

University of Nebraska - Lincoln

DigitalCommons@University of Nebraska - Lincoln

The NEBLINE Newsletter Archive from UNL
Extension in Lancaster County

Extension

1-2015

NEBLINE, January 2015

Follow this and additional works at: <http://digitalcommons.unl.edu/neblines>



Part of the [Agricultural Education Commons](#)

"NEBLINE, January 2015" (2015). *The NEBLINE Newsletter Archive from UNL Extension in Lancaster County*. 291.
<http://digitalcommons.unl.edu/neblines/291>

This Article is brought to you for free and open access by the Extension at DigitalCommons@University of Nebraska - Lincoln. It has been accepted for inclusion in The NEBLINE Newsletter Archive from UNL Extension in Lancaster County by an authorized administrator of DigitalCommons@University of Nebraska - Lincoln.



NEBLINE

NEBRASKA EXTENSION IN LANCASTER COUNTY

Extension 2014 Highlights

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

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

The Lancaster County Board of Commissioners celebrated

see HIGHLIGHTS on back page



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



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



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



Extension Associates Soni Cochran and Mary Jane Frogge continued to develop the Cherry Creek Pollinator Habitat, located behind the Extension office at 444 Cherrycreek Road. Started in 2013, the habitat is a teaching and learning environment that educates adults and youth on the importance of pollinators (pictured is Soni showing youth a "native bee nest box").



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

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



Extension partnered with local agencies to provide educational opportunities for childcare professionals. These trainings focused on increasing the knowledge and skills of participants so they are better able to support the healthy development of children. 80% of attendees indicated they would put the information they learned into practice. Pictured above is Extension Educator Lorene Bartos (standing third from right) who helped present a new training on cultural diversity called "Faces of Our Community."



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



Extension Educator Alice Henneman teaches people how to make healthy food choices and safely prepare food. Web-based educational outreach includes the <http://food.unl.edu> website (which received over 2.38 million pageviews last year) and social media such as Twitter, Pinterest and Facebook. In November, Alice presented a free class, "Quick, Tasty, Healthy, 5-Ingredient Recipes" at BryanHealth which was attended by over 300 people.

Non-Profit Organization
U.S. Postage Paid
Permit No. 537
Lincoln, Nebraska

CHANGE SERVICE REQUESTED

Lancaster County 4-H Council
Nebraska Extension in Lancaster County
444 Cherrycreek Road, Suite A
Lincoln, Nebraska 68528-1591

CONNECT WITH US

Nebraska Extension in Lancaster County
444 Cherrycreek Road, Suite A
Lincoln, NE 68528
402-441-7180
<http://lanaster.unl.edu>



IN THIS ISSUE

Food & Health 2
Family Living 3
Farm & Acreage 4
Horticulture 5
Pests & Wildlife 5
4-H & Youth 6-7

Nebraska Extension in Lancaster County
444 Cherrycreek Road, Ste. A, Lincoln, NE 68528
402-441-7180

<http://lancaster.unl.edu>

Email: lancaster@unl.edu • Fax: 402-441-7148

Join us on Twitter, Facebook, YouTube, Flickr and
Pinterest at <http://lancaster.unl.edu/media>

Lancaster Extension Education Center Conference Facilities
444 Cherrycreek Road, Lincoln



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.

Nebraska Extension educational programs abide with the nondiscrimination
policies of the University of Nebraska-Lincoln and the
United States Department of Agriculture.

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

INTERIM UNIT LEADER & EXTENSION EDUCATOR
Karen Wobig

ADMINISTRATIVE AIDE
Jenny DeBuhr

EXTENSION EDUCATORS
Lorene Bartos, Sarah Browning, Maureen Burson,
Alice Henneman

EXTENSION ASSOCIATES
Tracy Anderson, Soni Cochran, Marty Cruickshank,
Mary Jane Frogge, Mardel Meinke, Dana Root-Willeford

EXTENSION ASSISTANTS
Teri Hlava, Vicki Jedlicka, Cole Meador, Kristen Houska,
Emily Schuckman, Jim Wies, Jessica Wolter

BIOSOLIDS COORDINATOR
David Smith

SUPPORT STAFF
Pam Branson, Deanna Covault, Karen Evasco, Konnie Robertson,
Chris Rosenthal, Karen Wedding

NEBLINE

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

Photo on front page flag and page headers by PRANGE Aerial Photography

The Nebraska Library Commission's Talking Book and Braille Service records the NEBLINE for individuals
with a visual or physical condition or a reading disability which limits use of regular print. For more
information, go to www.nlc.nebraska.gov/tbbs or call 402-471-4038 or 800-742-7691.

NEBLINE articles may be reprinted without special permission if the source is
acknowledged as "Nebraska Extension in Lancaster County NEBLINE." If the article
contains a byline, please include the author's name and title.

Reference to commercial products or trade names is made with the understanding that no discrimination
is intended and no endorsement by the University of Nebraska–Lincoln is implied.

Email Notifications

Sign up at <http://lancaster.unl.edu/nebline> to be notified by email
when the NEBLINE is posted online.

Mail Subscriptions

Subscriptions to the NEBLINE via mail are free to Lancaster County
residents. There is an annual \$5 mailing and handling fee to addresses
in zip codes other than 683—, 684—, 685—, 68003, 68017 and 68065.

☐ Order subscription ☐ Change of address

Name

Address

City Zip

Phone

We will only use your phone number in case there is a problem with your mailing address.

Wishing You a Healthy H-A-P-P-Y N-E-W Y-E-A-R!

Alice Henneman, MS, RDN
Extension Educator

H-ealth

*"The first wealth is
health," (Source: Ralph Waldo
Emerson)*

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

A-ttitude

*"Health and cheerfulness
naturally beget each
other." (Source: Joseph Addison)*

A positive attitude may not
cure a disease. However, thinking
positive can help you deal with
misfortune, make the most of
your situation and enjoy life
more.

P-hysical activity

*"A man's health can be judged
by which he takes two at a time
— pills or stairs." (Source: Joan
Welsh)*

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

P-eople

*"Love cures people — both
the ones who give it and the ones
who receive it..." (Source: Dr. Karl
Menninger)*

Numerous studies indicate
social networks, whether formal
(such as a church or social club)
or informal (such as meeting
with friends), make people
less vulnerable to ill health
and premature death. Be wary,
however, of social support that
drains you through people being
too demanding or encouraging
you to engage in harmful
behaviors.

Y-your body

*"Take care of your body.
It's the only place you have to
live." (Source: Jim Rohn)*

Schedule physical checkups
as needed: eyes, teeth, mammo-
gram, colonoscopy, general
physical, etc.

N-O!

*"Half of the troubles of this
life can be traced to saying yes too
quickly and not saying no soon
enough." (Source: Josh Billings)*
Rather than adding "take a time
management class" to your "to
do" list, consider starting a "don't
do" list.

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

E-at healthy

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

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

For more information
on planning healthy menus,
visit www.ChooseMyPlate.gov.

W-isdom

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

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

Y-your hands

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

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

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

- Scrub your hands for at least 20
seconds. Need a timer? Hum
the "Happy Birthday" song
from beginning to end twice.
- **Rinse** your hands well under
clean, running water. Dry your
hands using a clean towel or air
dry them.

E-nough sleep

*"A good laugh and a long
sleep are the best cures in the
doctor's book." (Source: Irish
Proverb)*

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

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

The U.S. Department of
Health and Human Services
offers tips to help you get a good
night's sleep which are online at
<http://1.usa.gov/1zaC8K5>.

A-void portion distortion

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

Rather than worry so much
about "what" you eat, consider
"how much" you eat. Downsize
your portion sizes. Serve food on
smaller plates. Eat from plates
and bowls rather than packages
and bags, so you see how much
you're eating.

R-eading materials

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

Consider the source before
starting a new drastic diet or
exercise plan. Beware of plans
that:

- Promise quick, dramatic
results.
- Charge large fees for consulta-
tions, equipment, supplements,
etc.
- Rely solely on testimonials and
statements from "professionals"
with unusual-sounding
degrees.

UNL's National Food Entrepreneur Program

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

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

Other 2015 seminars in Lincoln are:
• Saturday, March 21

- Saturday, June 6
- Saturday, Aug. 8
- Friday, Oct. 30

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

More information is at http://fpc.unl.edu/small_business. For an information packet,
contact Jill Gifford at jgifford1@unl.edu or
402-472-2819.

How to Use Positive Language to Improve Your Child's Behavior

"Stop it." "No." "Don't do that!" As a parent, you might find yourself using these words and phrases more often when your child begins to make his own choices. Now, stop for a moment and consider how the conversation might feel if you couldn't use these words? What if, rather than telling your child what he can't do, you instead chose words to tell him what he can do? While this shift in language might seem small, it actually provides a powerful positive change to the tone of the conversation. When you focus on using positive language with your child, you will likely find that he has fewer tantrums, whines less and overall experiences fewer challenging behaviors.

How can such a small change make such a big difference? While it is obvious to adults, young children are not able to make the logical connection that when they are told not to do something, what they actually should do is the opposite. For example, the directions, "Don't climb on the counter" can be very confusing to a child. However, "Please keep your feet on the floor" tells the child exactly what the expectation is and how he can change what he is doing. Using positive language also empowers a child to make an appropriate choice on his own, which can boost his self-esteem. When you are specific in your directions by telling your child exactly what he can do and when, it is easier for him to comply and he is more likely to cooperate with the request.

Try This at Home

Replace "don't" with "do." Tell your child what she can do! If you saw her cutting the leaves of a plant, rather than saying "Don't cut that!" you could say, "Scissors are for cutting paper or play dough. Which one do you want to cut?" It is more likely that your child will make an appropriate choice when you help her to understand exactly what appropriate options are available.

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

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

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

Give your child time to think. Sometimes, you may feel frustrated when your child does not respond quickly to requests and feel tempted to use demands and raise your voice. When that happens, remember that your child is learning language and how to use it. She needs time to think about what you said and how she is going to respond. It can take her several seconds, or even minutes, longer than you to process the information. If you remain calm and patiently repeat the statement again, you will see fewer challenging behaviors and enjoy more quality time with your child.

Help your child to remember. Children are easily distracted. Sometimes your child may need you to help him remember what you asked him to do in order to do it. "I remember" statements are very useful in these situations.

For example, imagine you have asked your child to put on his shoes so that he can go outside, and he comes over to you without his shoes on and is trying to go outside. You can say, "I remember you need to put your shoes on before you can go outside." Stating the information as a simple fact, rather than a command, gives him the information he needs to make the right choice on his own without blaming him or making him feel like he has failed.

Practice at School

Teachers use positive language at school to help children become more confident and independent. When teachers tell children what they can do, children begin to manage themselves, classroom routines and interactions with peers by themselves. For example, a child who is throwing sand on the playground can be shown that, instead, she can use a shovel to put the sand in a bucket. The teacher might say, "If you want to play with the sand, you can fill this bucket. Would you like a blue bucket or this red one?" In this way, the teacher honors the child's interest, but directs it to a more appropriate play choice.

The Bottom Line

Positive relationships with parents, teacher and other caregivers provide the foundation for a successful and happy child, are the building blocks for your child's self-esteem and ability to empathize and predict future positive behavior choices. The manner in which you talk to your child has a significant impact on his behavior. Making positive changes to your communication style can be hard work, but with a little practice, you will see a big difference in your relationship with your child. Your child will feel more encouraged, positive and independent and, as a result, you will enjoy better overall cooperation.

Source: Brooke Brogle, Alyson Jiron & Jill Giacomini, University of South Florida



ASK LORENE

FAMILY LIVING TIPS

Lorene Bartos, Extension Educator

Q: How do I clean up after rodents find a home in my home?

A: When cold weather arrives, mice look for food and warmer areas to call home. Most time home owners realize the visitors have arrived after they find droppings. Getting rid of mice involves sanitation, exclusion and population reduction.

To remove droppings, wear gloves and spray with a household disinfectant solution of three tablespoons of bleach in one gallon of water. (Note: check surfaces to make sure the bleach doesn't ruin fabrics, carpets and other places if you choose to use it). Other disinfectants can also be used as directed. Let the area soak thoroughly 10 to 15 minutes. Use a wet rag, towel, etc. to wipe up feces. This keeps the feces and dust from going airborne. Do not use a broom or vacuum to remove feces.

For more information on mice and their removal refer to Extension's NebGuide "Controlling House Mice" which can be found at <http://ianrpubs.unl.edu/live/g1105/build/g1105.pdf>.

"Ask Lorene" by mail: Attn. Lorene Bartos, Nebraska Extension in Lancaster County, 444 Cherrycreek Road, Suite A, Lincoln, NE 68528; email lbartos1@unl.edu; or phone 402-441-7180.

Extension's Guardian/Conservator Trainings



Nebraska Extension offers Guardian/Conservator Trainings monthly in Lancaster County and quarterly in all other judicial districts except Douglas County (which are taught by Volunteers Assisting Seniors). These trainings fulfill Guardian/Conservator education requirements set by the Nebraska Probate Code.

State appointed guardians manage finances, submit reports to the court and provide other vital roles which impact wards. Extension's training prepares guardians to better serve their wards and fulfill the legal responsibilities to the court.

Most trainings are co-taught by a volunteer attorney through the Nebraska State Bar Association who answers general legal questions.

The trainings in Lancaster County are co-taught by Extension Educator Maureen Burson and are scheduled for the following Tuesdays:

- Jan. 13, 1:30–4:30 p.m.
- Feb. 17, 5:30–8:30 p.m.
- March 10, 1:30–4:30 p.m.
- April 14, 5:30–8:30 p.m.
- May 12, 1:30–4:30 p.m.
- June 23, 1:30–4:30 p.m.
- July 14, 1:30–4:30 p.m.

- Aug. 11, 5:30–8:30 p.m.
- Sept. 8, 1:30–4:30 p.m.
- Oct. 6, 5:30–8:30 p.m.
- Nov. 17, 1:30–4:30 p.m.
- Dec. 8, 1:30–4:30 p.m.

For a list of other trainings statewide, go to <http://extension.unl.edu/guardianship>. Cost is \$35 per individual (no charge for additional family member sharing class materials).

To register, please call the local contact person at least two days ahead of training date. In Lancaster County register with the receptionist at 402-441-7180.

More than 8,000 guardians and/or conservators caring for vulnerable children and adults have benefited since the mandated program started in 2005. Approximately 350 guardians participate annually in Lancaster County.

Attorney Chris Blomenberg says, "My clients have indicated this class is an invaluable resource."

FOR MORE INFORMATION

Nebraska Extension has seven NebGuides about Guardianship (in English and Spanish) available at the Extension office or online at <http://extension.unl.edu/guardianship>.

Climate Masters 10-Week Course Teaches Ways to Reduce Your Carbon Footprint

Climate Masters of Nebraska, a program at the University of Nebraska–Lincoln's School of Natural Resources, will offer its next 10-week course Thursday evenings from Jan. 15 through March 19. Classes will be 6–8:30 p.m. in Hardin Hall on UNL's East Campus. Throughout the course, participants will learn ways they can act locally to save money, protect the environment and reduce greenhouse gas emissions.

The program is open to anyone ages 19 and up. Funding provided by the Nebraska Department of Environmental Quality. As part of the course, participants are asked



to share the knowledge they have gained by volunteering 30 hours within six months of the start of the course.

Classes will focus on the basics of climate change, home energy, renewable energy, eco-friendly yards, communicating climate change, consumption and waste, local food, water conservation and more. Expert speakers and a field trip to the Bluff Road Landfill will be part of the course too.

Space is limited, so register by Jan. 8. For more information and registration form, go to <http://climatemasters.unl.edu> or call 402-472-2712.

Private Pesticide Applicator Certification

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

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

If your private applicator certification expires in 2015, you will receive (or have already received) a notification letter from the Nebraska Department of Agriculture (NDA). Be sure to keep the letter from NDA and bring it with you to the training session you choose or when you pick up home-study materials. The NDA letter contains a bar-code form which tells NDA what they need to know about you.

Regardless of the certification method chosen, all applicants will receive an invoice from the NDA for the \$25 license fee. Note: we cannot collect the license fee at the Extension office. The certification and license is good for three years, expiring on April 15, 2018 for those who certify this spring. You should receive your new license within three weeks.

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

Traditional Training Sessions

Two private pesticide applicator training sessions have been scheduled in 2015 at the Lancaster Extension Education Center, 444 Cherrycreek Road in Lincoln.

- The dates and times are:
- Wednesday, Jan. 21, from 9 a.m.–Noon
 - Monday, Jan. 26, from 7–10 p.m.

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

Computer-Based Self-Study

Purchase a self-study disc (CD-ROM) for a new private license or to recertify an existing license following successful completion of the modules, quizzes and final test. Order a disc online at <http://marketplace.unl.edu/pested/private-pesticide-certification>. Cost is \$60 per disc.

Self-Study Manual

A self-study manual and associated materials is also available. You are expected to read the chapters and complete a test in the back of the book. When you bring the book back to the office, the test will be graded by our staff while you wait (usually about five minutes). You will have an opportunity to see your test results and the correct answers to any questions you have answered incorrectly. Cost is \$60 per manual.

Testing Option

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

Recertify at a Crop Production Clinic

At Crop Production Clinics, private applicators may receive recertification by attending the full day and attending the mandatory sessions to recertify as a private applicator. Commercial and Noncommercial Pesticide applicators may renew in Ag Plant, Regulatory or Demonstration/Research. **Pesticide applicators may not obtain initial certification at a Crop Production Clinic.**

The Crop Production Clinics held in southeast Nebraska will be:

- Wednesday, Jan. 14 — York (Holthus Convention Center, 3130 Holen Ave.)
- Thursday, Jan. 15 — Beatrice (Beatrice Country Club, S. 13th Street and Oak Street)
- Thursday, Jan. 22 — Mead (ARDC/Saunders County Extension Office, 1071 County Road G)

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

Cost is \$65 for preregistered participants, and includes a noon meal, refreshments, Extension's 2015 *Guide for Weed Management in Nebraska* and the 2015 Crop Production Clinic Proceedings. Pre-registration closes at 3 p.m. the day prior to the clinic. For more information about Crop Production Clinics, go to <http://cpc.unl.edu>.

Farm Bill Computer Decision Aid Workshop, Jan. 14

Nebraska Extension and the Texas A&M Agricultural and Food Policy Center are teaming up for a "Nebraska Farm Bill Computer Decision Aid" workshop on Wednesday, Jan. 14, 9 a.m. to 4 p.m. at the Nebraska Innovation Campus (NIC) Conference Center, 2021 Transformation Drive, Lincoln.

Participants are encouraged to bring their own laptop computer or tablet. Fee is \$30 which includes noon meal, refreshments and meeting materials. Pre-registration is required by Jan. 7 at UNL Marketplace, <http://go.unl.edu/farmbill>.

Nationally recognized Ag Economists Dr. Brad Lubben, UNL, and Dr. James Richardson, Texas A&M, will lead the workshop. Dr. Richardson is the author of new web-based software, "Decision Aid," endorsed by USDA. It is online at <https://decisionaid.afpc.tamu.edu>. Farm managers, bankers, insurance agents, farmers and landlords will all benefit from this workshop.

Participants will learn how to use the Texas A&M Decision Aid software, including:

- the economic implications of complex decisions, such

- as keeping the old base or reallocation of base, or choosing ARC-I, ARC-CO, PLC or PLC plus SCO,
- the newly integrated crop insurance tool,
- managing risk, and
- how to interpret the results.

In the afternoon, Nebraska Extension teaching assistants can help you individually with questions on your own farm examples.

Additional details about the meeting, including agenda, are at <http://go.unl.edu/5nwi>. For more information, contact Randy Pryor at 402-821-2151.

Upcoming Green Industry Conferences

NEBRASKA TURFGRASS CONFERENCE

JANUARY 6–8

NEBRASKA TURFGRASS ASSOCIATION
Location: Embassy Suites Omaha–La Vista/Hotel & Conference Center
402-472-8973 • www.nebraskaturfgrass.com/events/nebraska-turf-conference

NEBRASKA GREAT PLAINS CONFERENCE

JANUARY 20–21

NEBRASKA ARBORISTS ASSOCIATION AND NEBRASKA NURSERY & LANDSCAPE ASSOCIATION
Location: Ramada Plaza Omaha Convention Center • 402-476-3865
www.nearborists.org • www.nnla.org

GREAT PLAINS GROWERS CONFERENCE

JANUARY 8–10

A CONFERENCE FOR BEGINNING & SEASONED GROWERS
Hosted by Extension Services, Vegetable Growers' Associations of MO, KS, NE, IA & SD, and the Mid-America Fruit Grower's Association

Location: Missouri Western State University, St. Joseph, MO

The conference will focus on topics for both fruit and/or vegetable growers.

Contact Buchanan County Extension Office
816-279-1691
www.greatplainsgrowersconference.org

Commercial Pesticide Applicator Training

Commercial/noncommercial applicators are professionals who apply **restricted-use** pesticides for hire or compensation, on property that is not owned or rented by themselves or their employer. **Anyone** who applies pesticides to the property of another person, either **restricted- or general-use** products, for control of pests in lawns, landscapes, buildings or homes must also have a commercial pesticide applicators license. Public employees (those employed by a town, county, state) applying mosquito control pesticides whether restricted or general use, must also hold a commercial or noncommercial certification.

Initial and Recertification

To become licensed as a new commercial/noncommercial applicator, professionals must pass a written examination. All participants must be tested in the general standards category, then each chooses one or more additional categories for testing.

Once licensed in a category, professionals can maintain their commercial certification by attending a recertification

training session or by passing a written examination, with a few exceptions as explained below.

Nebraska Extension offers training to prepare those seeking a pesticide applicators license for the first time, and recertification for those needing to keep their license active. The program cost for both initial and recertifying participants who register online is \$60/person; for those registering by mail, fax or at the door, the cost is \$70/person.

For statewide training locations, dates and categories, go to <http://pested.unl.edu>. For more information about the trainings in Lancaster County, call 402-441-7180.

Note: Due to time and space limitations, training will not be offered in all the categories on every day of training. Check the schedule listing when each category training will be offered.

Initial commercial certification training and testing sessions will be offered at the Lancaster Extension Education Center, 444 Cherrycreek Road, on the following dates:

- Tuesday, Feb. 3
- Thursday, Feb. 19
- Thursday, April 9

The general standards session will begin at 8:30 a.m.

It is highly recommended you obtain and review the written study materials prior to attending. This will greatly improve your chances of passing the written examination. Study materials for all commercial categories may be purchased online at <http://pested.unl.edu> (click on "Classes & Study Materials").

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

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

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

NDA Licensing Procedures

Commercial applicators meeting the requirements for certification or re-certification will receive an invoice from the NDA for \$90 for the license fee. When NDA receives the fee, the license will be issued.

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

Extension's 2015 Master Gardener Trainings, Two Sites Available



Last year, several Lancaster County Master Gardeners volunteered at the People's City Mission garden.

Mary Jane Frogge
Extension Associate

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

To become a Master Gardener volunteer, you must attend all training sessions, pass an examination and volunteer for Extension educational programming. Volunteering could include answering



gardening questions from the public, teaching 4-H youth gardening, assisting at the county or state fair, or assisting community garden participants.

Training class size is limited. Those participating in the 2015 training class must pay a \$190 materials fee. There are two options for Master Gardener Training in Lincoln.

Nebraska Extension in Lancaster County's Master Gardener training sessions will begin in February. Trainings

will be 9 a.m. to 4 p.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road. Application deadline is Jan. 23. For additional information, call Mary Jane Frogge at 402-441-7180. To apply online, go to <http://lanaster.unl.edu/hort/othrlink.shtml>.

Nebraska Extension's Campus-Based Master Gardener training sessions will begin in February. Trainings will be 6–9 p.m. on UNL East Campus. Application deadline is Jan. 23. For more information, call Terri James at 402-472-8973. Apply online at <http://mastergardener.unl.edu/become-a-master-gardener>.

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



GARDEN GUIDE

THINGS TO DO THIS MONTH

Mary Jane Frogge, Extension Associate

Check young trees and shrubs for rodent or rabbit damage. Prevent injury with fencing or protective collars.

Avoid heavy traffic on the frozen, dormant lawn. The crown of the plant may be severely damaged or killed.

Brush snow from evergreens as soon as possible after a storm. Use a broom in an upward, sweeping motion. Serious damage may be caused by heavy snow or ice accumulating on the branches.

Do not wait until late in the winter to order seeds. Many varieties sell out early.

Add garden record keeping to the list of New Year's resolutions. Make a note of which flower and vegetable varieties do best and which do poorly in your garden.

Use sand instead of salt for icy spots on the sidewalk.

Feed the birds regularly and see that they have water. Birds like suet, fruit, nuts and bread crumbs as well as bird seed.

Review your vegetable garden plans. Perhaps a smaller garden with fewer weeds and insects will give you more produce.

When reviewing your garden catalogs for new vegetable varieties to try, an important consideration is improved insect and/or disease resistance. Watch also for drought-tolerant types.

Analyze last year's planting, fertilizing and spraying records. Make notes to reorder successful varieties as well as those you wish to try again.

Check stored fruits and vegetables such as potatoes and apples for bad spots which may lead to decay. Remove and use those which show signs of spoiling. Separate others into slotted trays or bins to increase air circulation and reduce decay possibilities.

To prolong bloom, protect poinsettias from drafts and keep them moderately moist.

Turn and prune house plants regularly to keep them shapely. Pinch back new growth to promote bushy plants.

Check all house plants closely for insect infestations. Quarantine gift plants until you determine they are not harboring any pests.

Bed Bug Basics

Soni Cochran
Extension Associate

Cold weather doesn't deter bed bugs especially since they are living indoors with their human meals. We're seeing plenty of bed bugs being brought into the office for identification. Here are some bed bug basics you should know.

Bed bug adults are about the size of an apple seed, flat, oval and reddish-brown. Immature bed bugs are very tiny and can be hard to see.

Some people aren't bothered by bed bug bites, while other people find them very irritating.

Where Bed Bugs Hide

Bed bugs usually hide near where people rest or sleep like in beds, sofas and chairs. When you relax or sleep, bed bugs come out to feed. Bed bugs don't live on our bodies but we can transport them in clothing, luggage, purses etc.

Most bed bugs are found within eight feet of where we rest. As an infestation grows, bed bugs can be found further away.

Where you might find bed bugs:

- Mattresses, box springs, bed frames, bedding
- Cracks and crevices of furniture
- Behind peeling wallpaper
- Behind pictures and clocks
- Between the pages and in the bindings of books
- Curtains
- Cracks in hardwood floors, baseboards, framing



Photos by Barb Ogg, Emeritus

Bed bug fecal spots and eggs under the fabric stapled to the framing of box springs.



Bedbugs are reddish brown and have flattened bodies (left — approximate size).

- Under carpet and rugs
- Behind electrical outlets, switch plates

If You Think You Have Bed Bugs

- First, make sure you really have bed bugs! We see plenty of insects brought into the office from people thinking they have bed bugs and to their relief, are not.
- Try not to panic! Bed bugs can be controlled using proper methods. Learn as much as you can. Contact your Extension office or visit <http://lanaster.unl.edu/pests>.
- Contact a pest management professional or your landlord to schedule an inspection and professional treatment for bed bugs.
- Over-the-counter pesticides labeled for bed bugs are not effective. Homemade or "custom-formulated" products can also be dangerous and may make your bed

bug infestation worse, not better. Do not use garden or agricultural pesticides in the home. Never apply pesticides directly to your body. Do not use rubbing alcohol, kerosene or gasoline on your body, your pets or in your home to control pests. These products can make you sick and may cause fires.

- There's no need to toss your furniture. Beds and furniture can be treated. You can (and should) invest in mattress encasements especially designed to keep bed bugs away from the mattress and box springs.
- Reduce or eliminate any clutter! Don't store anything under the bed because this gives bed bugs more places to hide. The more hiding places you have for bed bugs, the harder it is for a treatment to work.
- Vacuum thoroughly and often. Be sure to empty the canister or bag immediately and take it to a dumpster or garbage can outdoors. Heat kills bed bugs. Remember this when doing your laundry.

If you are having a treatment done for bed bugs, please follow the recommendations of the pest control professional both before and after a treatment. As a tenant or homeowner, you play an important role in helping make sure a treatment is successful.

FOR MORE INFORMATION

Contact your Nebraska Extension office or go to <http://lanaster.unl.edu/pests>.

Recycling Your Christmas Tree for the Birds

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

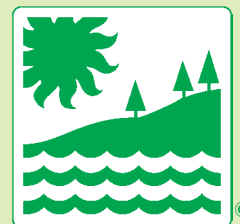
Place your tree in a bucket of wet sand and place it in the garden or in the landscape a few feet away from bird feeders. If you don't want to stand your tree up in a bucket, prop it up against a secure fence and tie it into place. Your tree will provide wildlife months of protection from winter winds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

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

—Soni Cochran, Extension Associate

Earth Wellness Festival Needs Volunteers

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





HEART OF 4-H VOLUNTEER AWARD

Mary Ann Gabel

Lancaster County 4-H is proud to announce Mary Ann Gabel as winner of January's "Heart of 4-H Award" in recognition of outstanding volunteer service.

Mary Ann has been a 4-H volunteer for 17 years, formerly as leader of the Sunshine Clover 4-H club and currently as leader of independent members. She also has helped at 4-H Council's "Corner Stop" food booth at the Lancaster County Super Fair for several years.

She says, "I like being a 4-H volunteer because I want to help children explore their talents while working on projects; encourage them to volunteer for community service and become community leaders; and enhance their confidence when they participate in 4-H contests. My favorite experience as a 4-H volunteer is helping 4-H'ers prepare for presentations and table setting contests and then seeing the 'wow' moment when they do a great job. I enjoy helping at the 4-H Corner Stop food booth because I get acquainted with other 4-H parents and members. It's also fun to be at the Super Fair!"

Lancaster County 4-H thanks Mary Ann for donating her time and talents. Volunteers like her are indeed the heart of 4-H!



Watch Chicks Hatch Online with EGG Cam!

<http://go.unl.edu/eggcam>

Embryology resources include incubation, candling, and more!

New season starts January 2015



Lancaster County 4-H Teen Council
presents its annual...

Overnight Lock-In for 4th & 5th graders (need not be enrolled in 4-H)

Fri. Jan. 16, 8 p.m. – Sat. Jan. 17, 8 a.m.

Lancaster Extension Education Center
444 Cherrycreek Road, Lincoln

Sleep Over!
Fun Projects!
Games!
Snacks!
Movies!

This year's theme is...
**Camping Under
the Stars**

Bring your sleeping bag, pillow,
toothbrush, toothpaste, active wear,
sleepwear (sweats) and a friend
interested in 4-H!

Cost \$15/person
Registrations due by Jan. 14

For more information, call 402-441-7180
and ask for Tracy Anderson
(After hours lobby phone is 402-441-7170)

LOCK-IN REGISTRATION FORM

Make check payable (\$15/participant) to Lancaster County 4-H Teen Council
and mail with registration form **BY JAN. 14** to:
Tracy Anderson, Nebraska Extension in Lancaster County,
444 Cherrycreek Rd., Suite A, Lincoln, NE 68528

**No
refunds**

Name of participant(s) _____ Age _____

_____ Age _____

Address _____

City/State/Zip _____

Phone _____ Parent or Guardian _____

Special Needs or Other Information (such as food allergies) _____

I give permission to use my child's image in photographs taken at the Lock-In
in publications, news articles, advertisements or websites pertaining to 4-H. ☐ yes ☐ no

Parent/Guardian Signature: _____ Date: _____

New In 2015 — 4-H Members MUST Be Enrolled Online by Jan. 31

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

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

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

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

For now, volunteers and leaders must still enroll using the form at <http://lancaster.unl.edu/4h/club/4henrollformleader.pdf> by June 15.

Online Enrollment Training, Jan. 13

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

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

4-H and FFA exhibitors showing market steers or heifers at the Lancaster County Super Fair, Nebraska State Fair and/or Ak-Sar-Ben 4-H Stock Show must identify and weigh-in their projects on Thursday, Jan. 22, 6–7 p.m. at the Lancaster Event Center – Pavilion 2.

4-H'ers planning on exhibiting market beef at State Fair or Ak-Sar-Ben must have DNA sampled. There is a \$6 per head charge. It is encouraged to have DNA pulled at the time of weigh-in. Exhibitors have until April 1 to identify, weigh and pull DNA on any market beef that may go to State Fair or Ak-Sar-Ben. All other market livestock possibly going to State Fair or Ak-Sar-Ben will need to be DNA sampled, with a later date to be announced.

4-H Crocheting Workshop, Feb. 7

4-H youth ages 10 and up are invited to learn how to crochet a washcloth utilizing the single crochet stitch at the "Basic Crocheting" workshop on Saturday, Feb. 7, 9 a.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road. No cost – all supplies will be provided. Adults are welcome to attend to help 4-H'ers. Must preregister by Feb. 4 by calling 402-441-7180.

4-H Pillow Sewing Workshop, Feb. 21

4-H youth ages 8 and up are invited to learn beginning sewing skills and make a pillow at the "Pillow Party" sewing workshop on Saturday, Feb. 21, 9 a.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road. No cost to attend. Sign up by Feb. 18 by calling 402-441-7180. Bring your sewing machine, basic sewing equipment (scissors, pins, measuring tape), etc. Also bring 1/3 yard and 2/3 yard contrasting fabrics, pre-washed, 100% cotton (no plaids, no knits) and matching thread.

Meet 2015 4-H Council

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

Officers: Karol Swotek (President), Kylee Plager (Vice-President), Shar Sieck (Treasurer) and Sheridan Swotek (Secretary).

Members: Alicia Graybill, Bailee Gunnerson, Brandy Gunnerson, Austin Hurt, Ann Pickrel, Jacob Pickrel, Cathy Plager, Kari Price, Jenny Schnase and Max Wanser.



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

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

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

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

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

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

Congratulations Abby and the rest of the youth representing Nebraska!



Lancaster County 4-H and 4-H Council invite ALL 4-H'ers, 4-H families and volunteers to



4-H Achievement Celebration

Tuesday, Feb. 10 • 6:30 p.m.

Lancaster Extension Education Center

444 Cherrycreek Road, Lincoln

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

Part of Nebraska 4-H Month!

Light snack provided!

"2014 4-H Year in Review" video!

Wear your 4-H garb!



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



2015 4-H Calendar



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

Lancaster Event Center is located at 84th & Havelock, Lincoln. 4-H program schedule is subject to change — refer to the NEBLINE or <http://lancaster.unl.edu/4h> for the most current information.

January

- 1 Horse Incentive Program Begins
- 6 4-H Council Meeting. 7 p.m.
- 11 Teen Council Meeting. 3 p.m.
- 13 4-H Online Enrollment Training anytime 7:30 a.m.–6:30 p.m.
- 16–17 4th & 5th Grade Overnight Lock-In 8 p.m.–8 a.m.
- 22 Beef Weigh-In, Lancaster Event Center - Pav. 2 6–7 p.m.
- 31 Deadline for Current 4-H Members to Enroll Using "4-H Online" at <https://ne.4honline.com>

February FEBRUARY IS NEBRASKA 4-H MONTH

- 3 4-H Council Meeting. 7 p.m.
- 7 Crocheting Workshop 9 a.m.
- 8 Teen Council Meeting. 3 p.m.
- 10 Achievement Celebration 6:30 p.m.
- 13 Lancaster County Deadline for Horse Stampede Entries
- 21 Pillow Party Sewing Workshop. 9 a.m.

March

- 1 Preference Given to 4-H Council Camp Scholarship Applications Submitted to Extension by this Date
- 1 R.B. Warren 4-H Horse Educational (\$500) and Grand Island Saddle Club Scholarships (\$1,000) Entries Due
- 1 Deadline for Governor's Agricultural Excellence Awards (\$500)
- 3 4-H Council Meeting. 7 p.m.
- 8 Teen Council Meeting. 3 p.m.
- 14 Horse Stampede, UNL East Campus - Animal Science Building
- 16 Public Service Announcement (PSA) Contest CDs Due/Preregister for Speech Contest
- 21 Spring Rabbit Show, Lancaster Event Center, Exhibit Hall 9 a.m.
- 22 Speech Contest. 1 p.m. registration/1:30 p.m. contest
- 28 Jammie Jamboree Sewing Workshop. 9 a.m.

April

- 1 All 4-H/FFA Market Beef ID's/DNA Due to Extension
- 3–4 Hunter's Pride Shaggy Horse Dressage Show
- 7 4-H Council Meeting. 7 p.m.
- 10 Kiwanis Carnival, Elliott School, 225 S. 25 Street 5:30-7:30 p.m.
- 12 Teen Council Meeting. 3 p.m.
- 14 Horsemanship Level Testing, Lancaster Event Center - Amy Countryman Arena 5:30 p.m.
- 18 Furniture Painting Workshop 9 a.m.
- 21–23 Ag Awareness Festival (for 4th Grade), Lancaster Event Center
- 28 Horsemanship Level Testing, Lancaster Event Center - Amy Countryman Arena 5:30 p.m.

May

- 2–3 Horse VIPS Fundraiser/Dressage Schooling Show, Middle Cross Stables, 500 W. Sprague Road, Roca
- 5 4-H Council Meeting. 7 p.m.
- 12 Horsemanship Level Testing, Lancaster Event Center - Amy Countryman Arena 5:30 p.m.
- 14 Leader Training. 9 a.m. & 6:30 p.m.
- 15 Lancaster County Deadline for District/State Horse Show Entries, ID, Level Tests
- 19 4-H/FFA Sheep/Goat Weigh-In & Tag Day, Lancaster Event Center - Pav. 2. 6–8 p.m.
- 30 Life Challenge Contest – Junior & County-Level Senior Divisions 9 a.m.

June

- 1 Super Fair Horse ID's Due to Extension
- 2 Horsemanship Level Testing, Lancaster Event Center - Amy Countryman Arena 5:30 p.m.
- 2 4-H Council Meeting. 7 p.m.
- 6 Pre-District Horse Show Presented by 4-H Horse VIPS/Wranglers, Lancaster Event Center - Pavilion 3
- 7 Wranglers Open Show, Lancaster Event Center
- 10–18 Horse District Shows, Bridgeport, Valentine, McCook, Ord, Wayne, Seward
- 10 Plant Science Contests: Horticulture/Tree ID/Grass-Weed ID 10 a.m.–12 p.m.
- 15 Deadline to Enroll New 4-H Members and for All Members to List Project Area(s) Planning to Enter at Super Fair. Must Use "4-H Online" at <https://ne.4honline.com>.
- 15 Deadline for 4-H Volunteers to Enroll. Must Use Form at <http://lancaster.unl.edu/4h/club/4henrollformleader.pdf>
- 15 Deadline for Sheep/Goats/Swine/Breeding Beef/Bucket Calves/Dairy Cattle/Llamas & Alpacas/Rabbits Identification Forms (and DNA for State Fair or Ak-Sar-Ben)
- 15 Deadline for Livestock Market Animal Exhibitors Planning to Show at State Fair or Ak-Sar-Ben to Complete Quality Assurance Requirements Online at <http://4h.unl.edu/qualityassurance>
- 16–19 Clover College
- 26 Horse Course Challenge
- 29–30 Premiere Animal Science Events (PASE)/FCS Life Challenge, UNL East Campus
- 30 Horsemanship Level Testing, Lancaster Event Center - Amy Countryman Arena 5:30 p.m.
- 30 Horse Incentive Program Ends

July

- 1 All 4-H/FFA Lancaster County Super Fair Animal Entries Due to Extension
- 13–17 State 4-H Horse Show, Fonner Park, Grand Island
- 15 Horse Incentive Program Forms Due to Extension
- 18 Presentations Contest 9 a.m.
- 28 4-H & FFA Static Exhibit Check-In for Lancaster County Super Fair, Lancaster Event Center - Lincoln Room 4–8 p.m.
- 31 4-H Council Camp Scholarship Applications Accepted Through This Date

August

- July 30–Aug. 8 Lancaster County Super Fair (4-H/FFA Exhibits & Events July 30–Aug. 2; 4-H Horse Show July 26–Aug. 2), Lancaster Event Center
- Aug. 2 Lancaster County Deadline for Ak-Sar-Ben 4-H Show Entries
- Aug. 28–Sept. 7 Nebraska State Fair, Fonner Park, Grand Island

September

- 1 4-H Council Meeting. 7 p.m.
- 13 Teen Council Meeting. 3 p.m.
- TBA Ak-Sar-Ben 4-H Horse Show, Location TBA
- 24–27 Ak-Sar-Ben 4-H Stock Show, CenturyLink Center

October

- 1 Horse Awards Night. 6:30 p.m.
- 4–10 National 4-H Week
- 6 4-H Council Meeting. 7 p.m.
- 11 Teen Council Meeting. 3 p.m.
- 15 4-H Kick Off 6 p.m.

November

- 3 4-H Council Meeting. 7 p.m.
- 8 Teen Council Meeting. 3 p.m.

December

- 1 4-H Council Meeting. 7 p.m.
- 13 Teen Council Meeting. 3 p.m.
- 31 All Award and Scholarship Applications Due to Extension

4-H SUMMER CAMPS & TRIPS June–September

open to all youth 5–18 • <http://4h.unl.edu/camp>

BIG RED SUMMER ACADEMIC CAMPS • June 7–12

for high school youth • <http://bigredcamps.unl.edu>

10% Off Before
April 15!

Discount
Before April 1!



EXTENSION CALENDAR

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

December

31 4-H Award and Scholarship Applications Due to Extension

January

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

Extension 2014 Highlights

continued from page 1

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

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

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

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

Nebraska Extension’s 4-H youth development program emphasizes science, ag literacy, healthy lifestyles, career development and citizenship/leadership. In the past year, Lancaster County 4-H involved nearly:

- 1,252 club members
- 313 independent members
- 2,440 youth in after-school/summer programs which incorporated 4-H activities
- 18,800 youth in 4-H school enrichment programs.



“Extension has helped our family farming operation with continuing education, such as pesticide trainings and publications on calibrating sprayers. My wife and I had good memories growing up involved in 4-H, so we thought it was important for our children to have the same opportunities. 4-H has had a more profound effect than I ever anticipated in keeping our children involved in agriculture.”

—Jim Bauman,
Extension Board President



Photos by Vicki Jedlicka unless otherwise noted

4-H school enrichment programs include: Garbology (2nd grade), Embryology (3rd grade), Ag Awareness Festival (4th grade), Earth Wellness Festival (5th grade) and Nutrition Education Program (K–8th grades in qualifying schools). These curricula meet Nebraska Curriculum Standards. 2014 marked the 20th annual Earth Wellness Festival. Approximately 3,200 Lancaster County 5th graders from 46 schools attended. Pictured is the “Do the Rot Thing” session presented by Extension Master Gardeners.



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



Karen Weidling

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

EXTENSION NEWS

Lorene Bartos Recognized by RentWise Network

The Lincoln RentWise Network presented Extension Educator Lorene Bartos with a Certificate of Appreciation at a recent RentWise training. RentWise



Lincoln RentWise Network members pictured are (L–R) Lisa Janssen, Jessica Collins, Amy Wagner, Lorene, Lee Heflebower, Stuart Stofferahn and Sheryl Lierman.

Network members wanted to recognize Lorene’s leadership as a founding instructor for the Lincoln RentWise Network, as well as congratulate Lorene on her 45 years of service to University of Nebraska–Lincoln. Lorene has facilitated RentWise classes since the network began in 2008. Lee Heflebower, Supportive Housing Administrator of Community Action Partnership of Lancaster and Saunders Counties, said, “Lorene’s commitment to providing support for tenants in our community has been outstanding. She is a great support for the other instructors as well, and we greatly appreciate having her guidance.” Nebraska RentWise is a six-module educational program for low-income renters. Lincoln Housing Authority is the coordinating agency of the Lincoln RentWise Network.

Staff Earn Statewide Awards

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

Extension Educator Alice Henneman:

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



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

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

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

- **Creative Programming by a Team** award presented by Nebraska Cooperative Extension Association to the Co-Parenting for Successful Kids adapting on-site to online team (*Gail Brand, Statewide Coordinator. Teachers: Maureen Burson, Leslie Crandall, Linda Dannehl, Nancy Frecks, Jackie Guzman, Lisa Poppe, Susan Pearman, Ruth Vonderohe, LaDonna Werth, Cindy Strasheim, Jeanette Friesen, Deb Iwan. Evaluators: Tonia Durden, Rebecca Swartz. Team Support: Pam Branson, Vicki Jedlicka, Jennifer Rees, Alyssa Rojas, Deborah Weitzenkamp, Susan Williams, Holli Weber, Larry Lippke*). This award is for NCEA members who have developed creative programming within the past five years to address educational needs of Nebraskans. Nebraska Extension’s “Co-Parenting for Successful Kids” classes help separating and divorcing parents develop plans for respectful, responsive and responsible co-parenting. On-site classes have been presented at locations statewide since 1999. To date,* 10,062 parents have completed on-site classes. In January 2012, The Nebraska Supreme Court approved the Extension online class. The online class requires journal entries which are reviewed and commented on by Extension Educators. To date,* 3,962 parents from 85 of the 93 Nebraska counties have enrolled in the online class.

* As of Dec. 1, 2014