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NEBLINE

NEBRASKA EXTENSION IN LANCASTER COUNTY

2015 Extension Highlights

NEBRASKA EXTENSION is your local connection to university research-based information. We extend knowledge, provide solutions and change lives. Nebraska Extension in Lancaster County is a partnership between the University of Nebraska–Lincoln, Lancaster County and the United States Department of Agriculture.

Here's a look at some of Nebraska Extension in Lancaster County's 2015 impacts.



Extension Educator Tyler Williams (pictured at right) helped organize UNL Institute of Agriculture and Natural Resources' exhibit at Husker Harvest Days which focused on "Successfully Weathering Extremes." This year, he was the principal investigator or collaborator for four accepted agriculture-related grants totaling nearly \$258,000. Two of the grant projects will focus on climate education and communication efforts for agriculture over the next year.



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 426 enrolled adults (2,217 teaching contacts) and reached 7,692 youth (11,183 teaching contacts). This year marked the 15-year-milestone of Lincoln Public Schools using nutrition kits developed by NEP staff to enhance LPS nutrition curriculum objectives. To date, teachers using the kits have spent 33,498 hours teaching 74,691 students in 3,800 classrooms. Pictured is Extension Assistant Cally Blake leading Everett 1st graders in a healthy snack activity.



In 2015, Extension Educator Sarah Browning, Associate Mary Jane Frogge and Master Gardeners assisted residents and green industry professionals through over 12,000 contacts (phone calls, walk-in requests, email questions, site visits, program participants and listservs) and 116 hours of horticulture-related programming. For example, Master Gardener volunteers helped maintain the People's City Mission community garden, teaching residents how to care for and harvest garden crops.

Millions of people access <http://lancaster.unl.edu>, each year. The website contains thousands of pages of content and is updated daily.



Extension has extensive resources to help identify pests and recommends low-toxic control methods whenever possible. Extension Associate Soni Cochran assists thousands of area residents via phone calls, walk-in requests, email questions, publications, presentations, workshops and as a monthly guest on "Problems & Solutions," hosted by Cathy Blythe on KFOR radio. The pest and wildlife website received 1.6 million unique page views in 2015.



Extension Educator Alice Henneman teaches people how to make healthy food choices and safely prepare food. In November, she presented a free class, "Make-Ahead Freezer Meals" (pictured above) at Bryan Health which was attended by over 300 people. Alice coordinates and contributes to Extension's <http://food.unl.edu> statewide website which received over 2.6 million page views last year.



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, 101 parents completed the classes offered in Lincoln and 330 Lancaster County parents took the class online. Pictured is Extension Educator Maureen Burson interacting with parents online.



Extension has presented a Fair Fun Day at the Lancaster County Fair since 1996. Child care groups with youth in grades K–4 are led on hands-on tours by teen volunteers. Extension Educator Lorene Bartos (pictured standing at right) has organized it for many years. This year, 293 youth from 12 child care groups took tours, learning about fair activities and agriculture. To date, nearly 5,000 youth have participated.



The 20th annual 4-H Clover College, held June 16–19, featured 55 hands-on workshops attended by 180 youth with a total 888 class registrations. More than 70 adult and teen volunteers taught or helped with the workshops. Pictured is Extension Associate Marty Cruickshank assisting with the Clover Kids Day Camp.

More impacts on next page!

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A Year of Change & Growth



2015 has been a year of change in the Nebraska Extension in Lancaster County office. In February, I began my role as Unit Leader

and County Department Head. I quickly realized the depth of staff talent and dedication, and the impact they make in our community. We celebrated with retiring staff and said goodbye to a combined 90 years of Extension experience.

Growth occurred as Nebraska Extension administration identified areas of focus. These areas will enable staff to more quickly and effectively help Nebraskans use research-based information to make informed decisions:

- 4-H Youth Development
- Beef Systems
- Community Environment
- Community Vitality Initiative
- Cropping and Water Systems
- Food, Nutrition and Health
- The Learning Child

Extension administration also announced the formation of issue-based programming. This new structuring brings current and emerging issues to inter-disciplinary teams ready to ensure communities, businesses and people continue to thrive.

In March, our office collaborated with the Lincoln/Lancaster County Planning Department, Board of Commissioners and the Citizens' Institute on Rural Design to host "My Town Lancaster County." As part of this three-day workshop, leaders from area towns spent a day at the Lancaster Extension Education Center for learning and sharing ideas. Extension Educators facilitated a session in which groups brainstormed improvement plans. The workshop culminated with a showcase of the towns' planned projects. What an amazing event!

We upgraded the audio-visual system and furnishings in our conference facilities which are used by Extension and nonprofit organizations. In 2015, approximately 4,700 hours of workshops and meetings were held.

We look forward to 2016 as we welcome new staff and continue to serve Nebraskans!

Karen Wobig

Karen Wobig
UNL Extension Educator & Unit Leader



Photos by Vicki Jedlicka unless otherwise noted

At the 2015 Lancaster County Super Fair, nearly 700 4-H/FFA exhibitors showcased nearly 5,100 exhibits (including static exhibits, animals, contest entries and Clover Kids exhibits). Due to the outbreak of avian influenza, live birds couldn't be shown. Alternative 4-H poultry contests were created, including posters, presentations, poultry parts identification and quiz bowl. The contests were such a success some will be incorporated into future fairs. Pictured is the largest dog junior showmanship class in recent years.



Last year, 37 after-school and summer-site programs included 4-H projects and activities in their program. Pictured is Extension Assistant Teri Hlava leading youth in a plant science activity at the Family Service Youth Development Program at Campbell.



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:

- 1,017 club members
- 248 independent members
- 2,205 youth in after-school/summer programs which incorporated 4-H activities, and
- 20,582 youth in 4-H school enrichment programs.



Nebraska Extension in Lancaster County coordinates distribution and application of biosolids* to agricultural cropland for the City of Lincoln. Since 1992, more than 725,000 tons of biosolids have been recycled, extending the life of the landfill an estimated five years. 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.



4-H school enrichment programs include: Garbology (2nd grade), Embryology (3rd grade), Ag Awareness Festival (4th grade), Earth Wellness Festival (5th grade) and the Nutrition Education Program (K-8th grades in qualifying schools). These curricula meet Nebraska Curriculum Standards. In Embryology, youth watch eggs hatch in classrooms. Last year, 3,766 students in 38 Lincoln Public Schools and 17 other Lancaster County schools participated in Embryology. Pictured is Extension Assistant Cole Meador presenting the initial Embryology lesson to Norwood Park 3rd graders.



2015 was the first year for ExtensionCorps, Nebraska Extension's AmeriCorps program. In Lancaster County, Liz Kneiff (left) and Hannah Dittmar (right) helped the Nutrition Education Program educate youth on how to lead healthy lifestyles. Their outreach included schools, after school programs, summer programs, 4-H Clover College, the Lancaster County Super Fair, and other various health fairs and community events. Collectively, Liz and Hannah invested over 1,400 hours during their service.



Extension's Volunteers Worth Nearly Half Million Dollars!

In 2015, Extension benefited from an estimated 1,428 volunteers who helped extend the reach of Extension's programs, such as 4-H and Master Gardeners. The volunteers' estimated 24,126 total hours of service are worth nearly \$497,478 to our community!

* Based on Independent Sector's estimate of Nebraska's value of a volunteer hour in 2014 as \$20.62.

Benefit to People



Courtesy photo

"The Nutrition Education Program has had an impact on our students in great capacity. Even though they have heard about 'My Plate,' they are educated on other topics that relate to how college students can eat healthy and save money when buying groceries."

— **Nhi Thuy Dang**, Southeast Community College's "Learn to Dream Seminar" instructor



Courtesy photo

"Lincoln Animal Control has greatly appreciated the close working relationship with Extension we've maintained over the many years. I and other co-workers appreciate having access to resources at the local level to consult on issues that often require the expertise of other professionals."

— **Steve Beal**, Animal Control Division Manager, Lincoln Lancaster County Health Department



"Over the years, many Extension Educators have helped me with my farm operation. Tom Dorn helped with marketing and grain storage. Robert Klein's wind tunnel research in North Platte gave pesticide drift reduction tips. Lately, Extension has helped with cover crops, terraces and cleaning up streams."

— **Bill Landon**, farmer



"I count Lancaster County Extension as one of my valued and trusted resources. One of the best services Extension offers is the spring child care conference each year. I look forward to this training opportunity because I know these training hours meet my needs as a daycare provider and are not just useless hours of mandatory training."

— **Vickie Young**, owner of YoungKare, family childcare home



Tracy Anderson

"4-H has impacted me in so many ways. Not only have I learned valuable life skills, but I've also gained experience in leadership and community service that I couldn't have found elsewhere."

— **Abby Babcock**, 4-H member



Staff photo

"Education and delivery of unbiased, fact-filled information is probably one of the greatest resources Extension has to offer. If we can take a young person, and motivate and inspire them to be a productive citizen, that's probably one of the best investments we can make. It costs over \$300 a day to house a youth at the Youth Services Center, and about \$30 per year per youth in 4-H. It's an easy choice for me as a county commissioner — pay now or pay later."

— **Larry Hudkins**, Lancaster County Commissioner and Vice-Chair of the Board of Commissioners

Three Healthy, Hearty Winter Soups

Alice Henneman, MS, RDN,
Extension Educator

Soup’s on! What wonderful words to hear on a cold, winter day. Enjoy these three soup recipes which were included in the handout for my November

program on “Make-Ahead Freezer Meals” at Bryan Health. The soups are easy to make. Plus, they freeze well.

Transfer leftover soup to shallow containers to speed cooling; keep perishable foods (such as these soups) at room temperature no longer than a

TOTAL of 2 hours. You can place foods in the refrigerator while still warm. Plan to eat leftovers within 3–4 days or freeze for longer storage. Plan to eat frozen soup within 2–3 months for best quality; however, soup will remain safe indefinitely if stored at 0°F.

BEEF STEW WITH VEGETABLE GRAVY

(Serves 4–6)

- 1 tablespoon vegetable oil
- 1 pound lean beef stew meat, cut into 1-inch cubes
- 3 cups low fat, low-sodium beef broth
- 1 medium onion, chopped
- 2 cloves garlic, chopped
- 1/2 teaspoon dried thyme
- 1/2 teaspoon black pepper, preferably freshly ground
- 1/4 teaspoon salt, if desired
- 1 pound sweet potatoes
- 1 pound carrots

- Heat oil in large saucepan or Dutch oven over medium heat until simmering. Add meat and sauté until browned on all sides.
- Add beef broth, onion, garlic, thyme, pepper and, if desired, salt. Bring to a boil. Reduce heat, cover and simmer for about an hour until meat is tender.
- While the meat is cooking, wash, peel and cut the carrots and potatoes into 1-inch chunks.
- When meat is tender, add the cubed vegetables. Cover, and increase heat; when mixture begins to simmer, reduce heat to a slow, steady simmer. Cook for about 20 more minutes or until vegetables are tender-crisp.
- Remove about half the vegetables (but no meat) with a slotted spoon and purée in a blender until smooth. Add broth from the stew to aid in puréeing the vegetables. NOTE: Cooking Light magazine (March 2003) warns when blending hot liquids, to use caution because steam can increase the pressure inside the blender and blow the lid off. They advise filling the blender no more than half full and blending in batches, if necessary. And, while blending, hold a potholder or towel over the lid.
- Return puréed vegetables to the stew and stir to combine. If needed, thin broth with water or beef broth.



Photos by Alice Henneman



Fill blender no more than half full with the hot vegetables and liquid; hold a towel or potholder over the lid.

SOUTHWESTERN PORK & BEAN SOUP

(Serves 4)

- 2 boneless pork chops, diced
- 1/2 onion, chopped
- 1 can (14-1/2 ounce) chicken broth
- 1 can (15 ounce) Mexican-style chopped tomatoes
- 1 can (15 ounce) pinto beans, drained and rinsed
- 2 teaspoons chili powder

In deep saucepan, brown pork with onion; stir in remaining ingredients, bring to a boil, lower heat, cover and simmer 10–15 minutes.

Alice’s Note: You may be able to find a larger, boxed version of chicken broth lower in sodium than a canned form; 14-1/2 ounces of broth is equal to 2 cups of broth minus approximately 1/3 cup. (One ounce = 2 tablespoons; there are 8 ounces in a cup.)

Recipe courtesy of National Pork Board. For more information about pork, visit www.porkbeinspired.com.



Browning meat before adding it to soup or stew adds color and flavor to meat.



RED LENTIL SOUP WITH BUTTERNUT SQUASH, COCONUT MILK AND CURRY

(Makes 8 1-cup servings as a side dish or 4–6 servings as a main dish)

- 1 tablespoon oil
- 1 medium onion, chopped
- 1 clove garlic, chopped
- 2 cups dry red lentils
- 2 cups butternut squash, peeled, seeded and cubed into 1/2 to 1-inch pieces
- 4 cups reduced sodium or no-salt-added chicken stock or broth
- 1 can (14 ounce) lower fat, unsweetened coconut milk
- 1 can (15 ounce) diced, no-salt-added tomatoes
- 1 tablespoon curry powder
- 1 pinch cayenne pepper

- Heat oil in a Dutch oven or large skillet over medium heat until it simmers. Add onion and cook until tender. Add garlic after onion is tender and cook for an additional 30 seconds.
- Stir in remaining ingredients. Cover and bring ingredients to a boil. Reduce the heat to low and simmer for about 15 minutes or until the squash and lentils are tender.



Use an ice cream scoop to quickly remove the seeds from butternut squash.

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Lancaster Extension Education Center Conference Facilities
444 Cherrycreek Road, Lincoln

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NEBLINE

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

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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 2016, 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 barcode 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, 2019 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

Three private pesticide applicator training sessions have been scheduled in 2016 at the Lancaster Extension Education Center, 444 Cherrycreek Road in Lincoln.

- The dates and times are:
- Wednesday, Feb. 3, 9:30 a.m. – Noon
 - Tuesday, March 8, 1–3:30 p.m.
 - Thursday, March 10, 6:30–9 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:

- Friday, Jan. 8 — York (Holthus Convention Center, 3130 Holen Ave.)
- Tuesday, Jan. 12 — Beatrice (Beatrice Country Club, S. 13th Street and Oak Street)
- Thursday, Jan. 21 — 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 2016 *Guide for Weed Management in Nebraska* and the 2016 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://agronomy.unl.edu/cpc>.

Successful Farmer Workshop Series

Nebraska Extension in Lancaster County will be hosting a new educational workshop series for farmers, landowners and ag business professionals. The "Successful Farmer Series" will consist of workshops held every other Friday this winter. Each workshop will focus on multiple topics pertinent to the agricultural industry.

Schedule:

- Jan. 8 — Cover Crops, Pasture/Range Management, Conservation Programs

- Jan. 22 — Climate Outlook, Nitrogen Management, Soybean Disease Management
 - Feb. 5 — Weed Identification/Management, Weed Resistance
 - Feb. 19 — Climate Outlook, Nitrogen Application Timing, NRD Programs
 - March 4 — Farm Economics, Rental Agreements, Farm Bill Programs
 - March 18 — Climate Outlook, Attendee's Pick
- The workshops will be 9–11:30 a.m. at the Lancaster

Extension Education Center, 444 Cherrycreek Road. Participants have the option of registering for one workshop or registering for the entire series. Cost is \$15 for the series or \$5 per workshop.

Pre-registration is preferred, but walk-ins are welcome. List of presenters and registration form is online at <http://lanaster.unl.edu/ag/SuccessfulFarmerbrochure.pdf>. If questions or to reserve your spot by phone, call Tyler Williams or Karen Wedding at 402-441-7180.

Upcoming Green Industry Conferences

GREAT PLAINS GROWERS CONFERENCE

JANUARY 7–9, 2016

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 a wide range of topics for both fruit and/or vegetable growers including:

- Jan. 7 workshops: Greenhouse & Hydroponic Production, Tree Fruit, Cover Crops, Soil Health, Honeybees, Scaling Up
- Jan. 8–9 general tracks: Tree/Small Fruit, Conventional & Organic Production, Vegetable IPM, Alternative Crops, Cut Flowers, Food Safety/GAPs

Contact Buchanan County Extension Office 816-279-1691

www.greatplainsgrowersconference.org

NEBRASKA TURFGRASS CONFERENCE

JANUARY 12–14, 2016

NEBRASKA TURFGRASS ASSOCIATION

Location: Embassy Suites Omaha-La Vista/Hotel & Conference Center, La Vista, NE 402-472-5351 • www.nebraskaturfgrass.com/events/nebraska-turf-conference

NEBRASKA GREAT PLAINS CONFERENCE

JANUARY 18–19, 2016

NEBRASKA ARBORISTS ASSOCIATION AND NEBRASKA NURSERY & LANDSCAPE ASSOCIATION

Location: Ramada Plaza Omaha Convention Center 402-476-3865

www.nearborist
www.nnla.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.

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. 2
- Thursday, Feb. 25
- Thursday, April 14

General standards training

begins 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 must 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. 4
- Tuesday, Feb. 23
- Thursday, March 24

The general standards session begins 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 2016 Master Gardener Trainings, Two Sites Available



A Master Garden 2015 training at the Lancaster Extension Education Center.

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 such horticultural topics: 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. Such volunteering could include answering



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

Training class size is limited. Those participating in the 2016 training class must pay a \$190 materials fee. There are two options for Master Gardener Training in Lincoln.

Nebraska Extension in Lancaster County Master Gardener training program will

begin February 2016. Training hours are 9 a.m.–4 p.m. and the training sessions will be held at the Lancaster Extension Education Center, 444 Cherrycreek Road. Application deadline is Jan. 22. For additional information, call Mary Jane Frogge at 402-441-7180. To apply online, go to <http://lancaster.unl.edu/hort/othrlink.shtml>.

Nebraska Extension Campus-Based Master Gardener 2016 training program will begin January 2016. Training hours are 6–9 p.m. and the training sessions will be held at the University of Nebraska–Lincoln East Campus. Application deadline is Jan. 22. For more information, contact Terri James at 402-472-8973. Apply online at <http://mastergardener.unl.edu/become-a-master-gardener>.

House Dust Mites

Soni Cochran
Extension Associate

House dust mites are found in nearly every home. These tiny mites can't be seen with the naked eye. They don't bite, burrow or live in our skin and hair follicles.

So What's the Big Deal?

People can be allergic to the tiny feces and body fragments of dust mites which are part of what makes up the dust found in our homes. These tiny particles can easily become airborne and inhaled. Symptoms associated with dust mite allergies includes sneezing, itchy, watery eyes, nasal stuffiness, runny nose, stuffy ears, respiratory problems, eczema and in severe cases, asthma. Keep in mind, dust in our homes also contains other allergens. If you want to know if you are allergic to dust mites, a medical doctor trained to treat allergies should be consulted.

Life Cycle

The entire life cycle of a dust mite from egg to adult takes about 3–4 weeks. The mites feed on the human skin scales shed from our bodies, pollen, fungi, bacteria and animal danger. Dust mites don't need to drink water to survive. Their bodies absorb water from the air and in the environment.

Dust mites need warm temperatures (75–80°F) and high humidity (70–80 percent) to thrive. One study



Highly magnified view of a dust mite

reported when humidity levels are 60 percent or lower, the mite population stops growing and dies out.

We make food for dust mites because our bodies continually shed skin. We lose about 1/5 ounce of dead skin each week. We also spend about one-third of our lives sleeping so it makes sense dust mites

are found in bedrooms, especially in bedding and mattresses. Dust mites also eat animal dander so you'll also find them where our pets are sleeping.

What You Can Do to Manage Dust Mites

Lower humidity: Reduce humidity levels in your home to less than 50 percent, especially in the bedroom. This is easier to do in the winter time. A study showed using an electric blanket for eight hours a day reduced mites by 50 percent in one month.

Avoid sleeping near furry or feathered pets: Just like humans, pet dander is a food source for mites. If you have pets and suffer from allergies, have your pets sleep as far away from your sleeping area as possible. Make sure pet sleeping areas can be cleaned easily. Hardwood or vinyl floors with washable area rugs are recommended.

Reduce air infiltration: Pollen is another allergen and can be food for dust mites. Keep windows closed and in good repair to reduce air flow into the home.

Cleaning: Wash your bedding weekly in warm water (77°F). If you can't launder your blankets, dry clean them once a year. For non-washable carpets, shampoo, steam clean once a year.

Choose furniture carefully: Avoid furniture that can collect dust. Avoid wool fabrics and rugs because wool sheds. Use washable curtains and rugs. If you have dust mite allergies, avoid wall-to-wall carpeting. If you can't replace carpet, steam clean your carpet each spring at a minimum. Enclose mattresses and pillows in mattress encasements.

Vacuum: This is the most important tool to manage house dust and dust mites. It is better to vacuum thoroughly once a week rather than lightly each day. Vacuum mattresses and padded furniture thoroughly — at least 20 minutes each.

Dusting: Dust your furniture before vacuuming. Spray furniture polish/dust liquid directly on surfaces reduces airborne particles by 93 percent compared with dry dusting.

Chemicals: Consider only non-chemical controls especially around people with serious allergies. Cleaning and non-toxic approaches should give you protection from dust mites unless you live in very humid, tropical regions of the world.

FOR MORE INFORMATION

Nebraska Extension in Lancaster County resource "Managing Dust Mites" by Barb Ogg, Extension Educator Emeritus, is available at the Extension office or online at <http://lancaster.unl.edu/pest>



GARDEN GUIDE

THINGS TO DO THIS MONTH

Mary Jane Frogge, Extension Associate

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.

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.

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 that they are not harboring any pests.

Recycle Your Christmas Tree for the Birds

After the holidays, recycle your fresh Christmas tree by placing it in your garden or landscape to provide winter shelter for birds. Trim up the lower boughs of your Christmas tree and stand it in a bucket of sand or tie it to a post or fence. Place the tree several feet from feeders and bird baths so predators like cats don't have a chance to hide under the tree and pounce on the birds. Decorate your tree with edible garlands using slices of oranges, cranberries and popcorn. Pinecones stuffed with suet and rolled in birdseed can be hung from your tree.

—Soni Cochran, Extension Associate

Earth Wellness Festival Needs Volunteers

Volunteers are needed for the 2016 Earth Wellness Festival on Tuesday, March 22 and Wednesday, March 23 at Southeast Community College in Lincoln. For more information, contact Sara Winn at swinn2@unl.edu or 402-472-0636 by Jan. 30. Visit <http://lancaster.unl.edu/ewf> to register online.





HEART OF 4-H VOLUNTEER AWARD

Darwin Eucker

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

Darwin has been the organization leader of the Malcolm Trap Club for seven years. It has been a 4-H club for three years. He is also superintendent of the Super Fair 4-H Trapshooting Contest.

"I like being a 4-H volunteer because of the confidence the kids show as they improve their skills," he says. "Every trap shooter reaches some level of improvement and as the light bulb comes on with a new technique, it makes my job fun and worth the time spent coaching my team. My favorite experiences as a 4-H volunteer was our third place trophy at the state shoot. The team had a great year and getting third place made me very proud of how well we competed against 70 other teams, including much bigger schools. Any time any of our kids gets a medal, it's a great feeling."

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



New Enrollment Information This Year!

4-H MEMBERS AND VOLUNTEERS MUST RE-ENROLL EVERY YEAR!

Please enroll ASAP! Nebraska State 4-H has transitioned the 4HOnline database to the new 4-H year. Current 4-H members and volunteers who do not re-enroll on the 4-H enrollment website 4HOnline are no longer officially enrolled members. New members and fair projects may be updated through June 15.

The website to enroll is <https://ne.4honline.com>. The process is easy and only takes a few minutes per member or volunteer. 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 and/or volunteers in the household will be added.

More details and step-by-step instruction guides with pictures are at <http://lancaster.unl.edu/4h/club>. If you have questions about the process or need access to a computer, call Karen Evasco at 402-441-7180.

INDEPENDENT MEMBERS: 4-H members enrolling as independent need to select "Lancaster Independent" under "club."

PARENTS: If you serve in a leadership capacity in any way, please enroll as a volunteer and select "project volunteer."

VOLUNTEERS: Last year, volunteers could not register online, so Extension staff member Karen Evasco entered many organizational leaders on 4HOnline. These leaders' names will show up under their family profile — and will need to select "I forgot my password" to re-enroll as a "returning volunteer." If leader names do not show up on 4-H Online, then they will need to enroll as a "new volunteer." At this time, 4-H club organizational leaders are NOT able to view their 4-H club's roster online (Nebraska 4-H is working out the details).

NOTE: Health information is optional. You DO NOT need to complete this portion of the online form.

4-H/FFA Market Beef Weigh-Ins

4-H and FFA exhibitors showing market steers or heifers at the Lancaster County Super Fair, Nebraska State Fair and/or AKSARBEN 4-H Stock Show must identify and weigh-in their projects at one of the following weigh-ins:

- Saturday, Jan. 2, 10 a.m.–Noon, at Johnson Cattle, 12303 W. Mill Road, Malcolm
- Thursday, Jan. 21, 6–7 p.m. at the Lancaster Event Center – Pavilion 2.

Exhibitors planning on exhibiting market beef at State Fair or AKSARBEN must have DNA sampled. It is strongly encouraged to have DNA pulled and EID tagged at the time of weigh-in. See new requirements on next page.

4-H Livestock Judging Meeting, Jan. 17

Lancaster County 4-H has Livestock Judging teams which compete at the statewide Premiere Animal Science Events in June and other competitions throughout the year. Roger Bell coaches the teams. 4-H'ers interested in being on a team or learning about livestock judging, please attend an informational meeting on Sunday, Jan. 17, 2 p.m. at the Lancaster Event Center, 4-H office located by Pavilion 3. Please RSVP to Cole Meador at 402-441-7180 or cmeador2@unl.edu.

4-H Dog Skill-A-Thon, Jan. 26

This year's dog skill-a-thon will be held Tuesday, Jan. 26 at the Lancaster County Extension office, 444 Cherrycreek Rd. Open to all 4-H'ers ages 8-18 — need not be in the dog project. Come anytime from 2:30-6 p.m. — plan around two hours to complete the activities. Test your knowledge in breed identification, parasites, grooming tools and conformation. Study guides are available from the Extension office to assist you. Call Cole at 402-441-7180 or e-mail cmeador2@unl.edu for more information.

Meet 2015–2016 4-H Council



Lancaster County 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: Shar Sieck (President), Bailee Gunnerson (Vice President), Jenny Schnase (Treasurer), Anna Sump (Secretary) and Cathy Plager (ex officio Extension Board representative).

Members: Brandy Gunnerson, Kayla Johnson, Kari Price, Madison Schnase, Mitch Sump, Karol Swotek, Sheridan Swotek, Stephanie Wachter, Bethany Wachter, Jan Wagner and Michael Zavodny.

Meet 2015–2016 4-H Teen Council



The Lancaster 4-H Teen Council is a leadership organization for youth in grades 7–12. Marilyn Schepers (standing back row at right) is the Teen Council Sponsor.

(Officers are seated): Sheridan Swotek (President), Michael Zavodny (Vice President), Abby Babcock (Secretary), Bailee Gunnerson (Treasurer), Delaney Meyer (Historian), Anna Sump (Historian) and Addison Wanser (Historian).

Other members include: John Boesen, Hanna Brandt, Thomas Cook, Peggy DeLancey, Valerie Gable, Chloe Hammond, Abby Haszard, Emma Haszard, Cassie Merwick, Justin Muehling, Ethan Schmidt, David Swotek, John Swotek and Bethany Wachter.

4-H Crocheting Workshop, Feb. 6

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. 6, 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. 3 by calling 402-441-7180.

4-H Horse Stampede Entries Due Feb. 12

The statewide 4-H Horse Stampede will be held on March 12 at UNL East Campus. Stampede competitions include horse bowl, public speaking, demonstration, art and photography contests. All entries are due to the Lancaster County Extension office by Feb. 12. 4-H Council will pay entry fees. More information at <http://animalscience.unl.edu/horse-4-h-and-youth#tab4>.



Watch Chicks Hatch Online with EGG Cam!

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

Embryology resources include incubation, candling, and more!

New season starts January 2016



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

Overnight Lock-In for 4th & 5th Graders



Friday, Jan. 15, 8 p.m.–
Saturday, Jan. 16, 8 a.m.

Lancaster Extension Education Center
444 Cherrycreek Road

Cost \$15/person
Registrations due by Jan. 13

(After hours lobby phone is 402-441-7170)

This year's
theme is...
Spring into
Summer, Fall
into Winter

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

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

For more
information, call
402-441-7180.

LOCK-IN REGISTRATION FORM

Make check payable (\$15/participant) to Lancaster County 4-H Teen Council and mail with registration form **BY JAN. 13** 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 4-H/FFA Livestock Identification Requirements For 2016

All market beef, market sheep, market goats and market hogs being identified for Nebraska State Fair and AKSARBEN Stock Show will be tagged with an EID tag. Ear notches and EID tag will be recorded for market hogs. DNA will still be required as usual at \$6 per market animal. Paper identification forms are no longer required for Nebraska State Fair or AKSARBEN animals — the DNA will serve as the nomination. Market beef needs to be identified by April 15; sheep, hogs and goats by June 15.

Breeding heifers, breeding ewes, and breeding meat goats being identified for Nebraska State Fair and AKSARBEN Stock Show will submit a breeding nomination card with a \$2 fee per animal by June 15. This card will serve as the animal's


identification.

Youth participating in the Nebraska State Fair will have until Aug. 10 (state fair pre-entry deadline) to select whether they are showing their animal in 4-H or FFA.

All livestock ONLY being shown at county fair will be tagged with a normal 4-H tag and will need a paper animal identification form (also called ownership affidavit). Market beef ID forms are due by April 1 all other livestock ID forms are due by June 15. Forms can be picked up at the Extension office or found at <http://4h.unl.edu/animalscienceprogrammanagement>. If you are showing at county fair and either State Fair or AKSARBEN, you do not need a paper identification form.

If questions, contact Cole at 402-441-7180 or cmeador2@unl.edu.

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



4-H Achievement Celebration

Part of Nebraska 4-H Month!

Tuesday, Feb. 9 • 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.

Light snack provided!

"2015 4-H Year in Review" video!



2016 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

- 2 Beef Weigh-In, Johnson Cattle, 12303 W. Mill Rd., Malcolm . 10 a.m.–Noon
- 5 4-H Council Meeting 6 p.m.
- 10 Teen Council Meeting 3 p.m.
- 15–16 4th & 5th Grade Overnight Lock-In 8 p.m.–8 a.m.
- 17 Livestock Judging Meeting, Lancaster Event Center - 4-H Office .. 2 p.m.
- 21 Beef Weigh-In, Lancaster Event Center - Pav. 2 6–7 p.m.
- 26 Dog Skill-A-Thon 2:30–6 p.m.

February FEBRUARY IS NEBRASKA 4-H MONTH

- 2 4-H Council Meeting 6 p.m.
- 6 Crocheting Workshop 9 a.m.
- 9 Achievement Celebration 6:30 p.m.
- 12 Lancaster County Deadline for Horse Stampede Entries
- 14 Teen Council Meeting 3 p.m.
- 20 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)
- 1 4-H Council Meeting 6 p.m.
- 12 Horse Stampede, UNL East Campus - Animal Science Building
- 12 Companion Animal Challenge, UNL East Campus - Animal Science Building
- 12 Jammie Jamboree Sewing Workshop 9 a.m.
- 13 Teen Council Meeting 3 p.m.
- 14 Public Service Announcement (PSA) Contest CDs Due/Preregister for Speech Contest
- 19 Spring Rabbit Show, Lancaster Event Center – Exhibit Hall 9 a.m.
- 20 Speech Contest 1 p.m. registration/1:30 p.m. contest
- 22–23 Earth Wellness Festival (for 5th Grade), Southeast Community College

April

- 2–3 Hunter's Pride Shaggy Horse Dressage Show, Lancaster Event Center
- 5 4-H Council Meeting 6 p.m.
- 5 Deadline to Sign Up for April 12 Horsemanship Level Testing
- 5–6 Ag Awareness Festival (for 4th Grade), Lancaster Event Center
- 8 Kiwanis Karnival, Elliott School, 225 S. 25 Street 5:30–7:30 p.m.
- 10 Teen Council Meeting 3 p.m.
- 12 Horsemanship Level Testing, Lancaster Event Center - Amy Countryman Arena 5:30 p.m.
- 15 All 4-H/FFA Market Beef ID's/DNA Due
- 16 Furniture Painting Workshop 9 a.m.
- 19 Deadline to Sign Up for April 26 Horsemanship Level Testing
- 26 Horsemanship Level Testing, Lancaster Event Center - Amy Countryman Arena 5:30 p.m.

May

- 3 Deadline to Sign Up for May 10 Horsemanship Level Testing
- 3 4-H Council Meeting 6 p.m.
- 7 Spring Fling Horse Dressage Schooling Show, Lancaster Event Center - Pav. 3
- 10 Leader Training 9 a.m. & 6:30 p.m.
- 10 Horsemanship Level Testing, Lancaster Event Center - Amy Countryman Arena 5:30 p.m.
- 13 Lancaster County Deadline for District/State Horse Show Entries, ID, Level Tests
- 17 Sheep/Goat Weigh-In & Tag Day, Lancaster Event Center - Pav. 2. 6–8 p.m.
- 31 Deadline to Sign Up for June 7 Horsemanship Level Testing

June

- 1 Super Fair Horse ID's Due to Extension
- 3 Horse Judging Contest, Lancaster Event Center – Pav 3
..... Registration 5:30–6:30 p.m./6:30 p.m.
- 4 Life Challenge Contest – Junior & County-Level Senior Divisions 9 a.m.
- 4 Pre-District Horse Show Presented by 4-H Horse VIPS/Wranglers, Lancaster Event Center - Pavilion 3
- 5 Wranglers Open Show, Lancaster Event Center – Pav 3
- 7 Horsemanship Level Testing, Lancaster Event Center - Amy Countryman Arena 5:30 p.m.
- 7 4-H Council Meeting 6 p.m.
- 13–21 Horse District Shows, Kearney, Chadron, McCook, Leigh, Bloomfield, Lincoln
- 15 Deadline to Enroll New 4-H Members/Volunteers 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 Sheep/Goats/Swine/Breeding Beef/Bucket Calves/ Dairy Cattle/Llamas & Alpacas/Rabbits Identification
- 15 Deadline for Livestock Market Animal Exhibitors to Complete Quality Assurance Requirements Online at <http://4h.unl.edu/qualityassurance>
- 14–17 Clover College
- 20–21 Premiere Animal Science Events (PASE)/FCS Life Challenge, UNL East Campus
- 21 Deadline to Sign Up for June 28 Horsemanship Level Testing
- 22 Plant Science Contests: Horticulture/Tree ID/ Grass-Weed ID 10 a.m.–12 p.m.
- 25 Bicycle Safety Contest 9 a.m.
- TBA Horse Course Challenge
- 28 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
- 10–14 State 4-H Horse Show, Fonner Park, Grand Island
- TBA Horse Incentive Program Forms Due to Extension
- 16 Presentations Contest 9 a.m.
- 30 Lancaster Super Fair Open Class Horse Dressage Show
- 31 4-H Council Camp Scholarship Applications Accepted Through This Date

August

- 2 4-H & FFA Static Exhibit Check-In for Lancaster County Super Fair, Lancaster Event Center - Lincoln Room 4–8 p.m.
- 4–13 Lancaster County Super Fair (4-H/FFA Exhibits & Events Aug 4–7; 4-H Horse Show Aug. 1–Aug. 7), Lancaster Event Center
- 7 Lancaster County Deadline for Ak-Sar-Ben 4-H Show Entries
- Aug. 26–Sept. 5 Nebraska State Fair, Fonner Park, Grand Island

September

- 6 4-H Council Meeting 6 p.m.
- 11 Teen Council Meeting 3 p.m.
- TBA AKSARBEN 4-H Horse Show, Location TBA
- 22–25 AKSARBEN 4-H Stock Show, CenturyLink Center
- 29 Horse Awards Night 6:30 p.m.

October

- 2–8 National 4-H Week
- 4 4-H Council Meeting 6 p.m.
- 6 4-H Information Night (formerly Kick Off) 6 p.m.
- 9 Teen Council Meeting 3 p.m.

November

- 1 4-H Council Meeting 6 p.m.
- 13 Teen Council Meeting 3 p.m.

December

- 11 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 5–10

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

10% Off Before
April 15!

Discount
Before April 15!

Guardian/Conservator Trainings Now Through Office of the Public Guardian

For the past 10 years, the Supreme Court contracted with Nebraska Extension to provide Guardianship/Conservator Training. The education will now be handled by the Nebraska Office of Public Guardian. As of Jan. 1, 2016, Nebraska's 12 Associate Public Guardians will provide the training using the curriculum developed by Nebraska Extension.

In 2014, The Nebraska Legislature enacted LB 920, the Public Guardianship Act, which created the Office of Public Guardian. Nebraska has the 50th state public guardianship office in the country and has one of only four public guardianship offices under the judicial branch. The Office of Public Guardian is directly responsible to the Supreme Court Administrator.

Guardianship is a legal relationship between a competent adult (guardian) and an incompetent adult or minor child

(ward). Guardianship transfers rights and powers from the ward to the guardian, so that the guardian has the power to make decisions on the ward's behalf. At the same time, guardianship creates a duty on the part of the guardian to act in the ward's best interests.

Nebraska Extension began presenting statewide Guardianship Trainings in January 2006, fulfilling mandated guardian/conservator education requirements set by the Nebraska Supreme Court. The Nebraska State Bar Association provided volunteer legal expertise during the training. More than 8,900 guardians/conservators attended an Extension training.

In 2015, four Extension Educators (including Maureen Burson in Lancaster County) taught 91 trainings in judicial districts statewide (22 counties) to 802 participants. Of those, at least 122 cases were for youth age

18 and under. Based upon 90% evaluation return rate, results indicate:

- 85% understand guardianship/conservatorship, compared to 15% prior to class.
- 91% understand their responsibility to the court, compared to 9% prior to class.
- 75% understand responsibilities to the wards and ability to serve as an advocate, compared to 25% prior to class.
- 78% understand their financial responsibility as a guardian/conservator compared to 22% prior to class.

For more information about the Office of the Public Guardian or upcoming training dates, go to <https://supremecourt.nebraska.gov/guardians-and-conservatorship> or call 402-471-2862. Extension has seven NebGuides in English and Spanish about guardianship online at <http://child.unl.edu/guardianship>.

Toddlers and Sharing

Lisa Poppe

Extension Educator in Dodge County

Have you heard your toddler say, "That's Mine!"? Followed by screams. You are not alone. Children have difficulty sharing, especially young children. The number one thing you need to know as a parent is, this is **normal!** This is a normal part of the development of toddlers.

Babies and young toddlers start out by socially playing next to someone not together. We call this parallel play. In parallel play, children play side-by-side and soon toddlers will begin to really interact with their peers. This is called associative play. Associative play is very loosely organized play. Since toddlers are just starting to learn this type of play, you can bet there will be squabbling until they start to learn about turn-taking, sharing and basically being a good friend.

Sharing is a skill that takes years for your toddler to develop.

They are not born to share. First, you need to model sharing to your child as often as you can. Give the language that goes along with the actions. "I really like playing with this doll. I'm going to share it with you when I am done." Your child learns through watching other people and imitation, so whenever you can, show your toddler that sharing is a good thing.

Second, provide opportunities for your toddler to share. Set up a play date and prepare your child by explaining that another child will be coming over to play with their toys and you. Before the playdate arrives, it is OK to put away a few of your child's favorite toys. You need to also stress that just because you are sharing your toys does not mean that their friend is going to take their toys home. The toys will still be his once the playdate is over.

If you want your toddler to share, you must teach them. If one child grabs a toy from the other, the toy should be returned.

Remind both children they must wait for their turn with the toy. You may need to set up turns so both children can play if they ask to. They need to ask the other child's permission to have the toy before they take it and one toddler can offer the other toddler a trade if they would like. Grabbing and snatching of toys will occur, you should step in and help rectify the situation, but do not get angry, your toddler is just learning.

Teaching children to share toys is not going to be easy, and you will go through a few months of your child grabbing toys from other children. Remember, it will not last forever.

Finally, make the most of moments when your child does show understanding about sharing through positive and encouraging words. Toddlers can be loving in their interactions with others and learn by having their positive actions reported back to them.

EXTENSION NEWS

Two AmeriCorps Members to Assist With Extension Programs

In November, two AmeriCorps members, Kate Pulec (pictured left) and Megan Poppert (right), were placed at Nebraska Extension in Lancaster County to serve quarter-time for several months.

AmeriCorps is a program of the Corporation for National and Community Service (CNCS), an independent federal agency whose mission is to improve lives, strengthen communities,

and foster civic engagement through service and volunteering. ExtensionCorps is an AmeriCorps program coordinated through a partnership with the University of Nebraska-Lincoln's Southeast Research & Extension Center and ServeNebraska. ExtensionCorps members help Nebraska Extension extend its community outreach.

Kate Pulec, of Pleasant Dale, Neb., will be working with Lancaster County 4-H's science literacy outreach efforts, including the Embryology school enrichment program, Ag Awareness Festival, a homeschool series of lessons and other opportunities as they arise. She will also assist Extension Associate Marty Cruickshank with the 4-H horse, rabbit and poultry programs. Kate graduated from the University of Nebraska-Lincoln in 2013 with a bachelor's degree in Animal Science, and in 2015 with her master's degree in Applied Science-Agricultural Educational Leadership and Educational Psychology.

Megan Poppert, from Geneva, Neb., will be working with Lancaster County's Nutrition Education Program (NEP) to help deliver nutrition education in elementary and middle schools, including classroom education, after school programs, summer school programs and health fairs. She is currently a sophomore at the University of Nebraska-Lincoln majoring in Speech-Language Pathology and plans to graduate in May of 2018. She says, "Being an AmeriCorps member has already brought me so many different opportunities to learn and grow as a person and to give back to the community. I cannot wait to see what the rest of the year has in store."



Extension's new AmeriCorps members are (L-R) Kate Pulec and Megan Poppert.

Henneman Receives Three National Awards

Extension Educator Alice Henneman, MS, RDN, recently received three awards at national conferences:

2015 Outstanding Nutrition Education for the Public Member Award presented by the Nutrition Education for the Public (NEP) Group of the Academy of Dietetics and Nutrition. The award was for her work in the field of nutrition education for over 30 years. Alice has also provided exemplary leadership in the field of dietetics by participating in many state and local professional food and nutrition organizations, most notably, serving as the NEP communications chair from 2013-2014.

Continued Excellence Award presented by the National Extension Association of Family & Consumer Sciences. The award was for continued excellence in programming and promotion of personal and professional development. She qualified for the national award by being state winner of Nebraska Extension Association of Family and Consumer Sciences.

1st place "Social Networking Award" presented to a team of Nebraska Extension nutrition staff by the National Extension Association of Family & Consumer Sciences. Team members also included Lisa Franzen-Castle, Kayla Colgrove, Carrie Schneider-Miller, Georgia Jones, Cami Wells, Carol Larvick, Lindsay Chichester-Medahansi, Audra Losey, Amy Peterson, Julie Albrecht, Cindy Powell-Brisson, Jamie Goffena and Nancy Urbanec. The award recognizes innovative online social networking efforts. Alice's social networking includes Facebook, Twitter, Pinterest, SlideShare, YouTube, Vimeo and Flickr.



EXTENSION CALENDAR

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

December

29 4-H Horse Incentive Program Begins

31 All 4-H Award and Scholarship Applications Due to Extension

January

2 4-H/FFA Beef Weigh-In, Johnson Cattle, 12303 W. Mill Rd., Malcolm..... 10 a.m.-Noon

5 4-H Council Meeting..... 6 p.m.

8 Extension Board Meeting..... 8 a.m.

8 Successful Farmer Workshop Series 9-11:30 a.m.

10 4-H Teen Council Meeting 3 p.m.

14 Co-Parenting for Successful Kids Class 9 a.m.-12:30 p.m.

15-16 4-H Teen Council's 4th & 5th Grade Overnight Lock-In..... 8 p.m.-8 a.m.

17 4-H Livestock Judging Meeting, Lancaster Event Center - 4-H Office .. 2 p.m.

21 4-H/FFA Beef Weigh-In, Lancaster Event Center - Pav. 2..... 6-7 p.m.

22 Successful Farmer Workshop Series 9-11:30 a.m.

26 4-H Dog Skill-A-Thon 2:30-6 p.m.