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"NEBLINE, January 2017" (2017). *NEBLINE Newsletter Archive from Nebraska Extension in Lancaster County*. 313.

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NEBLINE

NEBRASKA EXTENSION IN LANCASTER COUNTY

2016 Extension Highlights

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

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

Extension helps people solve real-world problems.



Community Environment

Emerald Ash Borer Seminars — In 2016, Emerald Ash Borer was confirmed in Eastern Nebraska. Extension Educators Sarah Browning (pictured) and Jody Green teamed up with Laurie Stepanek of the Nebraska Forest Service to present 4 seminars to homeowners. 209 participants learned how to assess ash trees as candidates for treatment, along with treatment options. Feedback indicated the workshops were extremely helpful. One attendee said, “Thanks for the breadth and depth of information provided. Excellent, knowledgeable speakers.”



Learning Child

Early Childhood Development Trainings for Child-Care Providers — 690 child care professionals attended 33 early childhood trainings taught or coordinated by Extension, generating 129 in-service hours approved by the Nebraska Department of Health & Human Services. Pictured is Extension Educator Jaci Foged (upper left) teaching the science domain of the Early Learning Guidelines.



Community Environment

Pest Diagnostic Services — Throughout the year, Lancaster County residents and commercial professionals bring insects, pests and wildlife scat to the Extension office for identification and control recommendations. This past year, new Extension Educator urban entomologist Jody Green (pictured right) and Extension Associate wildlife expert Soni Cochran assisted with approximately 1,620 walk-in requests, email questions and phone calls.



Food, Nutrition & Health

Nutrition Education Program (NEP) — NEP helps families on limited budgets make healthier food choices and choose physically active lifestyles by teaching the knowledge and skills to improve their health. Last year, NEP staff completed lessons with 449 enrolled adults (1,831 teaching contacts) and reached 7,345 youth (13,321 teaching contacts). Pictured are Extension Assistants Nicole Busboom (second from left) and Jessica Meuleners (far right) teaching youth in a cooking club at Culler Community Learning Center.



Food, Nutrition & Health

Food Waste Prevention Resources — Extension Educator Alice Henneman’s focus this year was teaching consumers how to reduce food waste for their personal benefit and to help protect our planet’s resources. Educational methods included in-person presentations, print and web articles, social media and PowerPoints for teaching use. After Henneman’s Makeover Your Leftovers class, 87% of 90 survey respondents said they will make changes based on what they learned.



Cropping & Water Systems

Biosolids Land Application Program — Nebraska Extension in Lancaster County coordinates distribution and application of biosolids* to agricultural cropland for the City of Lincoln. Since 1992, more than 750,000 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.



Cropping & Water Systems

New Successful Farmer Series — Extension Educator Tyler Williams (pictured) organized and was a presenter at a new Successful Farmer Series. 33 individuals attended one or more of the 7 workshops covering 16 topics.

- For the topic of Rental Rates/Landlord-Tenant Communications, surveys showed at completion, 93% of respondents planned to make changes. 3 months later, 41% had already made changes.
- For the topic of Farm Bill Programs, surveys showed at completion, 86% of respondents planned to make changes. 3 months later, 53% had already made changes.



4-H Youth Development

4-H Clover College — new 4-H Coordinator and Extension Educator Tracy Anderson (pictured) has organized Clover College since 1998, growing it from 11 to 58 workshops! This year’s Clover College was attended by over 170 youth with a total 1,023 class registrations. A pre- and post-survey of 18 youth participating in the Control the Flow workshop indicated:

- Before the workshop, 50% would like to have a job related to science.
- After the workshop, 83% would like to have a job related to science.

More impacts on next page!

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Four New Staff Positions Added

What an exciting year of continued growth in the Lancaster County Extension office! In 2016, we welcomed four new positions to our team: 4-H Coordinator, Urban Entomologist, Growing Healthy Kids Educator and Domestic Water/Wastewater Management Educator.



Many positive impacts were made as a result of these staff additions. An increased number of Lancaster County youth gained skills in healthy lifestyles, career development and leadership, all while becoming confident, caring and contributing citizens. Nearly 2,300 individuals and agency staff received direct education on bed bugs, head

lice and a multitude of other pests in and around homes. Local expertise for managing water safety and quality will now be a readily available resource for homeowners and local and state agencies not only in Lancaster County, but across Nebraska.

For 2017, I am excited to watch additional growth as we are in the process of hiring Extension Educators to lead the Expanded Food and Nutrition Education Program (EFNEP) and the Supplemental Nutrition Assistance Program – Education (SNAP-Ed).

The new staff join a vibrant team working together to help Lancaster County residents use research-based knowledge in their daily lives.

Karen Wobig

UNL Extension Educator & Unit Leader



New Growing Healthy Kids Educator Alyssa Havlovic presenting a fitness activity to 2nd graders.



New Water Educator Meghan Sittler was a panel speaker at the Nebraska Water Center's 2016 Water Symposium.

Benefit to People

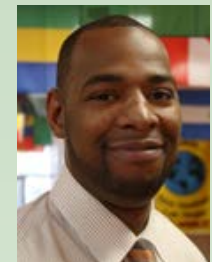


Courtesy photo

"I've found the information provided by Nebraska Extension to be invaluable in formulating Lincoln City Libraries' response to bed bug issues. Through their

trainings, I've learned how to identify materials which may be contaminated so they can be immediately isolated and treated or removed from the collection. Extension provided training for our staff and are available to answer any questions we have."

— **Katie Murtha**, Librarian, Bennett Martin Public Library



"I have seen firsthand the immense impact of [the Nutrition Education Program] cooking club and informal nutrition education opportunities shared with our

diverse students. These students were able to gain a comprehensive understanding through hands-on activities that introduce them to a variety of resources in nutrition. Our students love cooking club and the feedback has been so positive with parents saying they now try club recipes at home."

— **Troy Mack**, School Community Coordinator, Culler Middle School



Karen Wedding

"Being new to this part of Nebraska, Extension helped with vegetation that was native to this area. I had never seen a locust tree before and the cottonwood trees are twice the size of the ones out in western Nebraska."

— **Ray Carr**, acreage owner



Tracy Anderson

"4-H has provided me with valuable skills that I will use throughout my life. 4-H has enhanced my leadership, communications and organizational skills — to name a few. I have learned

through my years of 4-H how to manage my time in order to timely complete projects. I have also learned how to explain my projects through the interview judging process, which also provides constructive feedback for future projects."

— **Anna Sump**, 4-H youth



Tracy Proehel

4-H Clubs — With more than 80 clubs ranging from 5 to 77 youth members, clubs are an important part of the Lancaster County 4-H program. 4-H clubs are led by adult volunteers and often hold regular meetings, elect youth officers, recite the 4-H pledge, learn together and do community service projects. Many club members participate in contests and fair events. Pictured are Little Green Giants 4-H club members making circuits as part of the 4-H electricity project.



4-H at Lancaster County Super Fair — At the 2016 Super Fair, nearly 730 4-H/FFA exhibitors showcased approximately 5,360 exhibits (including static exhibits, animals, contest entries and Clover Kids exhibits). The Super Fair provides 4-H youth an opportunity to showcase the projects they've worked on throughout the year. Pictured is the beef showmanship senior champion being congratulated by the judge.



4-H School Enrichment Programs — Lancaster County 4-H presents several programs in local schools, including: Garbology (2nd grade), Embryology (3rd grade), Ag Literacy Festival (4th grade), Earth Wellness Festival (5th grade), Nutrition Education Program (K–5th grades in qualifying LPS schools) and Growing Healthy Kids (K–2 grades in the rest of LPS schools). These curricula meet Nebraska Curriculum Standards (except Ag Literacy Festival). Last year, 3,583 students in 51 local schools participated in Garbology, learning about waste and the environment. Extension Assistant Teri Hlava (pictured) gives presentations to classrooms about the "study of garbage."

4-H Engages 33,099 Youth

Nebraska Extension's 4-H positive youth development program emphasizes hands-on learning in the areas of science, ag literacy, healthy lifestyles, career development and citizenship/leadership. In the past year, 33,099 Lancaster County youth were engaged in 4-H programs, including clubs, school enrichment, after-school/summer sites and camps.



Photos by Vicki Jedlicka unless otherwise noted

Conference Facility: A Center for Community Learning



Jaci Fogged

As part of Extension's commitment to community learning, the Lancaster Extension Education Center conference facility is available to other nonprofit and governmental organizations at a nominal cost. In 2016, more than 92 agencies held approximately 5,453 hours of conferences and meetings in the facility. Pictured is the Lincoln Early Childhood Conference.

Extension's Volunteers Worth Over Half a Million Dollars!



In 2016, Nebraska Extension in Lancaster County benefited from an estimated 1,429 volunteers who helped extend the reach of programs such as 4-H and Master Gardeners. The volunteers' estimated 24,443 total hours of service are worth nearly \$525,769 to our community! Pictured are Master Gardener volunteers presenting a composting demonstration.

* Based on Independent Sector's estimate of Nebraska's value of a volunteer hour in 2015 as \$21.51

Makeover Your Leftovers, Part 2

Alice Henneman, MS, RDN
Extension Educator

Last issue, we shared some ideas how to re-purpose leftovers and reuse them in new ways. Here are some additional suggestions.

Vegetables



Unless otherwise noted, photos by Alice Henneman, Nebraska Extension in Lancaster County

- **Make a chopped salad** with small amounts of extra fruits, vegetables, nuts, cooked eggs, etc.



- **Purée extra vegetables in a blender or food processor and heat with pasta sauce.** Possible vegetables include carrots, butternut squash, red bell peppers and zucchini.



- **Freeze pizza sauce, taco sauce, tomato paste, etc. in ice cube trays.** Transfer to freezer bags when frozen.



- **Freeze extra bell peppers** in shapes needed for recipes. Freeze for a few hours on a baking sheet with sides until hard. Transfer to a freezer bag and lay flat in the freezer.



Colin Tomele (MonicaalV), flickr.com

- **Sauté chopped cabbage and onion** (about 1/2 head cabbage and 1/2 onion) in butter in a skillet over medium heat until tender (about 15 minutes). Season with salt and pepper.

Fruit



- **Freeze washed, peeled, bite-size pieces of fruit for smoothies.** Place on baking sheet with sides and cover with plastic wrap; freeze. Transfer frozen pieces to freezer bags. Toss into smoothies.

Dairy



Quinn Dambrowski (quinn.anyo), flickr.com

- **Freeze Parmesan rinds** and add (frozen) to a soup or stew for extra flavor.

Grains



Gleen Ferdinand, pxbaby.com

- **Use leftover rice in stir-fried rice.**

Miscellaneous



- **Add oil, vinegar, herbs and spices to an almost-empty mayo, jam or jelly jar.** Shake and use for a quick and flavorful salad dressing. Use about 1 part vinegar to 3 parts oil.



Dennis Wilkinson (djwrtwo), flickr.com

- **Create a colorful parfait** by cutting cake into 1-inch cubes. Prepare a pudding mix per package directions. Layer cake, pudding and fruit (such as berries) in dessert or wine glasses or a glass coffee cup. Keep refrigerated.

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Lancaster Extension Education Center Conference Facilities
444 Cherrycreek Road, Lincoln



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

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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 2017, 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, 2020 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 2017 at the Lancaster Extension Education Center, 444 Cherrycreek Road in Lincoln.

- The dates and times are:
- Tuesday, Feb. 14, 9:30 a.m.–Noon
 - Tuesday, March 14, 6–8:30 p.m.
 - Thursday, March 16, 1–3:30 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. 6 — York (Holthus Convention Center, 3130 Holen Ave.)
- Tuesday, Jan. 10 — Beatrice (Beatrice Country Club, 1301 Oak St.)
- Thursday, Jan. 12 — Mead/Ithaca (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 2017 *Guide for Weed Management in Nebraska* and the 2017 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 Series” Workshops

Nebraska Extension in Lancaster County is presenting the “Successful Farmer Series” which encompasses a host of agricultural topics in individual workshops. Each workshop covers a different topic and you can choose which topics/workshops you wish to attend.

Workshops will be every other Friday from 9–11:30 a.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln. Refreshments will be provided.

Dates and topics are:

- Jan. 6 — Ag Management Technology
- Jan. 20 — Farm Financial Management
- Feb. 3 — Soil & Climate Tools
- Feb. 17 — Soybeans
- March 3 — Corn

The cost to attend is \$5 for individual workshops, or you can sign up for the entire series and pick which workshops to attend for \$15. Pre-registration at least two days before the workshops is appreciated by contacting

Karen Wedding at kwedding2@unl.edu or 402-441-7180, or by registering online at <http://go.unl.edu/farmerseriesregistration>. Pay at the door, check or cash.

Each topic will feature two to three speakers from the University of Nebraska–Lincoln. We will also invite other experts to attend and address more specific questions.

This is the second year of the Successful Farmer Series and the reviews from last year were very positive.

Upcoming Green Industry Conferences

GREAT PLAINS GROWERS CONFERENCE

JANUARY 12–14, 2017

A CONFERENCE FOR BEGINNING & SEASONED GROWERS

Hosted by University Extension from Mo., Kan., Neb. and Iowa

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.

- Jan. 12 workshops: Greenhouse & Hydroponics, Soil Health, Tree Fruit, Honeybees, FSMA Grower Training, Mushrooms
- Jan. 13–14 tracks: Tree/Small Fruit, Beginning & Advanced Organic Production, Vegetable IPM, Vegetable Production, Farm Mechanization, Farm to School, Research Update, Season Extension and Selling Local Foods.

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

NEBRASKA TURFGRASS CONFERENCE

JANUARY 10–12, 2017

NEBRASKA TURFGRASS ASSOCIATION

Location: La Vista Conference Center, La Vista, NE

402-472-5351 • www.nebraskaturfgrass.com/events/nebraska-turf-conference

NEBRASKA GREAT PLAINS CONFERENCE

JANUARY 23–25, 2017

NEBRASKA ARBORISTS ASSOCIATION

AND NEBRASKA NURSERY & LANDSCAPE ASSOCIATION

Location: Ramada Plaza Omaha Convention Center
402-761-2219

www.nearborists.org
www.nnla.org



Commercial Pesticide Applicator Training

Commercial applicators are professionals who apply **restricted-use** pesticides for hire or compensation, on property they do not own. **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 have a commercial pesticide applicators license.

Noncommercial applicators apply restricted-use pesticides to property owned or controlled by their employer, a governmental agency or a subdivision of the state. This includes public employees (those employed by a town, county, state) applying mosquito control pesticides — whether restricted- or general-use.

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, Lincoln, on the following dates:

- Thursday, Feb. 9
- Tuesday, Feb. 28

- Thursday, April 13
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:

- Tuesday, Feb. 7
- Thursday, Feb. 23
- Thursday, March 30

The general standards session begins at 9 a.m.

NDA Licensing Procedures

Commercial applicators meeting the requirements for certification or recertification 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 <http://www.agr.ne.gov/pesticide>

Extension's 2017 Master Gardener Trainings, Two Sites Available



A Master Garden 2016 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 2017 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 2017. Training hours are 9 a.m. to 4 p.m. and the training sessions will be held at the Lancaster Extension Education Center, 444 Cherrycreek Road. Application deadline is Jan. 20. 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 2017 training program will begin January 2017. Training hours are 6 to 9 p.m. and the training sessions will be held at the University of Nebraska-Lincoln East Campus. Application deadline is Jan. 20. For more information, contact Terri James at 402-472-8973. Apply online at <http://mastergardener.unl.edu/master-gardener-application>



GARDEN GUIDE

THINGS TO DO THIS MONTH

Mary Jane Frogge, Extension Associate

January is a good time to order flower and vegetable 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 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.

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 houseplants regularly to keep them shapely. Pinch back new growth to promote bushy plants.

Those Pesky Fruit Flies

Jody Green
Extension Educator

Fruit flies are 1/8-inch long and typically have red eyes. They are one of the smallest and most common flies in homes or anywhere food ripens, rots and ferments. Fruit flies begin as eggs before they hatch into legless larvae or maggots. The maggots enter a pupal stage to develop into mature, winged adult flies. They are active year round indoors, but their life cycle will slow in cooler temperatures. Under optimal conditions in the summer, they can complete their life cycle in 7-10 days.

Some of the most common breeding sites and food sources include ripe and rotting bananas, tomatoes, squash, melons, potatoes and onions. If these are not present, fruit flies can develop in any moist film of fermenting material in trash containers, drains, empty wine bottles, pop cans, garbage disposals, mops, dishcloths and discarded food containers.

Prior to pupation, the maggots will migrate to a drier location nearby. Adults are good fliers, attracted to lights and therefore found flying around people's faces away from the source of the infestation.

To eliminate fruit flies, it is necessary to find and remove the feeding/breeding site.

Here are some places to look:

- Kitchen counter where fruit is stored.
- Cupboards and pantry where non-refrigerated produce is stored.
- All places where trash, compost and to-be-recycled items are collected.
- Lunch boxes, bags or food storage containers that may have been forgotten.
- Drains and garbage disposable.
- Pet food bowls (which include reptile or arthropod terrariums).

Once the source is removed, the adult flies can be trapped using a homemade fruit fly attractant trap (see photo at right).



Adult fruit fly is light brown with red eyes and one pair of wings (shown enlarged).

Jim Kalisch, UNL Dept. of Entomology



Fruit flies can be trapped using a homemade fruit fly trap using household items: saltshaker, 2 drops of dish soap and apple cider vinegar.

Jody Green, Nebraska Extension in Lancaster County

Helping Backyard Wildlife Survive Winter

Soni Cochran
Extension Associate

It's that time of year when backyard wildlife could use a bit of help with shelter and supplemental food. Here are a few ideas.

Recycle Your Christmas Tree — Instead of tossing your live cut Christmas Tree, use it to provide shelter for wildlife. Prop the tree up in a bucket of wet sand and place it several feet away from your bird feeders. I choose to tie my Christmas tree to a fence post in the corner of the garden for added support. My tree remains in the garden until early spring. I love having more than just a few weeks in December to enjoy the tree and the wildlife it attracts. If you don't want to place your Christmas tree out in the yard, there are drop off locations in the area to recycle your tree.

Create a brush pile using branches and leaves and leave it in the corner of your property — Brush piles don't have to be large or unsightly, be creative. There's still time to create beautiful habitats using logs, stones and bricks for wildlife. Be sure your tree or brush pile isn't placed too close to feeders and bird baths. You don't want to give predators — like cats — a place to hide and stalk birds.



Mary Jane Frogge, Nebraska Extension in Lancaster County

Edible Garland — Create garlands of fruit, berries and nuts to place on trees. Fill pinecones with suet or peanut butter, roll them in birdseed and hang on boughs and branches. You can also drill holes in scrap wood and small logs. Fill with suet, peanut butter, nuts, seeds and fruit. Make sure you hang edible garland, pinecones or food-filled wood high enough your pets can't access it.

Water — Access to clean water is important to birds. Most birds need to drink every day and bathe to clean their feathers and remove parasites. You can purchase a birdbath or make your own. Look for a shallow container, with sloped sides and made of tough plastic. You want a birdbath that won't break if water freezes in it or if your pet, or a neighborhood raccoon, knocks it over. If you can, add a submersible heater to keep the water from freezing.



HEART OF 4-H VOLUNTEER AWARD

Diane Ossenkop

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

Diane has volunteered for 4-H since she was a youth member in Colorado. She has been superintendent of the 4-H/FFA Dairy Cattle Show at the Lancaster County Super Fair for many years and has helped organize several dairy cattle clinics. Diane is also secretary of the Nebraska State Dairy Association.

"A dairy cattle project is a high maintenance project that promotes a work ethic," Diane says. "The county and state fairs are a highlight for many of the 4-H youth. These fairs give the youth a place to excel in their areas of interest, to gain confidence and self-esteem, and to make new friends. It is rewarding to see a first year 4-H'er receive their first blue ribbon and beam with a big smile on their face, thinking that next year they are going for the trophy! With only a handful of dairies left in Lancaster County, we are keeping the dairy industry in the eyes of the public with our 4-H youth."

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



IT'S TIME TO RE-ENROLL IN 4-H!

It is a new 4-H year and all 4-H members and volunteers must re-enroll for the 2016–2017 4-H year which began Oct. 1.

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. There is no fee to enroll in 4-H in Lancaster County.

New members and fair projects may be updated through June 15.

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."

FFA MEMBERS: FFA members need to select Crete FFA, Norris FFA, Raymond Central FFA or Waverly FFA under "club."

VOLUNTEERS: 4-H leaders need to re-enroll. Coming soon — 4-H club organizational leaders will be able to view their 4-H club's roster online.

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

Meet 2016–2017 4-H Teen Council



The Lancaster 4-H Teen Council is a leadership organization for youth in grades 7–12. Karol Swotek (not pictured) is the Teen Council sponsor.

(Officers are seated): Michael Zavodny (President), Bailee Gunnerson (Vice President), Addison Wanser (Secretary), Abby Babcock (Treasurer), Delaney Meyer, Chloe Hammond and Hannah Hoge (Historians).

Other members in photo include: Ellie Babcock, Caitlyn Barry, Brayden Boehle, John Boesen, Hanna Brandt, Thomas Cook, Aaliyah Densberger, Payton Filing, Anah Fuller, Olivia Kerrigan, Cassie Merwick, Katie Nepper, Ethan Schmidt, Anna Sump, John Sump and Emma Timmer.



Watch Chicks Hatch Online with EGG Cam!

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

Embryology resources include incubation, candling, and more!



4-H Horse Incentive Program Begins Jan. 1

Any Lancaster County 4-H'er can participate in the Lancaster County 4-H Horse Incentive Program and log hours/points by participating in various horse-related activities Jan. 1–June 30.

New this year is an Incentive

Point Summary Sheet. You must still hand in your log sheets but please total your points on the summary sheet and submit it with the rest of your paperwork.

Again this year, a belt buckle will be included as a gold-level reward option. However, due to

the high cost, a buckle can only be chosen as an incentive reward one time by seniors only.

Horse Incentive Program guidelines and forms are available online at <http://lancaster.unl.edu/4-h-horse-project-resources> and at the Extension office.

Livestock Identification Requirements for 2017

Livestock Being Shown at Super Fair, State Fair and/or AKSARBEN

All 4-H/FFA market beef, market sheep, market goats, market hogs and feeder calves 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. Tattoos are required identification for breeding heifers. Scrapie tags are required for breeding ewes and breeding meat goat does.

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.

Livestock Being Shown ONLY at Super Fair

All county-only 4-H/FFA livestock will need a paper animal identification form (also called ownership affidavit). Market beef ID forms are due by April 15. 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/animalscience-programmanagement>. If you are showing at Super Fair and either State Fair or AKSARBEN, you **do not** need a paper identification form.

NEW — sheep and goats will utilize scrapie tags as official animal identification. Please make sure all sheep and goats have a USDA scrapie tag upon purchase of your projects or utilize your family's USDA scrapie tag system, whichever fits your situation.

NEW — swine will be ear tagged. To make it easier for families to identify their swine projects, ear tags will now be used instead of reading ear notches.

Market beef, feeder calves and swine will be ear tagged. Tags can be picked up at the Extension office.

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

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

Overnight Lock-In for 4th & 5th Graders

This year's theme is... **Tourists**

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!

Friday, Jan. 20, 8 p.m. – Saturday, Jan. 21, 8 a.m.

Lancaster Extension Education Center
444 Cherrycreek Road

For more information, call 402-441-7180.
(After hours lobby phone is 402-441-7170)

Cost \$15/person
Registrations due by Jan. 16

LOCK-IN REGISTRATION FORM

Make check payable (\$15/person) to Lancaster County 4-H Teen Council and mail with registration form **BY JAN. 16** to:
Tracy Anderson, Nebraska Extension in Lancaster County,
444 Cherrycreek Rd., Suite A, Lincoln, NE 68528

No refunds

Name of participant(s) _____ Age _____

Address _____ Age _____

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: _____

4-H Crocheting Workshop, Feb. 4

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. 4, 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. 1 by calling 402-441-7180.

4-H Pillow Sewing Workshop, Feb. 11

4-H youth ages 8 and up are invited to learn beginning sewing skills while constructing a pillow at the "Pillow Party" sewing workshop on Saturday, Feb. 11, 9 a.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road. No cost to attend. Sign up by Feb. 6 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 of contrasting fabrics, pre-washed, 100% cotton (no plaids, no knits, no flannels) and matching thread.

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



4-H Achievement Celebration

Thursday, Feb. 16 • 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!

"2016 4-H Year in Review" video!



2017 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://lanaster.unl.edu/4h> for the most current information.

January

- 1 Horse Incentive Program Begins
- 3 4-H Council Meeting 6 p.m.
- 8 Teen Council Meeting 3 p.m.
- 20-21 4th & 5th Grade Overnight Lock-In 8 p.m.-8 a.m.

February FEBRUARY IS NEBRASKA 4-H MONTH

- 4 Crocheting Workshop 9 a.m.
- 7 4-H Council Meeting 6 p.m.
- 11 Pillow Party Sewing Workshop 9 a.m.
- 12 Teen Council Meeting 3 p.m.
- 16 Achievement Celebration 6:30 p.m.

March

- 1 Preference Given to 4-H Council Camp Scholarship Applications Submitted to Extension by this Date
- 3 Deadline for Nebraska 4-H Foundation Scholarships
- 3 Deadline for Governor's Agricultural Excellence Awards (\$500)
- 4 Jammie Jamboree Sewing Workshop 9 a.m.
- 7 4-H Council Meeting 6 p.m.
- 6 Lancaster County Deadline for Companion Animal Challenge Entries
- 10 Lancaster County Deadline for Horse Stampede Entries
- 12 Teen Council Meeting 3 p.m.
- 13 Public Service Announcement (PSA) Contest CDs Due/Preregister for Speech Contest
- 19 Speech Contest 1 p.m. registration/1:30 p.m. contest
- 21-22 Earth Wellness Festival (for 5th Grade), Southeast Community College
- 25 Spring Rabbit Show, Lancaster Event Center - Exhibit Hall 9 a.m.
- 26 Spring Fling Horse Dressage Show, Lancaster Event Center - Pav. 3

April

- 1 Furniture Painting Workshop 9 a.m.
- 1 Horse Stampede, UNL East Campus - Animal Science Building
- 1 Companion Animal Challenge, UNL East Campus - Animal Science Building
- 4 4-H Council Meeting 6 p.m.
- 7 Kiwanis Karnival, Elliott School, 225 S. 25 Street 5:30-7:30 p.m.
- 8 Bug Lovers Entomology Workshop 9 a.m.
- 9 Teen Council Meeting 3 p.m.
- 11 Horsemanship Level Testing, Lancaster Event Center - Pav. 4, Amy Countryman Arena 5:30 p.m.
- 15 All 4-H/FFA Market Beef ID's/DNA Due
- 25 Horsemanship Level Testing, Lancaster Event Center - Pav. 4, Amy Countryman Arena 5:30 p.m.
- 25-26 Ag Literacy Festival (for 4th Grade), Lancaster Event Center
- 29-30 Hunter's Pride 4-H Club Shaggy Horse Dressage Show, Lancaster Event Center

May

- 2 4-H Council Meeting 6 p.m.
- 8 Horsemanship Level Testing, Lancaster Event Center - Pav. 4, Amy Countryman Arena 5:30 p.m.
- 12 Lancaster County Deadline for District/State Horse Show Entries, ID, Level Tests
- 16 Sheep/Goat Weigh-In & Tag Day, Lancaster Event Center - Pav. 2 6-7 p.m.
- 18 Leader Trainings 9 a.m. & 6:30 p.m.

June

- 1 Super Fair Horse ID's Due to Extension
- 2 Horse Judging Contest, Lancaster Event Center - Pav. 3
Registration 5:30-6:30 p.m./6:30 p.m.
- 3 Life Challenge Contest - Junior & County-Level Senior Divisions 9 a.m.
- 3 Pre-District Horse Show Presented by 4-H Horse VIPS/Wranglers, Lancaster Event Center - Pav. 3
- 5 Horsemanship Level Testing, Lancaster Event Center - Pav. 4, Amy Countryman Arena 5:30 p.m.
- 6 4-H Council Meeting 6 p.m.
- 12-19 Horse District Shows, Lexington, Taylor, Wayne, Hemingford
- 14 Plant Science Contests: Horticulture/Tree ID/Grass-Weed ID 10 a.m.-12 p.m.
- 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>
- 20 Lincoln Horse District Show, Lancaster Event Center - Pav. 4, Amy Countryman Arena
- 20-23 Clover College
- 26-27 Premiere Animal Science Events (PASE)/FCS Life Challenge, UNL East Campus
- TBA Bicycle Safety Contest
- 27 Horsemanship Level Testing, Lancaster Event Center - Pav. 4, 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
- 15 Presentations Contest 8:30 a.m.
- 16-20 State 4-H Horse Show, Fonner Park, Grand Island
- 17 Horse Incentive Program Forms Due to Extension
- 31 4-H Council Camp Scholarship Applications Accepted Through This Date

August

- 1 4-H & FFA Static Exhibit Check-In for Lancaster County Super Fair, Lancaster Event Center - Lincoln Room 4-8 p.m.
- 3-12 Lancaster County Super Fair (4-H/FFA Exhibits & Events Aug 3-6; 4-H Horse Show July 31-Aug. 6), Lancaster Event Center
- TBA Lancaster County Deadline for AKSARBEN 4-H Show Entries
- Aug. 25-Sept. 4 Nebraska State Fair, Fonner Park, Grand Island

September

- 5 4-H Council Meeting 6 p.m.
- 10 Teen Council Meeting 3 p.m.
- Sept. or Oct. TBA AKSARBEN 4-H Horse Show, Location TBA
- TBA AKSARBEN 4-H Stock Show, Location TBA

October

- 1-7 National 4-H Week
- 3 4-H Council Meeting 6 p.m.
- 5 Horse Awards Night 6:30 p.m.
- 8 Teen Council Meeting 3 p.m.
- 12 4-H Information Night 6 p.m.
- 26 Leader Trainings 9 a.m. & 6:30 p.m.

November

- 7 4-H Council Meeting 6 p.m.
- 12 Teen Council Meeting 3 p.m.

December

- 10 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/summer-camp>

10% Off Before April 15!

BIG RED SUMMER ACADEMIC CAMPS • June 11-16

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

Discount Before April 15!



EXTENSION CALENDAR

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

December 2016

31 4-H Award and Scholarship Applications Due to Extension

January 2017

- 1 Horse Incentive Program Begins
- 3 4-H Council Meeting 6 p.m.
- 6 Successful Farmer Workshop Series 9–11:30 a.m.
- 7 Crop Production Clinic, Holthus Convention Center, York..... 8:45 a.m.
- 8 Teen Council Meeting 3 p.m.
- 10 Crop Production Clinic, Beatrice Country Club, Beatrice..... 8:45 a.m.
- 12 Crop Production Clinic, Saunders County Extension Office, Ithaca 8:45 a.m.
- 12 Co-Parenting for Successful Kids Class 9 a.m.–12:30 p.m.
- 13 Extension Board Meeting 8 a.m.
- 20 Successful Farmer Workshop Series 9–11:30 a.m.
- 20 Deadline for Master Gardener Applications
- 20–21 4th & 5th Grade Overnight Lock-In 8 p.m.–8 a.m.

Upcoming Learning Child Trainings

Nebraska Extension teaches several early childhood development classes for childcare providers. Listed are upcoming classes held at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln (unless location otherwise noted). For additional information, to sign up for a class or find out about future classes, contact Jaci Foged at jfoged2@unl.edu or 402-441-7180. Some registration forms are at <http://lancaster.unl.edu/family>

Language and Literacy Early Learning Guidelines (ELG) – Thursday, Feb. 2 and Thursday, Feb. 9, 6–9 p.m. (must attend both days) at Roper and Sons Funeral Home in Waverly. Cost \$20. Receive 6 in-service hours. Register by Jan. 26.

Pediatric & Adult CPR and First Aid Training Through the American Red Cross – Saturday, Feb. 4, 8:30 a.m.–12:30 p.m. Cost \$40. Register by Jan. 27. This course meets the Nebraska licensing requirements for childcare providers.

Environmental Awareness for Child Care Providers and After-School Teachers – Tuesday, Feb 21, 10 a.m.–12 noon. Cost \$5. Register by Feb. 6. Teaching children ages 3–9 about our environment can be fun and easy. In this workshop, you will practice hands-on activities to help children learn to protect our environment. Receive 2 in-service hours.

Go Nutrition and Physical Activity Self-Assessment for Child Care (Go NAP SACC) – Designed for providers who care for children birth to 5 years old. Tuesday, Feb 21 and Thursday, Feb 23, 5:30–8:30 p.m. (must attend both days). No cost, dinner provided. Register by Feb. 14. Go NAP SACC focuses on: breastfeeding & infant feeding, child nutrition, infant & child physical activity, outdoor play & learning, and screen time.

Management Training Program for Childcare Directors – 8 modules: Thursdays, March 2, March 23, April 6, April 20, May 4, May 18, June 1 and June 15. All times 9 a.m.–3:30 p.m., except June 15 will be 9 a.m.–12 noon. Cost for all 8 modules is \$195 and due at the time of registration for module 1. Register by Feb. 1. Learn resources and skills to succeed as a center-based child care administrator.

Earth Wellness Festival Needs Volunteers

Volunteers are needed for the 2017 Earth Wellness Festival on Tuesday, March 21 and Wednesday, March 22 at Southeast Community College in Lincoln. For more information, call 402-441-8023 or email pwismer@lincoln.ne.gov by Feb. 24. Visit <http://lancaster.unl.edu/ewf> to register online.



EXTENSION NEWS

Two New Nutrition Staff

Two Nutrition Education Program (NEP) staff members in other counties recently transferred to Nebraska Extension in Lancaster County.

Nicole Busboom started working as an Extension Assistant for the Expanded Food and Nutrition Education Program (EFNEP) in Douglas-Sarpy Counties in May 2014 and transferred to Lancaster County in November 2016. Her primary focus will be working with the 4-H Food Smart Families grant program funded by United Health Care as well as partnering with after-school programs to present nutrition and wellness education. Nicole will also work with various groups targeting low-income mothers. Nicole grew up in Pickrell, Neb. and was a 4-H member in Gage County for 10 years. Nicole graduated from the University of Nebraska-Lincoln with a Bachelor's of Science degree in Nutrition Sciences & Dietetics and minor in Leadership & Communication.

Brie Frickenstein began working as an Extension Assistant for the Supplemental Nutrition Assistance Program Education (SNAP-Ed) in Adams County in January 2015 and transferred to Lancaster County in November 2016. She will be working primarily with limited-resource adults and seniors. Brie will teach nutrition at People City Mission, Southeast Community College and Lincoln Correctional Center, as well as pursue new sites. Brie grew up in Stanton, Neb. and graduated from Wayne State College in December 2014 with a Bachelor's of Science in Family and Consumer Sciences: Food and Nutrition.



Staff Earn Statewide Awards

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

Innovative Extension Managerial Professional award presented to Extension Assistant **Nicole Busboom** (previously in Douglas-Sarpy Counties, now in Lancaster County) for her leadership in carrying out the 4-H Food Smart Families grant-funded program in Douglas-Sarpy Counties over the last three years. Delivered in cooperation with several Extension Specialists and Extension Educators, this program targets limited-resource families through schools and youth programs. To date, Nicole has taught 1,165 youth 6–10 hours of direct education about nutrition, cooking and food budgeting. This summer, Nicole taught all 235 students at Boys Town 10 hours of nutrition education. A Boys Town family teacher said, "My kids learned how to cook together with each other." Nicole is now teaching 4-H Food Smart Families in Lancaster County to middle-school age youth.

Innovation in Team Programming award presented to the **Go Nutrition and Physical Activity Self Assessment in Child Care (Go NAP SACC) Extension team** which includes Extension Educator **Jaci Foged** and Extension Assistant



Jessica Meuleners — The Go NAP SACC intervention program is being implemented in childcare programs in Nebraska by a multi-disciplinary team of nutrition, child development, community development specialists and partners from Nebraska Extension, Nebraska Department of Health and Human Services (DHHS), Nebraska Department of Education (NDE), U.S. Department of Agriculture Team Nutrition, Nebraska Center for Children, Youth, Families and Schools, Live Well Omaha Kids, Four Corners Health Department, Teach a Kid to Fish and Community Action Partnership to address childhood obesity in Nebraska. Nebraska Extension educators and trainers have educated 815 childcare programs which care for more than 15,000 children. Go NAP SACC is an evidence-based program and data is being collected through pre- and post-assessments to evaluate the program's impact. After the delivery of the Go NAP SACC training, more than 70% of childcare programs reported achieving best practices in the following areas: breast feeding & infant feeding; child nutrition; physical activity; outdoor play; and screen time.

Food Team Earns National Award

In September, Nebraska Extension in Lancaster County's Extension Educator **Alice Henneman** (pictured at far right) was part of the **Food Team** — also composed of Extension Nutrition Specialist Lisa Franzen-Castle and Extension Educators Cami Wells, and Kayla Colgrove — which earned **The Creative Excellence Award**. Presented by The Joint Council of Extension Professionals (JCEP) in coordination with the National Extension Association of Family and Consumer Sciences (NEAFCS), this national award is presented in recognition of individuals or small teams being innovative in their approach to addressing issues in exceptionally creative or novel ways. In August 2010, Nebraska Extension launched a statewide food website at food.unl.edu which houses information on food and nutrition, health and fitness, food safety, home food preservation, local foods, youth/4-H and the Nutrition Education Program. Since the development of this website, a small core group has formed (the Food Team) which meets monthly to work on content curation and creation with the larger, statewide team.



Happy Trails Marty Cruickshank

Friday, Dec. 30 will be Extension Associate Marty Cruickshank's last day with Extension. She has been with Nebraska Extension in Lancaster County for 13 years and coordinated several 4-H project areas, including horse, poultry and rabbit. She has also worked with the Embryology 4-H school enrichment program and EGG Cam.

Lancaster County 4-H thanks Marty for all she has done to help youth grow!