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3rd Graders Learn About Life Cycle By Hatching Eggs in Classrooms

Cole Meador

Extension Associate

Lincoln third graders have benefited from Embryology in their classroom since 1975. What started out in three classrooms at one school has blossomed into every third grade classroom in the Lincoln Public School system as well as Waverly, Norris and many parochial schools. Embryology has been a part of the core (required) science curriculum in LPS since 1993.

Students learn about embryonic development and the life cycle during the 21-day incubation process of chicken eggs. They care for the eggs, witness the hatching process and then care for the baby chicks for 2–3 days.

Last spring, 3,513 third graders from 165 classrooms and 54 schools participated during three sessions. Last fall, a new session was added to add four new schools and home schoolers, reaching 137 students. This year, Embryology plans to increase to 186 classrooms.

Each classroom receives one dozen fertilized chicken eggs. Students turn the eggs three times a day and provide water for humidity in the incubators. After seven days of incubation, Extension staff candle the eggs with the students. By candling (shining a bright light) on the eggs, students can see if the eggs are developing (viable), have stopped developing (died) or were never fertile.

This is an exciting time for students and teachers with much anticipation of what they will see. For many students, this is the first time they have experienced seeing a developing embryo — and for many, it is the first time they've experienced life and death.

Students are also learning respect for living creatures. They light up with excitement when Extension staff bring the eggs, and become ecstatic when the eggs are candled and they see developing embryos moving inside the egg, then finally see the chicks hatch.

Embryology is a 4-H school enrichment program presented



Cole Meador, 4-H Associate, candles eggs with a light to show students features such as the silhouette of the embryos and blood vessels on the yolk.



Kate Pulec, 4-H Assistant, shows homeschool students a newly hatched baby chick they watched hatch on 4-H EGG cam.

by Nebraska Extension in Lancaster County. Extension Assistant Cole Meador coordinates the program which includes scheduling classrooms, communication with teachers, delivering supplies, coordinating delivery of eggs, teaching in the classrooms and distributing chicks to area farmers.

Thanks Partners

The Embryology program would not have happened without great partnerships developed over the years. Dick Earl, who managed a hatchery in Lincoln, helped start this program. Because it grew so much, a partnership was formed with a hatchery in Iowa which donates nearly 200 dozen eggs per year. Special thanks to members of the Lincoln

Northeast Kiwanis Club who drive to Iowa three times a year to get the eggs.

You Can Participate Through EGG Cam!

4-H EGG Cam and social media pages have become a major part of Embryology. EGG Cam's live view at <http://go.unl.edu/eggcam> gives classrooms, families at home and anyone on the internet the opportunity to watch chicks, ducklings, goslings, quail and other birds hatch.

Many hatching and candling videos are at www.youtube.com/4HLancasterNE — with occasional live streaming.

EGG Cam Facebook at www.facebook.com/4HEGGCam is a great place for people to share their incubation experiences, ask questions and learn with others.

NEBLINE READER SURVEY

We Want Your Feedback Chance to Win \$20 Gift Card*

The NEBLINE newsletter is published monthly (except December) by Nebraska Extension in Lancaster County. The NEBLINE started in December 1989, replacing four individual newsletters mailed to agricultural, home extension, horticulture and 4-H mailing lists. Currently, the print edition is mailed to nearly 11,000 subscribers, primarily in Lancaster County. The NEBLINE is also posted online in PDF format at <http://lancaster.unl.edu/nebline>, and nearly 350 people have signed up to receive email alerts when issues are posted online.

Please help us assess how helpful the NEBLINE is to you! We appreciate your feedback.

Surveys submitted by April 20, 2017 will be eligible for a random drawing. Five people will receive a \$20 gift card* — choice of Runza, Valentino's or Visa.

THREE WAYS TO RESPOND

(only one response per person)

1) Mail or drop off this form to:

Nebraska Extension in Lancaster County,
444 Cherrycreek Road, Suite A, Lincoln NE 68528

2) Online survey at: lancaster.unl.edu/nebline/survey

3) Call and give your replies: 402-441-7180 Monday–Friday, 8 a.m.–4:30 p.m.

*Not funded by tax dollars

First name and phone (for prize notification only — optional)

Which NEBLINE version(s) do you read? (check all that apply)

☐ Print

☐ Online

What section(s) do you usually read? (check all that apply)

☐ Front page

☐ Food & Health

☐ Farm

☐ Early Childhood

☐ Pests & Wildlife

☐ Horticulture

☐ Acreage

☐ 4-H & Youth

Are you involved with 4-H?

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☐ No

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☐ Farm or acreage

Comments

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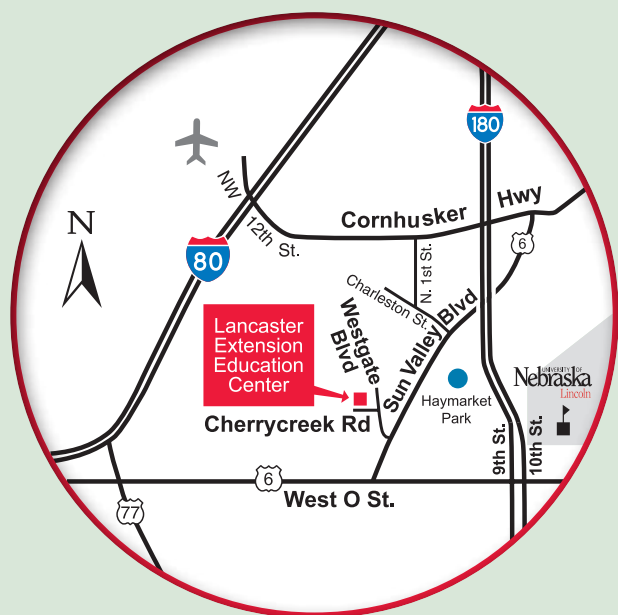
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NEBLINE

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Sorting Food Facts and Myths: Foods Marketed as Being Free of Certain Substances

Alice Henneman, MS, RDN
Extension Educator

One in four jobs in Nebraska is agriculture-related — for example: farm production, marketing, agribusiness and ag banking. Current food trends suggest there is confusion about the safety of the food system (production, processing distribution, consumption and waste management) leading to skepticism and decreased consumer confidence in our food supply.

Make Informed Decisions

Consumers are faced with many food decisions based on growing practices, preparation, convenience and economic factors. The majority of Nebraskans are two or more generations removed from production agriculture and direct knowledge of the overall food system. Learning how to make informed decisions will benefit Nebraskans' personal health and finances, as well as the state economy.

So many food options can be confusing. By separating facts versus myths, consumers can better select the types of foods they prefer.

One of Nebraska Extension's key issues for 2017 and beyond is helping consumers make informed decisions about their food. Periodically through the year, I'll share some key facts to help you decide what are the best food decisions for you and your family. Let's get started with this fact:

FACT: If a food product is promoted as being "free" of a certain substance, it doesn't mean other similar foods contain that substance, or that it is better than other foods in your diet.

When low-carb diets were popular, many foods promoted how they were carb-free when they never even contained carbohydrates. For example, one company ran an ad campaign that its vodka contained "zero carbs." No vodka contains carbs. Was this a reason for buying this brand? No. Was this a reason for drinking vodka? No, alcohol can still contribute a lot of calories to your food.

Don't buy one brand over another simply because it says it is "free" of a substance, unless you think that brand is the best tasting and best value for your money. Maybe it never had that substance to begin with and similar foods would also be free of that substance. This is often nothing more than a marketing tactic for companies to use and grab consumers' attention.

Two words that get tossed around a lot concerning food

are "hormones" and "GMOs" (genetically modified organisms, often referred to as genetically modified or genetically engineered food). Whatever your beliefs about these food characteristics, here are some facts you should know before you choose one food over another because it has a "free of" claim.

Foods Marketed as Hormone Free

A food may claim to be "free of hormones" — however, it may never have contained hormones. For example, federal law prohibits the use of hormones in poultry production. Today's birds are larger due to advances in breeding, animal nutrition and animal care.

Likewise, federal law prohibits the use of hormones in pig production. The amount of lean meat produced per pig has increased due to animal selection and nutrition.

According to the U.S. Department of Agriculture, "Hormones are not allowed in raising hogs or poultry. Therefore, the claim 'no hormones added' cannot be used on the labels of pork or poultry unless it is followed by a statement that says 'Federal regulations prohibit the use of hormones.'" Be aware, the claim may be in much larger letters than the statement saying the use of hormones is prohibited.

Foods Marketed as GMO-free or Non-GMO

At present, in the U.S., the only crops available — or will be available soon — in a genetically modified or engineered version are corn (field and sweet), soybeans, cotton,

canola, alfalfa, sugar beets, papaya (Hawaiian), squash, Arctic Apples (will be available in some areas by 2017), Innate Potato (not currently available to consumers) and Aquabounty Salmon (not currently available to consumers). NOTE: Not all versions of these foods are genetically engineered.

Before being placed on the market, genetically modified foods must be approved by the Food and Drug Administration, the USDA and the Environmental Protection Agency.

The World Health Organization cites the following factors are taken into account before a genetically modified food is approved.

"The safety assessment of GM foods generally focuses on:
a) direct health effects (toxicity);
b) potential to provoke allergic reaction (allergenicity);
c) specific components thought to have nutritional or toxic properties;
d) the stability of the inserted gene;
e) nutritional effects associated with genetic modification; and
f) any unintended effects which could result from the gene insertion."

References:

- Marathon County, University of Wisconsin-Extension. *Debunking Common Myths About Animal Agriculture* at <http://marathon.uwex.edu/2015/12/28/debunking-common-myths-about-agriculture>
- USDA/Food Safety & Inspection Service. *Meat and Poultry Labeling Terms* at <http://bit.ly/2hxeMON>
- Best Food Facts. *What Foods Are Genetically Modified?* at www.bestfoodfacts.org/what-foods-are-gmo
- World Health Organization. *Frequently Asked Questions on Genetically Modified Foods* at www.who.int/foodsafety/areas_work/food-technology/faq-genetically-modified-food/en



ENJOY NEBRASKA FOODS!

Alice Henneman, MS, RDN, Extension Educator

BERRY GOOD PANCAKES

Use a whole grain pancake mix or your favorite "from scratch" recipe, and fresh or pourable individually-frozen blueberries.

- 1) Make pancake batter according to package directions.
- 2) Fold into batter 1/2 to 1 cup blueberries per each cup of flour or baking mix in your recipe.
- 3) Cook pancakes according to package or recipe directions. For added fruity flavor, top with fruit sauce or berry jam instead of syrup and butter (see Alice's tip).

Alice's Tip:

- Though pancakes taste best fresh from the griddle, they can be held briefly as you make others by placing them in a single layer on a baking sheet in a 200°F oven.



“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.

Remaining dates and topics are:

- Feb. 3 — Soil & Climate Tools
- Feb. 17 — Soybeans
- March 3 — Corn

The cost to attend is \$5 for individual workshops, or you can



Farmers at the Jan. 6 workshop test-flew drones.

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 402-441-7180 or kwedding2@unl.edu, 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.

Nut Orchard Seminar, Feb. 23

Nebraska Nut Growers Association and Heartland Nuts 'N More coop are sponsoring a seminar, “Growing a Nut Orchard for the Future,” about growing nut trees in our area which produce quality nuts. The seminar will be held on Thursday, Feb. 23, 7–9 p.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln. No cost to attend. There will be door prize drawings of several seedling nut tree and nut seed varieties. Some products Heartland Nuts 'N More produces from nut trees and nuts will be on display.

If you want to plant just a couple nut trees or an orchard,

you will find this seminar informative. Growing nut trees can be a great family activity now and for the future. This seminar will introduce you to most aspects of what it takes to accomplish your goals and expectations. There will also be professional growers on-hand to answer your questions.

Topics include:

- Understanding the growing of nut trees in the Midwest.
- Planning phase will cover setting realistic goals and needed resources to meet your goals.
- Planting phase will cover planting considerations and seedling selections.

- Caring phase will cover tasks required to bring a seedling to a productive producing nut tree.
- Harvesting tasks will cover harvesting techniques, processing and the marketing of your nuts.

FOR MORE INFORMATION

- Heartland Nuts 'N More, President Larry Martin, 402-784-6887 www.heartlandnutsnmore.com,
- Nebraska Nut Growers Association, Director John Knorr, 402-788-2717 www.nebraskanutgrowers.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>

Grain Marketing Workshops

Nebraska Extension is presenting free grain marketing workshops across the state to assist grain producers in minimizing losses during this time of low prices. Workshops are funded by the Nebraska Corn Board and the Nebraska Soybean Board. Complimentary lunch is provided.

Workshops will be held 9:30 a.m.–3 p.m. and include:

- Tuesday, Feb. 7 at the ARDC near Mead.
- Monday, Feb. 20 at the Kimmel Education and Research Center in Nebraska City. Complimentary lunch is sponsored by Arbor Bank.
- Tuesday, Feb. 21 at the Gage

County Extension Office in Beatrice.

Extension Educators will present location and commodity-specific marketing information. Topics include developing a written marketing plan and understanding basis and carrying charges. The workshops will feature the Marketing in a New Era simulator and the Grain Marketing Plan smart-phone application.

Register for any of the workshops at <http://go.unl.edu/marketingworkshops> (or for the Nebraska City location, call Karen Wedding at 402-441-7180). Workshops are limited to 40 participants at each location.

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 (Crop Production Clinics in January were a recertification option).

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.

Fleas Can Jump Up to 150 Times Their Height

Jody Green

Extension Educator



Side and top views of a cat flea (highly magnified, shown next to pin head)

Male and female adult fleas feed on warm-blooded animals. In the absence of a pet or animal, they will feed on humans. Fleas pierce the skin with their mouthparts that can result in painful bites and leave itchy welts. While the peak season for fleas is summertime, they can remain active and annoying year round.

Form and Function of the Flea

Fleas are reddish-brown, wingless insects approximately 1/16–1/8 inch in length. They are compressed or flattened side-to-side and have many backward projecting spines on their hardened body segments. This profile helps them navigate quickly through the hair of their hosts without being dislodged easily.

Though they do not utilize flight as transportation, they are very agile and can jump on to their host and also move from host to host.

Fleas have modified hind legs that specialize in jumping. They can jump up to 8 inches high, which is approximately 150 times higher than its height.

The Cat Flea Likes Everybody

The most common flea found in homes on dogs, cats

and people is the cat flea. The cat flea has a wide host range, which includes a variety of wild animals such as feral cats, raccoons, squirrels, skunks and opossums. Cat fleas come in from outside on our clothing, pets or objects that have been in close proximity to flea-infested animals or their habitat. When fleas are found indoors on humans, bites typically occur on the legs and ankles, sometimes on the thighs and buttocks when sitting on the ground.

The Flea Life Cycle

Fleas undergo complete metamorphosis. A female flea will lay up to 50 eggs per day on the host (usually a cat). The eggs fall off to develop in the pet's bed or favorite resting areas. This could be a specific couch cushion, the end of the bed or by the window in the living room. Legless, worm-like larvae burrow down into the carpet fibers or pet bedding to avoid light. They feed on dried blood excreted

from adult fleas — called flea dirt — not directly from the cat.

Mature larvae pupate into silk-like cocoons before emerging as adults. The pupation stage can last as little as 1–2 weeks or the flea can remain in this dormant phase for months. Heat, vibrations and carbon dioxide stimulate adult emergence from the pupae because fleas detect a host. Under optimal conditions, fleas can complete the life cycle from egg to adult in a month.

But How Did We Get Fleas?

A family pet can provide all the things necessary for survival: food, water and shelter, but households without pets can also become infested. Consider wildlife living in chimneys, crawlspaces, walls or attics and the ectoparasites they bring into the home.

Some households have “indoor cats” that never go outside, while some “outdoor

cats” never come in; the cats in both scenarios, if untreated, can be the source of the flea infestation. They just need to be brought in on someone's pant leg.

In milder temperatures, yards can harbor plenty of fleas particularly those with long grass, lush vegetation and wildlife nearby.

Getting Rid of Fleas

In order to eliminate fleas from a home, treatment must include treating the pet in conjunction with treating the premise. All animals in the household should be treated at the same time. Talk to the veterinarian about effective flea treatments (topical or oral) and groom pets on a regular basis.

Insecticide applications to infested areas may be necessary for established indoor infestations. Do-it-yourself products are available at pet stores, but the label is the law. There are many safety hazards to consider when treating homes for fleas. Pets and people must not be in the home during treatment! Consider calling a pest management professional, someone who is trained, licensed and knowledgeable about flea control products, application and safety.

Notes:

- Flea collars are not safe for all pets.
- Pupae/cocoons are resistant to insecticides, so it can take 2–4 weeks to get rid of all the fleas.

- Foggers or bug bombs are **not effective** for fleas.

- There are no scientifically-tested and approved natural products for fleas.

Because pesticides will have their limitations, here are some other actions to take to help eliminate fleas in a household:

- Launder and dry bedding, rugs, towels and blankets used by pets.
- Regularly vacuum carpet, rugs, bedding, under furniture, cushions and vehicle, especially where pets rest to remove all life stages. Vibrations from the vacuum will trigger adult fleas to emerge, which is good for control measures.
- Practice proper vacuum management by sealing and discarding the contents of the vacuum bag or canister outside in the trash.
- In peak (summer) season, when pets are active outdoors it may be necessary to treat the yard for fleas.
- To test if a room has fleas, wear white, knee-length socks and walk through the room. Adult fleas will jump up and be visible on the socks.
- Make a flea trap using a shallow dish or pie pan, one part dish soap, three parts water, and a light source. The light source can be a night-light, tea candle or a directional desk lamp. Place your trap close to a pet resting area overnight until no fleas are caught.

What Birds do You Want to Attract This Year?

Soni Cochran

Extension Associate

Spring will be here sooner than you think and the birds even sooner! Are you ready? It is time to make sure your birdhouses and nesting shelves are clean and ready to place outdoors. If you haven't already, remove any of last year's nesting materials. Use a mild disinfectant and thoroughly clean and then rinse out the birdhouse. This is a good time to make repairs to the house. Your nesting structures should be up and ready for occupancy in the next few weeks. Some birds start courtship and nest site selection in February and early March.

This spring, choose one bird found in your neighborhood to learn more about. Is it a

native bird? Does it migrate or overwinter in the area? What food does it eat? Does it nest in a cavity? (These birds may nest in a birdhouse you provide them.) Or, does the bird nest on a ledge or in the crook of a tree or shrub? (Robins are an example of a bird which might use a shelf to build a nest.) A field guide on birds found in your region is an excellent resource to help you learn more about birds.

If you are an “on-line birding enthusiast,” The Cornell Lab of Ornithology is encouraging people to become “nest watchers.” I tried out the Right Bird, Right House! tool on the Cornell site at <http://nestwatch.org/learn/all-about-birdhouses/right-bird-right-house>.

Once you are on the site, you enter your region and location to find a list of birds found in

the area. I selected mourning doves which are considered a species in decline in our region. I downloaded the free plans to make a mourning dove nesting basket. The site also shows you the project difficulty and if it is kid-friendly. You'll also learn what time of year the birds nest, where to place nests and more.

If I'm lucky enough to have a pair of mourning doves use the nesting basket, I'll post their success online with other citizen scientists at <http://nestwatch.org> and share in a future NEBLINE.

FOR MORE INFORMATION

For additional resources and plans to help you build birdhouses, shelves and feeders, go to <http://lanaster.unl.edu/pest> or contact the Extension office.

An example of the type of information on Cornell's “Right Bird, Right House!” online tool at nestwatch.org

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://lanaster.unl.edu/ewf> to register online.



2017 Flower All America Selections

Penstemon barbatus 'Twizzle Purple'



Photos courtesy All-America Selections



compact form, disease resistance, early and continuous blooms all season long and ease in growing. Judges raved about the vibrant, perfectly true red color of this zinnia which doesn't fade in summer's intense rays. Gardeners will find many uses for the true red zinnia that's easy to grow and a favorite of pollinators.

Verbena Pink EnduraScape 'Pink Bicolor'



'Pink Bicolor' is described as very tough, because it is the first verbena that can tolerate drought and heat, plus survive cooler temperatures down to the

low teens. This long-blooming verberna is spectacular in the landscape, edging a walk or border as well as in large containers and baskets. Vigorous plants are sturdy spreaders that pop with abundant soft pink blossoms that darken in intensity toward the center of the bloom.

Vinca Mega Bloom 'Orchid Halo' and 'Pink Halo'



Mega Bloom is an exciting new series of vinca bred to withstand heat and humidity without succumbing to disease. 'Orchid Halo' produces huge bright rich purple blossoms with a wide, white eye creating a striking look for the garden, even from a distance. 'Pink Halo' produces huge soft pink blossoms with a wide white eye. Both vinca plants maintain a nice, dense habit with flowers staying on top of the foliage for full flower power color.

Source: All America Selections

Vibrant purple blooms present a new and unique color in penstemon. 'Twizzle Purple' was judged as a first-year flowering perennial by judges who were impressed with the upright plant habit and superb flowering performance. This North American native blooms profusely with 1-inch tubular flowers on long slender stalks that grow up to 35 inches high, making this beauty a magnet for pollinators from mid-to late summer. 'Twizzle Purple' can be used to add height to combination planters or in landscapes for high-impact color.

Zinnia 'Profusion Red'

This newest zinnia winner is the fourth color in the single flower series to win the coveted AAS Winner award. The original Profusions were groundbreaking plants because of their



GARDEN GUIDE

THINGS TO DO THIS MONTH

Mary Jane Frogge, Extension Associate

Late February is a good time to air-layer such house plants as dracaena, dieffenbachia and rubber plant, especially if they have grown too tall and leggy.

Prune fruit trees and grapes in late February or early March after the worst of the winter cold is passed but before spring growth begins.

Order gladiolus corms now for planting later in the spring after all danger of frost has passed. Locate in full sun in well-drained soil.

Branches of forsythia, pussy willow, quince, spirea and dogwood can be forced for indoor bloom. Make long, slanted cuts when collecting the branches and place the stems in a vase of water. Change the water every four days. They should bloom in about three weeks.

Send off seed orders early this month to take advantage of seasonal discounts. Some companies offer bonus seeds of new varieties to early buyers.

Do not start your vegetable transplants indoors too early. Six weeks ahead of the expected planting date is early enough for the fast-growth species such as tomatoes. Eight weeks allows enough time for the slower-growing types such as peppers.

Check stored bulbs, tubers and corms. Discard any that are soft or diseased.

This year plan to grow at least one new vegetable that you have never grown before; it may be better than what you are already growing. The new dwarf varieties on the market which use less space while producing more food per square foot may be just what you are looking for.

Check any vegetables you have in storage. Dispose of any that show signs of shriveling or rotting.

Order perennial plants and bulbs now for cut flowers this summer. Particularly good choices are phlox, daisies, coreopsis, asters and lilies.

Screen Time: Create Your Family Plan

Jaci Foged

Extension Educator

"Mom, in the old days did you have TV?" The "old days" often come up in conversations with my 7 and 11-year-old daughters. Of course I had television growing up, but it was more difficult to access in my childhood! When I was growing up we had two televisions. One in our living room, a 19-inch dial activated television and another 27-inch (that was big back then) in our family room which could be operated using a remote.

We lived in the country near a small town in western Nebraska where you could get 2.5 channels (one was always fuzzy so that one only counts for half). We didn't have access to the internet or a computer with a modem until I was 10 years old and the internet was quite a bit slower and less reliable back then.

Screen time wasn't something that needed to be discussed. We looked up information in Encyclopedias. We called people on a telephone, which was attached to the wall by a cord. We wrote letters using paper and pen. We played games with the whole family on boards and with cards. We watched TV on Friday nights (TGIF) and woke up early Saturday morning for 6:30 a.m. cartoons which ended by noon. Children played outdoors in all types of weather and didn't come home until dark.

It's 2017 and my daughter doesn't even have a "real" science

ADDITIONAL RESOURCES

- Nebraska Extension's NebGuide "Brain Development and Learning in the Primary Years" (G2198) at <http://extensionpublications.unl.edu/assets/pdf/g2198.pdf>
- Nebraska Extension's NebGuide "The Importance of Outdoor Experiences in the Primary Years" (G2202) at <http://extensionpublications.unl.edu/assets/pdf/g2202.pdf>
- Nebraska Extension's NebGuide "Enjoyable Time Together: A Journey of Happy Memories" (G1882) at <http://extensionpublications.unl.edu/assets/pdf/g1882.pdf>
- Nebraska Extension's The Learning Child Blog "Family Game Nights, a Win-Win for Everyone" <https://learningchildblog.com/2016/10/01/family-game-night-a-win-win>

book that she can bring home to study with. Instead, we have a sheet of paper with a log-in for a website. This means she spends time looking at a computer screen when she could be reading a book. She spends time asking Siri what an igneous rock is rather than looking it up in a dictionary.

What does all of this mean for us in 2017? This past October, the American Academy of Pediatrics (AAP) released new recommendations and resources for families regarding screen time. Screen time includes activities done in front of a screen, such as using an app on your phone or watching music videos on a tablet.

Infant and toddler's brains are growing at an exceptional rate during the first two years of life. It is important for these children to have positive social interactions with the people caring for them. Therefore, the AAP recommends children younger than 18 months participate with screens only for video chatting.

For children 18-24 months,

only high quality programming (such as PBS or Sesame Street) is suggested. It is vitally important for an adult to be with the infant during the video chat and while watching the program to help them better understand what they are seeing and hearing. Research shows unstructured playtime is more valuable for a young child's developing brain than electronic media. Young children are more likely to remember doing an activity than watching an activity being done.

Children ages 2-5 years should be limited to one hour of screen time per day. Again, the programs watched should be of high-quality and be viewed with parents.

For children 6 years and older, screen time should not interfere with time spent doing other activities. Sleep, physical activities and mealtimes should be of top priority. Studies show a relationship between television viewing and young children being overweight. "Caring For Our Children" states children 3-5 years who watch two or more hours of television per day

have an increased risk of being overweight.

What does this mean for adults? It means we need to be good role models for our children. Put the phone down and play with your child when they are at the park. Make it a rule to turn off the TV during meal times. Silence phones and charge them outside of your child's bedroom at night.

To help families navigate the evolving digital world, the AAP has developed a guide for creating a family plan for

screen time and media use.

The plan is broken up into nine areas: screen free zones, screen free times, device curfews, choose & diversify your media, balancing on-line and off-line time, manners matter, digital citizenship, safety first and sleep & exercise. There are examples and suggestions pre-populated and areas to write in personal guidelines. Create your own family plan by going to <http://HealthyChildren.org/MediaUsePlan>.

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 (unless location otherwise noted). For additional information, to sign up, 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.



HEART OF 4-H VOLUNTEER AWARD

Amber Herrick

Lancaster County 4-H is proud to announce Amber Herrick as winner of February's "Heart of 4-H Award" in recognition of outstanding volunteer service.

Amber began volunteering for 4-H five years ago as a parent helper with the All-American Kids 4-H club and became a co-leader three years ago. She helps with many of the club's community service projects, including 4-H food booth at the Lancaster County Super Fair and Kiwanis Karnival. All-American Kids was a 2015 and 2016 Nebraska 4-H Club of Excellence. Amber also helps with the Go Go Goat Getters, Sew Green and Paws & Pals 4-H clubs. Last year, she volunteered at 4-H Clover College with the "Great Goats" workshop.

"Volunteering with the amazing 4-H program in Lancaster County makes me feel good and helps me focus on what is important in life," says Amber. "Also, I believe in helping kids grow into their skills with a little nudging, a lot of support, and a bunch of holding my breath as they figure things out for themselves. I get excited when they learn how much they can do and when they gain confidence and pride in their abilities. It's a joy to watch the kids grow and bloom. Helping a child find their path is a privilege and a joy. I am a better person because of my involvement with the 4-H program."

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

Volunteers are needed to help lead 4-H clubs. If you would like to learn more about 4-H volunteer opportunities, call 402-441-7180.



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 Council



Lancaster County 4-H Council, comprised of adult and youth volunteers, is responsible for determining long- and short-term goals and policy for Lancaster County 4-H. Council also raises funds by operating a food booth at the Lancaster County Super Fair. These funds help support 4-H programs, activities and scholarships. Extension Educator Tracy Anderson is the staff liaison. Here is this year's 4-H Council:

Officers: Mitch Sump (President and ex officio Extension Board representative), Bailee Gunnerson (Vice President), Jenny Schnase (Treasurer) and Anna Sump (Secretary).

Members: Abby Babcock, Cathy Babcock, Brandy Gunnerson, Cathy Plager, Kari Price, Madison Schnase, Karol Swotek, Stephanie Wachter and Bethany Wachter.

Governor's Ag Excellence Award Forms Due March 3

The Governor's Agricultural Excellence Awards are sponsored by the Nebraska 4-H Foundation and Nebraska Investment Finance Authority (NIFA). Each year, 25 4-H clubs are awarded \$500 to be used as described in the award application form completed by the club.

Clubs may use the award dollars for many different programs. A few examples are: conferences or workshops for others in the community, trips

or tours for club members and community improvement projects. The intent is to increase 4-Hers awareness of agricultural careers. Consider "agricultural" in the broadest terms for this program.

Forms are due by March 3. Applications are online at <http://ne4hfoundation.org/recognition>. Clubs will be notified by May 15. If you have questions, contact Peggy Jeffries at 402-472-1178 or pjeffries1@unl.edu.

4-H Companion Animal Challenge Entries Due March 6

The third 4-H Companion Animal Challenge will be held on Saturday, April 1 at the Animal Science Complex on UNL's East Campus (same date as 4-H Horse Stampede.) It provides youth a chance to participate in a variety of contests that do not require animals, but allow youth to learn more about their dog, cat, rabbit or other companion animals. Contests include:

- Demonstrations (a presentation where youth demonstrate how to complete a task or related to the care of their companion animal)
- Photography and art contests

(open to all companion animal projects)

- Dog quiz bowl
- Dog skill-a-thon

Lancaster County 4-H Council will pay the contest entry fees for Lancaster County 4-Hers. Entry forms are due to the Extension office no later than March 6. T-shirts may be pre-ordered for \$5. Box lunches will be available for \$8 and must be pre-ordered. More information is available at <http://animalscience.unl.edu/ansc-4-h-companion-animal-challenge>



HORSE BITS

State 4-H Horse Stampede Entries Due March 10

The annual 4-H Horse Stampede will be held Saturday, April 1 at the UNL Animal Science Building on East Campus. Stampede includes the 4-H state horse-related competitions which do not require a horse: Horse Bowl, Public Speaking, Demonstration and Art and Photography Contest. Open to 4-Hers ages 10–14 enrolled in the 4-H horse project (with the exception of the Art and Photography Contest).

Lancaster County 4-H Council will pay the contest entry fees for Lancaster County 4-Hers. Entry forms are due to the Extension office no later than March 10th. Additional information on the individual competitions and entry forms are online at <http://4h.unl.edu/horse/stampede>. Stampede T-shirts will be available to participants for \$5 if pre-ordered. There will be no concession stand on-site. Box lunches will be available for \$8 and must be pre-ordered. If you have questions, contact the Extension office at 402-441-7180.

Horsemanship Level Testing Dates

Now is a good time to start thinking about new 4-H horsemanship level goals! The 2017 group testings will be held at the Lancaster Event Center – Amy Countryman Arena on the following Monday and Tuesday evenings: April 11, April 25, May 8, June 5 and June 27.

Livestock Identification Requirements

The identification requirements for 4-H/FFA livestock being shown at 2017 Super Fair, State Fair and/or AKSARBEN were published in the January Nebline and are online at <http://go.unl.edu/9kgb>. If questions, contact Cole at 402-441-7180 or cmeador2@unl.edu.

Seeking 4-H Camp Staff

The two 4-H Camps in Nebraska are currently accepting applications for summer program staff (ages 19 and above). These are seasonal, paid, full-time staff who live at camp during the summer and are responsible for daily programming and teaching groups of all ages. Must be available mid-May through mid-August. Initial application deadline is Feb. 1. More information and applications are online at <http://4h.unl.edu/4hsummercamp>.



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.

Light snack
provided!

"2016 4-H
Year in Review"
video!



4-H Crocheting Workshop, Feb. 4

4-H youth ages 10 and older 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. Must preregister by Wednesday, Feb. 1 by calling 402-441-7180.

No cost — all supplies including crochet hooks and yarn will be provided. Adults are welcome to attend to help 4-H'ers. If you previously attended this workshop, you are welcome to attend again. 4-H'ers may enter washcloths at the Lancaster County Super Fair under 4-H Clothing — Level 1, Crochet.

4-H Pillow Sewing Workshop, Feb. 11

4-H youth ages 8 and older are invited to learn beginning sewing skills and make a pillow at the "Pillow Party" sewing workshop on Saturday, Feb. 11, 9 a.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road. Register by Monday, Feb. 6 by calling 402-441-7180.

No cost to attend. Adults are welcome to help. Bring your sewing machine, basic sewing equipment (scissors, pins, measuring tape, etc.). Also bring 1/3 yard and 2/3 yard contrasting fabrics, pre-washed, 100% cotton (no plaids, no knits) and matching thread. Pillow forms provided.

4-H Jammie Workshop, March 4

4-H youth ages 8 and older are invited to practice their basic sewing skills and make pajama or lounge wear pants at the "Jammie Jamboree" sewing workshop on Saturday, March 4, 9 a.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road. No cost to attend. Adults are encouraged to attend to help 4-H'ers. Bring your sewing machine, basic sewing equipment (scissors, pins, measuring tape, etc.), simple pull-on pajama bottom pattern, pre-washed flannel or 100% cotton fabric — see yardage requirement on pattern envelope — (no one-way design fabrics or plaids), elastic as recommended by pattern and matching thread. Register by Wednesday, March 1 by calling 402-441-7180.

Furniture Painting Workshop, March 25

4-H youth ages 8 and up are invited to participate in a furniture painting workshop on Saturday, March 25, 9 a.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road. No cost to attend. Adults are welcome to attend to help youth. Bring a small piece of unpainted furniture, such as a shelf, stool or chair. These items can be found around your house, at craft stores, garage sales and thrift stores. Learn how to prepare new and used wood furniture by sanding, sealing, painting and finishing. All paints and finishes are provided. Register by Wednesday, March 22 by calling 402-441-7180.

Pick-A-Pig Club Accepting New Members

The Pick-A-Pig 4-H club is accepting new members for anyone who wants to learn about pork production and show a pig at the Lancaster County Super Fair. The club is open to all city and rural youth ages 8–18. If you are interested, contact Harry Muhlbach at 402-430-7304 by March 15. The first meeting will be Sunday, March 19.

Rabbit Show, March 25

The 4-H Spring Rabbit Show will be held Saturday, March 25, 9 a.m. at the Lancaster Event Center – Exhibit Hall. Open to all youth ages 8–18. Show flyer is at <http://lancaster.unl.edu/4h/animalnews.shtml>. For more information, call Bob at 402-525-8263 or the Extension office at 402-441-7180.

Clever Clovers is 4-H Club of the Month

Congratulations to the Clever Clovers 4-H Club of Lincoln for being awarded the Nebraska 4-H Club of the Month for December 2016! The Nebraska 4-H Foundation provides the 4-H Club of the Month program to all Nebraska 4-H clubs throughout the state. A different club is chosen each month and is awarded with a certificate and \$50 cash card.

Clever Clovers just kicked off its third year as a club and has 12 very active members, most of whom have been with the club since it started. The club was a 2015 Nebraska Club of Excellence and is on track to be named one for 2016.

The club is dedicated to building strong citizenship and teamwork skills through community service activities and has already made a difference in the community. Some of its community service projects have included:

- planting flowers at Tabitha Health Care, which offers the club a free meeting place,
- sewing pillowcases for The Foster Care Closet (which was also a great way to practice sewing skills),
- donating socks to CEDARS Home for Children, and



- staffing shifts at the 4-H food booth during the Lancaster County Super Fair to help raise funds for 4-H.

Clever Clovers recently held a year-end celebration and reflected on the multiple accomplishments of its members during the 2015–2016 year, which included:

- 11 members attending the annual 4-H Overnight Lock-In,
- many members participating in 4-H Clover College and/or attending a 4-H camp,
- several members competing in 4-H Speech and Presentations contests at county, district and/or state level,

- three members earned top 4-H exhibits at the Lancaster County Super Fair, and
- two members had static exhibits qualify for, and exhibited at, the Nebraska State Fair.

The club opened a Facebook page this year to share photos and information. Members recently promoted 4-H during National 4-H week by wearing a 4-H T-shirt to school and posting photos on social media using the hashtag #TrueLeaders.

4-H clubs may nominate themselves for Nebraska 4-H Club of the Month at <http://ne4hfoundation.org/recognition>

4-H Clubs Needed to Help Provide Booths at Kiwanis Karnival, April 7

The annual Kiwanis Karnival, a FREE family event, is sponsored by the Lincoln Center Kiwanis. This year, it will be held Friday, April 7, 5:30–7:30 p.m. at Elliott Elementary School, 225 S. 25th St., Lincoln. The Karnival features carnival type games for the kids, bingo for adults, prizes, snacks, fun and fellowship. Lincoln Center Kiwanis has sponsored this event for over 50 years — providing prizes and snacks. 4-H clubs are needed to provide carnival-type booths. This is a great community service and leadership activity for clubs. If your 4-H club or family would like to have a booth or for more information, call Lorene at 402-423-7541 or 402-310-3481, or email lbartos1@unl.edu. Come join the fun!

4-H Speech & PSA

4-H Speech & PSA 4-H Speech & PSA Contests are open to all 4-H'ers — need not be enrolled in a specific project. Youth may choose to participate in either or both the Speech and PSA contests. For rules, helpful resources and examples, go to <http://lancaster.unl.edu/4h/Contest/speech.shtml>. If you have questions, contact Cole Meador at cmeador2@unl.edu or 402-441-7180.

PSA Contest, Due March 13

In the Public Service Announcement (PSA) Contest, 4-H'ers submit a 60 second "radio commercial" promoting 4-H. Submit a PSA as a .wav or .mp3 file electronically to cmeador2@unl.edu or on a CD to the Extension office by Monday, March 13. If you do not have the capabilities to record a PSA, contact Cole to set up a recording time. Results and comment sheets will be handed out at the 4-H Speech Contest. The 2017 PSA theme is "4-H Grown."

Speech Contest, March 19

The 4-H Speech Contest will be held Sunday, March 19 at the Lancaster Extension Education Center. Check-in between 1–1:30 p.m., contest begins at 1:30 p.m. Register by March 13 by calling 402-441-7180 or emailing cmeador2@unl.edu with your name, speech title and age division.



EXTENSION CALENDAR

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

February

- 2 **Language and Literacy Early Learning Guidelines (ELG) Training for
Childcare Providers, Roper and Sons Funeral Home, Waverly.....6–9 p.m.**
- 3 **Successful Farmer Workshop Series 9–11:30 a.m.**
- 4 **4-H Crocheting Workshop9 a.m.**
- 4 **Pediatric & Adult CPR and First Aid Training Through the American Red
Cross for Childcare Providers 8:30 a.m.–12:30 p.m.**
- 7 **4-H Council Meeting.....6 p.m.**
- 7 **Commercial Recertification Training9 a.m.**
- 9 **Initial Commercial Certification Training and Testing Session.... 8:30 a.m.**
- 9 **Co-Parenting for Successful Kids Class.....9 a.m.–12:30 p.m.**
- 9 **Language and Literacy Early Learning Guidelines (ELG) Training for
Childcare Providers, Roper and Sons Funeral Home, Waverly.....6–9 p.m.**
- 10 **Extension Board Meeting8 a.m.**
- 11 **4-H Pillow Party Sewing Workshop9 a.m.**
- 12 **4-H Teen Council Meeting3 p.m.**
- 14 **Private Pesticide Applicator Training 9:30 a.m.–Noon**
- 16 **4-H Achievement Celebration..... 6:30 p.m.**
- 17 **Successful Farmer Workshop Series 9–11:30 a.m.**
- 20 **Grain Marketing Workshop, Kimmel Education and Research Center in
Nebraska City9:30 a.m.–3 p.m.**
- 21 **Environmental Awareness Workshop for Child Care Providers
and After-School Teachers 10 a.m.–12 p.m.**
- 21 **Go Nutrition and Physical Activity Self-Assessment for
Child Care (Go NAP SACC) 5:30–8:30 p.m.**
- 23 **Commercial Recertification Training9 a.m.**
- 23 **Go Nutrition and Physical Activity Self-Assessment for
Child Care (Go NAP SACC) 5:30–8:30 p.m.**
- 28 **Initial Commercial Certification Training and Testing Session.... 8:30 a.m.**

4-H'ers Roundup Top Awards at Horse Nationals

More than 1,100 youth from more than 33 states including Alberta, Canada attended the 4-H/FFA Western National Roundup Jan. 5–8, 2017 in Denver. Several Nebraska Youth attended the horse portion of the Roundup. In order to qualify, each team and individual were required to win the state competition.

The Lancaster County Horse Hippology Team of Kate Cooper, Aussia Stander, Jenna Wolfe and Ashley Clegg (coached by Kate Rawlinson) earned Overall 1st place, 1st in Team Problem, 1st in Team Judging, 1st in Team Station ID, and 2nd in Team Exam/Slides. Individually, Aussia placed 3rd overall, 7th on Exam/Slides and 2nd on Stations; Ashley placed 5th Overall, 5th on Exam/Slides, 7th on Stations and 4th on Judging; Jenna Wolfe placed 5th on Judging; and Kate placed 8th Overall, 10th on Exam/Slides and 8th on Stations.



The Lancaster County Hippology Team placed 1st overall.

The Lancaster County Horse Judging team of Madi Brandt, Emily Burnside, Ally Quinn and Jadin Vogler (coached by Roger Bell) earned 3rd place in High Team Halter, 5th place in High Team Reasons. Individually, Ally placed 6th in Halter and 10th in Reasons; and Emily placed 8th in Halter.

Team Nebraska (consisting of 4-H'ers from Lancaster, Douglas, Sarpy and



The Lancaster County Horse Judging Team placed 3rd in High Team Halter.

Cedar counties) earned 2nd High Overall State Award! The High Overall State Award is given to the state with the overall highest score based on placings in the five different competitions.

Red Letter Days at UNL

Red Letter Days are an opportunity for you to explore college life at the University of Nebraska–Lincoln during your junior or senior year of high school. Upcoming dates are Feb. 10, Feb. 17, Feb. 24, March 3, March 10, March 17 and April 21. If you are interested in any health-related fields, check out our Pre-Health Red Letter Day

on Jan. 30.

At this open house event, you'll get to:

- explore campus with a current UNL student as your guide,
- attend academic informational sessions,
- see what it's like to live in a residence hall,
- learn about ways to get involved on campus, and

- find out important admissions, scholarship and financial aid information.

Pre-registering at <http://admissions.unl.edu/visit> is strongly encouraged. Walk-in registration is open on a space available basis the day of the event. Program fee is \$10 per person.

EXTENSION NEWS

Welcome Two New Nutrition Educators

The Supplemental Nutrition Assistance Program Education (SNAP-Ed) and Expanded Food and Nutrition Education Program (EFNEP) are two programs with differing federal funding sources which comprise Nebraska Extension's Nutrition Education Program (NEP). Both programs focus on providing nutrition education to limited-resource families and youth. EFNEP operates on a peer-education model which focuses on direct, interactive teaching to participants. SNAP-Ed similarly provides direct education to participants and also focuses on policy, system and environmental changes to make the healthy choice the easy choice.

Jessica Meuleners is SNAP-Ed Educator



Jessica Meuleners, MS, RDN, LMNT (pictured at left) is the new Extension Educator for Nebraska Extension's SNAP-Ed program in Lancaster County. She has served as an Extension Assistant for three and a half years and concurrently served as the Interim Nutrition Education Program (EFNEP and SNAP-Ed) coordinator for the past two years.

In her Assistant role, she focused on directly educating primarily youth and some adults about nutrition, physical activity, food resource management and food safety. In her Interim role, she provided leadership for the NEP program in Lancaster County as well as 11 surrounding counties. Her responsibilities included supervising staff, creating and maintaining community partnerships, and ensuring implementation of federal regulations for the programs.

Jessica is excited to remove her Interim title and continue the above responsibilities with the SNAP-Ed program in addition to facilitating program growth with her team.

Emily Gratopp is EFNEP Educator



Emily Gratopp, MS (pictured at right) is the new Extension Educator for Nebraska Extension's EFNEP. She has worked for Nebraska Extension in Lancaster County for two and a half years as an Extension Assistant for EFNEP. In her previous role, she focused on directly educating youth and families with children about nutrition and physical activity, food resource management, food security and food safety.

In her new role, she will utilize her direct-education experience to help coordinate all EFNEP efforts within Lancaster County and across the state of Nebraska as well as provide leadership to EFNEP staff in Lancaster County. Additional duties will include working regionally on EFNEP committees to enhance EFNEP programming and continuing to align Nebraska's EFNEP programming with national nutrition education standards.