged (Learning Child) – March was the start of my Management Training Program (MTP) training for childcare directors. We meet 8 times for a total of 45 hours. In March, we completed Modules 1 and 2. Module 1 is all about the business of childcare and module 2 is all about child development. I had 16 participants at each module. I was able to participate in a couple of different professional development opportunities for myself as well. I attended the Rocky Mountain Early Childhood Conference in Denver, participated in Learn grow, eat and go a garden curriculum for afterschool providers, attended a Step up to Quality coach meeting, and a health and safety workshop at the Lancaster County Health Department. I also volunteered one morning at the Earth Wellness
Festival. March 24th was the Lincoln Early Childhood Conference, I am one of 4 people on the committee for this conference. We had 122 participants at this 6 hour event here at our office. Dan St. Romain presented.

**Jody Green (Urban Entomology)** – March was very busy as I attended the North Central Branch meeting for the Entomological Society of America presenting in two symposiums (Decoding Urban Entomology Challenges and Societal Challenges with Entomological Solutions). Together with Jonathan Larson our podcast, Arthro-Pod was featured at a Share Fair workshop as part of the meeting where we recorded on site. We are becoming known for our science communication and outreach in Extension circles and we provide ideas for other programs in land grant universities can help their communities. Since we no longer have any specialists in urban entomology at UNL, it is critical that we network with researchers from other institutions to keep current in our fields to best help Nebraskans. When I was in the county, I taught Master Gardeners about pesticide safety and biology of insects, taught and lead a lab for the Nebraska Extension Community Environment In-Service, recorded three podcasts, was interviewed by the HuffPost regarding pests in spices, and participated on various committees.

**Emily Gratopp (EFNEP)** – I attended the National EFNEP Conference in Washington, D.C. and was able to present a general session presentation regarding a Cultural Food Immersion staff training that the Nutrition Education Program team developed and implemented in September of 2017. The EFNEP team in Lancaster has started piloting a new garden curriculum at Calvert Elementary School. Additionally, EFNEP is leading a garden initiative combined with Master Gardeners and nutrition education at both Head Start locations here in Lincoln.

**Alyssa Havlovic (Growing Healthy Kids)** – March brought another busy month of programming for Growing Healthy Kids, despite LPS’s weeklong Spring Break. I taught 21 kindergarten snack lessons, 10 first grade snack lessons, 11 second grade snack lessons, 3 first grade physical activity lessons, and 15 total hand washing lessons. Altogether, I taught 60 classes and recorded approximately 1,260 teaching contacts in the month of March. The remainder of my time this month was dedicated to completing and submitting the Stage 2 application for the Community Health Endowment grant. This grant would fund an Extension Assistant position to assist with programming efforts in the newly added 3rd-5th grade classrooms, consumable supplies needed for the program, and transportation to the schools. I also finally received student evaluation data from the 2016-2017 school year. Statistically significant increases in students’ nutrition knowledge were found at each grade level (K-2), showing an incredible increase in students’ nutrition knowledge scores from pre- to post-test. Results displayed in the following table reflect the percentage of students who answered all evaluation questions correctly:

<table>
<thead>
<tr>
<th>Grade level</th>
<th>Pre-Test</th>
<th>Post-Test</th>
<th>% Difference</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kindergarten</td>
<td>37%</td>
<td>74%</td>
<td>+37%</td>
</tr>
<tr>
<td>1st Grade</td>
<td>13%</td>
<td>81%</td>
<td>+68%</td>
</tr>
<tr>
<td>2nd Grade</td>
<td>60%</td>
<td>75%</td>
<td>+15%</td>
</tr>
</tbody>
</table>

**Alice Henneman (Food Safety & Nutrition)** – During this final year as I moved toward retirement, I thought of each event, experience, etc. as the "Last___." Now, I am writing this on my “Last Day.” It has been a wonderful experience both professionally and personally working for Nebraska Extension. We get to serve our state and beyond every day. And we have some of the best coworkers and board members in the world!!! In reflecting back, I am proud to be part of an Extension office that was one of the first Extension offices in the nation to have a website presence and to have the opportunity to be one of the first people in Extension and beyond to offer nutrition-related email newsletters. As I sent out my last email newsletters, here are some of the comments I received:
Kristen Houska (SNAP-Ed) – The SNAP-Ed NEP staff held a strategic planning session in March to determine our focus on programming efforts for the rest of the 2017-2018 and beginning of 2019 fiscal years. We concluded our teams focus will be to continue the current direct education programming with our youth (SEK) and adult groups but to focus more on Policy, System, Environmental (PSE) work going forward. This means our programs such as Choose Healthy Here, Double Up Food Bucks and School Wellness will be initiatives we turn more of our focus to instead of looking for direct education programs. A new partnership between our NE Extension SNAP-Ed staff, Community Health Endowment, the Food Bank of Lincoln, Community Action and Kinderbites is a PSE approach to the summer feeding program. We will be the educational component hoping to increase staff’s nutrition knowledge and increase total participation in the summer feeding program in Lincoln. Currently Nebraska ranks 49th out of 50th in summer feeding participation. This month Mindy Vyhnalek (NEP Associate) also finished an afterschool program at Riley Elementary, completing 8 sessions with 18 students in K-2nd grades. Kyleah Bowder (NEP Assistant) received feedback from multiple 4th grade teachers stating because of the veggie roll up snack she makes with their students comprised of a whole wheat tortilla, shredded carrots and ranch made out of plain Greek yogurt with ranch seasoning, they have started to eat ranch this way themselves and with their families. This feedback from the teachers also encourages the students to try the snack and try it with more confidence because someone they know and respect is giving positive feedback. This month I attended the Critical Issues Forum and will be sharing the information gained on how we can positively affect the lives of immigrants and refugees in our communities in our monthly statewide NEP webinar. I worked with Emily Gratopp (EFNEP Educator) and Abbey Ahmed (NEP graphic designer) to put together a Cultural Food Immersion Handbook for the purpose of showing other states how to host a similar event for their staff. I also attended the UNL Writing Winning Grant Proposals workshop to further increase my ability to assist in the grant writing process for future grant projects.

Meghan Sittler (Water/Wastewater Management) – After taking a few days off to enjoy some desert warmth in Arizona, I returned to a busy March. I am helping lead a group of both Extension personnel and professionals from the Nebraska Department of Environmental Quality and the Nebraska Water Balance Alliance for the development of a statewide nitrate campaign. The project’s focus is to engage a broad array of stakeholders from agriculture, communities, and industry to increase communication, understanding and collaboration around nitrate issues in different regions of the state. We are in early development but are developing proposals for funding from several different entities. I once again served on the steering committee for the earth wellness festival which hosts all fifth graders (over 3,000 students!) from across Lancaster County. The festival was once again a success and we will begin planning for the next festival—the 25th!—as soon as April. I also began working on a project with a specialist on campus focused on providing assistance and resources to communities across the state who are facing water quality and water infrastructure issues. We are again in the early stages of this effort but we have hired a student to assist in data collection and resource development through the summer. We anticipate having at least some of the resources completed by late summer. I also participated in an effort lead by Tyler to update UNL drought resources by focusing on the “people water” side. Finally, I was once again fortunate enough to serve as a judge of the Sand County Foundation’s Leopold Conservation Award. Every year the judging gets more difficult which speaks to the conservation efforts within the agricultural industry.
Tyler Williams (Agricultural Cropping Systems & Climate Resiliency) – I gathered a dozen colleagues to start the Drought Ready NE campaign by updating UNL drought page, social media plan, expert list, and logo with a focus on planning for drought before it hits. Held grain marketing meeting for 20 in Cass County. Held four private pesticide trainings for approx. 90 applicators. Hosted NE Ag Director Wellman for Agribusiness club. Helped plan March 5 Soil Health Conference in Syracuse for ~100 attendees. Wrote two CropWatch articles, one for BeefWatch and one for Nebraska Farmer magazine. Held Crops and Climate Scenario planning workshop in Hastings for a dozen growers/bankers/advisors. Participated in, and presented twice, at the three-day UNL Capacity Building Workshop. Worked on Weather Ready Farms project, Grazing Cover crops research project, Irrigation and weather station project, planning North Central Climate Workshop in Sioux Falls. Calls of the month: weed control options, pesticide licenses, rental rates. Sorry, this is longer than usual.
Tracy Anderson (4-H) – I attended a NELD (National Extension Leadership Development) session in Costa Rica. This educational and enlightening week-long cultural immersion experience was educational and thought provoking. I learned about about culture, agriculture, and leadership. On behalf of 4-H Council, I attended a Give to Lincoln Day Training to learn how to augment this fundraising opportunity for Lancaster County 4-H. This year Give to Lincoln Day will be held May 31. Worked with Teen Council volunteer to secure a grant from Keep Lincoln & Lancaster County Beautiful grant to clean a large area around Oak Lake Park. As a result, twenty-three Teen Council members picked up 61 pounds of litter. Through a collaboration with Jaci Fogged and Teri Hlava, Jim Wies and I taught two “train the teacher” electricity workshops to twenty-three Early Childhood and After-school teachers. As a result, teachers have the option of checking out a kit and teaching their students about electricity. Cole Meador organized the annual Ag Literacy Festival program held at the Lancaster Event Center. Every year 4th grade classes are invited to attend this event focusing on increasing youth understanding and awareness about agriculture concepts. This year approximately 650 students participated. Extension faculty and staff, volunteers (such as Extension Board member, Paula Peterson), and agricultural boards taught at this event.

Sarah Browning (Horticulture & Urban Agriculture) – 2018 April – Starting in January, I began working with Emily Gratopp, Nutrition Educator, and Mary Jane Frogge, Horticulture Associate to creating a new group of Extension Master Gardeners (EMGs) who will coach daycare teachers on how to grow successful vegetable gardens and use these gardens to teach children appreciation for the outdoors, how to grow a vegetable garden and encourage them to try new foods. Emily identified two Head Start day care centers as our first Learning Garden project sites. Five EMGs have volunteered to pilot this new program. Each site will receive three years of instruction, with the goal of making the sites and teachers self-sustaining by the end of that time. We will give personalized, weekly instruction throughout the summer during the first year. In Year 2, EMGs will continue to coach teachers while letting them take the lead. In Year 3, EMGs will be available as needed. Emily, Mary Jane and I will work with EMGs to instruct and coach them as they begin this new project. Our goal is to grow the program in future years, expanding to additional day care and school garden sites.

Soni Cochran (Wildlife and Website Management) – Wildlife/ Pest Management: KFOR Problems and Solutions Guest with host Cathy Blythe focused on pest-related topics of interest. Although I had a number of topics ready to discuss, the hour-long show filled up with calls from listeners wanting to discuss a variety of wildlife-related topics.

In April, we began renovating the bee nesting block structure and insect hotel in the pollinator habitat at the office. The blocks need to be replaced often to reduce the spread of disease and parasite infestations. I also hung several bird houses out in the habitat.

Web site/Social Media: The Web site continues to be updated regularly, as do our social media resources. 4-H Embryology and 4-H EGG Cam is a popular feature on the web site this month. Social media and web resources at http://lancaster.unl.edu/media.

Youth Programs: On April 18, Mary Jane Frogge, Extension Associate and myself, presented at Outdoor Discovery at Platte River State Park sponsored by Nebraska Game and Parks. This year was challenging with the extended winter which forced us to change our session activity right up to the day of the event. Over 100 4th and 5th graders and their teachers braved the cold, rain, sleet and wind to spend the day exploring the outdoors with us.

MyPI is in full swing! The first two training sessions were held this month for MyPI. On April 14, teens learned about disaster preparedness, extreme weather conditions, NOAA weather radios, Ham Radio communications. We also learned about the chemistry of fire, fire assessment and safety. The culminating activity for the day was using teams to put out a small fires using fire extinguishers. On April 28, Jaci Foged, Extension Educator, did an excellent
EXTENSION

KAYLA COLGROVE (FOOD, NUTRITION & HEALTH) – April 2nd was my first day at the Lancaster County Extension Office. I continued to manage two National 4-H Council grants, 4-H Food Smart Families (FSF) and 4-H Healthy Habits, which are statewide grants with programs in Lancaster. I met with the Lancaster 4-H FSF team to see how I could help deliver programs locally and a plan was created for upcoming programs. I'm partnering with Alyssa to deliver 4-H FSF programs at four LPS Elementary Schools (Beattie, Cavett, Eastridge, and Meadow Lane) during June and July. Lancaster Healthy Living meeting was scheduled to discuss collaborations between general Extension nutrition efforts, 4-H Healthy Living and NEP. I met with Alyssa, Tracy, Emily, and Kristen, and it was great to learn more about each program and how I can collaborate with everyone. I helped Natalie Sehi and 4 teen ambassadors deliver three out of the six nutrition programs at Malcolm Public Schools for 46 fourth graders as part of the 4-H Healthy Habits grant. They finished the program on May 7th and received ingredients to enjoy a family meal. I wrote my first Nebline article for May's Issue. As President of the Nebraska Academy of Nutrition and Dietetics (NAND), I attended the Annual Conference in Lincoln and was pretty busy with presenting two posters, assisting with the awards luncheon, delivering the business meeting, and receiving continuing education credits for my Registered Dietitian-Nutritionist credential.

JACI FOGED (LEARNING CHILD) – April was a busy month where I offered a number of different programs related to my learning child work. Workshops offered included LPS Pregnant and Parenting classes offered at North Star and Bryan Community Focus Program – 9 participants between these two sites. I taught a 3 hour CPR/AED training to 10 MyPi youth and instructors. I collaborated with Soni in our office to bring these skills to her MyPi group. Incubators went out to 2 family childcare programs in Lincoln and I also coordinated another 5 incubators in other counties. This year we added kits as part of the experience. Teachers are receiving a draft copy of the Look Who's Hatching Curriculum along with a box full of children's books and manipulatives to increase their experiences with this program. Week of the Young Child was April 16-20. Many Learning Child Educators came together in Grand Island to put on a program at the Raising NE building. Nine programs, registering 135 children, attended one of the four 2 hour sessions offered. I ran the Yoga station with Specialist Holly Hatton-Bowers. It was a hit (photos to the right)! In addition I attended a CLASS 2 day reliability training and hope to attain reliability by the end of May. This tool is used in the Nebraska SU2Q rating tool. I may contract with NDE to support them in this area. I also attended Emergency Preparedness training in Kearney and will contract with NDE to offer at least 2 of these trainings to childcare providers each year.
**Emily Gratopp** (EFNEP) – The EFNEP team continues to partner with the local Medicaid office: Bluestem Health to complete three series of 5-week classes. April was the first of the three series, the second will be in July and the third in October. Additionally, we continue to receive numerous requests for after school and summer school programs. We are projecting to reach 200-300 youth this summer with a minimum of 6 hours of educational lessons per youth. This month I have begun strategic planning for the next fiscal year, which begins in October for our EFNEP grant cycle. We will be focusing on increased technology use in recruitment, retention, and education in all of our EFNEP programs across the state.

**Jody Green** (Urban Entomology) – Created a prototype and purchased materials for 30 "Air Bee'N'Bee" pollinator hotels to be built and distributed across Nebraska. Dead line is end of May. This month I was part of a variety of teams/groups/committees including two search committees, an Entomology Movie collaboration across institutions, IPM in Schools for the North Central Region, and ESA Annual Meeting Workshop planning. I made a commitment to help Lancaster 4-H families interested in entomology, to guide youth on their Super Fair projects by holding a well-attended Drop-In Info Night. There was a wide variety of activities dispersed between a variety of cities, educating about current events relating to insects including recording podcasts for Arthropod, interviews for Ag Almanac Radio, panel on Backyard Farmer, guest on KETV midday news, exhibiting at the Omaha Home Show and hands on activities for the City Nature Challenge 2018. My favorite presentation of the month was about Fabric Pests for the Lincoln Hand Weavers Guild. The audience was very engaged and appreciative of the knowledge I shared. All of them said they would apply proactive measures at the studio and at home to protect their wool yarn.

**Alyssa Havlovic** (Growing Healthy Kids) – I taught hand washing, healthy snack, and physical activity lessons in 17 classrooms and reached 370 K-4th grade LPS students during the month of April. I also taught a guest lesson for 4H to the homeschool group at Oak Lake Church, where I lead 18 students through a nutrition lesson focused on beverages. Some of the activities we did included measuring out how many teaspoons or sugar cubes are in sugar-sweetened beverages, such as pop, juice, and sports drinks. One student told me, "I've never drank pop before, but I definitely won't do it now after seeing that!" With Kayla Colgrove joining our office this month, we received a few requests to teach a series of nutrition lessons this summer at four LPS Elementary Schools (Beattie, Cavett, Eastridge, and Meadow Lane), so we have established a plan to work together to reach the youth participating in these summer programs. I attended the Nebraska Academy of Nutrition & Dietetics (NAND) Annual Conference in Lincoln, where I earned 12 continuing education credits towards my RDN credential. I serve as the Continuing Education Co-Chair and as a member of the Annual Meeting Planning Committee for NAND and enjoy interacting and networking with dietitians from across the state and keeping up-to-date on current nutrition research and trends.

**Kristen Houska** (SNAP-Ed) – On maternity leave.

**Meghan Sittler** (Water/Wastewater Management) – I taught a course session for the “Water and Society” course coordinated by several faculty within IANR. My session focused on municipal and community water management including drinking water, wastewater, and stormwater management. I was able to participate in a Water Center Faculty Retreat which resulted in integration of my program area with several new programs within the UNL Water Sciences Lab. I also continued working with several others on the development of a statewide nitrate management campaign. Related to that effort, we have recently hired a UNL student to assist Bruce Dvorak (faculty
within Biological Systems Engineering and Civil Engineering) on the development of a NebGuide, web tool and videos targeted at small communities across Nebraska that are facing nitrate issues as well as other potential water management issues.

Tyler Williams (Agricultural Cropping Systems & Climate Resiliency) – Attended PILD leadership conference in Washington D.C. as the Nebraska NACAA president elect to work with legislators and NIFA program leaders – Coordinated the NC Region climate and soils webinar – Began planning regional climate workshop in October – Installed soil sensors for On-Farm Research (still decent moisture to 4 feet) – Taught corn/soybeans at Ag festival for Cole – Questions of the month: alfalfa/grass care, herbicide programs, and weed IDs.
Tracy Anderson (4-H) – April 30-May 2 - I attended the North Central Leadership Conference in Lansing, Michigan. This conference was exceptionally motivational and I have already applied the knowledge I gained. With Vicki Jedlicka's and 4-H Council's help, coordinated the Give to Lincoln Day 4-H Council fundraiser. As part of the leadership team for the National 4-H Council grant 4-H Food Smart Families program, I hired four Teen Ambassadors who help their Extension mentors teach youth. I helped organize and deliver the May 27-28 Teen Ambassador training. Extension Associate Cole Meador serves as leader for the spring embryology program, which concluded in May. Extension Assistant Kate Pulec serves as leader for the fall embryology program, reaching several non-LPS schools. As a result of the Lancaster County 4-H Embryology program, over 4,000 youth or, nearly all 3rd graders in Lancaster County, experience and learn about embryology.

Sarah Browning (Horticulture & Urban Agriculture) – 2018 May – April and May mark the beginning of the growing season and with that comes a deluge of phone and email questions, along with walk-in samples from clientele. Clientele from Seward, York, Otoe and Cass counties are also directed to our office for assistance, along with clientele who contact the Agronomy/Horticulture Department and the main Nebraska Extension administrative office. Master Gardeners are scheduled every weekday morning from 9 a.m. to Noon, April 1 through September 30th to assist Mary Jane and myself with all the questions we receive from Lancaster county. Two highly-trained Master Gardeners assist in answering an increasing number of email questions. 2017, the Lancaster office answered 2,250 clientele inquiries during the calendar year.

Soni Cochran (Wildlife and Website Management) – Wildlife/Pest Management: This was a busy month for phone calls as temperatures warmed and clientele had a number of concerns which included an increase in calls about foxes in the Lincoln area, and wildlife conflicts. Again, this month, I was on KFOR Problems and Solutions with Cathy Blythe which is available in a three-state region with approximately 12,000 listeners.

Youth Programs - MyPI: At the May 12 training, teens took part in medical operations training which included triage, basic first aid and disaster psychology. They also had an engaging career panel with representatives from Lincoln Fire and Police Departments and Nebraska Emergency Management Agency. Teens presented sessions on severe heat, floods, hurricanes, landslides and tsunamis. On May 20, a full-scale disaster simulation was held at the extension office. This was the culminating activity for the MyPI teens. The focus of the simulation was incident command, light search and rescue, triage and medical operations tasking. Eleven adult/youth volunteers and five inflatable torsos were survivors/victims. Volunteers from the Hickman Fire Department and MyPI Instructors provided support and guidance during the simulation. Following the simulation, MyPI teens, instructors and volunteers celebrated with a recognition ceremony before completing their post-test. MyPI teens were also recognized for completing their community service projects – Prep+6.

MyPI graduation/pre-test and post-test results: The average score on the pre-test taken April 14 was 43%. On May 20, the teens completed a post-test and the average score had improved to 87%. In addition to increased knowledge and hands-on experiences, teens were also certified in CPR/AED and recognized as graduates of TeenCERT through the United States Department of Homeland Security and Federal Emergency Management Agency. Graduating MyPI teens took home their backpacks with emergency response equipment.

Nebraska Emergency Management/Nebraska Citizen Corp made the CERT Trailer available for our MyPI Training. Walmart stores donated supplies for the training cycle. Photos of the Spring 2018 training and disaster simulation are available at https://www.flickr.com/photos/unlextlanco/collections/72157695160445034/ Website Management: The site continues to be updated regularly as do our social media resources.
Kayla Colgrove (Food, Nutrition & Health) –
A Lincoln resident called and asked if it was okay to print my Applesauce Oatmeal Muffins with Blueberries recipe that was featured in the May Neblne in his monthly realtor newsletter that has about 250 subscribers. He said they were delicious. I gave him permission to use my recipe in the monthly realtor newsletter. I was busy with managing my two National 4-H Council grants (4-H Healthy Habits & 4-H Food Smart Families) and planning for my summer nutrition education programs for youth. I helped organize and deliver two sessions at the 2018 4-H FSF Teen Ambassador Training that was held at the Lancaster County Extension Office on May 30-31. Four teens from Lancaster County, 2 teens from Douglas-Sarpy Counties, and 9 Extension professionals attended the 2-day training.

Jaci Foged (Learning Child) –
Spent several mornings at LPS schools in May teaching social emotional programming to pregnant and parenting teens at Lincoln North Star and Bryan Community Focus Program - 8 teens between the two schools. I also taught 50 (mostly freshman) at Lincoln North East, an introduction to babysitting with a preschool activity. I attended the World Association for Infant Mental Health (WAIMH) Congress in Rome, Italy. Our CHIME team was selected to present a poster at this international conference. Other CHIME news, we are in the final stages of revision on the CHIME curriculum. This curriculum will pilot in an on-line format in June and July. In May, I also “pitched” on the Extension Issue Team Leaders monthly call to be able to seek a $10,000 innovation grant through Extension. This grant application will be submitted in early June.

Emily Gratopp (EFNEP) –
In May, I partnered with Mary Jane and Sarah Browning to train five master gardeners and successfully orient them to begin volunteering at the two Head Start locations here in Lincoln. The Master Gardeners are a major element in the new pilot in Lancaster to implement Learning Gardens at childcare centers, specifically the two Head Start locations in Lincoln. The Master Gardeners teach the preschool teachers how to garden and the teachers then teach the children in their preschool classes how to care for their garden.

The Learning Gardens, combined with nutrition education provided by me, officially started at the K-Street Head Start location May 10th at their family wellness event. They have 5 garden beds, one for each Preschool classroom and the children have planted radishes, lettuce, and spinach. The Health360 Head Start location will begin June 5th. With the end of school, May was the month for wrapping up five afterschool nutrition education programs that reached around 75 K-5 youth in low-income schools.

The EFNEP team said good-bye to a very valuable employee, who chose to pursue other life goals, but we also welcomed a new, part-time assistant, Courtney Eitzmann. Courtney’s first day was May 29th.

Jody Green (Urban Entomology) – May focused a lot on science communication, which consisted of delivering interesting and informative programs to general public/non-entomologists. This was done in a variety of outlets, including through Twitter, Arthro-pod, youth programs and community events, using humor, games, storytelling and other creative means to fascinate and educate. The goal of science communication is to provide the audience with an interest in science and generate support for future research and an emphasis on the scientific method. This aligns with the mission of Extension. The impact that I am most proud of is changing attitudes and behaviors in response to insects and arthropods - knowing the good bugs (pollinators, natural enemies) from the bad bugs (disease vectors) and being able to appreciate and respect nature. Received positive feedback from listeners, viewers, parents, teachers, and others in the community about how I helped them.
Alyssa Havlovic (Growing Healthy Kids) – In May, Growing Healthy Kids programming continued up until the last week of school. This month I visited 24 classrooms—teaching 13 classes of Kindergarten snacks, 3 classes of Kindergarten physical activity lessons, 4 classes of 1st grade healthy snacks, and 4 classes of 4th grade healthy snacks—reaching 509 K-4th grade students. I have also started scheduling many of my in-classroom lessons for the upcoming 2018-19 school year for grades K-2. Unfortunately, we received notification from CHE that they chose not to fund our grant project after being invited to apply for the stage 2 application phase. This grant would have allowed for the hiring of an Extension Assistant to help with programming in the recently added 3rd-5th grade classrooms at the 19 non-Title I schools, as well as funding to support full replenishment of nutrition kit supplies for each classroom in grades K-5. I am actively seeking other avenues of support to assist with providing supplies for the program for the next school year. This month, I was also involved in the 4H Food Smart Families Teen Ambassador Training on May 30-31, where we trained 4 Lancaster County teen ambassadors who will be assisting Kayla Colgrove and myself with summer programming at 4 elementary school sites. I am excited for the opportunity to collaborate with Kayla, as well as mentor the teen ambassadors.

Kristen Houska (SNAP-Ed) – (on maternity leave)

Meghan Sittler (Water/Wastewater Management) – In May, we were finally able to finalize the agreement between the Nebraska Department of Environmental Quality (NDEQ) and Nebraska Extension for the wastewater program development. The agreement provides $45,000 to Nebraska Extension in both 2018 and through mid-2019 (a total of $90,000). The funds will provide support for 70 hours of professional development hour training for wastewater professionals as well as the updating and publishing of existing and new resources for wastewater professionals. The training program will be done in partnership with the Nebraska Onsite Wastewater Association which has been a very positive relationship over the past year and a half. Once the agreement was in place we began finalizing the training calendar for 2018 with the first training being held in Kearney in mid-June. Additional trainings will be held later in 2018 at locations across the state. May was also National Drinking Water Week so I received many calls in response to different articles and postings with questions about testing drinking water as well as livestock wells. We continued work on the development of the community water supply resources focused on nitrates primarily. The student we were able to hire began work in May and has assembled datasets regarding community economics and nitrate levels. I also was asked to serve in a work group regarding zoning ordinances and conditions covering “Accessory Dwelling Units” in the agricultural areas in Lancaster County. The discussion has been very interesting to this point with a good deal of the discussion including water and wastewater system requirements. The work of the ADU committee will continue through most of the summer.

Tyler Williams (Agricultural Cropping Systems & Climate Resiliency) – Helped create a piece of Lower Platte South Natural Resources District drought plan; On Pure Nebraska to talk about planting conditions; Presented webinar on AgriTools to the National Ag Agents Association; Installed 24 soil moisture sensors for on farm research; Received a $15,000 grant from USDA to build a climate and ag decision calendar with SDSU; Working on projects: Weather Ready Nebraska website; GDD and pest emergence tool for AgriTools; Building Climate Scenario Planning graphics. Questions of the month were weed ID’S, pasture care, custom farming rates.
Tracy Anderson (4-H) - Along with several other counties, Lancaster County 4-H is participating in the 4-H Teens as Teachers program. To meet the criteria of the program, I hired and provided training to two teens new to 4-H, Jovonna Alatriste and Natalya Solorio. These teens will co-teach and focus on teaching youth new to 4-H. All 4-H staff and intern hands were on deck helping with the Summer Reading Program, which is a partnership with the Lincoln City Libraries. Lancaster County intern, Sheridan Swotek, created the hands-on activities and power point presentation focusing on the science of sound. As a result, we presented to six Lincoln City Library branches reaching 290 youth. Of the 208 who responded to the question, “I want to learn more about STEM,” 80% responded yes. Of the 212 who responded to the question, “I would like to have a job in STEM someday,” 76% responded yes. Kristin Geisert led the 2018 Clover College organizing 59 workshops and recruiting more than 75 instructors and assistants for the four-day event. 170 youth participated with a total 960 class registrations. Karen Wobig and I met with Karla Welding from City of Lincoln, Public Works and Utilities Solid Waste Operations. Karen led the effort and secured the contract continuing the long-standing partnership between Lancaster County Extension and the City of Lincoln.

Sarah Browning (Horticulture & Urban Agriculture) - Site visits - Every summer I am available to homeowners to visit their landscapes to diagnose difficult landscape problems. I also do this for professional lawn and landscape managers, when they need help with a client’s landscape. A program fee is assessed for each site visit, since this is considered a one-on-one program to teach the client about issues specific to their landscape. This is also a great opportunity to provide commercial landscape professionals in-depth training on specific problems they may encounter again in additional customer’s landscapes. In 2017 from March through November, I completed 32 sites visits generating $1,440.00 in program fees. So far in 2018, I have completed 12 sites visits generating $540.00.

Soni Cochran (Wildlife and Website Management) - Wildlife/Pest Management: In June, nuisance wildlife calls centered primarily on social bird problems in rural/urban areas (grackles, pigeons), bats (roosting around homes), raccoons (damage to property), groundhogs (damage to property/gardens), and mice in homes. Callers also requested information on wildlife diseases primarily rabies and mange, and how to encourage habitat for wildlife. I was on KFOR Problems and Solutions with host Cathy Blythe which is available in a three-state region with approximately 12,000 listeners.

Youth Programs - MyPI: A day-long make-up training was held in June for teens who missed components of the MyPI training. Program specialist Leo Larkin from Nebraska Emergency Management Agency in Lincoln assisted me with teaching throughout the day. The students are required to complete all of the training components before they receive their MyPI backpacks, emergency response equipment, certificates of completion, and scholarship award funds. All teens participating in the spring 2018 MyPI training successfully graduated from the program. I also taught Outdoor Cooking at 4-H Clover College, assisted by Cole Meador, Jenny DeBuhr, Shannon Boyer, Pam Branson and other volunteers! Youth learned about cooking outdoors with cast iron Dutch ovens and several experienced making (and eating) foil dinners for the first time.

Website Management: The site continues to be updated regularly as do our social media resources. This month, I began the process of meeting with staff to review each of the educational program areas with content on the office web site. In June, I met with Tyler Williams, Extension Educator and we reviewed the Acreage, Farm and Ranch section of the Web site at http://lancaster.unl.edu/ag. I completed an update of the site with the changes. Tyler plans to edit resource links and I will continue to manage the format. I also met with Cole Meador, Extension Associate about the 4-H Embryology School Enrichment site at https://lancaster.unl.edu/4h/embryology. The 4-H Embryology site is in the process of being revised and should be completed by the end of July.

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Kayla Colgrove (Food, Nutrition & Health) – June was a busy month for planning and delivering youth nutrition programs at Cavett and Beattie Elementary Schools as part of the 4-H Food Smart Families grant. I enjoyed working with Alyssa Havlovic and four 4-H teen ambassadors to help deliver these two programs to reach 52 youth in grades K-5 for a total of 12 hours of direct education. As a result of the program at Cavett, one 3rd grade student said, “I also liked how on every session we make a healthy snack that we can teach our parents to do. 4-H helped me make the right food choices for my everyday needs.” Many students loved the Clover Power Smoothie, which is a recipe that I developed in March 2017. During March, I like to call that smoothie, Shamrocks & Gold Smoothie, to highlight a healthy green smoothie for St. Patrick’s Day. Several students reported they made healthy snack recipes from the class at home with their family. One of the parents of a 1st grade student said, “We picked fresh spinach out of our garden this weekend and my son wanted to make the Clover Power Smoothies you guys made with him last week in the Food Smart Families program. We were able to use the recipe he brought home...They loved them! We did too! It was a great way to use our spinach. Plus, my son actually ate bananas this way too. He’s not a big fan of them. Thanks for the great recipe! What a healthy treat!” I also helped Meredith Hein, SNAP-Ed Assistant, deliver a blender bike event at Morrill Hall’s “Wheels, Motion, Power” Science Lab. We reached 68 youth and 32 adults. My remaining time was spent managing two National 4-H Council grants (4-H Healthy Habits & 4-H Food Smart Families) and helping plan The Community Food & Wellness Festival that will be on Sunday, July 15th from 3-4:30pm. This festival is an expanded FoodNet Distribution Event that is being offered in partnership with Nebraska Extension’s 4-H Food Smart Families program, NEP (including SNAP-Ed & EFNEP), UnitedHealthcare, Produce from the Heart, Good Neighbor Center, Bluestem Health, and Sunday Farmers’ Market at College View.

Jaci Foged (Learning Child) – Taught my last Early Learning Guideline for DHHS in June. I had 29 participants attend this math workshop. One participant commented, “I would love to do specific lessons and activities in my classroom that were presented”. With the summer, comes babysitting programming for youth. I taught the CPR/First aid portion of another Educators class up in Fremont to 26 youth. I also taught the full 6 hour babysitting class in David City to 13 youth. A childcare program in Waverly also asked me to come and teach them CPR/AED and First aid, there were 6 participants certified at that training. This month has also been busy organizing fun day for the Lancaster Super fair, recruiting youth to volunteer and promoting the program to childcare providers as a fun fieldtrip for their youth. Each summer I also teach one class for youth during our clover college week. I had 15 participants sign up to learn about toddler development and make a babysitting kit for toddlers, the theme was “colors”. In addition to some other early childhood workshops/programming taught this month I was asked to present about the Look Who’s Hatching program to the Lincoln Optimist Club. There were 6 members present for the 30 minute presentation.

Emily Gratopp (EFNEP) – The month of June kicked off summer youth programming in Lincoln associated with schools and YMCA’s. On the Lincoln EFNEP team, Nicole Busboom taught over 50 kids 6 hours worth of nutrition, cooking and physical activity education at these summer programs. She did this in collaboration with teens that are in the local 4-H program who have taken the lead on teaching and assisting with these nutrition programs. In addition to these efforts, the month of June has served as a month of training and making community connections for the new hire, Courtney, who will be focusing on teaching youth. Dana and I have been analyzing focus group data gathered to improve our nutrition education program to non-English speaking adults. Lastly, in June the Nutrition Education Program (NEP) leadership team and I completed our annual check-ins with each NEP assistant across the state to discuss programs, needs, and future directions of the program per region.

Jody Green (Urban Entomology) – Worked on the Bee Suite project after hours until 30 bee hotels were built in time for National Pollinator Week (June 18-24). Assembled a team of 20 members from Nebraska Extension to help
disperse solitary bee hotels in gardens in Nebraska which include Scottsbluff, Greeley, Columbus, Fremont, Lincoln, Omaha, Nebraska City. The goal is to raise awareness of the benefits of attracting and conserving native bees to the landscape. Welcome letters were sent to lucky recipients/participants of this pollinator pilot study and I look forward to keeping in touch with participants to help them with maintaining the hotel for many seasons to come. With the warm weather there were over 105 arthropod inquiries that I dealt with this month with the top pests being bat bugs and household ants. Over 280 individuals received bed bug education and all 1000 Bed Bug Identification cards were distributed (500 to V.A.). We had positive feedback from our bed bug roadshow at the Nebraska School Nurses Conference, CEDARS and senior living communities. Post program evaluations report that 100% felt the information was relevant and valuable for work and/or personal travel, will share knowledge with others and 80% listed changes in behavior they will change moving forward to prevent bringing bed bugs home with them. I participated in a handful of community events (Science Café, Heron Haven, Clover College, Bugstock, Nature Night Walk) in the Metro district collaborating with various partners, spreading information about pest management, pollinators, Extension and a variety of special interests.

Alyssa Havlovic (Growing Healthy Kids) – In June, I worked with Kayla Colgrove on two summer programs at Cavett and Beattie Elementary Schools teaching 4-H Food Smart Families. We reached approximately 206 students in grades K-5 between the two sites. Utilizing the Choose Health: Food, Fun & Fitness curriculum, students learned about topics including: beverages, how to read a nutrition facts label, the importance of breakfast, whole grains, fruits and vegetables, and fast foods. Students also had the opportunity to make a healthy snack, taste the recipe, and take the recipes home to share with their families. Each week students would vote on the recipe whether they "Liked it," "Loved it," or "No thank you." A majority of students voted that they either "Liked" or "Loved" the recipes each week and many would report that they made the recipe at home with their family. At the end of the 4-week program, we also sent home a grocery bag full of ingredients to make a healthy meal with their families. The program was well received by the students and we are set to teach the program at two additional sites in the month of July at Eastridge and Meadow Lane Elementary schools. The remainder of my time in the month of June was dedicated to entering evaluation data from previous school year for the Growing Healthy Kids program and exploring other grant opportunities to secure additional funding for program supplies.

Kristen Houska (SNAP-Ed) – On maternity leave.

Meghan Sittler (Water/Wastewater Management) – June saw our first training for wastewater professionals for 2018. The training was hosted by an equipment vendor in Kearney which is a positive development for the partnership that gears to leverage private industry to help develop our comprehensive training program. I provided a training on water quality issues across the state and the role of the wastewater industry in helping manage water quality. We had great interaction with the attendees and our industry partners. I also participated in Clover College for my first time. I took a great group through an "H2O Adventure" where students had the opportunity to do a bio assessment of surface water, test groundwater quality and create a craft to take home.

Tyler Williams (Agricultural Cropping Systems & Climate Resiliency) – I hosted the NE Agribusiness Club tour; Led soil health webinar with Ward Labs (20 ppl) and North Central Climate webinar (65 ppl); Working with Lemony, LLC to develop Crops/Climate Scenario Planning Interactive web graphic; Continued planning the Climate Workshop and USDA In-Service in Kearney and Northern Great Plains Climate Workshop in Sioux Falls; Appeared on Pure Nebraska, Omaha World Herald interview, one radio program, and provided quotes for Midwest Producer and Nebraska Farmer; working with Drought Center on creating Extension Drought Monitoring; I was invited to present to NRD water coalition open house on climate and drought; Led Wild Weather Fun at Clover College; Had three students from Purdue, Texas A&M, and College of the Ozarks shadow me for a day for their internship; Questions of the month: weeds in pasture and land rent.
Tracy Anderson (4-H) – In July helped secure opportunities for the Teens as Teens interns, Jovonna and Natalya, to provide hands on educational activities. The teens taught at several locations including the Salvation Army and the Malone Center. As a result of this program, the teens reached approximately 1,700 youth. I attended a NELD (National Extension Leadership Development) session in Washington DC. During this NELD experience I witnessed the highest levels of leadership in action. As a team member of the 4-H Food Smart Families program, I helped the team leader, Kayla Colgrove, and four 4-H Food Smart Teen Ambassadors, coordinate the Community Food & Wellness Festival that was held July 15. During this event free produce, rice and water was given to qualified families, educational booths led hands-on activities, and raffle prizes awarded. Lancaster County 4-H’er and teen, Valerie Gabel, who taught “Monarchs on the Move” to ~ 100 youth. The entire 4-H team continued preparing for the upcoming Lancaster County Super Fair. I am helping lead the large 4-H Council Food Booth and 4-H Council Chicken Dinner fundraisers that are held during the Lancaster County Fair, August 2-5.

The first part of August our 4-H team was immersed in Lancaster County Super Fair preparations and the actual fair. Each team member spent long days and the outcome was a very successful experience for our 4-H youth. Nearly 650 4-H/FFA exhibitors showcased 4,953 exhibits (including static exhibits, CloverKids, animals and contest entries). Serving as liaison to 4-H Council, I secured the 4-H Council food stand managers and over 225 youth and adults who volunteered approximately 650 hours and learned proper customer service, food safety, how to count back change and work cooperatively. After the fair I attended the three-day Teen Science Café Network training in St. Louis. Lancaster County 4-H and the Lighthouse Afterschool Program are partnering to help several Lighthouse teens lead Teen Science Cafés. I helped at the Nebraska State Fair. I am serving on the 4-H Council’s Golf Tournament committee, attending meetings and helping secure donations for the event. The event will be held Sunday, September 16, 1 p.m. at Hidden Hills Golf Course. All proceeds will benefit the Lancaster County 4-H program.

Sarah Browning (Horticulture & Urban Agriculture) – Every week I write a news column on current landscape or environmental issues, which over the course of a year totals 52 articles in the Lincoln Journal Star. I also distribute it to my accountability region and six other regional newspapers. These columns are a great opportunity to educate a large number of Nebraskans on current landscape problems and promote best practices for water conservation, as well as smart fertilizer and pesticide use. Quite often clients who stop into the office mention reading my columns and tell me how timely the information was for them. Comments from readers recently include the following:

- Ms. Browning, really enjoyed your article regarding creating your own pro landscape. This fall I removed a tree that didn’t allow sun in my garden area. Always wanted to have cut flowers for my home but the shade was a problem. Took the required steps with that tree, now what to do? Your article gives me some ideas and I believe I can move in that direction. Excited for the spring to get my hands in the dirt. Thanks for the timely article, much appreciated. David, Lincoln
- I enjoy your column every week. Well written. Richard, Lincoln

I am also periodically contacted by outside writers to contribute to their publications, including recently Nebraska Farmer and Midwest Messenger.

Soni Cochran (Wildlife and Website Management) - Wildlife/Pest Management: In July/August, nuisance wildlife calls centered primarily on bats, raccoons (damage to property), groundhogs (damage to property/gardens), and mice in homes. Bats calls have really picked up after articles in local news outlets about rabies has caused an
increase in awareness. Foxes have also been of concern because the kits are now out and about and people see them. I was on KFOR Problems and Solutions with host Cathy Blythe which is available in a three-state region with approximately 12,000 listeners.

**Adult/Youth Programs - Disaster Preparedness:** Update on our pretest and posttest knowledge for our MyPI graduates. Pretest knowledge 43% and posttest after participating in MyPI was 95%. This month I attended the Nebraska Volunteer Preparedness Conference sponsored by Nebraska Citizen Corp and UNL Center on Public Policy. I had an opportunity to learn about nationwide efforts on preparedness, networked with Medical Reserve Corp, CERT, REACT volunteers and Emergency Managers which will help support teaching efforts for the next round of MyPI next year. As a member of the Nebraska Extension Disaster Preparedness/Behavioral Health interest team, attended the Mental Health First Aid Training for Adults and received my certification (similar to a certification for CPR/AED/First Aid).

**Website Management:** The site continues to be updated daily as do our social media resources. The Website will have more of a focus the next few months as wildlife contacts “should” begin to wind down in late fall. During July and August, I met with Jody Green to discuss resources available at http://lancaster.unl.edu/pest and http://communityenvironment.unl.edu. I met with Emily Gratopp and Kristen Houska to rework the NEP section of the Web site at http://lancaster.unl.edu/nep. I also attended IANR Media’s Web Audit training and have been going through and auditing our web pages for accessibility. In addition to these sites, I’ve been going through the family resources at http://lancaster.unl.edu/family.

**Kayla Colgrove (Food, Nutrition & Health) -**

- Coordinated and delivered 4-H Food Smart Families (FSF) Programs at Eastridge and Meadowlane Elementary Schools with help from Alyssa Havlovic and four 4-H teen ambassadors in July to reach 39 youth in grades 3-6 for a total of 12 hours of direct education. Each participant received a reusable grocery bag with ingredients to make Taco Twist and 2 cans of vegetables to make a family meal at home.
- Facilitated the Community Food & Wellness Festival for 4-H FSF on Sunday, July 15th from 3-4:30pm at Bluestem Health with help from Natalie Sehi, Tracy Anderson, Emily Gratopp, Nicole Busboom, Kyleah Bowder, 4-H teen ambassadors, and Produce From the Heart. The festival was an expanded FoodNet distribution event and helped provide the community with access to nutritious food and educational resources for a healthier lifestyle. The support of many community partners was extremely important in the success of the event. Impact includes:
  - Over 100 people attended the festival and learned skills to eat healthier today and tomorrow.
  - Mike Shambaugh-Miller, director of Produce From the Heart was a key player in making community connections and organizing the distribution of 520 pounds of fresh produce and 130 half-dozen cartons of eggs. At our recap meeting, Mike said, “This is one of my top events in the last 3 years easily. I have been helping with food banks every day for the past 4 years. Participants don’t usually want to be at a food distribution, but seeing people smiling and talking to each other at this festival is a huge thing for that community.”
  - Created a Community Food & Wellness Festival Highlight Video for Facebook with photos from the event.
- Interviewed by the media for my work with 4-H FSF: NET News radio segment & article: 2 segments on Pure Nebraska (7/13/18 & 7/20/18); Channel 8 News; and LNKHealth TV Facebook Live and Shape of the City Episode that aired on LNKHEALTH TV channel daily throughout the month of August.
- Wrote and submitted the 2017-18 4-H Healthy Habits grant final report and finalized grant expenses in August as Project Leader. The Healthy Habits program was delivered in 28 counties across Nebraska and reached 2,791 youth and 54 teen ambassadors.
• Wrote a National 4-H Council grant application and received $41,000 to deliver 4-H Healthy Habits programs across Nebraska from September 1, 2018 - August 31, 2019. These programs will help youth in grades 2-12 make healthy food choices and be physically active.
• Earned 11.50 CECs for my ACSM Personal Trainer certification and 12 CPEUs for my Registered Dietitian certification by attending the 2018 IDEA World Nutrition & Behavior Change Summit in San Diego on June 29-July 1.

Jaci Foged (Learning Child) – In July, I provided revision feedback to Nebraska NDE for the Nebraska Core Competencies (what early childhood professionals need to know and be able to do to care for and educate children birth to 5). Taught two, back-to-back 8 hour babysitting trainings for 43 youth ages 10-15. Planned and organized Fair Fun Day. This year 289 youth and 39 childcare providers from 8 programs attended this event at the Lancaster Super Fair, 14 teen volunteers led the tours. In August, I was awarded a $10,000 innovation grant to further examine the efficacy and effectiveness of CHIME – Cultivating Healthy Intentional Mindful Educators. Educare Lincoln and Head Start have also submitted grants to pay to bring CHIME to their programs in Lincoln, and have agreed to participate in our multi-measure study with long-term follow-up. We have just started gathering responses from a 3 month follow-up survey of CHIME and received this message from a participant, “I use several mindfulness techniques in my classroom every day. It is a very helpful class, both professionally and personally. I walked away with skills to help me be more patient and a better listener. I experience moments more now, instead of always thinking of the next moment.”

Emily Gratopp (EFNEP) –
In July, the EFNEP program in Lancaster County taught 161 youth healthy eating, physical activity, and cooking. To do this, we partnered with four different agencies providing summer programs to limited-resource youth in Lancaster County. All youth were engaged in at least 6 hours of programming and utilizing the 4-H Food Smart Families grant program awarded to Kayla Colgrove, we were able to send these youth home with food to make one healthy recipe at home with their families. A quote from a student summarizes the impact our hands-on program is making on youth: “I wouldn’t of tried it if I didn’t get to help make it, and I really like it!” - Norwood Park student. July and August has also been a time for recruiting for fall youth programs: will be teaching in 4 after school programs in the first quarter. We’ve also been scheduling family literacy programs in elementary schools for the coming school year. Our hope is to provide nutrition education to all parents of elementary students that are learning English in the Title I schools.
August has marked the beginning of several new adult education programs as well. Courtney is teaching in four high schools’ Pregnant and Parenting Classes, teaching the teens about proper nutrition during pregnant and early infant life. Dana has begun two new program series, one at the Asian Cultural Center and one at the Malone Cultural Center. Both are proving to be learning experiences both for Dana and the participants. Dana has been able to try some Asian cuisine that the participants volunteered to bring to class.
We have had a team member change in August. Nicole Busboom has left our team in pursuit of a career with Nebraska EPSCOR, and I am in the process of hiring a new, Arabic-speaking team member who will help us reach the growing Arabic-speaking population in Lincoln.
Lastly, I became a trained facilitator for eXtension’s Impact Collaborative, which is a project that trains Extension professionals and community members across the nation in innovative thinking and lean experimentation. I will be leading innovation workshops for Nebraska Extension and adjacent states’ Extension programs in the months to come. These trainings will drive innovative programs for all of Cooperative Extension.

Jody Green (Urban Entomology) – Over 220 individual pest inquiries were addressed from Lancaster office with regards to entomologically-related issues on walk-in, telephone or email basis. Presented a variety of health-
related pest presentations to a number of community groups including school nurses, power plant employees, NE housing authorities outlining the best practices to protect clients and themselves. Facilitated the Urban Pest Management Conference Planning Committee Meeting to get the program organized and ideas flowing for the 2019 meeting in Lincoln. I am the program chair and was complimented on high standards of previous year's program. Hosted newly formed Nebraska Tick Project which includes a team of professors, researchers, educators and professionals from UNL, Creighton, UNK, DHHS and NDA. The goal is to come together as a collaborative to gather statewide information regarding ticks in Nebraska and explore grant funding opportunities because Nebraska is lacking the tick resources and information. Continuing to be in the public through newspaper interviews (OWH)s, online articles (Readers Digest, Realtor), podcasts (Arthro-pod), and appearances on NET (BYT). Community service included volunteering all day in Grand Island at the State Fair judging static entomology projects.

**Alyssa Havlovic (Growing Healthy Kids)** – In July, I teamed up with Kayla Colgrove and the 4H Teen Ambassadors to deliver nutrition education to two school sites: Meadow Lane and Eastridge. We reached around 45 students in grades 3-5 between the two locations. In August, I finalized my Growing Healthy Kids programming schedule by visiting each of the 19 schools to establish lesson times for the upcoming school year to accompany their nutrition unit. I visited nine Kindergarten classrooms, reaching approximately 198 students, to start the year off with hands washing lessons. I also submitted a grant to the Cooper Foundation for funding assistance for the Growing Healthy Kids Program for nutrition kit supplies and partial personnel salary support. We expect to hear whether the grant is awarded in late September. This grant would allow the full funding of nutrition kit supplies for all grades K-5 in the 19 schools this program reaches. I also secured $5,000 in program support from LPS for nutrition kit supplies and snack materials.

**Kristen Houska (SNAP-Ed)** – (on maternity leave during July)
In August, our SNAP-Ed team partnered with EFNEP to provide programming for the 4-H Healthy Habits grant at the Malone center. From our SNAP-Ed team Brock Shuler, Mindy Vyhnalek, Meredith Hein and Kyleah Bowder along with our dietetic interns, worked with 54, K-5 and 15 middle school youth focusing on nutrition education during their summer programming. Thanks to the 4-H Healthy Habits grant, each student was able to go home with a shelf-stable food and a recipe. Brock and Kyleah geared up for the start of school at LPS with our School Enrichment Kit (SEK) program. They already have 19 kits out at 10 schools. Mindy began a new senior program in partnership with the Asian Center. This groups consists of 8 refugees from Burma. Mindy's class will focus on hands-on cooking along with nutrition and physical activities. Meredith is continuing a 2 year partnership with Easterday in which she serves an adult population with developmental, physical and/or health disabilities during their ‘Structured Day Program’. Brie Frickenstein has lead our Double Up Food Bucks (DUFB) program activities for our Lancaster SNAP-Ed team this year. We have seen 65% more EBT swipes at markets compared to 2017 and 30% more money spent with the DUFB program. 166 new customers utilized the program during the first six months of 2018 compared to 105 in the last 6 months of 2017 equaling a 58% increase. Lastly, a need has been identified for K-2 after-school gardening programs. Our staff has met to begin the process of piloting a curriculum to potentially fill this gap.

**Meghan Sittler (Water/Wastewater Management)** –
July and August were busy with preparing for the fall series of professional development trainings for wastewater professionals as well as water well professionals. Trainings are planned for locations across the state in September, October, November and December. Many thanks to Karen Wedding for continuing to help get fliers developed and sent to the hundreds of professionals across the state! I also continued to work with a specialist on campus and a student on better assessing threats and trends of community water supplies related to nitrates. In late August I participated in the Extension Climate Workshop and USDA Partner In-Service in Kearney. I also...
provided presentations at the Nebraska Onsite Wastewater Association Board meeting as well as the Water Well Standards Board related to program updates and educational resources.

I will also use this narrative as an opportunity to thank Lancaster County for hosting me and my program over the past two years! I will be leaving Extension at the end of September for the opportunity to be the Director of the Spring Creek Prairie Audubon Center near Denton. I have so enjoyed the opportunity to get to know the tremendous staff here. I sincerely appreciate the continued support of the Board for the work and people that are part of Extension in Lancaster County. I’ll still be around and hope we can all find ways to partner together in my new role. I wish everyone all the best!

Tyler Williams (Agricultural Cropping Systems & Climate Resiliency) – July – Represented the climate issue team at the IANR Advance; Continue to design scenario planning graphics, develop new Nebraska State Climate Office website, plan Northern Great Plains Climate Workshop in October. I presented at the Arctic Climate Resilience Workshop in Lincoln (~25 attendees) and NACAA Annual Meeting in Chattanooga, TN (~35 attendees).

August – Helped with Lancaster County Fair and Fun at the Farm (Thanks, Paula!); coordinated the Extension Climate Workshop and USDA Partner In-Service in Kearney (60+ attendees); Presented at Haskell Ag Lab open house (~50 attendees); worked with Drought Center to create Extension drought monitor network; Hosted wind power webinar for 100+ attendees.
Tracy Anderson (4-H) – Several 4-H team members helped with Nebraska State Fair events. Cole served as Meat Goat Superintendent; I served as one of the Presentation Contest Superintendents, and Kristin organized and led the team in taking static exhibits to Grand Island prior to the fair and bringing them back to Lincoln after the fair. Lancaster County 4-H has the overall largest number of items (this included static, animal, contests, etc.) entered at the Nebraska State Fair. Teen Council had its first meeting of the year. Karol Swotek, 4-H volunteer, and I lead the teen club of approximately 35 youth that meets the second Sunday of the month from 3-5 p.m. beginning in September and culminating in April. 4-H Council president and volunteer Mitch Sump and 4-H volunteer Jerry Morris and I coordinated the 4-H Council Golf Tournament that was held Sunday, September 16 at the Hidden Valley Golf Course. A big thank you to all the golfers and sponsors for ensuring the success of this fundraiser! I attended a NELD (National Extension Leadership Development) session in Minneapolis, MN. During this last NELD experience, I learned new leadership content and participated in some very 'hands on' applied workshops. Cole served as the Goat and Sheep Show Superintendent and Kate served as the Horse Show Superintendent at the Aksarben Horse and Stock Shows held in Grand Island.

Sarah Browning (Horticulture & Urban Agriculture) – Backyard Farmer – Each summer since 1998 I have assisted with the Backyard Farmer (BYF) television show, as a panelist and through creation of features videos for the show. In 2018, the 66th season for the show, I served on the show panel 5 times and organized one video shoot featuring an elementary school teaching garden. The live show and its related content – available through YouTube and Facebook – are viewed by 125,000 to 135,000 people each week from March through mid-September. BYF educates gardeners within Nebraska and nationwide on current landscape problems and promotes best practices for water conservation, smart fertilizer use and correct pesticide application techniques.

Soni Cochran (Wildlife and Website Management) – Wildlife/Pest Management: Fall is a time of transition for many wildlife. Bat calls have decreased dramatically but many property owners are reporting torn up lawns. Raccoons are foraging for grubs in town and rural areas creating concern for many residents. Calls are not limited to Lancaster County as area extension offices forward clientele to our office when they have questions about wildlife. Many of our calls are also forwarded from Lincoln/Lancaster County Animal Control. I was on KFOR Problems and Solutions with host Cathy Blythe which is available in a three-state region with approximately 12,000 listeners.

Adult/Youth Programs – Disaster Preparedness & Environment: The Nebraska Extension Disaster Preparedness/Behavioral Health interest team has met regularly as we work on a white paper for extension administration. This is earth wellness festival’s 25th year and invitations have been sent out to Lincoln Public Schools and non-public schools in Lincoln and Lancaster County.

Website Management: The site continues to be updated daily as do our social media resources. I’m continuing to focus on the pest site and Jody Green’s resources at http://lancaster.unl.edu/pest. We are working to put all of her past NEBLINE articles on the pest web site. I also continued the work on the NEP section of the web site – this is ongoing.

Kayla Colgrove (Food, Nutrition, and Health) – I helped lead two PEARs Technical Assistance Zoom Meetings and entered my program data into PEARs for Issue Team 2. Natalie Sehi and I created a county application form for 4-H Healthy Habits grant to be delivered across Nebraska. We received over 20 applications and selected 13 sites to deliver the 2018-19 4-H Healthy Habits program. I worked on and submitted my monthly Nebline article. I submitted a funding request on behalf of the food website team and received money to work with IANR Media to help with automating and streamlining content on the food website, which will help our team be more efficient when adding and updating content. Creating a systems approach for the food website will help us sustain and increase audience, interest, and reach.
Jaci Foged (Learning Child) – In September we started a new program for Extension Educators named “Just Be”. This program has been created as a pre-requisite (being piloted with The Learning Child Team - TLC) as a way to prepare guiding teacher to facilitate the CHIME program. Personal practice in mindfulness and guided reflection is necessary to be able to successfully provide instruction of a mindfulness based program. We started with 12 Learning Child Educators participating, however 2 have decided not to continue at this time. There are 4 facilitators of Just Be – Specialist Holly Hatton-Bowers, Educators Carrie Gottschalk (Seward), LaDonna Werth (O’Neill), and myself. Meanwhile, I am also working on the CHIME Innovation grant – this grant will pay for TLC educators to be trained in CHIME, provide guiding teacher supplies and pay for the research portion for up to 80 participants. We will collect passive saliva and are looking specifically at the cortisol levels in teachers prior to participating in CHIME and post participation in CHIME. Just Be will be piloted at Educare Lincoln as a leadership course to be done at the same time as the teachers at Educare participate in CHIME. This starts in October. In September, 46 teachers and leaders from Educare Lincoln participated in the 2 hour Introduction to Mindfulness program. All participants strongly agreed or agreed (or were already practicing mindfulness) that after the session, they will use mindfulness in their daily life as a result of this training. Some specific next steps participants listed included: Focusing on responsive responses vs. reactive responses, taking time for meditations, being more present with the children, and working with the children to help them focus on their emotions and breathing.

Emily Gratopp (EFNEP) – In September, the EFNEP team in Lancaster County welcomed the newest team member: Tala Farouki. She has been hired part-time to teach adult community members about healthy living and to work with retail establishments, like small grocery markets and convenience stores to increase their healthy food retail. Tala speaks both English and Arabic and will offer classes in both languages. She already has connections with several of the Middle Eastern markets and will be assisting them with healthy food retail. Also in September, I began a new mini-grant venture, sponsored by National 4-H Council, to complete a community beautification project in coordination with a youth council. The Salvation Army’s Youth Task Force is going to help completed this beautification project. We met twice in September to discuss the benefits of community beautification and to pick a project spot. We plan to plant flowers, grasses and shrubs around the Salvation Army and the police station, if we receive approval, in order to beautify the North 27th street corridor. I also had a major role in planning for the statewide NEP meeting, which was held on September 20th and 21st. I coordinated Carrie Gottschalk, the Learning Child Educator from Seward County, to speak to the NEP team about positively engaging youth. Carrie provided a 6-hour training on the 21st that was very well received by the team across the state. In August and September Jonnisha, an EFNEP team member from Omaha, completed our first Online Lesson Pilot. This pilot was to offer one of our typical classes online instead of in-person. We will be collected the data to determine if the pilot was successful by November 7th.

Jody Green (Urban Entomology) – Approximately 100 individual pest inquiries were addressed from the Lancaster Office this month. I was diagnosed with West Nile virus and decided that educating the community through Twitter, podcasts (Arthro-pod), newsletters (LPS Health Focus, Douglas and Sarpy County) and local media interviews (NET, UNL City Star) about protecting people from mosquito bites and the potentially serious virus. Delivered bed bug education to Voices of Hope, a local crisis intervention services for victims of domestic violence and sexual assault. I worked with them on how to best protect the staff from potential bed bug introductions from clients, best practices and furniture choices for counseling services and deciphering myths and
facts about bed bugs. Dr. Larson and I were at BugFest the UNL Entomology department Open House event with the Bed Bug Roadshow, complete with fact sheets, bed bug ID cards, NebLine prints, bed bug coloring pages for the kids, hands-on demonstration on how to inspect a bed/hotel room and examining preserved bed bug specimens.

Alyssa Havlovic (Growing Healthy Kids) – In September, in-classroom programming for Growing Healthy Kids picked up. I taught 12 classes of 2nd grade hand washing, 16 classes of Kindergarten hand washing, 5 classes of 1st grade hand washing, and 3 classes of 2nd grade physical activity, reaching an estimated 792 students. I also delivered and restocked nutrition kit supplies to five schools in grades K-2. Restocking kits will continue through early November for K-2. We received news from the Cooper Foundation that they are willing to fund $10,000 in supplies to support the expansion of the program to grades 3-5. However, funding is contingent on our ability to secure a part-time position to support the expansion. We are currently working on exploring our options to fund and hire an Extension Assistant to fill this role. As we look to the future, it’s incredibly important that we are able to offer the same programming to all classrooms in grades K-5 in LPS to ensure a streamlined program across the entire district. This month, I also had the opportunity to serve as a professional representative in the health care field at the Husker Student Athlete Networking Night. As a former student athlete for the University of Nebraska, it was a great opportunity to give back to the University and Athletic Department and form connections with students interested in pursuing careers related to health. My role at this event was to lead discussions with student athletes about how to network and build connections to prepare them for life after athletics and share potential opportunities that Extension and the University have to offer related to networking.

Kristen Houska (SNAP-Ed) – In September the SNAP-Ed Nutrition Education Program (NEP) staff began piloting a Kindergarten through 2nd grade afterschool gardening curriculum at Elliott, Holmes and Riley elementary. The garden clubs have really enjoyed getting to go outside into the garden and learning about how things grow and also how our bodies also need certain things to grow healthy and strong! They also really love getting to pick and take home fresh produce and share it with their families. SNAP-Ed Assistant Mindy Vhynalek took her senior group from the Asian Community Center on a grocery store tour of Super Saver. Tim Weixelman, store manager, took the seniors around the store, including the produce section, introducing them to new veggies and fruits, how to use the scales and the bulk food section. We have also continued a partnership with Liberty Estates in Waverly to teach senior residents about healthy lifestyles. Jean Ann Fischer and I began a new partnership with NDE to educate Family and Consumer Science teachers statewide with quick, evidence-based teaching tips and resources related to nutrition and healthy lifestyles. I presented on their first monthly webinar and will be coordinating speakers for the webinars for the future months.

Tyler Williams (Agricultural Cropping Systems & Climate Resiliency) – I served on the State Fair swine crew where we helped hundreds of youth show over 300 swine at the state fair; We hosted an Ag Land Management workshop for around 20 landowners; I represented UNL and was a speaker at the USDA Climate Hub annual meeting; I traveled to the Czech Republic to work with Mendel Univ./Czech Globe and help transition Czech ag to no-till/cover crop farming; Participated in many workgroup sessions/projects this month: Extension social media team, Employee Engagement Strategy team, North Central Climate team, AgriTools development, Weather Ready Landscapes project, Scenario Planning graphic design, Hall Know team, and probably others. Questions of the month: harvest forecast, fall weed control.
Tracy Anderson (4-H) – Kristin Geisert, 4-H Associate, and I attended the National Association of Extension 4-H Agents conference in Columbus, Ohio. While there, I presented a poster presentation on the 2017 Clover Chase program that was created to give 4-H’ers across the state an opportunity to participate in a statewide 4-H event celebrating our 150 years of statehood. Kristin and I attended several educational workshops and will apply the new ideas and knowledge learned to our 4-H program. I recruited three teens to help with the National Youth Science Day held at the Nebraska Innovation Campus on October 16. Helped coordinate 4-H Information Night held October 16. Over 85 youth and adults attended to learn more about 4-H in Lancaster County and over 35 4-H youth and adult volunteers shared information about 4-H with others. Helped coordinate and lead 2018 Better Fair Meetings with the Lancaster Event Center staff and Lancaster County Ag Society. Kate Pulec, 4-H Extension Associate, led the fall Embryology program and reached 3rd graders in several county and private schools.

The ES237 Report—The Extension Services-237 (ES-237) – is a report that consists of enrollment statistics for youth ages 5–18 participating in Extension youth programs and the volunteers providing service to these programs. In 2017-2018, Lancaster County 4-H reached 46% of all 4-H eligible youth in Lancaster County.

<table>
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<th>ES237 Report</th>
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<tr>
<td>2016-2017</td>
<td>22,203</td>
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<td>2017-2018</td>
<td>23,735</td>
<td>36,520</td>
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Sarah Browning (Horticulture & Urban Agriculture) – Commercial horticulture professionals need research-based information to help them identify and control pests in the landscapes they manage and enable them to provide accurate information to their customers. This clientele group includes arborists, garden center workers, grounds maintenance staff (commercial buildings, cemetery, schools, community college, hospitals, assisted living facility), lawn care companies and village/city/parks employees. Nebraska Extension provides ongoing information to this audience through Hort Update, a monthly electronic newsletter. Each month Extension horticulture Educators and Assistants meet via Zoom to discuss timely insect, disease and management problems occurring in landscapes. Each month, I write half of the newsletter and format the entire publication for web and email delivery. Currently the newsletter is delivered to a 1,096 member listserv. Client feedback indicates they use the newsletter in their employee training and with customers. Excerpts from the newsletter are often reprinted in the Nebraska Arborist Association and other organization newsletters.

Soni Cochran (Wildlife and Website Management):

Youth:  
Disaster Preparedness & Environment: At a recognition luncheon on October 26, the Lancaster County MyPi instructor cohort received the Serve Nebraska Step Forward Volunteer Award in the Disaster Volunteer Category. Governor Pete Ricketts made the award selections. This spring/summer we trained teens in disaster preparedness who then helped their family, plus other families, develop disaster preparedness kits and emergency communications plans. FEMA Podcast: I was invited to be part of a national FEMA podcast for MyPi with Dr. David Akers from Mississippi State and Ashley Mueller, Nebraska Extension MyPi coordinator. The podcast is online at [https://www.fema.gov/media-library/assets/audio/172155](https://www.fema.gov/media-library/assets/audio/172155)

Earth wellness festival registrations are coming in and to date, we are currently looking at 3,600 fifth grade youth attending the event March 2019.
Website Management: The site continues to be updated daily as do our social media resources. I’m continuing to focus on several sections of the site include Ag and NEP – this is ongoing. Support staff are also being engaged in the audit process for web pages – this is also ongoing.

Wildlife/Pest Management: Calls continue as we shift to problems with rodents coming into homes. On October 18, I was on KFOR Problems and Solutions with host Cathy Blythe which is available in a three-state region with approximately 12,000 listeners. Podcast archives are available at https://www.problemsandsolutions.net/. October 5-7, I attended Becoming an Outdoors Woman at Fort Robinson State Park and attended sessions on habitat, preparedness, and wildlife resources.

Kayla Colgrove (Food, Nutrition, and Health) – On October 8th, I talked about healthy halloween alternatives as part of the Channel 8 KLKN-TV Midday Forum. I participated in a social media planning committee led by Dan Cotton to contribute ideas and recommendations as Extension seeks to enhance its use of social media to communicate key messages. I attended 3 Zoom meetings to help create 2-3 recommendations as part of Strategy Group #2: Strengthening Effective & Innovative Program Development & Delivery for Nebraska Extension. I assisted with updating Issue Team #2’s Logic Model. I reviewed applications and participated in the Zoom interviews as part of serving on the search committee to fill the Gage County Extension Educator – Food, Nutrition and Health position. As part of the 4-H Healthy Habits grant, Michelle Krehbiel, Natalie Sehi, and I are developing an online training to engage at least fifty teen ambassadors across Nebraska. For professional development, I attended a workshop on Elevate Your Public Speaking and Presentation Skills in Omaha, a mini-symposium on Exercise, Appetite Regulation and Food Choices for a Healthy Lifestyle in Lincoln, and a national conference by Academy of Nutrition and Dietetics, called Food Nutrition Conference & Expo (FNCE), in Washington, D.C.

Jaci Foged (Learning Child) – October was mostly all about CHIME for me. I presented an introduction to the CHIME program at the Mid Nebraska Early Childhood Summit in York, Nebraska to 48 childcare providers, home visitors, and directors. I am continuing to meet with a group of teachers at Educare Lincoln (5 teachers, 2 additional teachers started but have since left their position at Educare) as well as a leadership group at Educare Lincoln with 9 employees from their leadership team. With the leadership group we are piloting Just Be, a new program for childcare providers who are interested in learning about and increasing their practices in mindfulness. I have also been organizing a CHIME retreat for 9 new Learning Child Educators which will take place the first week of November. Other programs taught include 4 parenting groups using the Pyramid Model program, CPR and First Aid for 2 programs in Lancaster County totaling 22 participants, and Go NAP SACC for 11 providers.

Emily Gratopp (EFNEP) – The month of October started with a National 4-H Council and Robert Wood Johnson Foundation funded Community Beautification Project. I was awarded a $500 mini-grant to work with a youth coalition to beautify the high-needs area of Lincoln along the North 27th Street Corridor. Overall, 10 youth plus 4 adults from the Salvation Army Youth Task Force and I planted 52 perennials and spread over 5 cubic yards of mulch near the Salvation Army and N. 27th Street Police Station. I also met with the Youth Task Force three additional times to discuss with them the impact that beautiful communities can have on health and reducing rates of crime. October 15th through the 19th I was a facilitator and coach at Extension’s Impact Collaborative Summit and assisted teams from across the Nation vet their innovative ideas for solving community problems and Extension-driven community impact. Nebraska Extension had two statewide teams win the “Crowd Sourcing” award and received a consultative service from LikeMinded, a crowd source funding platform. The ideas that will be driven forward include a Food Hub relating to Regional Food Systems and an ‘at home 4-H experience’ so all youth can engage with 4-H at home with their families. Lastly, I ended the month of October by training 20 Food, Nutrition and Health educators and assistants from across the state on a new family and community engagement
approach utilizing faith-based organizations as a vehicle for health behavior change. This program, *Faithful Families, Thriving Communities*, connects both physical and spiritual health to address a more holistic view of a person and incorporates both direct education, volunteer teaching by a faith community leader, and policy, system and environmental change work. *Faithful Families, Thriving Communities* will broaden our capacity to create community-based change toward healthier environments. I am excited that Nebraska is now a National Implementing Partner, as it was created by North Carolina Extension for EFNEP and by EFNEP professionals to address community needs by engaging large faith-driven organizations. More to come on the impact of *Faithful Families, Thriving Communities*.

**Jody Green** (Urban Entomology) – Bed bug education in the form of the Bed Bug Roadshow made a presence at the Douglas County Office and I was invited to speak to pest management professionals in southern California about new technologies in bed bug treatments. Made it to UNL East campus to help different specialists/professors with their college level classes, one was entomology basics for Landscape Management majors, and the other was integrated pest management talk for Food Safety majors. Traveled to California as the sponsored keynote speaker for the Pest Control Operators of California Pest Ed conference and discussed how the Extension service in the U.S. can help their business succeed. The title of my presentation was “Confessions of an Extension Entomologist” and the overall impact and comments were very positive. The overall theme was knowledge and competence in your field, professionalism, communication with clients, and adding value to your work. There were approximately 70 inquiries that came into the office this month that were addressed and an infographic that I created called “Quick ID Guide to Small Filth Flies”, reached over 45,000 views in one week after it was shared on social media platforms like Facebook and Twitter.

**Alyssa Havlovic** (Growing Healthy Kids) – In the month of October, I completed restocking and delivering K-2 nutrition education materials to 11 of 19 schools. I also taught hand washing, healthy snack and physical activity lessons at five schools including 13 first grade classrooms and 9 second grade classrooms reaching an estimated 450 students. A highlight for this month was receiving confirmation that we have been awarded a $10,000 grant from the Cooper Foundation to provide nutrition education materials and supplies for grades 3-5 in the non-title I schools (schools not eligible for the NEP program). Thanks to the addition of this grant, Nebraska Extension in Lancaster County is now able to reach all students in grades K-5 in all LPS schools through the nutrition education kit program. I also attended interview sessions for the Metro District ARED position and provided feedback to administration on each candidate.

**Kristen Houska** (SNAP-Ed) – The SNAP-Ed team has had a busy month of October. We have a partnership with Open Harvest Grocery Coop to distribute Extension’s Double Up Food Bucks (DUFB) program. Open Harvest has seen a consistent increase in SNAP sales from 21.9% in July to 32.8% in October when comparing 2017 to 2018. They have also seen an increase in SNAP purchases of fresh fruits and vegetables from 11% in August to 29.9% in October when comparing 2017 to 2018. NEP Assistant Brie Frickenstein has helped coordinate the DUFB initiative at Open Harvest and also scheduled students to do food demonstrations at this site. DUFB will also be at the Holiday Markets on November 18th, December 2nd and December 16th at Park Center Banquet Hall. Another highlight for October is a new partnership with Tabitha Health’s Wellbeing team. NEP Assistant Meredith Hein led our team in presenting the Blender Bike activities at their two Lincoln locations, Crete, York, and Nebraska City for their Employee Safety and Wellbeing Fairs. The employees loved the Blender Bike, nutrition and physical activity information, and recipes. We hope to continue this partnership in the future. NEP Associate Mindy Vhynalek completed a senior nutrition education group at Liberty Estates in Waverly with 5 graduates and an adult nutrition education group at Health 360 with 3 graduates. Mindy and I are being trained to become NAPSACC trainers. We
each will be beginning the training process with a home daycare provider in the coming month. I hosted the first meeting of a statewide work group dedicated to the nutrition School Enrichment Kits (SEK). The work group's purpose is to look into potential funding, focus on ease of use and develop appropriate training and evaluation for the SEK. NEP Assistants Kyleah Bowder and Brock Shuler, who focus on the SEK here in Lancaster County, took part in this work group. Brock Shuler took a different position outside of Extension in October. We are hoping to hire for this position but are waiting on the passage of the Farm Bill, potentially in December.

Tyler Williams (Agricultural Cropping Systems & Climate Resiliency) – Conducted many media interviews regarding harvest weather and early snowfall; Co-hosted Great Plains Climate Workshop in South Dakota (~60 people); Provided guest lecture to climate science class (~40 students); Recorded 30 minute climate and ag video for Center for Rural Affairs; Hosted regional climate webinar (~75 participants); Participated in Nebraska climate monitoring discussion w/ federal partners; Questions of the month: late season haying, soybean quality, rental rates.
Tracy Anderson (4-H) – Kate Pulec, Lancaster County 4-H Extension Assistant, organized and led the Home School 4-H Youth Science Day on November 7. Heather Odoski, 4-H support staff, helped me teach one of the three STEM sessions. As a result of this program, 19 youth learned about STEM. Kristin Geisert, 4-H Extension Associate, is a member of a small work group that developed the new Leadership Summit curriculum and program. Throughout the year, the group presented a statewide staff training to 25 extension professionals and piloted the program to several schools in Nebraska reaching nearly 400 fifth and sixth grade students. This included the large presentation in November at a middle school in Columbus, NE reaching 300 fifth and sixth grade students. I attended the three-day Nebraska Extension Fall Conference and Nebraska Cooperative Extension Association conference in Kearney, Nebraska. Cole Meador, 4-H Extension Associate, accepted a position as 4-H Extension Educator in Saunders County. We are in the process of hiring two 4-H Assistant positions. One position will have a STEM focus and one position will have an Animal Science focus.

Sarah Browning (Horticulture & Urban Agriculture) – ProHort: Lawn & Landscape Update: As I discussed in October, increasing the knowledge and skills of green industry professionals (arborists; garden center workers; grounds maintenance staff for commercial buildings, cemetery, schools, community college, hospitals and assisted living facilities; lawn care companies; and village/city/parks employees) has a strong multiplier effect as they pass their knowledge onto consumers and applied their skills in the management of commercial, community and residential properties. On March 07, 2019, Lancaster county will launch a new annual workshop specifically for this audience. I have spent a lot of time in the last couple months developing advertising materials, organizing speakers and developing an evaluation tool.

Soni Cochran (Wildlife and Website Management) - For over two decades, the earth wellness festival classroom kits and supplies have been stored in a warehouse located in the former Burden's Camping Center building on West “O” Street. With the help of Lorene Bartos, retired Extension Educator, we were able to clear the building of all the remaining resources prior to the demolition of the building scheduled for December. Website Management: The site continues to be updated daily as do our social media resources. Preparations for the 4-H Embryology sessions and NEP sections of the site are the focus for December. Wildlife/Pest Management: There has been an increase in rodent, raccoon, and bat calls during November. November 15 was my last appearance on KFOR Problems and Solutions with host Cathy Blythe. Problems and Solutions has been officially retired however the podcasts are archived at https://www.problemsandsolutions.net/. Cathy has a new program called “Solutions for Life.” These are one-minute tips and resources played five times each day. Cathy already reported she is using the NEBLINE and our website to create her program content.

Disaster Preparedness & Environment: This month, I took part in QPR (Question, Persuade, and Refer) Gatekeeper training through the Nebraska Department of Health and Human Services. This is an educational program designed to teach “gatekeepers” the warning signs of a suicide crisis and how best to respond. At the Nebraska Extension Fall Conference, I was humbled to receive the 2018 Bruce Marxsen Memorial Excellence in Instruction Award for MyPI (My Youth Disaster Preparedness Initiative). This is the first year for this annual award recognizing one of the 300+ MyPI instructors across the nation. Bruce Marxsen was a Lancaster County MyPI instructor who passed away suddenly before our final disaster simulation.

Kayla Colgrove (Food, Nutrition, and Health) – I attended the 2018-19 Walmart Foundation 4-H Healthy Habits National Training in Chevy Chase, MD with an Extension Educator and 2 teen ambassadors from Dodge County.
During the training, I volunteered to be a lightning talk presenter during the State Showcase. I presented on tips for managing the grant and our teen ambassador incentive program to 60 adults and 55 youth from 34 Universities. Three Extension professionals from Alaska, Iowa State, and Purdue requested via email a copy of the documents I shared during the lightning round to help them create a healthy living ambassador program and/or manage their grant. Natalie Sehi and I started our 4-H Healthy Habits program at Malcolm Public Schools for forty-six 4th grade students. We presented the first lesson on MyPlate to 40 students and will be co-teaching 7 lessons between November and March 2019. I submitted the 4-H Food Smart Families (FSF) grant midterm report and highlighted my partnership with Family Service in Lincoln to deliver a 4-H FSF program during their summer school program at 4 elementary schools in Lincoln. I co-taught the FSF summer programs with Alyssa Havlovic and 4 teen ambassadors that reached 90 students in grades K-5. Cristina Keen, Family Service in Lincoln Program Supervisor, stated in the Shape of the City episode, “We are very fortunate that we were able to develop this partnership this summer with 4-H...I think what 4-H brings is not just education for students but also a parent awareness through the materials that they are sending home as well as the bag of groceries that the children will be bringing home.”

The 2017-18 Healthy Habits team received a 2018 Excellence in Extension Team Award for Exceptional Teaching and Learning at the Nebraska Extension Fall Conference after I submitted our award application in October. The 2017-18 4-H Healthy Habits statewide grant, sponsored by National 4-H Council and Walmart Foundation, mobilized youth to take action around healthy food and physical activity choices. Thirty-six Extension professionals from 28 counties developed over 75 partnerships. More than 2,700 K-12th grade youth received at least six hours of nutrition, physical activity and food preparation education. Extension professionals mentored 54 volunteer teen ambassadors, who helped plan, prepare and deliver programs to youth in their communities as part of the grant. In a statewide survey, 83% of 1,823 youth participants and 91% of 48 teen ambassadors reported they had learned about healthy food choices.

Jaci Foged (Learning Child) - The first week in November we held our CHIME Training of Trainers for the Learning Child Educators. I have spent a great deal of time organizing this training/retreat for my team. We had 10 participants, and there were 4 of us facilitating. Our office staff have been especially key in supporting this work. Karen Wedding and Vicki have devoted quite a lot of time to this project and they have both contributed to the success of this program so far. The CHIME program will be rolled out across the state in 2019 with programs already set up in Lancaster, Douglas, Madison and Red Willow counties. This month I held several additional different trainings for childcare providers. Real Colors (27 participants), Safe With You (12 participants), CHIME (4 participants and the final session at Educare Lincoln), Just Be (5 participants), and facilitated a Training of Trainers to Learning Child Educators for a new program being offered next year, Block Party. I also co-led a program for the Nebraska Child Care Directors Association titled; supporting teachers to embrace young childrens learning (23 participant).

Emily Gratopp (EFNEP) – In November, EFNEP Assistant Dana Hardy completed teaching a series at Randolph Elementary’s English Language Learner class, a Saturday Migrant Group that teaches English to New Americans from Burma, and a group of Sudanese folks at the Asian Community and Culture Center. Each of these classes averaged ten people with six hours of class time each. Dana also tried a one-time class at El Centro Cultural Center to see if there would be interest in classes there - 12 people came to the class, she will continue to teach at El Centro in the new year. Dana has been partnering with the Culture Centers in Lincoln and with the Medicaid clinic to provide nutrition classes paired with other health related topics taught by a nurse from Bluestem Health. Dana will teach the cooking and healthy eating part of the class and the nurse will teach about diabetes prevention/maintenance, stress reduction, blood pressure, and other general health topics. Anthropometric measurements are taken and recorded for participants, including height, weight, blood pressure, and diabetes maintenance (if applicable). In November, we were also notified that we were awarded a grant I applied for from Extension is a Division of the Institute of Agriculture and Natural Resources at the University of Nebraska-Lincoln cooperating with the Counties and the United States Department of Agriculture.

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WellCare. This grant is for making healthy, convenient cooking equitable for low-income New Americans and provides funds to purchase cookware that New Americans typically do not have an cannot afford, such as bakeware, cookpots, hot pads, and the like. We look forward to strategically utilizing this small grant to have big impact on our participants.

EFNEP Assistant Courtney Eizmann finished teaching the 6-lesson series to pregnant and parenting teens in the four Title I high schools in Lincoln, reaching over 25 pregnant teens. She also started four afterschool programs where she teaches cooking and physical activity to 10-15 youth in each program.

EFNEP Assistant Tala Farouki has been diligently working on getting connected with the owners of several Arabic grocery stores in town. She took me to visit three of the store owners and they treated us to fruit and Arabic bread. Our goal is to continue to develop these relationships and begin Choose Healthy Here in two of these Arabic grocery stores by January 2019. She has also translated materials for both Choose Healthy Here and Find Healthy Here into Arabic. We are excited to have Tala on our team to expand our reach to new audiences in a meaningful way.

Please “Like” our Facebook page to see more of our success stories along with photos and videos of the work we do: NEP Lancaster County Extension.

Tody Green [Urban Entomology] - November slowed down in terms of phone calls, email, and samples to about 50, but it was very busy in terms of travel, building connections, and making an impact (across borders). Colleague/team member, Jonathan Larson and I traveled to Vancouver, B.C., Canada to attend the Joint Annual Meeting for the Entomological Society of America and Canada. It was a meeting of 3800 "bug people" where we showcased our podcast, Arthro-pod in the exhibit hall (interviewing 17 people) and invited to speak in the symposium, "From Researcher to Stakeholder: Using Extension to Cross Borders in a Changing World". For our presentation, we brought education and entertainment to an international audience of approximately 60 people sharing with them the many innovative ways we deliver programs in Nebraska. Ironically our presentation was entitled "Extension Entomology: More Than Just PowerPoints", which was delivered with PowerPoint, but our message was clear - Be creative with technology, meet your audience where they’re at, and always be authentic human beings. We had many positive comments about our presentation, our work, and the bed bug cards we handed out to everyone in the room. The best comment we received was from retired entomologist, Dr. Dennis Kopp who said that for early Extension Entomologists, we sure had a lot of talent and should present at the International Congress of Entomology in Helsinki, Finland in 2020 and share our knowledge with the world. Overall, it was a great month, but that was definitely the highlight.

Alyssa Havlovic [Growing Healthy Kids] - November slowed down a bit for in-classroom programming as compared to the early fall months. I visited 7 classrooms for hand washing, 6 healthy snack lessons, and 12 physical activity lessons, reaching between 525-550 students in grades 1 and 2. I also completed the nutrition kit restocking process for all schools grades K-2. At the very end of the month, we finally received the grant funding from Cooper Foundation ($10,000) to restock nutrition education supplies for the 3rd-5th grade classrooms in eligible schools. With this funding, between Growing Healthy Kids/Raising Healthy Nebraskans and NEP, Nebraska Extension in Lancaster County is able to provide the school enrichment nutrition kit and supplies to every LPS classroom in grades K-5. Supplies are expected to be distributed to each school by December 20th, so the curriculum is ready to use at the start of 3rd quarter, a popular time for teachers to implement the program in their classrooms.

Kristen Houska [SNAP-Ed] - In November SNAP-Ed staff members Kristen Houska, Meredith Hein and Brie Frickenstein attended the inaugural meeting of Nebraska Extension's Regional Food System's Summit. We will be
bringing the health concerns of our limited resource population to the break out groups planning the first partner summit and moving this initiative forward in the metro. Our Choose Healthy Here (CHH) and Double Up Food Bucks Lincoln team had two articles, one being a feature article in the Lincoln Journal Star, discussing our role in healthy environments and providing health equity to all in Lincoln. Brie Frickenstein has begun working with Stop-n-Shop with our CHH initiative and added another one of their stores to the program at 14th and Old Cheney. Kyleah Bowder is wrapping up her first semester in the schools with school enrichment kits. She has been in 13 different schools already this year! A first grader at Campbell stated, "This is my favorite snack ever!" after making a yummy bug as part of Extension's health programming in their classroom. Kyleah and Mindy Vhynalek also finished up piloting a K-2 age garden curriculum at Holmes and Elliott. The students were able to harvest, taste and cook with vegetables grown in their garden while learning about their nutrition and healthy eating along with these topics.

Tyler Williams (Agricultural Cropping Systems & Climate Resiliency) – Started to build a pest and Growing Degree Day tool on the AgriTools app, as well as a “facelift” for the app from a $15,000 grant from the Climate Hub; Taught greenhouse gases and ecosystem science at science field day for home school kids; Participated in the governors Climate Action Response Committee meeting; Taught two undergrad lectures: Applied Climate Science 218 & Energy Science 110; Planning many winter programs; Questions of the month: rental rates and a lot of random questions.
Tracy Anderson (4-H) – On December 7, Kristin Geisert, Kate Pulec, and I attended the Southeast and Metro district 4-H share day at Kimmel Education and Research Center in Nebraska City. We shared some of our successful programing ideas and learned about other county's successful programs, techniques, workshops, etc. Karol Swotek, 4-H Volunteer and I helped our Teen Council apply for and receive one of the Governor's Agricultural Excellence Award. This award provides $500 and is designed in part to help fund community service work. At the December Teen Council meeting, 32 Teen Council members fulfilled the grant by making nearly 100 personal hygiene kits and donating them to the People's City Mission. At the meeting, a People's City Mission representative shared important information about our community. I wrote an article for Spotlight on 4-H, a newsletter designed to teach 4-H volunteers about a variety of 4-H projects, programs and policy. I chaired search committees for two Lancaster County 4-H Extension Assistants. One position has a STEM focus and part of the responsibilities of the position include fulfilling the requirements of the Garbology grant. The other position has an agricultural focus and part of the position’s responsibilities include leading the large embryology and livestock programs.

Sarah Browning (Horticulture & Urban Agriculture) – The Great Plains Fruit & Vegetable Growers Conference is a regional educational opportunity for growers in Nebraska, Kansas, Missouri and Iowa. This is the best local source for high-quality education for Nebraska growers. They have the opportunity to learn from fruit & vegetable, cut flower and honey bee experts and talk with fellow growers. For the last 8 years, I have been a member of the organizing committee. In 2018, I became the ongoing committee co-chair overseeing conference finances, web development, advertising, sponsorship solicitations, trade show exhibitors and the conference evaluation. I will serve in this role indefinitely, bringing more cohesion to the organizing committee's work than has been experienced in the past. In January 2017 the conference had 447 attendees from 21 states; January 11-13, 2018 is the next conference. A great deal of my time in the last three months has focused on conference preparation.

Soni Cochran (Wildlife and Website Management) –

Website Management: On December 4, I attended a hands-on workshop focused on the next iteration of UNL’s website framework - 5.0. UNL websites can begin transitioning to the new 5.0 framework in early January 2019. Framework 5.0 is designed to meet the growing needs of a mobile audience. According to Bob Crisler, Director, UNL Internet and Interactive Media, the goal is for UNL websites to reach sub-1-second render times on desktop and mobile devices.

The size of the Lancaster.unl.edu website and unique features like 4-H EGG Cam, makes this transition challenging. I have been working with IANR media staff who have been able to make some global edits to our site to improve rendering of the site in the framework. There is new coding language to learn and challenges to be addressed in this framework. Over the next several months, I'll have to be focusing on going through the sites. In addition, the NEP site is a priority as is 4-H EGG Cam this next month.

Wildlife/Pest Management: There were few calls this month on wildlife conflicts. I've started preparing for early spring Master Gardener training presentations. Presentations are scheduled in Douglas/Sarpy, Dodge, and Lancaster County.

Disaster Preparedness, Mental Health & Wellness: The Extension Mental Health and Wellness workgroup met to continue program/resource planning started at the Nebraska Extension Fall Conference.
Kayla Colgrove (Food, Nutrition, and Health) –
- Attended 5.0 Framework Workshop in order to transition food.unl.edu to the new template
- Helped finalize Issue Team 2 Impact Report
- Worked with Lisa Franzen-Castle and Cami Wells to put together a “Creating Online Content Guidelines” document; Presented information to the Food, Nutrition and Health Interest Group on December 10th
- Presented Lesson 2 of 7 for the 4-H Healthy Habits program at Malcolm to 46 fourth grade students

Jaci Foged (Learning Child) – December was used to edit and refine the CHIME participant handbook and Guiding Teacher handbooks. As part of the Innovation Grant received earlier this year we are moving this program from eastern Nebraska to across the state. Currently we have 6 in-person classes scheduled and 1 on-line class scheduled to begin late January, and through early February. Two additional classes will be set-up and will start by the end of March 2019. As part of this work we are collecting cortisol through passive spit (the teachers spit into a tiny vial pre intervention (CHIME) and post. This work will help us determine if the CHIME program does support teacher health and well-being on a larger scale than our work from 2017. Credit must be given to Lancaster County office staff for their extensive time and support in developing the curriculum books, graphics, and flyers for Learning Child educators which will be used across the state. CHIME is quickly gaining national and international attention. In 2018, I was involved in promising evidence of our program being presented at two international conferences. Participants (infant and pre-toddler teachers) from my fall 2018 CHIME class at Educare provided the following comments:

"It (CHIME) gave me really good ideas of how to be more mindful with myself and with my students in the classroom."
"I learned how to breathe deeply, to calm myself down, and remind my kids to do the same."
"It was great to learn how to teach mindfulness to everyone, even babies. Learning about mindfulness has been helpful when I get upset about things. I am going to continue practicing mindful listening and speaking."

There were so many great activities and information, like the social-emotional awareness. I didn't realize all the different aspects of mindfulness."

Emily Gratopp (EFNEP) – This past year, the Lancaster County EFNEP team had the privilege of teaching 111 families impacting 461 people within those families and taught 765 youth directly. Families and youth are engaged in an average of 7 hours of interactive lessons, activities, cooking and recipe sampling. Within the four core categories for healthy living for families: 92% of participants improved their diet quality and 69% increased their daily physical activity, 80% improved their food resource management practices, 73% practiced safer food handling, and 43% improved their family's food security. A few of the EFNEP families in Lancaster County include pregnant and parenting teens in Title I high schools and parents learning English within Lincoln Public Schools and Lincoln Culture Centers. The addition of our newest, Arabic-speaking, EFNEP team member brings hope of expanding services to Arabic-speaking community members in 2019.

The EFNEP team in Lancaster County enjoyed engaging 765 youth in 2018. Youth improved in healthy living: almost 60% of middle and high school students ate one additional vegetable serving per day and 50% increased to at least 60 minutes of physical activity per day. Almost all elementary students improved their knowledge and ability to choose healthier foods when offered. Key components of EFNEP for youth are literacy and cooking skills. During EFNEP classes, youth practice following recipes and cooking to increase their skills in cooking healthy meals and snacks on their own. Sixty one percent of middle school students taught by Lancaster County EFNEP last year increased their confidence of using measuring spoons and cups and just over half improved in their ability to read and follow a recipe.
As EFNEP coordinator for Lancaster County and six additional counties, I assisted with organizing two in-person trainings for EFNEP staff statewide, assisted with monthly statewide staff meetings, held seven specialized professional development trainings via zoom conferencing, attended two regional conferences, presented at one national conference, became trained as an Impact Collaborative Facilitator and started the Well Connected Communities initiative in Lancaster County. I also started my own project: a gardening and nutrition education program in collaboration with the Master Gardeners at two Head Start locations in Lancaster County. It has been a full and exciting year, I look forward to growing even more in 2019. A focus of mine in 2018 was increasing our communication efforts, please visit our Facebook page, NEP Lancaster County Extension for videos, photos, and posts about all that NEP does in the community.

Jody Green (Urban Entomology) – December was spent planning the 2019 Nebraska Urban Pest Management Conference which will take place in Lincoln in February. My responsibilities are deciding the topics, securing speakers, and receiving approval from the NDA for license recertification. I was involved in a variety of activities including recording IPM videos for PSEP recertification, recording podcast about bed bugs, backyard farmer live panel at the Nebraska Power Farmer Show, and "Skype an Entomologist" with a 3rd grade class. Since the inquiries have slowed down, I took the time to identify and categorize insects from hundreds of digital photos to be used in future Extension resources.

Alyssa Havlovic (Growing Healthy Kids) – On Maternity Leave

Kristen Houska (SNAP-Ed) – The Excellence in Extension Team award in the area of “engagement” at Fall Conference was presented to the Double Up Food Bucks team which includes SNAP-Ed Assistants Kyleah Bowder, Brie Frickenstein and Meredith Hein. The Double Up Food Bucks program provides SNAP participants with a one-to-one match to purchase fresh fruits and vegetables at specific grocery stores and farmers markets. At a Lincoln farmers market from January to October 2018, participants spent an average $33.26 each visit, a 57 percent increase from the program’s start in 2016. Assistant Meredith Hein lead our team in hosting the annual Lincoln Housing Authority senior feast for 25 senior residents residing in Burke Plaza, Crossroads House and Mahoney Manor. Seniors attending Meredith’s monthly nutrition education programming along with other residents were treated to a healthy holiday meal, including delicious no-crust pumpkin pie. Each resident was honored by Meredith for their continued attendance to her classes with a certificate and holiday gift basket filled with fresh fruit. This event is loved by her class attendees and she does a great job of making it a great experience for them each year. Our SNAP-Ed team began planning for our role of providing nutrition education, healthy behavior modeling, food tastings and evaluation for a community food access grant from Community Health Endowment focusing on 30 summer feeding program sites through the Food Bank of Lincoln. In addition to the summer feeding program part of the grant will focus on a new produce truck providing free produce to targeted low food access areas around Lincoln on a weekly basis.

Meghan Sittler (Water/Wastewater Management) – Position Unfilled

Tyler Williams (Agricultural Cropping Systems & Climate Resiliency) – This month was event free, so spent time planning the Successful Farmer Series (starts Jan) and presentations for a number of January events; Met with NRCS and area producers to explore Conservation Innovation Grant; Recorded three radio interviews; Hosted National Climate Assessment webinar for 85 people; Planning Nebraska Climate Conference for March 21st; questions of the month: rental rates/custom farming, soybean issues.
Nebraska Extension in Lancaster County
January 1, 2018 through December 31, 2018

EXAMPLES OF 2018 PROGRAMS

4-H youth development
Weather and crops

MyPI disaster preparedness
Head Start learning gardens
Nebraska Extension . . . a Local, State and Federal Partnership

Nebraska Extension in Lancaster County represents a federal, state and local partnership.

Lancaster County provides office and educational facilities, support staff, program staff and materials, and an annual operating budget.

The City of Lincoln supports programming for solid waste management and education.

The University of Nebraska–Lincoln (UNL), through state and federal funds, contributes salary and benefits for extension educators and assistants, and for the Nutrition Education Program. UNL also provides county extension staff with campus-based specialists, ongoing professional development, in-service training, extension materials, publications and overall program support.
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PERSONAL SERVICES TOTALS: $543,301

| SUPPLIES |          |             |
| 63110 | OFFICE SUPPLIES | $3,500.00 |
| 63120 | DUPLICATING SUPPLIES | $2,500.00 |
| 63225 | JANITOR SUPPLIES | $4,200.00 |
| 63345 | OTHER OPERATING SUPPLIES | $1,200.00 |
| 63510 | MOTOR FUELS | $4,000.00 |

SUPPLIES TOTALS: $15,400

| OTHER |          |             |
| 64175 | COMPUTER SOFTWARE MAINT/LIC | $2,690.00 |
| 64285 | CITY INFORMATION SERVICES | $1,025.00 |
| 64286 | VOIP - INFORMATION SERVICES | $9,600.00 |
| 64710 | MEALS | $800.00 |
| 64715 | LODGING | $2,000.00 |
| 64725 | MILEAGE | $5,000.00 |
| 64730 | PARKING & TOLLS | $100.00 |
| 64735 | VEHICLE RENTAL | $7,100.00 |
| 64820 | PHONE, DATA PROC. (VLS CONNECT.) | $2,000.00 |
| 64825 | CELLULAR PHONE SERVICE | $2,200.00 |
| 64855 | POSTAGE | $26,000.00 |
| 64910 | PRINTING | $15,500.00 |
| 64915 | PHOTOCOPYING | $11,500.00 |
| 64925 | ADVERTISING | $250.00 |
| 65295 | CLIENT SERVICES | $355,603.00 |
| 65660 | DUES | $100.00 |
| 65665 | BOOKS | $500.00 |
| 65670 | ENROLLMENTS | $1,900.00 |
| 65845 | MISCELLANEOUS FEES | $14,946.00 |
| 65910 | PROPERTY/LIABILITY INSURANCE | $2,315.00 |
| 65920 | VEHICLE INSURANCE | $1,475.00 |
| 65925 | FLOOD INSURANCE | $1,275.00 |
| 66110 | ELECTRICITY | $16,800.00 |
| 66115 | NATURAL GAS | $4,600.00 |
| 66120 | WATER & SEWER | $2,600.00 |
| 66125 | REFUSE DISPOSAL | $450.00 |
| 66210 | MOTOR VEHICLE REPAIR & MAINT | $3,000.00 |
| 66220 | OFFICE EQUIP REPAIR & MAINT | $300.00 |
| 66230 | GROUNDS EQUIP REPAIR & MAINT | $200.00 |
| 66275 | COMPUTER EQUIP REPAIR & MAINT | $4,600.00 |
| 66410 | OTHER EQUIP REPAIR & MAINT | $300.00 |
| 66520 | BUILDING RENT | $6,115.00 |

OTHER TOTALS: $465,936

| CAPITAL |          |             |
| 67215 | REPAIR/IMPROVEMENT TO BLDGS | $8,800.00 |
| 67415 | OFFICE EQUIPMENT | $1,500.00 |

CAPITAL TOTALS: $9,500

GRAND TOTAL EXPENSES FOR AGENCY $1,054,137

| INCOME |          |             |
| 55810 | CONTRACT REVENUE (BIOSOLIDS) | $39,144.00 |
| 58115 | RENTAL INCOME | $4,300.00 |
| 58585 | OTHER MISCELLANEOUS | $6,500.00 |

GRAND TOTAL INCOME FOR AGENCY $50,449.00
### Nebraska Extension in Lancaster County General Fund (Tax Accounts)

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#### PERSONNEL SERVICES

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#### PERSONNEL SERVICES TOTALS: $645,001 | $485,770 | $190,331 |

#### OTHER

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#### CAPITAL TOTALS: $5,000 | $2,767.97 |

#### TOTAL FOR AGENCY $1,054,137 | $1,052,142.54 | $1,994.46 | 0.2% | $208,247.53 | 80,856.71 | $72,717.64 | 71,484.86 | $67,779.91 | 60,678.41 | $99,105.75 | $101,981.69 | $75,530.27 | $91,301.09 | $92,493.58 | 59,123.33 |

#### REMAINING DOLLARS (OVER/UNDER SPENT): $-1,994.46 | $189,706.18 | $38,022.36 | $37,823.79 | $37,428.73 | 59,657.03 | $35,645.79 | $32,313.68 | $41,661.62 | $37,198.17 | $44,358.33 | $68,869.62 | $6,849.41 |

#### INCOME

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#### INCOME TO DATE: $35,469.00 | $2,495.00 | $5,509.00 |
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<tr>
<td>GRAND TOTAL INCOME FOR AGENCY</td>
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Media

Nebraska Extension in Lancaster County
January 1, 2018 through December 31, 2018

EXAMPLES OF 2018 PROGRAMS

4-H youth development
Weather and crops
MyPI disaster preparedness
Head Start learning gardens
Extension’s Media Outreach

Nebraska Extension in Lancaster County utilizes multiple delivery methods to impact people in Lancaster County and beyond. Media outreach includes:

- Website at http://lancaster.unl.edu. The website contains thousands of pages of content and is updated daily. Millions of people access the website each year.
- Online social media including Facebook, Twitter, YouTube, Flickr and Pinterest.
- The NEBLINE newsletter, published monthly (except December) and mailed to nearly 11,000 households in Lancaster County. It is online as a print-friendly PDF version at http://lancaster.unl.edu/nebline. A web- and mobile-friendly e-newsletter version was introduced on April 24, 2018 at http://newsroom.unl.edu/announce/lancasterextension.
- Many newspaper, radio and TV media communicate information about Extension events and/or contact Extension’s experts about timely topics, such as harvest conditions or overly abundant insects.

Contents in This Section

- Web site and social media educational resources.
- The NEBLINE front page of all 11 issues from 2018.
- Example coverage in Lincoln Journal Star and other local newspapers.

4-H 2018 Year in Review Video

Lancaster County 4-H 2018 Year in Review Video (03:37) is on YouTube at http://go.unl.edu/4H18video
CONNECT, LEARN & SHARE – WEB SITE & SOCIAL MEDIA EDUCATIONAL RESOURCES

Nebraska Extension in Lancaster County has an extensive web and social media presence. Here are the resources we utilized in 2018 to “Connect, Learn & Share.” A full list is available at http://lancaster.unl.edu/media. Summary of resources and links:

- **Web site** – http://lancaster.unl.edu

- **Facebook:**
  - Office - https://www.facebook.com/UNLExtensionLancasterCounty/
  - 4-H Club Program (Closed Group for members, family & alumni)
  - 4-H Embryology & 4-H EGG Cam - https://www.facebook.com/4HEGGCam/

- **YouTube:**
  - Office - https://www.youtube.com/user/UNLExtensionLanCo
  - 4-H & Youth Programs - https://www.youtube.com/user/4HLancasterNE

- **Nebline & 4-H E-newsletters:**
  - Nebline E-newsletter - https://lancaster.unl.edu/nebline
  - 4-H E-newsletter - https://newsroom.unl.edu/announce/4h-lancaster

- **Twitter:**
  - Office - https://twitter.com/UNL_LancasterCo
  - 4-H & Youth Programs - https://twitter.com/LancasterCo_4H

- **Flickr** - https://www.flickr.com/photos/unlextlanco/sets/

- **Blogs:**
  - The Buzz at Cherry Creek - https://buzzatcherrycreekunl.wordpress.com/
  - Connect, Learn & Share: Nebraska Extension in Lancaster County - https://nebraskaextensionlancastercounty.wordpress.com/
  - Nebraska Ag Climate Update - https://lancaster.unl.edu/ag/weather.shtml

- **UNL Media Hub** - http://mediahub.unl.edu/channels/305?orderby=popular_play_count&order=DESC

- **Extension TV** - http://extensiontv.unl.edu/

- **Livestream** - https://lancaster.unl.edu/liveevents:
  - 4-H EGG Cam - https://lancaster.unl.edu/eggcam
  - Cherry Creek Pollinator Habitat - https://go.unl.edu/pollinators
  - Successful Farmer Series - https://lancaster.unl.edu/ag/successfulfarmerseries
  - Lancaster County Super Fair - https://lancaster.unl.edu/4h/fair/2018fair.shtml
Nebraska Extension in Lancaster County Web site – 2018:
http://lancaster.unl.edu *976,133 Unique Users | *1,114,118 Page Views
(*.pdf files and EGG Cam views are not included in counts)

Content Category Page Views:
4-H – 104,844
Agriculture & Acreage Guide – 14,737
Community – 31,352
Environment – 5,054
Family – 56,360
Food, Nutrition & Health, & NEP – 9,702
Home – 31,609
Horticulture – 230,922
*NEBLINE – 3,212
Office Home Page – 25,965
Office Resources (Conference Room, Staff Info) – 10,383
Pest – 514,149
2018 Top 20 Web Pages - "unique page views"
1. Pantry Pests (304) – 84,596
2. Head Lice Management (018) – 47,949
3. Cow Killer Ant/Velvet Ant – 29,407
4. Office Home Page – 25,965
5. 366 Community Service Ideas – 24,946
6. Head Lice Quick Guide - Spanish 22,510
7. Cockroach Control Manual Spanish (p3) – 19,565
8. 4-H Embryology Candling Resource – 19,315
9. Community Schools – 16,655
10. Choosing a Clay or Plastic Pot – 16,441
11. Blow Flies – 16,142
12. Vermicomposting – 15,312
14. Home Environment Cleaning Windows – 12,897
15. Growing an Avocado – 12,711
17. Centipedes and Millipedes – 12,133
18. Triangulate House Spider – 11,721
19. Lancaster County Super Fair – 9,928
20. Biting Bugs – 9,796

Top 5 Locations of Site Users:
1. United States – 68.28%
2. Canada – 3.84%
3. United Kingdom – 3.51%
4. Mexico – 2.38%
5. Spain – 2.38%

UNL Media Hub:
http://mediahub.unl.edu/channels/305?orderby=popular_play_count&order=DESC 8 videos created by Nebraska Extension in Lancaster are available – 1,976 Plays

Extension TV: http://extensiontv.unl.edu/
Nebraska Extension in Lancaster County videos appear in the top 30 videos on Extension TV
Rank  Title (Views)
4. Removing Head Lice Safely Arabic – 703,423 Views
5. Removing Head Lice Safely English – 563,979 Views
7. Turkey Hatching – 471,668 Views
11. How to Make a Bed Bug Trap – 228,248 Views
22. Candling Chick Eggs - Day 7 – 234,170 Views
29. Guinea Fowl hatching (seen on EGG Cam) – 105,415 Views
30. Guinea Fowl hatching (seen on EGG Cam) - 2nd – 89,928 Views
Facebook:

4-H EGG Cam/4-H Embryology School Enrichment -
https://www.facebook.com/4HEGGCam | Page Followers = 1,264 Members

4-H Club Program on Facebook - https://www.facebook.com/groups/220534921335797/
Closed Group for local 4-H Staff and 4-H Families/Volunteers - 459 Members

Nebraska Extension in Lancaster County Facebook
https://www.facebook.com/UNLExtensionLancasterCounty | Page Followers = 630

You Tube:

Nebraska Extension in Lancaster County:  https://www.youtube.com/UNLExtensionLanCo
43,808 Views | 67,909 Minutes Watched

Top 5 Videos 2018
1. Removing Head Lice Safely Russian – 14,020 Minutes Watched, 6,773 Views
2. Removing Head Lice Safely Arabic – 13,307 Minutes Watched, 8,200 Views
3. Removing Head Lice Safely English – 12,727 Minutes Watched, 12,185 Views
4. Bagworm Control – 9,406 Minutes Watched, 3,740 Views
5. Removing Head Lice Safety Spanish – 7,421 Minutes Watched, 4,043 Views
Lancaster County 4-H YouTube Channel: https://www.youtube.com/4HLancasterNE
146,500 Views | 346,300 Minutes Watched

Top 5 Videos 2018
1. Candling Chick Eggs - Day 7 – 111,516 Minutes Watched, 146,537 Views
2. Turkey Hatching – 78,760 Minutes Watched, 40,568 Views
4. Raptor Awareness – 14,427 Minutes Watched, 3,811 Views
5. Guinea Fowl Hatching (Seen on EGG Cam) – 12,605 Minutes Watched, 6,550 Views

Nebline and 4-H E-Newsletters:

*Nebline (June – December 2018):
- 451 addresses
- 1,306 emails opened

*4-H (January 1 – December 31, 2018):
- 992 addresses
- 13,534 emails opened

*UNL newsletter system statistics only tracks when recipients select “download pictures” or “display images below.”
Twitter:

**Lancaster County 4-H:** https://twitter.com/LancasterCo_4H | 80.4K Impressions. Current Followers: 1,103.

**Nebraska Extension in Lancaster County:** https://twitter.com/UNL_LancasterCo | 118.1K Impressions. Current Followers: 1,748.
Blogs:

**Buzz at Cherry Creek**: https://buzzatcherrycreekunl.wordpress.com/ | 9,106 Views

**Home Wise! Family Smart**: https://homewisefamilysmart.wordpress.com/ | 61,002 Views
Nebraska Ag Climate Update: https://lancaster.unl.edu/ag/weather.shtml

Nebraska Extension in Lancaster County - Connect, Learn & Share:
Early Childhood Development Trainings for Child-Care Providers — In 2017, Extension taught 99 early childhood training sessions for local child-care professionals. Total attendance was 1,894, generating 413 in-service hours approved by the Nebraska Department of Health & Human Services. 86% of participants at Early Learning Guidelines trainings indicated they would use a lot or a “great deal” of what they learned during the trainings in their work. Pictured is Extension Educator Jaci Foged (second from right) teaching a CPR and first aid training.

Cover Crops Conference — Extension Educator Tyler Williams (standing for left) and other colleagues organized a conference, “Opportunities for Growing and Grazing Cover Crops,” during the Lancaster County Super Fair. It was attended by 150 crop growers and cattle operators from 35 counties, representing 80,000 acres of farm ground and 9,600 head of beef cattle. 73% said they plan to expand, modify or start a new practice from the information learned and estimated a value gained of $18 per acre.

Emerald Ash Borer Injection Workshop — at a two-day workshop, 33 professional arborists learned how each of the seven commonly used commercial injection systems differ in application and effectiveness. Extension Educator Sarah Browning (far left) led development of this program in association with the Nebraska Arborist Association. Phil Pierce, retired Omaha City Forester, said, “The equipment demonstrations helped two professionals compare and select the best treatment methods for their customers.”

Termite Academy — Extension Educator Jody Green (third from left) partnered with industry professionals, UNL faculty and the Nebraska Department of Agriculture in presenting a two-day, hands-on termite academy to train post-management professionals. Emphasis was on pestcide safety, following the label, calibrating equipment and proper/legal application of termicides. Attendees rated each of the 16 sessions as either “good” or “excellent,” and 100% said they would recommend this termite academy to someone in the industry.

Nutrition Education Program — NEP helps families on limited budgets make healthier food choices and choose physically active lifestyles. Two projects introduced this year changed Lincoln’s food retail to make eating healthy easier. “Double Up Food Bucks” increased the amount of money Supplemental Nutrition Assistance Program customers in Lincoln spent on fruit and vegetables by 40-85% per retail site. “Choose Healthy Veggies” helped stores improve their selection of healthy foods through marketing and educational support. Pictured is Extension Assistant Meredith Hein (front) with a store manager.

Growing Healthy Kids Nutrition Program — GHK provides nutrition kits with curriculum and supplies for teachers to teach hands-on activities in K-2nd grade classrooms at Lincoln Public Schools not served by the Nutrition Education Program. Last year, 5,093 students gained the knowledge and skills to make healthy food choices and how to incorporate physical activity into their day. Extension Educator Alyssa Novakovic (far right) leads one or two lessons in most classrooms. In the fall of 2017, the program expanded to 3rd-5th grades.

Nutrition Resources — Extension Educator Alice Henneman increases outreach by sharing materials she develops for in-person programs on the food.unl.edu website, email newsletters and social media. "Makewaves Your Leftovers" presentations were attended by over 250 people and the online materials were viewed over 2,100 times in three months. Online feedback included, "Great information that my clients, and myself, can use." Henneman also presents nationally on how she conducts programs (pictured at a poster session during a national conference).
EFNEP Helped 500 Families Make Healthier Choices While Saving $1,054

Last year, EFNEP in Lancaster County taught over 2,000 individuals from 509 different families. While receiving the education, 92% of these families made healthier food choices and saved a total of $1,054 on groceries.

In addition to adult-centered classes, nearly 600 youth received nutrition education in both in-school and out-of-school programs. As a result of our programs, 83% of these youth improved their healthy eating habits and 64% increased their physical activity.

The adult and youth data is collected using nationally standardized and tested pre- and post-program evaluations.

The mission of EFNEP today is to create meaningful change in people’s lives by enabling families to use their food resources to the fullest, helping families to eat healthier while saving money. The classes are hands-on and interactive, including making and tasting a healthy recipe during each class.

These impactful relationships with families and youth are possible due to the three peer educators who excel at implementing this relationship-driven, hands-on educational approach.

Samantha Perea Specializes in Teaching High School Parents and Latino Audiences

One of the newest EFNEP team members is Extension Assistant Samantha Perea, who holds a degree in Kinesiology. Sam teaches parents in Lancaster County’s high schools about the importance of nutritious meals, physical activity and food safety — especially as those topics relate to expectant mothers and young children. She helps these parents start

Samantha Perea teaches pregnant and parenting students at Lincoln Northeast about the MyPlate.
Early Spring Care for Fruit Trees

Sarah Brownning
Extension Educator

When the apple and cherry trees start to bloom, we know spring has arrived. Fruit trees are wonderful additions to the home landscape, both as fruit producers and ornamental blooming trees.

To maximize the health of your fruit trees, begin with proper pruning, then provide good care through fertilization, watering and mulching throughout the summer. Next, develop an integrated pest management plan tailored to the specific insect and disease problems affecting your trees.

Do Some Research

The "Midwest Home Fruit Production Guide" from Ohio State University Extension, http://bit.ly/FruitGuide, is an excellent resource to learn about the best production techniques, including fertilization, watering and mulching for each specific fruit. Diseases and insects are discussed individually for each type of fruit, making it easy for the home orchardist to determine the problems affecting their trees.

Pruning

Late February through March is the best time of year to prune the home orchard, just before the trees begin to break bud. This minimizes the potential for cold injury and trees heal wounds fastest when pruned at this time of year. First prune trees with higher levels of winter burn, including apple, pear, tart cherry and plum. Save sweet cherry, peach and apricot for last.

The main purpose of fruit tree pruning is to increase sunlight penetration of the tree's canopy, remove dead, diseased or less productive wood and shape the crown into a strong, efficient structure. Pruning increases fruit size, promotes uniform ripening, increases fruit sugar content and decreases pest problems due to better spray coverage and faster drying of the foliage after rain. Neglected trees and vigorous cultivars require heavy pruning to reestablish good tree structure and optimize production. Do not use pruning paints or wound dressings.

Refer to the "Midwest Home Fruit Production Guide" for specifics on the best pruning practices for each type of fruit.

This peach tree shows the open pruning structure often used with fruit trees to allow light in and maximize productivity.

Neglected fruit trees, like this apple, require extensive pruning to reestablish good tree structure and improve productivity.

What Troubles Your Fruit Trees?

Fruit growers often call the Extension Educator asking what pesticide products should be used on their home fruit plantings and when they should be applied. Our first question for them is, "What insects and diseases are you trying to control?"

In the past, orchard pest control was often done with a pre-determined schedule of pesticide applications at specific times of year. Now — with growing concerns related to pesticide impact on 1) environment, 2) pollinators and 3) human health — it makes sense to develop a customized spray schedule based on the specific insect and disease problems present in your fruit plantings.

In other words, growers only need to use pesticides to control insect or disease problems on their trees which can't be controlled with good management techniques. The "Midwest Home Fruit Production Guide" outlines common pest problems for each type of fruit. Determine which problems affected your trees and target your control efforts only to those problems.

For example, if apple tree cultivars with good resistance to codling-moth and apple scab are used in the home orchard, then fungicide applications for disease control may not be necessary. Or fewer fungicide applications may provide adequate control. In this orchard, insects may be the most important pest problem.

Integrated Pest Management

This strategy of pest control uses a combination of methods to manage pests, reducing the total amount of chemical pesticides required. Integrated Pest Management (IPM) protects the health of humans, pets, non-target insects and the environment. A good IPM program includes the following steps.

- Monitoring plants regularly for pest problems, enabling the home orchardist to control problems in early stages.
- Accurate identification of pest problems so effective control strategies are used.
- Establish damage threshold levels — the amount of damage the pests can cause that makes full-out chemical warfare unacceptable. Lower levels of pest damage are determined acceptable and full-out chemical warfare doesn't begin because of a few egg-laying scars on your apples.
- Use a variety of control methods, including cultural, mechanical, biological, and chemical. Start with the least-toxic methods providing good control.

Of course, identifying the exact insect and disease problems affecting your fruits is always the first step. Nebraska Extension in Lancaster County is a great resource to help, along with your local nursery and garden center professionals. For assistance with fruit pest identification, call Extension at 402-441-7180 or bring samples to 444 Cherry Creek Road, Suite A, Lincoln. Office hours are Monday—Friday, 8:30 a.m.—4:30 p.m.

Early Season Pest Control

Common early season IPM pest control tactics used by many fruit growers, which can be completed in March, include dormant oil or fungicide applications and orchard sanitation.

Sanitation — Fruit tree disease problems often overwinter on dried fruits or "mummies" that fell on the ground last fall and have remained there under the tree through the winter. This also happens with leaves from trees infected with fungal diseases; the spores overwinter on the leaves and are present to re-infect the tree the following spring as it begins to leaf out.

For this reason, sanitation beneath and around your fruit trees is very important. Collect and discard or burn all debris from the tree, including leaves and fruit each year.

Dormant Fungicide Applications — Application of copper fungicide is an effective way to control peach leaf curl and plum pockets when applied to dormant fruit trees during late winter. Bordeaux mixture, a combination of copper sulfate and lime, or fixed copper fungicides, such as tribasic copper sulfate, copper oxychloride sulfate and cupric hydroxide, can be used. Bordeaux mixture has the advantage of adhering to plants better during rainy weather, but it does stain surfaces see FRUIT TREES on page 3.

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Can You Pass This Food Safety Quiz?

Alice Henneman, MS, RDN
Extension Educator

Lots of people call the Extension office because they don’t know the answers to the eight questions on this food safety quiz. Do you?

1. How long will food stored constantly at 0°F remain safe?
   a) 1-2 years
   b) 5 years
   c) Indefinitely

2. What temperature is recommended for your refrigerator?
   a) 50°F
   b) 45°F
   c) 40°F

3. Since only the inside of melons (such as water-melon) is eaten, does their outer rind need to be washed?
   a) Yes
   b) No

4. If a food tastes OK, is it safe to eat?
   a) Yes
   b) No
   c) Maybe

5. Should you wash raw meat and poultry before preparing it?
   a) Yes
   b) No

6. How long should you store leftovers in the refrigerator?
   a) 3-4 days
   b) 1-2 weeks
   c) 3 weeks

7. If you’ve never gotten sick from food you prepare — even though you don’t follow “food safety guidelines” — could it make someone else sick?
   a) Yes
   b) No

8. For best quality, how soon after purchase does the U.S. Department of Agriculture recommend using eggs?
   a) 1 week
   b) 3-5 weeks
   c) 2-3 months

ANSWERS on next page
Farmers: Use climate for planning, weather for doing

Tyler Williams
Extension Educator

Farmers use climate and weather information daily and often subconsciously. It is engrained into many farming practices and plays a role in nearly every decision that happens on your operation. When to schedule irrigation, when to start calving, the amount of money you spend on grain drying, the number of gloves you own, etc., are all influenced by our climate and weather.

As we march into the growing season, we can use climatology to plan practices, but, ultimately, there will need to be timely modifications based on the weather.

Planting

Planting conditions are heavily dependent on the weather. April 10 or 15 may often be a target for planting corn, since this is past the crop insurance date and the soil temperatures are typically warm enough for corn germination.

The average soil temperature at 4 inches under bare soil on April 15 in West Point, Neb. from 1988–2017 was 50°F but ranged from 36–61°F. At North Platte, Neb., a similar pattern is evident where the average soil temperature on April 15 (1988–2017) was 49.7°F but ranged from 39–63°F (data from http://nprcc.unl.edu). On average (climate), the date looks good, but for any given year (weather), it may not be a wise decision to plant.

The recent 30 year trend for April and May average temperatures is fairly steady; however, March has been increasing by about 1°F per decade in the east and up to 1.0°F per decade in the Panhandle. In 2018, the Panhandle and southwest Nebraska was 3–3.3°F above normal and north central and southeast Nebraska was just below normal.

Wet fields also limit planting dates. The climate normal (1981–2010) precipitation in Nebraska in April and May is about 4.5 inches in the Panhandle to about 7.5 inches in the southeast. The 30 year trend is for an increase of 0.6 inches per decade in the Panhandle and 0.9 inches per decade in the southeast. Finding that window before the rain hits and the soil temperature is adequate can be challenging. It looks like the corn belt may be on track for another wet spring season.

The data would tell you that planting on a calendar date may not be the best option, but the number of suitable fieldwork days is certainly limited. This year is an example of how "typical" target dates may not work. In a nutshell, don’t waste a good-weather-planting day. Visit http://cropwatch.unl.edu for up-to-date information on recommendations for current conditions.

Spray applications

Wind speed is a common limitation in the Great Plains for pesticide applications and wind climatology can help estimate potential “windows” for spraying.

Wind typically begins to pick up speed after sunrise and peaks from 3–5 p.m. (see chart below). The average wind speed will also tend to be stronger in May and begin to decrease in late June and July. These cycles may be useful when determining workload and man-power for applications, but a forecast tool — such as the free AgrTools mobile app developed by Nebraska Extension — will provide hourly weather conditions to more accurately schedule applications.

Climate outlook

The outlooks from the Climate Prediction Center for May, June and July are showing increased odds for above normal temperatures for the southwestern half of Nebraska. Most of the U.S. is expected to have better chances for above normal temperatures through the growing season, but portions of the Central Plains, including Nebraska, are a coin flip as usual.

Our current pattern of below normal precipitation and increased soil moisture (relative to our neighbors) is likely playing a role in our summer temperature forecast. Our cool and wet soils take extra solar radiation to warm, thus reducing the temperature of the air above the surface.

The precipitation forecast is showing increased chances for below normal precipitation from southeastern Texas through Washington and Oregon for May, June and July. As the summer progresses, the target for the increased odds for below normal precipitation is centered over Texas and Oklahoma, but has since shifted south. The dry conditions in the Southern Plains and lack of adequate snowpack in the southern Rockies are cause for concern for our summer drought conditions. If the current conditions are favorable, I would use a drought-resistant mindset heading into the growing season. It definitely can’t hurt.

Looking to the end of the growing season, we have the potential for an El Niño (warm episode) to form in the Pacific Ocean by late-fall. This gives higher odds for a warmer winter for the northern plains (including Nebraska). The prediction for the spring and summer is for neutral conditions to prevail, which provides very little predictability from ENSO (El Niño Southern Oscillation). The ENSO cycle is a good long-term forecast tool when conditions are met.

CONNECT WITH US

Nebraska Extension in Lancaster County
444 Cherrycreek Road, Suite A
Lincoln, NE 68523
402-441-7180
http://lancaster.unl.edu

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Nebraska Pollinator Habitat Certification program

Mary Jane Frogge
Extension Associate

Do you love gardening and want to help pollinators? Consider developing your landscape into a pollinator habitat. In 2016, four Nebraska Extension horticulture professionals, Natalia Bjorklund, Kathleen Cue, Scott Evans and Mary Jane Frogge launched a new program called Nebraska Pollinator Habitat Certification. This program gives Nebraskans an opportunity to certify their garden and promote pollinators in their community. Sixty-one locations have been certified across the state of Nebraska. Certified habitat members will receive a program newsletter twice a year and have the option to purchase a sign to display in their habitat.

What you need to certify

To certify their habitat, gardeners need to provide spring, summer and fall blooming plants that support pollinator needs, a water source, shelter, nesting sites and restrict pesticide use. Gardeners will be asked to make a commitment to protect pollinators and provide a diverse plant community that will result in a pollinator habitat.

Commitment to plant diversity

Make the commitment to protect pollinators by providing a diversity of plant material essential to providing both nectar and pollen sources. Use plants that provide both nectar and pollen from early spring to late fall, provide a diversity of plants, flower shapes and flower sizes, choose older cultivars and heirloom varieties of annuals and limit newer introductions.

Incorporate pollinator-friendly native plants into the garden and place plants in masses (three or more) to attract pollinators. It is important to provide plants that are a food source for butterfly and moth caterpillars. Herbs like parsley and dill are a good food source for swallowtail caterpillars, while monarch caterpillars only eat milkweed.

What pollinators need

Pollinators need water, shelter and nesting areas. Ponds, bird baths and outdoor water dishes are excellent water sources for pollinators. See POLLINATOR HABITAT on page 5.

Four sizes of bee houses are pictured above. Make or buy one that works best for your habitat.

When your habitat is certified, you are eligible to purchase a sign to display ($30).

Plant herbs for butterfly caterpillars, like this swallowtail.

Introducing: NEBLINE e-newsletter

Nebraska Extension in Lancaster County is starting a web- and mobile-friendly version of the NEBLINE newsletter!

Sign up at lancaster.unl.edu/nebline

You have the option to subscribe to the print and/or online versions.

Extension's mission is to help Nebraskans enhance their lives through research-based education. The NEBLINE e-newsletter now gives readers a choice of how they want to receive news and announcements from our Extension office. Every subscriber receiving the print NEBLINE will continue to do so unless you indicate you no longer want it. The NEBLINE e-newsletter will replace the monthly email notifications which announce when the NEBLINE is posted online in PDF form. The PDF version of the NEBLINE newsletter showing the print layout will continue to be posted at http://lancaster.unl.edu/nebline.

4-H news articles will be included in the NEBLINE e-newsletter, but 4-H events and deadlines will not. Lancaster County 4-H has a weekly e-newsletter emailed only to 4-H families and volunteers enrolled through 4-H Online. Anyone may view it at http://newsroom.unl.edu/announcements/4h-lancaster. However, 4-H events open to non-enrolled youth will be included in the NEBLINE e-newsletter. Let us know if you have any questions or concerns!

—Karen Wobig, Extension Educator and Unit Leader
Pretty things that sting

Bees, like this honey bee (shown magnified), have a fuzzy appearance. When at rest, their wings lie flat and unfolded. They tucked their legs underneath their bodies during flight as they forage for nectar and pollen.

Wasps, like this yellowjacket (shown magnified), appear shiny, with less hair. When at rest, their wings are folded into a narrow strip. Their legs tend to dangle during flight. They feed on nectar as adults, but prey on other insects to feed their larvae.

Social bees and wasps

Social bees (honey bees and bumble bees) and wasps (paper wasps, yellowjackets, hornets) live in large colonies and can become aggressive when threatened.

Honey bees are perennial species that survive the winter. Sometimes, honey bees swarm when the queen and a large number of worker bees leave the hive to search for a new location like a ballow tree, wall void or other protected area.

All other social colonies are annual, which means they are founded each spring by a lone, fertilized queen that has overwintered in a protective site. As the weather warms up, she becomes active and begins to search for a suitable location to begin construction of her nest.

Bumble bees typically nest in protected sites underground like abandoned rodent burrows or under sheds, but can also nest above ground in compost piles, bird boxes and thick grass.

Paper wasps, yellowjackets and hornets live in paper nests, constructed by the founding queen using chewed up wood fibers and saliva.

Paper wasp nests consist of a single-layer of downward-facing, exposed cells which are normally constructed under a horizontal surface like the overhangs of buildings or inside cavities. Yellowjacket and hornet nests consist of a series of round combs, stacked in tiers and covered in a paper envelope. They can take the form of a ball-shaped, aerial nest on an underground burrow or inside a wall void or attic.

Solitary bees and wasps

Solitary bees and wasps, which live and forage alone are usually quite docile. Sometimes, they nest in aggregations in lawns and landscapes, but each female builds her own nest to provision with food for her larvae.

Solitary bees include carpenter bees, digger bees, sweat bees, mining bees, mason bees and leafcutter bees. The lone, fertilized female prepares each cell with pollen, nectar and her own egg. The species determine the location and material with which she builds her nest and chambers.

Solitary wasps include cicada killers, mud daubers, digger wasps, grass-carrying wasps and sand wasps. Solitary wasps are parasites where they capture live organisms for their pupating and lay an egg on the body for their emerging larva to feed on. The female provisioned her cells and chambers with paralyzed prey, which, depending on the species, may contain cicadas, spiders, crickets, flies or caterpillars.

Leafcutter bees (shown magnified) are gentle, solitary, hole-nesting bees that gardeners want to attract to their yard to pollinate fruit trees, flowers and vegetables. They are superior pollinators, carrying pollen on the underside of their abdomen.

Some solitary wasps, like this pretty cuckoo wasp (shown magnified), lay their eggs in the nests of other stingless insects like bees and wasps, and their larvae feed on the larval form of the prey.

Cow killer ant/volvent ant (shown magnified) is a wingless female solitary wasp. Its bright colors act as a warning signal for predators. Though her venom is not very toxic, her sting is very painful.
Nutrition Education Kits developed by Extension help LPS students learn about nutrition and physical activity

Alyssa Havlovic, MS, RDN, ACSM EP-C and Kristen Houska, MS Extension Educators

The Nutrition Education Kit program is a statewide Nebraska Extension school enrichment program developed for grades K-5 that teaches students about health, nutrition, and physical activity. The kits include lessons and supplies for grade-specific, hands-on learning activities. In Lincoln, this program has been implemented in Lincoln Public Schools (LPS) for nearly two decades in the schools who qualify for Supplemental Nutrition Assistance Program Education (SNAP-Ed) meaning, 50 percent or more of their students qualify for reduced or free lunch.

In 2011, Nebraska Extension received a USDA grant which allowed for expansion of the program to all LPS schools in grades K-2 and in the fall of 2017, a Nebraska Team Nutrition (TN) grant funded expansion of the program to all K-5 classrooms in LPS.

What is a Nutrition Education Kit?

The Nutrition Education Kit program is a unique, evidence-based approach to teaching health. The kits meet LPS health curriculum objectives required for each grade's nutrition unit. The kits also meet national health standards and are now delivered by Nebraska Extension to schools in 11 other counties. Grade-specific lessons cover the following topics: MyPlate, nutrients, meal-planning, the importance of breakfast, healthy snacking, food safety and physical activity. Lessons for the higher grade levels build upon the concepts taught in the younger grades. For example, in grades K-2, students learn about MyPlate and the importance of eating a variety of foods from each food group. In grades 3-5, students dive deeper into the nutrients in food and why our bodies need them.

As part of the Nutrition Kit program, Extension staff delivered presentations in classrooms, including:
- making healthy snacks (pictures shown, Brock Shuler leads 2nd graders in making “cheese creatures”),
- proper handwashing (pictures at left, Alyssa Havlovic leads 1st graders in looking at glow lotion on their hands under a black light), and
- physical activity (pictures below, Kyleah Bowder teaches 4th graders how to use resistance bands).

Teacher feedback

“I wanted to tell you how wonderful the children kits were for fourth grade and how excited the kids were for all the activities! They said it was the most fun they have had in health. That made me very excited to hear.”
—Ertridge 4th grade teacher

“I just wanted to provide positive feedback from the nutrition unit. It was a great unit. My students were engaged with the group work of sorting cards, reading labels etc. The moldy bread experiment was simple yet relevant to their lives.”
—Meadow Lane 4th grade teacher

“The kids love all the interactive demonstrations and activities/experiments/presentations. I also thoroughly enjoy the kits that they really make it enjoyable to teach since there is very little prep to do. We wish we had more kits like these to go along with our curriculum.”
—Clinton 2nd grade teacher.

“Love the hands-on opportunities and lessons. We appreciate having enough for all students. We really enjoy using the nutrition kit and look forward to receiving it every year.”
—McPhee kindergarten teacher

“The kit makes this my favorite health unit to teach! All children can be successful— Thank you.”
—Saratoga 1st grade teacher

“This timing worked great—we had our school-wide health and wellness week while we had our kits! Ms. K (extension staff member) is a fabulous teacher.”
—Norwood Park 1st grade teacher

“Excellent curriculum development that fits well with LPS objectives. Students enjoy and learn— thank you!”
—Brownell 1st grade teacher

“It is a wonderful teacher-student friendship program. Thank you! We enjoyed our presentations from the Extension.”
—Eastridge 3rd grade teacher

Ms. K (Extension staff member) is a fabulous teacher.

Participating classrooms spend an average of 5-6 hours using the kits to teach nutrition and physical activity to youth grades K-5 through Extension team members and teachers.

Classroom teaching

Extension staff visit each classroom and teach the students an introductory lesson, which often focuses on food safety — specifically hand washing. Students have an opportunity to see where germs might be on their hands and then practice using proper handwashing steps to clean them.

The teacher then utilizes the nutrition education kit in the classroom for a period of three weeks. At the end of the nutrition unit, Extension staff return to the classroom to teach a final lesson about healthy snacking which includes preparing a healthy snack together or participating in a physical activity.

Program reach and impact

In the 2017-18 school year, the Nutrition Education Kit program reached 15,992 LPS Elementary students in grades K-5.

Pre- and post-nutrition knowledge and behavior evaluations are administered in each classroom to measure program impact. Based on these evaluations, significant improvements in students’ nutrition knowledge were found in all grades:
- Kindergarten students improved by 26%.
- 1st graders improved by 34%.
- 2nd graders improved by 53%.
- 3rd graders improved by 18%.
- 4th graders improved by 56%.
- 5th graders improved by 66%.

Grade-specific lessons in each classroom were assessed for the higher grade levels build upon the concepts taught in the younger grades.

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Septic systems need regular maintenance to function properly

Meghan Sittler
Extension Educator

National Septic Smart Week is Sept. 17–21, 2018. The U.S. Environmental Protection Agency (EPA) uses a week in September each year to focus on improved awareness of proper operation and maintenance of septic systems across the U.S. The wastewater of approximately 25% of the population of the U.S. is treated by on-site individual wastewater systems. In Nebraska, that statistic holds consistent with approximately 25% of the state’s population served by onsite wastewater systems on farms, acreages, subdivisions and even some small communities.

Septic systems are the most common type of onsite system utilized throughout Nebraska. Certified on-site wastewater professionals are trained and required to install on-site wastewater systems. Regular, systems maintenance such as pumping septic tanks or major repairs of system components should be handled by certified professionals as well.

However, on a day-to-day basis it is up to the individual homeowner to operate and maintain the system correctly. Systems that are not operated or maintained correctly by the homeowner can potentially cause damage to property and negatively impact water quality and public or environmental health. Wastewater carries pathogens, nutrients, bacteria, organic matter and other chemicals which are harmful to human health and water resources if left untreated.

Septic systems are designed to naturally occurring aerobic and anaerobic bacteria to digest nutrients and organic matter within the tank. Treatment within the tank is step one in the treatment process. Water that leaves the tank enters the drainfield and enters the soil. The soil performs its natural "filter" action to continue to remove, digest or hold the majority of potential contaminants before they continue into groundwater resources.

However, like most things, "too much of anything can be a bad thing," so it is the responsibility of the homeowner to do their part to help septic systems function properly. Here are some ways homeowners can be "septic smart."

**Think at the sink**
- Don't pour cooking oil or grease down the drain.
- Use boiling water or a drain snake to open clogged drains instead of chemicals.
- Points, solvents or large quantities of chemical-based cleaners should never be poured down the drain.
- Reduce or eliminate the use of your garbage disposal. The garbage disposal introduces small particles of food as well as oils or grease that can change the stratification of the layers within your septic tank. Consider composting instead.

**Don't strain your drain**
- Average water use for each person in the U.S. is 75 gallons per day. Conserving water in the house means there is less water entering the septic system which reduces the risk of the system failing and improves the operation of the septic system.
- Consider installing water-efficient fixtures in your home: high-efficiency toilets use 1.6 gallons of water or less per flush instead of 5 gallons of water per flush in old toilets.
- High-efficiency showerheads reduce water use to a maximum of 2 gallons of water per minute.
- Energy Smart washing machines use 50 percent less water than standard models. (Also remember to spread washing machine use throughout the week and select the appropriate load size.)

**Protect your field**
- Don't drive or park on your drainfield which can damage the system.
- Only plant trees or shrubs with large root systems a safe distance from the drainfield. Roots can damage or clog the drainfield and roots causing the system to fail.
- Make sure you direct stormwater or other drainage away from your drainfield to ensure the additional water flow doesn't impact the wastewater treatment process.

**Shred it and inspect it**
- Don't overload the commode
- The toilet is also another inviting place to dispose of items that can damage your septic system or cause it to fail.
- An easy rule of thumb to remember is to never flush anything — liquids or solids — besides human waste or toilet paper.

**Don't strain your drain**
- Consider composting instead.

**Think at the sink**
- Don't use water and chemicals such as your washing machine or dishwasher.

**Do Your Part. Be SepticSmart!**

**Protect it Clean**
- If you are on a well, be sure you don't allow water regularly for your drainfield clean and free of contamination.

**CONNECT WITH US**
Nebraska Extension in Lancaster County
444 Cherrycreek Road, Suite A
Lincoln, NE 68528
402-441-7180
http://lancaster.unl.edu

**FOR MORE INFORMATION**
- Nebraska Extension hosts many wastewater resources at http://water.unl.edu
- U.S. EPA has many resources at www.epa.gov/septic

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Nebraska Extension’s CHIME program
Enhancing childcare professionals’ well-being with mindfulness

Jaci Foged
Extension Educator

Have you ever walked across your classroom and forgotten what you wanted to do? Have you ever driven to work and not remembered the trip? Has your child or a child in your classroom ever said something you later struggled to recall? If you answered yes to any of these questions, you may benefit from more presence and focused attention in your life.

Why should early childhood teachers practice mindfulness?

An exciting and growing area of research has highlighted contemplative practices, such as mindfulness and reflective functioning, as promising and practical ways to prevent and reduce the stress of teachers. Dr. Amy Saltzman defines mindfulness as paying attention to your life, here and now, with kindness and curiosity. Early childhood teachers who formally practice mindfulness report to have lower levels of depression and workplace stress and higher quality student-teacher relationships. The field of early childhood is full of joy, laughter and making memories with a plethora of staff and families. It is also a field where teachers are subject to multiple stressors, including low wages, challenging child behavior, low occupational prestige and inadequate role preparation (Friedman-Krauss et al., 2013; U.S. DHHS et al., 2016; Whitebrook et al., 2016).

Programs close and new programs open. Families move their residence, children grow up and go to school and teachers search for new positions for reasons such as increased income, different hours or to care for their own children. With 60 percent of U.S. 3-5 year olds spending an average of 36 hours a week in center-based childcare (Mamedova et al., 2015), teachers form a central part of many young children’s lives.

Lost spring, Extension Educator Jaci Foged (top center) led a CHIME program in Lancaster County. During the Mindfulness and Gratitude session, participants make “happy thought necklaces” while reflecting on what makes them happy and what they are thankful for.

Extension develops CHIME program

Cultivating Healthy Intentional Mindful Educators (CHIME) was created by Nebraska Extension to support and enhance the well-being of early childhood educators. In a 2017 pilot study led by Dr. Holly Hatton-Bowers, assistant professor and early childhood Extension specialist at University of Nebraska–Lincoln, 43 early childhood teachers from four programs in Lancaster and Seward counties participated in the initial development of the CHIME program.

Hatton-Bowers says, “It’s imperative that our early childhood workforce, particularly early childhood directors and teachers, are physically and emotionally well. Teachers who are well, who have better health, are going to have more supportive and healthier relationships with children and families. CHIME aims to help us develop positive learning environments for children and families, and to help teachers develop meaningful, practical ways to prevent and reduce stress and burnout. Were excited for CHIME to be a helpful part of the Nebraska Extension early childhood teacher workforce.”

In each CHIME session, participants spend time reflecting on how they used mindfulness the previous week as well as how they intend to use what they learned in the upcoming week.

CHIME participant feedback

"I loved it! I looked forward to our class—always wanting to come. So many great ideas and information was shared."—Childcare provider, Lancaster County

"I love the handbook and the 'extras' in it."—Home visitor, Seward County

"I can't tell you how much I enjoyed each and every class. Honestly, the best class I've taken! I appreciate everything you did for us."—Family childcare provider, Seward County

"This (listening to understand) is a helpful thing, how much do I love to be listened to and understood, and of course we all do... Changing my mindset is one more thing that this class has brought to me this past week."—Childcare teacher participating in online class

"I use several mindfulness techniques in my classroom every day. It is a very helpful class, both professionally and personally. Walking away with skills to help me be more patient and a better listener. I experience moments more new, instead of always thinking of the next moment."—Childcare provider for preschool-age children, Lancaster County— from 3 month follow-up survey

Interactive play is a wonderful way caregivers can teach children about different emotions. During the Mindfulness and Emotions session, participants build their own "emotions animals" dice.

Listening is an intentional act. During the Mindfulness in Listening session, participants shake plastic eggs filled with various items to guess what is inside as well as consider how hearing the sounds makes them feel.

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Youth Voice benefits youth, communities

4-H provides multiple opportunities for Youth Voice

Tracy Andersen
Extension Educator

What is Youth Voice? Youth Voice occurs when youth are given opportunities to influence by sharing opinions, knowledge and ideas. It occurs when youth have the confidence and skills to contribute to something important to them.

Benefit to youth

Research shows Youth Voice — also known as Teen Voice — is one of three important components that make a positive impact in teens' lives. The other two components include 1) Teens' Sparks: things in life that give meaning and joy to their lives and 2) Teens' Relationships: this includes support and encouragement by caring adults.

According to the Search Institute's Teen Voice 2010 study, the three core components, Teens' Sparks, Teens' Relationships and Teens' Voice, are "critical for helping teens do well in school, contribute to their communities and make positive choices. Cultivating these strengths can help to ensure that young people are ready for college, work and life."

While all three components were individually studied, this article will focus on the outcomes of the Youth Voice component. The Youth Voice study included the Teen Voice Index which measured leadership, personal power, comfort expressing their voice, community problem solving and civic involvement. Results of the study indicate only 22 percent of teens surveyed scored high on all of these areas. In addition, 56 percent indicated they had the personal power to make good things happen in their own lives and 35 percent felt at least somewhat comfortable suggesting activities to adults and sharing their ideas with adults.

Not surprisingly, teens who experience caring relationships with adults and adults were more likely to score high on the Teens Voice Index as a whole, as well as individual parts.

Benefit to communities

When youth join community groups, councils and boards, they share their point of view and provide new ideas and solutions to critical community issues. Youth and adults also increase their understanding of each other.

Research suggests, "...young people can become empowered to be problem-solvers, decision-makers and committed leaders who will lead community development efforts in the future" (Barnett & Brennan; Benson, 2007; Brennan, Barnett, & Lesmeister, 2007).

When youth are allowed to have a voice in community efforts, research has shown there is a decrease in traditional problem behaviors which helps the community and youth. For example, the likelihood of using drugs and alcohol, dropping out of school and criminal behavior lessens. In addition, youth who are involved in the community tend to have higher academic performance, and lower rates of pregnancy and marijuana use (Crooks, C. V., Chiodo, D., & Thomas, D., 2010).

4-H opportunities for Youth Voice

Positive youth development programs like 4-H provide opportunities for youth to experience caring relationships from adults, helping youth develop confidence, skills and opportunities to express what is important to them.

4-H clubs — A 4-H club is an organized group of young people that meet regularly with adult volunteers to focus on a series of educational experiences. In this setting, adults can give youth a strong voice by allowing them to be leaders within their 4-H clubs and help youth learn parliamentary procedure. Youth can also help determine 4-H projects, programs and activities.

Teen Council — The Lancaster County 4-H Teen Council is a leadership organization for youth in grades 7-12. Members are involved in several leadership activities such as organizing the annual 4th & 5th Grade Lock-In. Teens also participate in community service projects. Teens involved in Lancaster County Teen Council are encouraged to have a voice. The teens elect officers, use parliamentary procedure to lead the meetings, determine their programming and lead committees.

4-H Council — Comprised of adult and youth volunteers, 4-H Council represents the interests of youth, parents and leaders in Lancaster County. Youth are selected for the roles of vice president and secretary. All youth members are encouraged to have a voice by sharing their ideas and opinions. All members vote on motions.

See YOUTH VOICE on back page

CONNECT WITH US
Nebraska Extension in Lancaster County
444 Cherry Creek Road, Suite A
Lincoln, NE 68528
402-441-7180
http://lancaster.unl.edu

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Raising Chickens

Lancaster County Extension Assistant Cole Meador shines a flashlight on an egg to show Hamlow Elementary third graders what a chick looks like while still in an egg. Eggs will be hatching at all the third grade classrooms next week. (Staff Photo by Peggy Brown)

Eagle to consider tax on

By Michael Wunder

EAGLE - The Eagle Village Board of Trustees week considered a resolution that would task voters deciding whether to increase the village's sales tax.

The trustees decided to take no action on the resolution, agreeing to discuss further before coming to a decision.

The resolution would be placed on the May 15 primary ballot a proposition to increase the sales tax 1 percent to 1.5 percent. Funds raised through the increase would be allocated to pay the costs of “constructing and/or maintaining the principal interest of bonds issued to finance the municipal building.”

That language suggested the revenue would be used to help fund the proposed community building and the pool.

Some members of the public at the meeting expressed concern the resolution did not have specific wording that limit the amount of time the tax increase was in place. Others were concerned that a vote in the primary, suggesting November General Election would be a better time.

According to a
Youth earn honors at 4-H Celebration

VICI HERDA, Nebraska Extension in Lancaster County

Nebraska Extension in Lancaster County presented its annual 4-H Achievement Celebration Feb. 20. Lancaster County Commissioner Vice Chair Jennifer Brinkman read a Board of Commissioners' proclamation declaring Feb. 20 as "4-H Achievement Day." 4-H members, clubs and leaders were recognized for their 2017 achievements. The following youth were recognized. Those with no hometowns mentioned are Lincoln residents.

Community Service Awards
Presented to 4-H’ers who have completed the most hours of community service.


Age 13 and under: Clare Bassman, Andrew Prath, Kylie Hansen, Maleah Jamison, Zony Jamison, Sara Kreikebeek, Lilly Riekel, Alex Smith, David Swoboda, Ava Vogel (Martell), Conner Vogel (Martell), Kamryn Wanser.

Dog Versatility Award
This Lancaster County Super Fair Award is presented to individuals who enter the same dog in obedience, showmanship and agility, and earn a ribbon in each. In this category, Liz Bart (Malcolm), Kaitlyn Dunham, Mahan Pet, Claire Mathia, Sidney Schlegier (Brickman), Alexia Zimmer.

Diamond Clover Program
This statewide program which encourages 4-H members to engage in a variety of projects and activities. Every 4-H’er who participates can earn recognition. At the beginning of the year, youth choose goals from a provided list; at the end of the fair year, complete a report documenting their accomplishments. Your award progresses from Level I to Level 6.

Level 1—Amethyst: Noah Babcock (Waverly), Sawyer Beene, Kaylee Boyson, Eva Elkins, Andrew Prath, Morgan Gabel, Preston Smith, Emma Thompson, Kamryn Wanser.

Level 2—Aquamarine: Jacob Bassman, Whiskey Cunningham, Carolynn Fullerton, Ethan Gable, Sarah Lange, Parker Smith, Hannah Thompson (Palmyra), Katie Timmer.

Level 3—Ruby: Clare Bassman, Alayna Courtier (Blair), Eliza Peterson, Pearce Smith (Taylor), Emma Timmer.


Level 5—Emerald: Kali Burnham, Sara Kreikebeek, Katie Neper.

Level 6—Diamond: Addison Wanser. She is the fourth 4-H'er in Lancaster County to receive this award.

For her service-learning project titled, "Nourishing the NICU," Addison created over 250 felt footprints on baby clothes to encourage parents to bond with their baby. The project recently received a Nebraska 4-H Clubs of Excellence award.

Outstanding 4-H Members (from left) Emma Lantik and Bailey Grammar.

National Leadership Award
Each year, Lancaster County 4-H selects 4-H members to be awarded the National Leadership award. This award is given for outstanding leadership qualities and contributions to the 4-H program.

Lancaster County 4-H Council selects the winners. Each winner is awarded a $500 award and a recognition plaque. The winners are presented to the State 4-H Leadership Council for final selection.

Fifteen 4-H’ers were recognized as deserving of the award.

Outstanding 4-H Members
 Presented to individuals 14 years of age or older who have excelled in their involvement with the Lancaster County 4-H program. Selection is based on leadership qualities and achievements in a wide variety, and depth, of 4-H activities.

Emma Lantik is a very active 4-H’er who has served in a variety of leadership roles. She volunteers over 40 hours of community service each week.

Addison Wanser is an outstanding club member and leader. She is the fourth 4-H'er in Lancaster County to receive this award.

Outstanding 4-H Clubs
To encourage participation in the county fair, Lincoln Center Beef Shower Club awards traveling trophies to the top 4-H clubs participating in the Lancaster County Super Fair. One category winner is awarded the Wayne C. Farmer Memorial Cup at the annual 4-H Achievement Celebration.

Addison is a member of the Happy 4-H Club of Lincoln. The club's five members were enrolled in nine project areas and entered 184 total exhibits at the fair. The club's first year as an outstanding 4-H club.

Outstanding 4-H Meritorious Service
Presented to individuals or organizations who have exhibited consistent and strong support of the Lancaster County 4-H program.

At the awards ceremony, $4,400 was presented to the Lancaster County 4-H program to be used for community service projects.

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Presented to individuals or organizations who have exhibited consistent and strong support of the Lancaster County 4-H program.

At the awards ceremony, $4,400 was presented to the Lancaster County 4-H program to be used for community service projects.

Addison is a member of the Happy 4-H Club of Lincoln. The club's five members were enrolled in nine project areas and entered 184 total exhibits at the fair. The club's first year as an outstanding 4-H club.
Legacy of service: Henneman looks back on 37-year Extension career

LINCOLN, Neb. — Alice Henneman, a pioneer of food and nutrition education programming, is set to retire from Nebraska Extension on March 30.

"I can’t believe how fast the time has gone," Henneman said. "I’ve been honored to be in a role where I feel like every day I can do something to help people lead a better life by sharing science-based information." Henneman has been part of Nebraska Extension in Lancaster County since 1980. For 12 years, she administered the Expanded Food and Nutrition Education Program, which works with limited-resource individuals and youth, before becoming a full-time educator working with the general public in food, nutrition and food safety.

Over the course of her 37-year Nebraska Extension career, Henneman has witnessed extension and outreach transform. "When extension was first established in 1914, its audience used to be primarily a rural population," she said. "Today, although fewer people live in rural areas, extension still plays an important role with that population, as well as those in urban or suburban areas."

A changing audience and advances in technology have meant an expansion of the ways in which Henneman and her extension colleagues reach the public. "Our goal has always been to help people," Henneman said. "That goal hasn’t changed, but what has changed are the delivery methods we use to spread the knowledge base in addition to traditional face-to-face meetings."

Henneman is an industry leader in using new platforms to communicate with broader audiences. In 1996, she started one of the first email newsletters by an extension educator in the country, called Food Reflections. She also helped create, contribute to and recruit a team to build Nebraska Extension’s food website in 2010, which is one of the university’s top-visited sites.

Site visitors will find a variety of resources from Henneman and other food team contributors. The website features information on food, fitness and recipes, educational resources, food safety and preservation, local foods and youth. Henneman said the most popular content relates to cooking basics, such as how to cut a recipe in half.

In addition to newsletters and the web, Henneman has used blogs, videos, downloadable education materials and social media to share food-related information. She has amassed an impressive following of fans who regularly seek her guidance and helpful tips for eating healthier. Henneman is frequently recognized across the country by people who follow the work of the extension food team.

"It’s special to be a part of the team that is helping people in Nebraska and from all over," she said. "We’ve really made a name for ourselves in terms of being a go-to place for valid information."

Henneman is a member of many professional organizations, including the Academy of Nutrition and Dietetics, Society for Nutrition Education and Behavior, and National Extension Association of Family and Consumer Sciences, from which she was named the outstanding extension educator of the year in the central region in 2017.

Henneman earned a bachelor’s degree in family and consumer science education and a master’s degree in nutrition from the University of Nebraska-Lincoln. A native of Hooper, she and her husband, David, reside in Lincoln.

FIELD TRIP

Graduate student Erica Peterson holds Henry as Clinton Elementary fourth-grade students Nyabor Wiyual, 9, and Makiah Craig, 10, feel the lamb’s wool at Thursday’s Ag Literacy Festival at the Lancaster Event Center. The annual event teaches students from Lincoln-area schools about ag products.
I heard a radio spot last week stating the city of Lincoln is recommending homeowners begin treating trees for Emerald Ash Borer control. Well, you definitely don’t want to believe everything you hear in commercials.

Here are five important things you need to understand about Emerald Ash Borer (EAB) to help you make an informed decision about when, and if, to treat your ash trees.

15-mile treatment consideration zone

The Nebraska Forest Service recommends not beginning to treat your trees until your property is within 15 miles of...
an EAB confirmed site. The 15-mile recommendation strikes a balance between protecting valuable trees and limiting the negative effects of unnecessary treatments.

Injection and implant insecticide applications provide the best control in large trees, those 45-inch circumference and over (measured at 4 feet above the ground), but they do have drawbacks -- specifically they cause damage to the tree.

Most are applied by drilling holes into the tree’s trunk, which opens up the trunk to insect pests and decay fungi. Drilling may also break through internal barriers, created by the tree within the trunk, to wall off internal decay. Breaking this barrier allows decay to spread into healthy wood. In addition, the pesticide itself can cause internal damage that may accumulate over years of repeated injections and potentially kill the tree, even if the pest is controlled.

Treating trees outside of the 15-mile zone provides little or no benefit to trees, yet exposes humans and the environment to pesticides, wastes money and, in the case of trunk injections, causes unjustified tree damage.

Where is EAB now?

In 2016, EAB was confirmed in three Nebraska locations – Pulaski Park in southeastern Omaha, Zorinsky Lake in western Omaha, and Greenwood in Cass County.

The northeast corner of Lancaster county and the northwest corner of Otoe county fall inside the 15-mile recommended treatment zone, so homeowners in those areas may want to consider treating trees this spring. But the majority of homeowners in Lancaster county are still better off waiting until the insect has been confirmed closer to their locations.

There’s plenty of time to treat

EAB does not kill trees quickly; it takes a few years of continued infestation before trees begin to decline. Often insects have been in a tree for 2 or 3 years before signs of decline are noticed and 1 or 2 more years before the tree dies completely.

If homeowners begin to treat their trees when 30 percent
or less canopy dieback has occurred, an otherwise healthy vigorous tree can usually be expected to fully recover. Trees with over 50 percent canopy dieback, however, are less likely to recover.

So even if, in the worst-case scenario, your tree is found to have EAB this summer there is plenty of time to begin treating and have the tree make a good recovery.

**What is the best time of year to treat?**

Trees take in the systemic insecticides used against EAB best from April through early June. Research has shown that fall applications, although discussed on some product labels and promoted by some tree care companies, require double the amount of product be used to provide the same level of control as spring applications.

Considering the slow-moving nature of EAB, waiting until spring is the best choice – offering a balance between protecting the tree and preventing the introduction of extra insecticide in the environment.

So stay calm and take your time. Don't be in a hurry to treat your trees.

For more information, take a look at these publications.

- Selecting Trees for Emerald Ash Borer Treatments, [http://nfs.unl.edu/Selecting%20ash%20for%20EAB%20trt%20full%20sheet.pdf](http://nfs.unl.edu/Selecting%20ash%20for%20EAB%20trt%20full%20sheet.pdf)
- Emerald Ash Borer Treatment Options, [https://nfs.unl.edu/documents/EAB/EABTrunkInjectionTmtOptions.pdf](https://nfs.unl.edu/documents/EAB/EABTrunkInjectionTmtOptions.pdf)
- Nebraska Forest Service EAB website, [http://nfs.unl.edu/eab](http://nfs.unl.edu/eab)

**When can I stop treating?**

Never. You'll need to continue to protect trees you want to save indefinitely. In 20 to 25 years, once the majority of ash trees are dead, the population of EAB will fall, but it
will never be completely gone. The best long-term solution for most trees is to let them go and replace with trees not affected by this insect.

Sarah Browning is an extension educator with Nebraska Extension and can be reached at 402-441-7180 or sbrowning2@unl.edu.
June 23, 1988

Births: Scott Anthony Krupke, Hickman, born June 18; Clinton Shane Yocum, Milford, born May 20; Jordan Marie Rethele, born June 20. 

Obituaries: Erwin Wilkins, 54, Adams. 

Be Holden reported in the Pella News that John Finkenbinder's birthday was observed with his family, Mary Lee and Orville Weber, Maudine and Cliff Vorhees, and his former wife, Wilma, who is a resident of Keokuk. 

Alyson Thornton of Holland took the Judges Choice award in the Hickman Hay Day Parade with her 5-year-old daughter, Karla, her dog, Princess, in a wagon. 

Twelve new American flags were donated to the City of Hickman by Hickman American Legion Auxiliary Unit 185. They were positioned on light poles in the downtown area.

June 19, 2008

Births: Mitchell Ron Sh_FA. Anna, born May 8. 

Obituary: Wilber Moews, 75, near Greenwood; Elizabeth Patterson, 86, Lincoln; Ann Horan, 99, formerly Schupfer; Inez Moore, 67, Lincoln; Hilda Schuster, 86, Beatrice; Craig Holm, 57, Excelsior; Clarence Aden, 96, Lincoln; Joe Wyman, Sr, 82, Lincoln. 

Kellie Brown, 46, Lincoln; Loretta Smelser, 61, Lincoln; Lillie Faw, 89, Lincoln; Russell Veerhusen, 89, Lincoln; Revona Erks, 75, Lincoln; Louisa, born May 20; rural Ad. 

Births: Dustin Scan Schmidt, born June 25, 1998

Births: Donita Sue Schmidt, born May 21; Lea Diane Yoder, born May 27; Regan Eli Myholt, born June 25; Alyssa Kate, born June 27. 

Obituaries: Dickie Kellog, Palmyra; Al Riddington, 83, Bristow; Michelle Frey, 42, Lincoln; G. J. Douglas, 82, formerly Lincoln; Garrett Deffye, 97, Lincoln; John Thomsen, 91, rural Ad. 

Wows: Walt Veerhusen, 59, Fort; Daniel Cockerman, 67, Lincoln. 

Robert and Dorothy Milder of Fair were set to celebrate their 50th wedding anniversary at an open house hosted by their children. 

Byrils Pfitzen reported in the Adams News that John Finkenbinder of Hickman, who celebrated his 80th birthday was observed with his family, Mary Lee and Orville Weber, Maudine and Cliff Vorhees, and his former wife, Wilma, who is a resident of Keokuk. 

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June 25, 1988

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Obituaries: Dickie Kellog, Palmyra; Al Riddington, 83, Bristow; Michelle Frey, 42, Lincoln; G. J. Douglas, 82, formerly Lincoln; Garrett Deffye, 97, Lincoln; John Thomsen, 91, rural Ad. 

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Mayor wants to shorten Omaha's two fireworks seasons next year

BY EMILY NOHR
WORLD-HERALD STAFF WRITER

Omaha's next Fourth of July and New Year's fireworks seasons would get shorter under a proposal by Mayor Jean Stothert.

Stothert's proposed ordinance would narrow when people can shoot off fireworks around the Fourth of July from 10 days to five.

The ordinance would also change the time of day people could set them off.

People would not be allowed to set fireworks off until noon, from June 30 through July 3. People could still set them off starting at 8 a.m. on July 4, as they can now.

The current fireworks season goes from July 25 through July 4, and people can set them off from 8 a.m. to 11 p.m. those days.

Under Stothert's proposal, people would be barred from setting off fireworks during the New Year's season until noon. Right

Will Japanese beetles be as bad this year?

BY MICHAEL O'CONNOR
WORLD-HERALD STAFF WRITER

They love linden trees, relish rose bushes and find tomatoes tasty.

Japanese beetles were worse than ever in Nebraska last summer, and now they're back.

Local experts say they emerged about 10 days ago in the region and are popping up on trees, bushes and other plants. They're notorious for chomping through leaves, leaving behind the skeletal veins in the wreckage.

Entomologists say it's too early to know whether the beetle population will be as big as last summer, but gardeners are already on edge.

A big problem with the invasive insect is that they are known to target as many as 300 species of plants.

Jonathan Larson, an entomologist with the Nebraska Extension in Douglas County, called the beetles "the bug that ate Omaha.

Last summer's invasion increased awareness about the bug, which could help keep the numbers down, said Jody Green.

Beetles: Awareness allowed more homeowners to prepare treatments

Continued from Page 1

an entomologist with the Nebraska Extension in Lancaster County.

Larson agreed. He said more homeowners put down treatments this spring, such as soil insecticides, designed to kill the beetles in their larval form before they emerged from the ground.

The window for such treatments has passed, he said, but there are still steps you can take such as using organic products containing neem oil on trees.

The quarter-inch bugs can be identified by the five white tufts of hair on each side of the body.
What could be healthier than home-grown fruits and vegetables?

Unfortunately, following heavy rain and flooding of the vegetable garden your homegrown produce may not be so healthy for you. Flood waters may be contaminated by any combination of sewage, river or creek water, farm run-off or industrial pollutants. Bacteria, parasites, viruses and chemical contaminants are the biggest concerns to food safety.

Food safety should be a serious consideration for everyone but is particularly important for those at greatest risk of food-borne illnesses, including young children, the elderly and people with weakened immune systems.
What's safe to eat after a garden flood? The most conservative answer - one that eliminates all risk - is all produce touched by flood waters should be discarded.

However, when a flood occurs early in the growing season there may be weeks or months of growing season left. Can any produce be salvaged? Below are tips to help you determine what can be harvested and how to handle it to reduce food safety concerns.

National Organic Program guidance

NOP outlines requirements for growers using fresh manure as a soil amendment and fertilizer to reduce potential contamination to food crops grown in that soil. It estimates a timeline for microbial die-off, if contamination did occur, to ensure food safety. Fresh manure is considered a greater contamination risk than flood waters, so similar guidelines could be used by gardeners dealing with flooded garden produce.

The first consideration is whether the edible portion of the crop came in direct contact with flood waters. Then use the following timeline.

- Edible portion of crop NOT in direct contact with flood waters – allow a 90-day period before harvesting any produce
- Edible portion of crop in direct contact, through submersion or splashing, with flood waters – allow a 120-day period before harvesting any produce

Harvesting and handling tips

Here are additional tips and guidelines to help determine what should be harvested and how best to handle it to reduce food safety risks.

1. Discard all leafy greens. All lettuce, spinach and other greens touched by flood waters should be discarded. Their leaves contain too many ridges and crevices that can be contaminated. They cannot be adequately cleaned.
Fortunately, these crops grow quickly and a new crop can be grown from seed in a fairly short time. To be extra careful, plant the new crop in ground not contaminated by the flood.

2. Will the produce be eaten raw? If the answer is yes, discard any produce that came in direct contact with flood waters and is normally, or frequently, eaten raw. This includes strawberries, raspberries, melons, onions, carrots, etc.

3. Underground vegetables. Root crops, such as beets, carrots and potatoes, that are still early in their growth with at least 4-8 weeks before harvest should be safe if allowed to grow to maturity and cooked before eating. Root crops that will be harvested within a month after the flood, such as new potatoes, should be washed, rinsed and sanitized as outlined below, before cooking thoroughly.

4. Peel and/or cook produce. Early season crops present during the flood, such as tomatoes or peppers, but were not contaminated by flood water and will be harvested within a few weeks afterwards, should be safe to use if cooked or peeled.

Discard any that are soft, cracked, bruised or have open fissures where contamination might have entered. Rinse produce with tap water (do not use soap) and follow with a brief (2 minute) soak in a weak chlorine solution of two tablespoons bleach in a gallon of water. (Soaking water should be approximately the same temperature as the produce - within 10 degrees.) Finally, rinse produce again and peel or cook before eating.

5. Late season vegetables. Fruits developing from flowers produced after the flood waters subsided should be safe to eat. This includes tomatoes, peppers, eggplant, squash, cucumbers and similar vegetables. Be sure to wash produce thoroughly before use and consider using them in recipes that are cooked to further reduce food safety risk.

For more information on flooding and produce safety, visit Flooded Gardens and Crops from Cornell University. http://tioga.cce.cornell.edu/your-home/emergency-preparedness/flooded-gardens-crops.

Source: Safely Using Produce from Flooded Gardens, University of Wisconsin Extension, http://ccetompkins.org
What's safe to eat after a garden flood? | Home a...

/resources/safely-using-produce-from-flooded-gardens
Emerald ash borer found in campground trap at Mahoney State Park last month

By Suzi Nelson
suzi@tetonsandsprings.com

ASHLAND — An insect that threatens an abundant American tree has been discovered at a nearby state park.

Officials from Nebraska Game and Parks announced June 26 that the emerald ash borer had been found at Mahoney State Park near Ashland.

The discovery was made 20 days earlier by Nebraska Department of Agriculture (NDA) staff in a baited trap at the park's Lakeside Campground. The announcement was made after the identification was confirmed.

The emerald ash borer is a highly invasive insect that was first detected in Michigan in 2002. Since then it has killed millions of trees in the U.S. and in Kansas two years later. Nebraska was the 27th state to find the beetle within its borders.

The emerald ash borer was first discovered in Nebraska in June 2018 in Omaha and a few days later in Greenwood. The confirmation of the insect’s presence at Mahoney is the fourth in the state.

The half-inch long, slender metallic green beetle came from Asia. Female beetles lay eggs in the bark, the larvae bores tunnels throughout the tree, including canopy thinning, branch die-back or D-shaped exit holes in the bark. Rodleik said the trees will help make sure an insect's presence is confirmed in Missouri parts and recreation areas.

Game and Parks officials do not plan to undertake an extensive removal of ash trees, but will remove those that become heavily damaged by the insects.

If at some point it becomes a safety concern to visitors,” Rodleik said.

New trees have already been planted in anticipation of the emerald ash borer’s arrival. Rodleik said they have selected trees native to the region, including bur oak, white oak, maple and linden.

Planting different types of trees will help make sure an invasion like the emerald ash borer will not have such a devastating effect on the park’s tree population.

“It's a wide variety just to ensure we don’t have too many of the same type of trees in the same area,” he said.

Game and Parks has planned to limit the spread of the emerald ash borer by instituting a voluntary firewood restriction program at all state parks by 2018.

From this point forward we will have treatment of selected ash trees that we’re wanting to keep.

— Jake Rodleik

There are more than eight billion ash trees in the United States, according to the website americanforests.org. The trees were popular in landscapes and along roadways across the country.

The NDA placed survey traps at Mahoney and several other places around the state about 10 years ago when department officials, along with Game and Parks, the Nebraska Forest Service and the U.S.D.A’s Animal and Plant Health Inspection Service, began to suspect the insect was in the state.

Mahoney State Park Superintendent Jake Rodleik said they have no idea how the insects arrived.

“We know eventually the beetles would start heading in this direction,” Rodleik said.

For more information on the emerald ash borer, go to online info.

See Emerald on Page 3

Emerald... Public asked to follow wood guidelines

Continued from Page 1

many ash trees exist in the forested areas of the park, but in the landscaped areas several hundred were planted when the park was being built in the early 1990s.

“A lot of ash trees were planted in the original design of the landscaped areas,” he said.

Game and Parks has a plan in place to mitigate the emerald ash borer at Mahoney. Staff and equipment are on hand to treat trees that are infested.

Parks officials do not plan to undertake an extensive removal of ash trees, but will remove those that become heavily damaged by the insects.

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Parks officials do not plan to undertake an extensive removal of ash trees, but will remove those that become heavily damaged by the insects.

“We know eventually the beetles would start heading in this direction,” Rodleik said.

For the next several years the traps will stay in the ash trees at Mahoney to monitor the insect, Rodleik said. They are triangular shaped purple-colored traps that hang in the branches and can easily be seen by visitors.

The Nebraska Forest Service recommends treatment of ash trees within 15 miles of the site where the emerald ash borer was detected and only if the trees are in good health and in a key location in the landscape.

Symptoms of infestation include canopy thinning, branch die-back or D-shaped exit holes in the bark. The forest service recommends a certified arborist examine the tree.

For more information on the emerald ash borer, go to online info.

See Emerald on Page 3

Food Bank Drive ongoing to restock shelves Page 4

Thursday, July 12, 2018

Emerald... Public asked to follow wood guidelines

Continued from Page 1

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See Emerald on Page 3
What to know about the giant wasps popping up in local yards

By Michael O'Connor
World-Herald Staff Writer

These guys are the jumbo jets of wasps. They're called cicada-killer wasps, and they've drawn more concern from people in the Omaha area the past few summers, said Jonathan Larson, an entomologist with Nebraska Extension for Douglas County. They emerged here in the last few weeks. They are Nebraska's biggest wasp, with females measuring 2 inches and males 1½ inches, big enough to send gardeners and backyard barbecuers ducking for cover. "They are quite menacing," Larson said. "People see them and are frightened." But the wasps are generally harmless to people. Still, the Nebraska Extension office is getting plenty of calls about the intimidating insect. Here's what you need to know.

Do they sting? Females have stingers but are too busy building their nests and killing cicadas to bother you. If you were Slaying outside restaurant Two brothers shot, one fatally, were defending a friend, fiancé of one brother says. Midlands

UNO hockey schedule
The Mavericks will face a tough nonconference lineup as well as past NCAA champions. Sports

Weather
Night: 84° Low: 67°
Partly sunny
Details: 59

Wasps: The insects are 'menacing' but generally harmless to humans

Continued from Page 1

paralyzed cicadas to the wasps' underground nests. The females lay eggs on the cicadas, which become food for the wasp larva.

Why does it seem like there are more of them? Cicadas do not fly in colonies, but not the cicada killers. There is just one wasp per nest, but there can be a dozen or more of the nests in a yard, so you can end up with plenty of them buzzing around. They like to build their nests in full sunlight, and you'll often see them along sidewalks, patios and flower beds.

What do the wasps look like? Males and females are boldly marked with yellow stripes on a black body. The bold markings are intended to keep predators away.

Do they swarm? Other wasps often live in colonies, but not the cicada killers. There is just one wasp per nest, but there can be a dozen or more of the nests in a yard, so you can end up with plenty of them buzzing around. They like to build their nests in full sunlight, and you'll often see them along sidewalks, patios and flower beds.

Can they damage lawns or gardens? The females dig extensive tunnels that are part of their nests. A burrow at the base of a tree or other plant may disrupt its roots system. Lawns can be damaged by their digging, especially when tunnels are extensive and soil is left in mounds on the grass.

Are these wasps beneficial? Yes, because they keep the cicada population in check. An overpopulation of cicadas can lead to tree damage.

What can I do to control the wasps? The wasps like loose, dry soil to build their nests, so keeping your lawn or garden wet will help keep them away. Also, anything you can do to make your grass thicker will help, because that will make it harder for them to dig into the soil for nest building. Thicker mulch on flower beds also helps. For a short-term fix, a powdered insecticide containing carbaryl can be sprinkled around the base of trees. 

Sources: Nebraska Extension, gardeningnowhow.com

ASSANGE'S biggest media boosters traveled to the WikiLeaks founder's refuge inside the Ecuadorean Embassy in London and asked him where he got the leaks that shook up the U.S. presidential election just months earlier.

Fox News host Sean Hannity pointed straight to the published emails from the Democratic National Committee and Hillary Clinton's campaign chairman.

"Can you say to the American people, unequivocally, that you did not get this information about the DNC, John Podesta's emails, can you tell the American people 1,000 percent you did not get it from Russia or anybody associated with Russia?" "Yes," Assange said. "We can say — we have said repeatedly — over the last two months that our source is not the Russian government and it is not a state party."

The Justice Department's indictment Friday of 12 Russian military intelligence officers undercuts those denials.

And if the criminal charges are proved, it would show that

TUESDAY, JULY 17, 2018 • SUNRISE EDITION • REAL. FAIR. ACCURATE.

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Nebraska Extension has long supported 4-H in the state and understands the importance of growing the organization to focus on more than cows and plows.

BY JANE (MENNINGA) SCHUCHARDT ('74)

ILLUSTRATION BY JONATHAN BARTLETT
in Nebraska, 4-H kids begin prepping their county fair entries — and, if all goes well, they will advance to the state fair in September. That said, the quaint image depicted in Norman Rockwell’s iconic painting, The County Agricultural Agent, does not encompass the entirety of the organization today. 4-H is changing as it continues to honor its storied past and the University of Nebraska’s Cooperative Extension Division plays a key role.

In fact, the university believes in 4-H so strongly that when 4-H youth enter 8th grade they are pre-admitted to UNL. In order to complete their admission to Nebraska they must retain 4-H enrollment through high school, complete the Next Chapter program and meet university entry requirements. This spring, 705 8th graders received pre-admission letters to the Next Chapter program inviting them to participate in career choice and college readiness educational opportunities throughout high school.

Being the front door to the university all across the state is the responsibility of Nebraska Extension, explains its dean and director Chuck Hibberd, and one way that is accomplished is through 4-H, which he describes as “the youth development program of the university bringing science-based education to young people in creative ways.”

Chancellor Ronnie Green says Nebraska Extension continually evolves to meet the educational needs of citizens, to solve problems based on sound science. “Compared to others across the nation, we’re a leader in programming, especially with 4-H. No other state has as high a membership rate,” he said. “4-H is not just cows and plows anymore, though agriculture continues in importance. It’s now also STEM (science, technology, engineering and math), robotics, nutrition education and more.”

Nebraska Extension, along with 4-H, started in 1914 with the passage of the Smith-Lever Act establishing Cooperative Extension as a formal part of land-grant universities. Since its inception, the foundation of 4-H has not faltered. Its goal of positive youth development is based on the essential elements of belonging, independence, mastery and generosity.

The approach follows the 4-H slogan of “learn by doing” which consists of encountering, sharing, processing, generalizing and applying. This experiential learning model energizes volunteers and Extension professionals to prepare youth for a successful adulthood.

The 4-H motto to “make the best better” emphasizes improvements in head, heart, hands and health, the four Hs in the emblem and pledge.

Programs are designed to help youth become strong leaders and address at least one of the following: college and career readiness, community development, entrepreneurship, food supply confidence, healthy living, leadership development and STEM.

“4-H is not just cows and plows anymore, though agriculture continues in importance. It’s now also STEM, robotics, nutrition education and more.” —RONNIE GREEN
Will Abler

Will Abler, 18, lives in Norfolk (Madison County) where he graduated from Norfolk Catholic High School. What he loves about being in 4-H, now in his 10th year, is the opportunity to give teaching presentations. Landscape photography also is among his favorite 4-H activities. "People skills, that's what I'm learning through 4-H, and how to be a leader," reports Abler. "Oh, and I probably should tell you that my teaching topic is reptiles." Turns out he rescues pythons and owns seven of them. Abler says many of his 4-H colleagues bring chickens for their presentations, while he more commonly caresses a snake or lizard. This fall, he will attend Northeast Community College for general education courses and then wants to transfer to a university to study herpetology.
The initial intent of 4-H was to instruct rural youth on farming and homemaking skills, but the organization in Nebraska offers much more today. Experiencing the bustle of pride, sweat, manure and grandeur of a county fair, and for some, the catapult to tougher competition at the Nebraska State Fair. However, today's 4-H focuses on preparing youth to be successful leaders in many more areas.

Tracey Jones, a 4-H alumna, volunteer and parent, knows this well, since her family has been involved for four generations. "My father worked with 30 kids to show sheep," she said. "Today, members communicate using social media, use computer software for presentations, participate in robotics competitions, learn about entrepreneurship and get exposed to career options." She's so invested in her 4-H commitment that she has a separate building (technically a barn shared with her husband on their Omaha acreage), where she leads a 4-H club, brings in guest speakers and gives urban members a chance to understand agriculture. "I've watched shy 4-H kids change into bubbling, powerful communicators. City kids learn where their food comes from and leadership skills get developed," she says.

Another more recent change has been the move of 4-H into urban areas during the last 10 years, says Kathleen Lodl, state 4-H program administrator. Nebraska 4-H participation grew 13 percent during the past 10 years, with a 5 percent increase in urban participation. With the goal of reaching one out of every two age-eligible youth, an emphasis in urban and suburban localities will continue; but, as Director Hibbard readily points out, "not at the expense of providing 4-H access to youth in rural towns and on farms."

While needs assessment and program implementation at the local level is the basis of Extension, including 4-H, the statewide connection comes through the Nebraska Extension offices on the university's East Campus. Nebraska Extension is administratively housed in the Institute of Agriculture and Natural Resources with strong program alliances to other University of Nebraska colleges and academic units. Nebraska 4-H is connected nationally to more than 100 land-grant universities in the United States.

Nebraska 4-H continually leads the way with 4-H nationwide, which boasts a total membership of
6 million. In late 2017, 4-H National Youth Science Day featured Incredible Wearables as the science challenge for thousands of youth participants nationwide. Developed by Nebraska Extension through a nationwide competition, the program challenged youth to use engineering design protocols to develop a wearable fitness tracker leading to healthier lifestyles.

With its one-in-three enrollment, Nebraska Extension beats the national goal to grow membership to one in five age-eligible youth. Nebraska 4-H also is a leader in science and technology education with multi-million-dollar grants from the National Science Foundation and others.

Both Hibberd and Lodl agree 4-H must continually change to meet the needs and interests of contemporary youth. "We need to take 4-H to youth where they live. We need more opportunities for youth living in urban settings, youth from diverse backgrounds, first generation 4-H youth and really innovative ways to engage," Hibberd said.

The organization is doing just that. Nebraska Extension has created a mobile science lab that travels to neighborhoods in north Omaha where youth learn the relationship between DNA and food in a hands-on experience.

Lodl said a program called WearTec has drawn increased interest, as well. More than 800 youth have been engaged in the Nebraska Wearables Technology project. A program called Connecting the Dots reached more than 1,300 youth wishing to make decisions for their future. One-third of participants reported that the program helped them learn about a college that will be a good fit for them.

Hibberd insists Nebraska needs 4-H. "It provides experiences for young people to help them grow to be caring and competent adults," he said. Every day 4-H administrators, educators and volunteers work together to grow new leaders for Nebraska. "From science to leadership to career and college readiness, there's something for everyone," Lodl said.

If artist Rockwell were around today, he would need to include career readiness, robotics and wearable technology in his 4-H painting, something hard to imagine when his illustration appeared on the cover of the Saturday Evening Post in July 1948. From cows to computers, volunteers and Extension educators are on a mission to grow new leaders and adapt to current society. Our future depends on it.
Petition

From B1
the next general or special election....
City Attorney Jeff Kirkpatrick says that language requires the city council to place the item on the ballot through a resolution to the county election commissioner.
Past practice also indicates a council resolution is needed. The council used a resolution to put a sidewalk-related charter amendment on the ballot after a successful petition drive decades ago, he said.
But Spry says no council action is required. That same constitutional language means the city clerk can provide the petition language to the election commissioner, he says.
Most of the other petition work is done by the city clerk. "You file the petition, and the clerk returns it to you," said Spry, who added that requiring a council resolution is completely unnecessary. "It is a step not required by the constitution and does not conflict with the constitution."
If the council does not have to take official action, the petition drive has until near the end of August to gather the required signatures of nearly 4,000 registered voters.

However, if the council must pass a resolution, that adds more than two weeks to the petition timeline. Based on the most restrictive answers to the two questions — a Sept. 4 deadline to get language to the election commissioner and 17 days for council action — the petition signatures would have to go to the election commission office for signature verification by Monday.
That gives the election office three to four days to verify the signatures, so a resolution on the ballot issue could go to the city clerk by 10 a.m. Friday in order to get on the Aug. 20 council agenda for first-round listing.
That 10 a.m. deadline is part of the administrative rules, which are followed "unless the Mayor's Office gives special, written approval," according to City Clerk Teresa Meier.
That first-round listing would be followed by a public hearing and vote Aug. 23. The council has no meeting Sept. 3, because of the Labor Day holiday, so Aug. 27 is the last meeting the council can take action before a Sept. 4 deadline.
Spry would not comment on the restrictive timeline, but has said, "We will get our signatures in plenty of time to get everything done."

Tradition
From B1
exhibits, such as bakery items, nail art, vegetables, sewn clothing and more. Dillon and Bailey also show feeder calves.
All of their pigs received blue and purple ribbons at the swine show Friday, but winning isn't everything.
"I just love to spend time with all of the animals," Bailey said.
"I work a lot of work to prepare their pigs for the fair, and the more time put into working with them, the better the outcome is. The four work on their farm near Firth to get ready for the competition. They all agreed that the hardest part of showing is when the animals don't cooperate.
"As an observer (of a show), you think that it looks easy to make your animal stay still in the right position," said the quadruplets' grandma and cheerleader, Arlene Dowding.
"But it's a long process and a lot harder than it looks." When asked if they're going to stay in 4-H until the animals age out at 18, Bailey, Sydney, Taylor and Dillon Docter said, "If they can work together, they love it."
Fun at the Fair

Fair... Lancaster County Fair moves to fewer days

Continued from Page 1

leader for nine years and has seen the interest in horses grow. "I have seen it decline as people don't have places to board a horse or even feed a horse," she said. "But that is beginning to change. There are opportunities in the world, and I think people want to do things."

Sometimes it is not as easy for the kids to get to the fair, but we enjoy it very much. The fair is great for the horses and the people. It is great to see how people enjoy the horses and the animals."

But, members do more than just show horses. "We work hard to help people, to make sure the horses are happy and healthy, and to show the public how much fun it is to be at the fair," said Brandt.

Robotics... continue from Page 1

Club likely to return next summer

"They really jumped into it this year," said Brandt. "They did a good job of fundraising and getting people involved."

Noelle Janssen, the new robotics coordinator, said the club "will be strong next year. We have a good core of kids and a good team of leaders." She added that the team "will be able to go further with the robots."
Lancaster County Super Fair 2018

BUCKET CALF; Fox Funk and his sister Elizabeth of Waverly showed their bucket calves at this year's Lancaster County Fair. Fox received Reserve Champion Junior Bucket Calf.

NAMING THE PARTS: Tucker Bliss of Waverly tries to match up the name with the parts of a steer during his visit to the Fun on the Farm booth. (Staff Photo by Peggy Brown)

POULTRY SHOW: Ellie and Noah Babcock of Waverly took part in the poultry show at the Lancaster County Fair. They also had several static entries that earned top honors. (Staff Photo by Peggy Brown)

TOP WINNER: Ellie Babcock of Waverly stands with the dress she made that took top honors at the 2018 Lancaster County Fair. It was one of several outfits that Babcock had sewn and entered in the fair. (Staff Photo by Peggy Brown)

GOAT SHOW: Alayna Cutter of Raymond waits for the goat show to begin this year's Lancaster County Fair. (Staff Photo by Peggy Brown)

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WILLY'S WATER CONSERVATION TIP #1

"ALWAYS follow label directions when applying fertilizer to your lawn or crop. Applying more than the plants can use will result in nitrates polluting the ground water.

See more of my Water Tips at LPSNRD.org, click on Programs then Ground Water."

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Kylee Plager receives August Heart of 4-H Award

Lancaster County 4-H has named Kylee Plager of Lincoln as winner of the August “Heart of 4-H Award” in recognition of outstanding volunteer service.

Plager has volunteered for 4-H since aging out as a member two years ago. She is superintendent of the 4-H/FFA Meat Goat show at the Lancaster County Super Fair, has been an instructor at Clover College workshops and has helped at pillow sewing workshops. “I get to give back to an organization that did so much for me in helping me learn, grow and decide on a career path to pursue through college,” Plager said. “I would like to help a young 4-H’er be able to do the same. I really enjoy being able to work with the 4-H’ers and their goats. But I also really like sharing my skills with 4-H’ers with sewing!”
Local 4-H, FFA top awards from 2018 Lancaster County Super Fair

LINCOLN – Top results involving local residents from the Lancaster County Super Fair include:

Livestock Judging
- Livestock Judging Sr. Ch.: Jaclyn Heinrich, Hickman
- Livestock Judging Ch.: Brett Heinrich, Hickman
- Livestock Judging Reserve Ch.: Connor Heinrich, Hickman
- Livestock Judging Reserve Reserve Ch.: Addisoa Gomer, Martell
- Best 6 Class Res.: Ava Vogel, Martell
- Judging Contest Int. Ch.: Kayden Nyhoff, Martell
- Reserve Judging Contest Ch.: Morgan Nienhuis, Walton

Best Animal Exhibits
- Beef Feeder Calf Supreme Ch.: Brett Heinrich, Hickman
- Beef Feeder Calf Reserve Ch.: Connor Heinrich, Hickman
- Market Animal Supreme Ch.: Jaclyn Heinrich, Hickman
- Market Animal Reserve Ch.: Kaden Gana, Martell
- Market Steer Reserve Ch.: Ryan Kraus, Martell
- Market Steer Reserve Reserve Ch.: Ryan Kraus, Martell
- Market Steer Reserve Reserve Reserve Ch.: Ryan Kraus, Martell
- Rate of Gain Market Steer Ch.: Ryann Kiaus, Martell
- Rate of Gain Market Steer Reserve Ch.: Ryann Kiaus, Martell
- Market Heifer Grand Ch.: Jadiyn Heinrich, Hickman
- Market Heifer Reserve Ch.: Ryann Kiaus, Martell
- Market Steer Reserve Reserve Reserve Ch.: Ryan Kraus, Martell
- Overall Cow/Calf Pair Ch.: Ryan Kraus, Martell
- Overall Cow/Calf Pair Reserve Ch.: Ryan Kraus, Martell

Dairy Cattle
- Showmanship Sr. Ch.: Catherine Hytrek, Cortland
- Showmanship Jr. Ch.: Josie Johnson, Walton
- Showmanship Reserve Jr. Ch.: Josie Johnson, Walton
- Showmanship Reserve Reserve Jr. Ch.: Josie Johnson, Walton
- Showmanship Reserve Reserve Reserve Jr. Ch.: Josie Johnson, Walton

Swine
- Showmanship Sr. Ch.: Jaclyn Heinrich, Hickman
- Showmanship Jr. Ch.: Kyson Gana, Martell
- Showmanship Reserve Ch.: Addisoa Gomer, Martell
- Market Swine Grand Ch.: Jaclyn Heinrich, Hickman
- Market Swine Reserve Ch.: Brett Heinrich, Hickman
- Best 6 Class Res.: Ava Vogel, Martell
- Reserve Showmanship Ch.: Addisoa Gomer, Martell
- Reserve Showmanship Reserve Ch.: Addisoa Gomer, Martell
- Reserve Showmanship Reserve Reserve Ch.: Addisoa Gomer, Martell
- Best 6 Class Reserve Ch.: Addisoa Gomer, Martell
- Reserve Showmanship Reserve Reserve Reserve Ch.: Addisoa Gomer, Martell

Horse
- English Showmanship Jr. Ch.: Ellie Bunz, Walton
- Western Showmanship Jr. Ch.: Jaclyn Heinrich, Hickman
- Western Showmanship Reserve Ch.: Kyson Gana, Martell
- Western Stock Horse Ages 4 and Up Ch.: Michaela Bunz, Walton
- Western Stock Horse Ages 4 and Up Reserve Ch.: Michaela Bunz, Walton
- Reining Sr. Ch.: Jadin Vogler, Firth
- Breakaway Calf Roping Ch.: Jadin Vogler, Firth
- Reserve Provincial Ch.: Jadin Vogler, Firth
- All Around Showman Reserve Jr. Ch.: Jadin Vogler, Firth
- All Around Showman Reserve Reserve Jr. Ch.: Jadin Vogler, Firth
- All Around Showman Reserve Reserve Reserve Jr. Ch.: Jadin Vogler, Firth
- All Around Showman Reserve Reserve Reserve Reserve Jr. Ch.: Jadin Vogler, Firth

Pet Animal
- Best 6 Class Res.: Ava Vogel, Martell
- Reserve Pet Chicken Reserve Res.: Todd Munk, Hickman
- Best 6 Class Res.: Ava Vogel, Martell
- Reserve Pet Chicken Reserve Reserve Res.: Todd Munk, Hickman
- Reserve Pet Chicken Reserve Reserve Reserve Res.: Todd Munk, Hickman
- Best 6 Class Reserve Res.: Todd Munk, Hickman
- Reserve Pet Chicken Reserve Reserve Reserve Reserve Res.: Todd Munk, Hickman
- Reserve Pet Chicken Reserve Reserve Reserve Reserve Reserve Res.: Todd Munk, Hickman

Complete results have been published on the Nebraska website http://lancaster.unl.edu/4hfair/
Moving giraffe is a tall task

First of 3 giraffes arriving in Lincoln

"a little dramatic"

PETER BALTER
Lincoln Journal Star

The Lincoln Children's Zoo will get the first of its three giraffes Tuesday - a 13-month-old female born at the Como Park Zoo in St. Paul, Minn. The zoo will invite Lincoln's first graders to give her a name.

The Lincoln Children's Zoo will get the first of its three giraffes Tuesday - a 13-month-old female born at the Como Park Zoo in St. Paul, Minn. The zoo will invite Lincoln's first graders to give her a name.
Choosing healthy

Pilot program lets convenience store shoppers find healthy choices

NANCY HICKS
Lincoln Journal Star

It's a U-Stop convenience store, a place synonymous with chips and candy bars, beer and pop.

But as you walk in the door, just to your right, is a fruit display — three baskets with fresh oranges, apples and bananas.

And back near the cooler is another rack, with cups of fresh pineapple, carrots, grapes and sliced bananas.

The U-Stop at 21st and K streets is one of four convenience stores in Lincoln — two U-Stops and two Stop 'N Shops — that are part of a pilot program, called Choose Healthy, where healthy foods are marketed with special display cases and signage.

The stores are all in areas where there are no nearby grocery stores and where residents typically have lower incomes and even fewer cars.

"This gives people healthier choices in places that aren't always known for that," said Chad Wollan, chief operating officer for Whitehead Oil Company, which owns the U-Stop stores. Convenience stores nationally are trying to provide healthier options, he said. For the past four years, U-Stop has been offering fruit at its stores.

The two stores where the Choose Healthy program provides special displays and signage have had a bit more success in sales, he said. "It heightens the awareness." Even cheddar and salami sticks are better for you than a bag of Cheetos, said Andrea Koopman, marketing manager for Stop 'N Shop, which has two stores in the Choose Healthy pilot project.

Those same healthy options can be more expensive, so signage is important.

Retailers want to play a bigger role in bringing healthy food to neighborhoods, on top of making money, said Vanessa Wielenga, extension educator at the University of Nebraska-Lincoln.

The pilot project started two years ago in rural Nebraska, with 12 retailers along the Interstate 80 corridor, aided by six local health departments and funded by a federal Centers for Disease Control and Prevention grant.

The focus is on five healthy food groups: fruits with no sugar added, vegetables with no added sauce, lean protein, low-fat dairy and whole grains.

This year the pilot program moved to convenience stores in Lincoln with the help from a grant from the Community Health Endowment.

Lincoln has pretty good access to grocery stores nearby, that the displays and promotions moved to convenience stores in the original rural pilot program, where the focus has been on small ethnic stores and convenience stores in areas where people may use those stores for some grocery shopping.

Often the unhealthy choice is the less-expensive choice. So the focus of the pilot program is on making that healthy choice easier and obvious.

That is done with special signage, by placing healthy foods in more-prominent places, such as at the end of an aisle, and perhaps creating a kid-friendly (or maybe it's a parent-friendly) checkout aisle, where healthy food is available.

There are even food demonstrations in the convenience stores. Some sampling ideas were unsuccessful. Extension staff discovered no one wants shots of skim milk, even on a hot summer day.

Juice was friendlier, said Meredith Hein, extension assistant.

But she's also seen repeat customers head for the V8 V-Fusion juices, or seen a child really like a healthy snack.

The statistics show why more Nebraskans need to be encouraged to eat healthy food. Last year, 36.5 percent of the adult population was overweight and another 30.2 percent was obese.

About 40 percent reported eating fruit less than one time daily and 22.3 percent eat vegetables less than once a day, said Kristen Houck, an extension educator.

The extension staff managing the program have anecdotal evidence from grocery store owners and managers, who participated in the original rural pilot program, that the displays and promotions helped increase the sale of healthy items.

However, participants also pointed to economic and cultural barriers to healthy food choices.

"A mom can buy a two-liter bottle of pop instead of a $2.50 gallon of milk. The pop goes further on their budget. Is that a healthy choice? No. That's an economical choice," said one store representative from the pilot project.

In Lincoln, the two convenience store operations are both expanding their healthy food options and extension staff are looking for additional interested stores.

Stop 'N Shop will be adding a store to the Choose Healthy program, at 16th Street and Old Cheney Road, where there are no grocery stores nearby.

U-Stop may provide double points on a loyalty card for healthy options early next year, Wollan said.

"We are experimenting, trying different things. Consumers say they want healthy options. The challenge is finding exactly what healthy choices they will buy," he said.

Wollan said he's a fresh pineapple guy, picking up plastic cups of cut pineapple. And he sometimes eats two hard-boiled eggs (in a cup) for breakfast.

But he's also known to get the snickers-doodle salad, with apples, candy and whipped topping.

Which has at least a touch of healthy.

Reach the writer at 402-473-7250 or nhicks@journalstar.com.

On Twitter @USNancyHicks
Capt. Joy Citta stands in front of the Hall of Justice in Lincoln. For 38 years, Citta has positively impacted the Lincoln Police Department and the community through her work.
Living At Home

Nebraska Extension Resources Reach Every County

With 83 offices serving all 93 counties, Nebraska Extension helps to enhance resident lives through research-based education.

Born out of a need to help the millions of people farming, Extension was created in 1914 and is needed now more than when originally created. The organization provides non-biased research-based information in the areas of Beef Systems; Learning Child; Community Environment; Community Vitality; Cropping and Water Systems; Food, Nutrition and Health; and 4-H Youth Development.

Nebraska residents can contact their Extension office with questions. Extension staff also provides training, presentations and workshops to the public.

"Through our education outreach, Extension really is an extension cord from the University to the public," said Karen Wobig, Lancaster Nebraska Extension Educator unit leader. "We provide information and research the public cannot otherwise get directly from researchers."

Reliant upon funding from federal, state and local partnerships, Extension is a free resource for residents.

"We have a presence in every Nebraska county," Wobig said. "If we don't have information on something, we can direct a person to the right place."

Extension's areas of expertise cover various topics to better the lives of Nebraskans.

**Beef Systems**

Nebraska is known as the Beef State nationally, and Extension can provide beef producers information and resources to help them provide economical, safe, quality products while protecting and preserving Nebraska's vast natural resources.

**The Learning Child**

The holistic development of young children is vital, and Extension helps enhance the lives of children from birth to age 8 by assisting the people who care for them. Information covers health, co-parenting, learning, play and more. For more information visit child.unl.edu.

**Community Environment**

Extension is committed to helping Nebraskans know more about creating resource and energy-efficient rural and urban landscapes, protecting and managing water resources, properly managing insect and wildlife pests and more.

Staff fields questions on horticulture — gardening, fruit trees, plant and plant disease identification and acreage owner education. From April through October annually, the Master Gardener volunteers provide education about horticultural practices.

Entomology staff can identify and provide information on insects. The most commonly asked about include bed bugs, cockroaches and head lice.

Residents can take a sample to any Extension office to use their diagnostic service to identify a plant disease, insect or wildlife scat. Staff does not diagnose insects based on bug bites; please see a doctor.

**Community Vitality**

Built on rural and urban communities, Nebraska Extension's Community Vitality program focuses on entrepreneurship, recruiting new residents, building businesses, and engaging youth and young adults. The newly-created disaster preparedness team provides relevant information, such as food and water safety, to citizens impacted by a disaster.

**Cropping and Water Systems**

Extension staff can provide information on water and wastewater management, drinking water and hazard mitigation. This can include problems with private drinking well water or a septic system. Cropping systems can provide education and recommendations to farmers and agriculture consumers relating to crops, insects and diseases.

**Food, Nutrition and Health**

Relevant to everyone, Extension can provide information regarding nutrition, physical activity and food safety. Contact your local Extension
office for more information or visit food.unl.edu.

For those with limited income, the Nutrition Education Program can help families on a limited budget make better food choices through nutrition, menu planning, stretching food dollars and food safety information. Participants do have to meet federal income guidelines.

**4-H Development**

In each of Nebraska's counties, youth ages 5 to 18 are learning to reach their full potential through working and learning in partnership with caring adults in 4-H clubs. 4-H stands for head, heart, hands and health. Kids learn by doing; completing projects in areas such as health, science, agriculture and citizenship.

In many counties, 4-H also provides school enrichment programs such as Embryology and afterschool programs. Nebraska also has two 4-H summer camp locations in Halsey and Gretna.

**Volunteer**

Many of Nebraska Extension’s programs rely heavily on volunteers for things such as county fairs and 4-H clubs and other youth activities.

“We rely on volunteers to help us succeed in getting information out there and developing leaders through 4-H,” Wobig said. “We invite anyone who might be interested in volunteering to contact us or your local Extension office.”

Volunteer opportunities vary from county to county. Contact your local Extension office to find out how you can get involved.

**More Information**

Nebraska Extension in Lancaster County publishes a small monthly (except December) newsletter, the Nebline. This can be read online or received by mail to Lancaster County residents for free. If you live outside Lancaster County, it can be sent to you for a $5 annual fee. Please call 402-441-7180 or visit Lancaster.unl.edu/Nebline to subscribe.

For horticultural resources, Backyard Farmer airs Thursdays on NET1 at 7 p.m. from April through September. Extension staff is often featured on KFOR 101.3’s Problems and Solutions radio show Monday through Friday from 9 to 10 a.m.

Ultimately, Nebraska Extension is here to help. You can find more information and resources at extension.unl.edu or by contacting your local extension office.

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**Nebraska Extension Offices by County**

<table>
<thead>
<tr>
<th>County</th>
<th>Address</th>
<th>Phone</th>
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<tbody>
<tr>
<td>Butler County</td>
<td>451 N. 5th Street, David City, NE 68632</td>
<td>402-367-7410</td>
</tr>
<tr>
<td>Fillmore County</td>
<td>1340 “G” Street, Geneva, NE 68361</td>
<td>402-759-3712</td>
</tr>
<tr>
<td>Lancaster County</td>
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<td>402-441-7180</td>
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<tr>
<td>Saline County</td>
<td>306 West Third Street, Wilber, NE 68465</td>
<td>402-821-2151</td>
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<tr>
<td>Seward County</td>
<td>322 S 14th Street, Seward, NE 68434</td>
<td>402-643-2981</td>
</tr>
<tr>
<td>Saunders County</td>
<td>1071 County Road G, Room B, Ithaca, NE 68033</td>
<td>402-624-8030</td>
</tr>
<tr>
<td>York County</td>
<td>2345 Nebraska Avenue, York, NE 68467</td>
<td>402-362-5508</td>
</tr>
</tbody>
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*This list represents Aging Partners’ service area, for more information on additional locations, visit epd.unl.edu.*