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4-H'ers Grow Into True Leaders Through Service

Tracy Anderson
Extension Educator

Last year, National 4-H Council launched the “Grow True Leaders” campaign showing how 4-H and true leaders go hand in hand. True leaders have real confidence, know how to work well with others, can endure through challenges and will stick to a job until it is finished. The 4-H experience is proven to grow true leaders with life skills like confidence, teamwork, curiosity and resilience.



#TrueLeaders is a common hashtag on social media.

Some of the key findings of the 2016 4-H National Youth Survey on Leadership include:

- Most youth feel highly motivated to lead and say they have good role models. They (71%) see leadership as something they can practice and work at to be a leader.
- However, only one in three young people says they have the skills they need to be prepared to lead.

Participating in service projects is a powerful way for youth to gain the skills they need to be prepared to lead. Some leadership skills youth

gain through service include confidence, critical thinking, organization, public speaking, emotional intelligence, the power of action and empathy. In addition, youth can gain career skills through service. Some of the skills employers are looking for are the same ones gained by completing a community service project: communication skills, teamwork and budgeting.

4-H and service are in close association with each other. Every time a 4-H member or volunteer recites the pledge, it reminds them to provide service to their club, community, county and world.

*“I pledge my Head to clearer thinking
My Heart to better living
My Hands to larger service
And my Health to better living
For my club, my community, my country and my world.”*

In Lancaster County, 4-H'ers are proving through their actions they are strong volunteers and true leaders. Last year, Lancaster County 4-H'ers reported over 2,827 hours of community service through 4-H!

Pictured are several examples of community service 4-H clubs did this past year. In addition:

- **Amazing Treasurers** 4-H club made 50 holiday ornaments and handed them out at the Waverly Care Center, along with holiday treats.
- **Fantastic 4** 4-H Club chose very specific things/services to do for women living at the Fresh Start Home in Lincoln, such as making Valentines with inspiration messages and making homemade goodies.

see 4-H SERVICE on back page



Teen Council secured a \$200 grant from Keep Lincoln & Lancaster County Beautiful to clean a large area around the Lancaster Extension Education Center. As a result, Teen Council picked up 99 pounds of litter and 28 pounds of recycling. They also received a \$500 Governor's Agricultural Excellence Award to purchase fabric for — and are in the process of making — over 20 tied fleece blankets to donate to the People's City Mission.



Blazing Saddles 4-H horse club put on a horse clinic for students with learning disabilities.



Clever Clovers and **Sew Green** 4-H clubs collaborated to make 40 dresses and 15 scrunchies to donate to youth in Haiti. Clever Clovers also planted flowers at Tabitha Health Care, filled socks with personal items to donate to the CEDARS Home for Children, and sewed 24 pillowcases and purchased bed pillows to donate to the Foster Care Closet. Sew Green made draw string bags to donate to Beads of Courage, a program for children with serious illness.



Crafty Clovers, a newer 4-H club, did their first community service project in August involving “random acts of kindness.” They created “kindness” messages, attached the messages to candy and silk flowers, then handed out to people at a local mall.

What 4-H Teens Say

Lancaster County Teen Council focuses on leadership and service. Members were asked for examples of how service through 4-H has helped them become a true leader. Some responses include:

- “I worked at the food booth at the fair. That helps you become a true leader because you are working with others and learning to be responsible.” —*Allyson Korus*
- “It has helped me to lead groups. It has also helped me with giving speeches.” —*Thomas Cook*
- “The 4-H Lock-In requires positivity, patience and lots of time. Doing the 4-H Lock-In has helped me develop these traits. You also need great communication skills — the 4-H Lock-In greatly helps with that.” —*Chloe Hammond*
- “4-H has helped me become a true leader because it taught me what a leader should do.” —*Ethan Schmidt*



Shamtastic Clovers made a quilt for the Quilt of Valor Foundation whose mission is to cover service members and veterans touched by war with comforting and healing quilts.



Joe's Clover Knights gathered gently used hats, coats, scarves, mittens and gloves and purchased extras for 17 refugee families in need of warm clothing for the winter. They delivered them to the Refugee Center at Catholic Social Services. They also made 12 tie blankets and donated them to St. Gianna Women's Homes.

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Holiday Food Safety Bloopers

Each year the U.S. Department of Agriculture (USDA) Meat and Poultry Hotline answers calls on Thanksgiving Day about thawing, preparing and storing turkey. USDA described some of situations that could have been disastrous or even deadly in an article, "Holiday Food Safety Bloopers" on their Food Safety Blog (Diane Van, author; www.foodsafety.gov/blog/bloopers.html). Following is some of the advice the USDA Meat and Poultry Hotline staff gives.

Don't Leave the Turkey Out for More Than Two Hours!

One concerned caller put a turkey into the oven at 5 p.m. and didn't turn the oven on until 2 a.m. Some asked about thawing a frozen turkey on the counter for several hours. Others wondered about leaving cooked turkey on the buffet all day long.

Unfortunately, we had to tell the concerned caller that she should throw the turkey away. That's because it spent more than two hours in The Danger Zone (temperature range of 40–140°F). And we told other callers to never thaw a turkey on the counter or leave cooked turkey out for more than two hours.

The bottom line: It's not safe to leave raw or cooked turkey (or any perishable food) at room temperature for more than two hours. Otherwise, you're creating the perfect conditions for dangerous bacteria to multiply rapidly.



USDA Food Safety and Inspection Service

Don't Roast the Turkey Overnight!

A number of callers asked about roasting a turkey overnight at 200–250°F. We explained that this cooking method is just not safe. USDA does not recommend cooking meat and poultry at oven temperatures lower than 325°F. Anything below that runs the risk of leaving turkey in The Danger Zone for too long.

Don't Buy Your Fresh Turkey Too Early!

Many callers made the mistake of buying their fresh holiday turkeys too early. USDA recommends buying a fresh turkey no more than two days

before you plan to cook it. Also, be sure to plan ahead when thawing a frozen turkey so it is not thawed too far in advance.

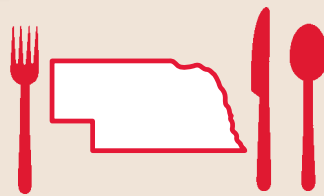
Don't Forget the Food Thermometer!

We talked with many cooks who said they used visual clues (such as color) to determine whether the turkey was done. The problem is that you can't tell by looking!

A whole turkey is cooked safely when it reaches a minimum internal temperature of 165°F. To check the turkey, insert the food thermometer in the innermost part of the thigh and wing and the thickest part of the breast.

CALLING THE USDA HOTLINE ON THANKSGIVING DAY

The USDA Meat and Poultry Hotline, 1-888-674-6854, is open on Thanksgiving Day, 9 a.m.–3 p.m. (Central Time) but closed on other Federal government holidays.



HEALTHY EATING

ENJOY NEBRASKA FOODS!

Alice Henneman, MS, RDN, Extension Educator

SPICY PUMPKIN SHAKE

This shake, in combination with a whole grain muffin, could serve as a light meal. Or, enjoy this spicy delight as a delicious treat at the end of a busy, active day. It's loaded with vitamin A and is a source of calcium — so you're not drinking "empty calories."

Use the following ingredients per one serving:

- 1/4 cup canned pumpkin (NOT canned pumpkin pie MIX)**
- 1/3 cup nonfat milk**
- 1 cup low-fat frozen vanilla yogurt**
- 1/4 teaspoon pumpkin pie spice**



Add all ingredients to a blender. Cover and blend on high until smooth. If desired, garnish with a dash of pumpkin pie spice.

ALICE'S NOTES:

Some additional uses for pumpkin pie spice include:

- Use in pumpkin pie, of course
- Sprinkle on eggnog
- Add to oatmeal instead of cinnamon
- Sprinkle atop a dollop of whipped cream on pumpkin pie
- Substitute for cinnamon in French toast
- Add a dash to coffee
- Use instead of cinnamon when making cinnamon toast
- Sprinkle into mashed sweet potatoes and atop baked winter squash

One 15 oz. can of pumpkin has about 1-3/4 cups of canned pumpkin — enough to make seven shakes. After you open the canned pumpkin, transfer any remaining pumpkin to another container, cover and store in the refrigerator. Use

within four days or freeze. Here are some ways to use the extra pumpkin:

- Stir a few tablespoons into a bowl of oatmeal. Top with walnuts, raisins, cinnamon or pumpkin pie spice.
- Mix into vanilla yogurt, a tablespoon at a time, until you get a taste you like. Add a touch of cinnamon or pumpkin pie spice for extra flavor.
- Several sources suggest stirring a bit into chili. Add a tablespoon at a time, to taste.
- For uses that take more time, search the internet for "ways to use leftover canned pumpkin." You may be surprised at what you find!
- Fill an ice-cube tray with 2 tablespoons of canned pumpkin in each cube. Pop out when frozen and transfer to a freezer bag. Or, for easier removal, I find it works better to use one of those silicon mini muffin pans — set it on a flat, stable surface while the pumpkin is freezing.

“Successful Farmer Series” Starts Jan. 5



Mark your calendars for the third annual “Successful Farmer Series,” which will be held **weekly** starting Jan. 5 and ending Feb. 9, at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln. Multiple sessions and topics allow you to pick the topics most relevant to you and your operation. All sessions will be 9–11:30 a.m. Scheduled topics are:

- Friday, Jan. 5 — Crops and Weather
 - Friday, Jan. 12 — Soil Fertility
 - Friday, Jan. 19 — Farm Economics
 - Friday, Jan. 26 — Corn
 - Friday, Feb. 2 — Wheat and Equipment
 - Friday, Feb. 9 — Soybeans
- 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 or interact with attendees during the breaks. This is also a great opportunity

to visit with other producers in the area.

The cost is \$5 per session or \$15 for the entire series. Refreshments will be provided. Registration at least two days before the workshops is appreciated by registering online at <https://lancaster.unl.edu/ag> or contacting Karen Wedding at kwedding2@unl.edu or 402-441-7180. Pay at the door, check or cash.

The series will be live-streamed — ask for a link. CEU credits will be available for certified crop advisors.

Deciding if Cost Outweighs Benefit of Applying Nitrogen in Fall

Tyler Williams
Extension Educator

After harvest, many farmers turn their attention to preparing for next year's crop. In addition to seed purchases, grain marketing and weed control, nitrogen (N) fertilizer is often another topic that gets plenty of attention in the fall.

Nitrogen fertilizers can be applied at many times during the year, but it is always important to consider the 4R's of nutrient management:

- Right time of application.
- Right fertilizer type.
- Right placement.
- Right application rate.

University of Nebraska–Lincoln does not generally recommend fall N applications. Research has shown fall applications of N fertilizer are less efficient than applications

during the growing season. Corn uses N more efficiently when applied as close as possible to when the plant needs it.

Nitrogen is very mobile and easily lost from the soil through leaching and denitrification. A significant quantity of N applied in the fall can be lost throughout the winter and spring. Nitrogen can also be lost as nitrous oxide (N₂O) to the air, which is considered a potent greenhouse gas. Nitrous oxide losses can be minimized if N applications are split to better coincide with crop uptake and applying the 4R's of nutrient management.

When deciding to apply N in the fall, weigh the benefit of time savings and labor versus the cost of extra N that will be needed and the uncertainty of how much will be available for next year's crop.

If you do decide fall applications are the best decision:

- Apply anhydrous ammonia because it's not initially leachable — nitrate has substantial risk of leaching and denitrification.
- Do not apply on sandy or easily leachable soils; or where ponds or surface drainage is delayed.
- Apply only after soil temperatures are below 50°F (for soil temperatures, go to <http://cropwatch.unl.edu> or download the AgriTools app for iPhone).
- Increase N amount by 5% on corn due to potential losses.
- Nitrification inhibitors may also be an option to reduce losses.

Effective N fertilizer plans require the producer give proper credits for N sources already present. Sampling soil and irrigation water will allow for accurate accounting of N credits.

Plan Now for Pesticide Applicator Training

If you have a pesticide applicators license — either private or commercial, or you need to get a new license — classes begin soon. Make plans now to attend the training option that fits your needs.

Commercial/Noncommercial Applicators

Commercial/noncommercial applicators are professionals who apply restricted-use pesticides for hire or compensation. Anyone who applies pesticides to the property of another person, either restricted- or general-use products, for control of pests in lawns, landscapes, buildings or homes must also have a commercial pesticide applicators license. Public employees (those employed by a town, county, state) applying mosquito control pesticides whether restricted or general use, must also hold a commercial or noncommercial certification.

Commercial/noncommercial applicators have four options to recertify or get a new license.

Traditional training classes — visit <http://pested.unl.edu/commercial> for dates, locations and registration. Cost \$60 per pre-registered participant; \$70 per participant registering via mail, fax or at the door.

Testing-only option — Take a written closed-book exam given by the Nebraska Department of Agriculture. Visit www.nda.nebraska.gov/pesticide/applicator_testing.html for dates, times and locations. Free.

Pearson VUE testing — Take a computer-based test provided by the Nebraska Department of Agriculture. No training is given with this option; testing only. Not all categories are offered, so visit www.nda.nebraska.gov/pesticide/pearson_vue_testing.html for categories, dates, locations and registration. Cost \$55 per exam. (Multiple categories are each charged the full fee.)

Crop Production clinics (recertification only) —

Categories Ag Plant, Regulatory or Demonstration/Research can use this option. Visit <http://agronomy.unl.edu/cpc> for a clinic listing and registration. Cost \$65 per participant, includes lunch and training materials.

Private Applicators

Private applicators are farmers or producers raising an agricultural commodity on land they own or rent. Or an employee making pesticide applications on their employer's farm. Private applicators have five ways to recertify or get a new license.

Traditional training classes — visit <http://pested.unl.edu> and click on “Classes and Study Materials,” then “Private Training Schedule” for dates and locations. Cost \$30 per participant collected at the door. No pre-registration required.

Crop Production clinics — Receive initial or recertification training. Visit <http://agronomy.unl.edu/cpc> for a clinic listing and registration. Cost \$65 per participant, includes lunch and training materials.

Computer-based self-study — Purchase a self-study disc (CD-ROM). Complete the modules, quizzes and final test. Order a disc online at <https://marketplace.unl.edu/pested/private-pesticide-certification>. Cost \$60 per disc.

Self-study manual — Purchase a self-study manual from your local Nebraska Extension office. Answer the questions in the back of the book and return the test to the Extension office. Extension staff will check your answers. Cost \$60 per manual.

Testing-only option — Take a written closed-book exam given by the Nebraska Department of Agriculture. Visit www.nda.nebraska.gov/pesticide/applicator_testing.html, then click on “Private applicator training dates” for dates, times and locations. Free.

Upcoming Green Industry Conferences

NEBRASKA TURFGRASS CONFERENCE

JANUARY 9–11, 2018

NEBRASKA TURFGRASS ASSOCIATION

Location: La Vista Conference Center, 12520 Westport Pkwy, La Vista, NE 68128

402-472-5351 • <http://nebraskaturfgrass.com/events/nebraska-turf-conference>



GREAT PLAINS GROWERS CONFERENCE

JANUARY 11–13, 2018

A CONFERENCE FOR BEGINNING & SEASONED GROWERS

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

Location: Missouri Western State University, 4525 Downs Dr., St Joseph, MO 64507

The conference will focus on a wide range of topics for both fruit and/or vegetable growers.

- Jan. 11 workshops — Cover Crops & Soil Health, FSMA Grower Training, Hops and Honeybees
- Jan. 12–13 general tracks — Tree/small fruit, conventional & organic production, vegetable IPM, mushrooms, farm to school, greenhouse & hydroponics, season extension and cut flowers

Keynote Speaker will be Dr. John Ikerd, Professor Emeritus of Agricultural Economics at the University of Missouri. Presentation — The Status and Future of Local Foods.

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



NEBRASKA GREAT PLAINS CONFERENCE

JANUARY 23–24, 2018

NEBRASKA ARBORISTS ASSOCIATION AND

NEBRASKA NURSERY & LANDSCAPE ASSOCIATION

Location: Hotel RL, 3321 S. 72nd St., Omaha, NE 68124

www.nearborists.org • www.nnla.org



Pests Associated With Moisture and Mildew

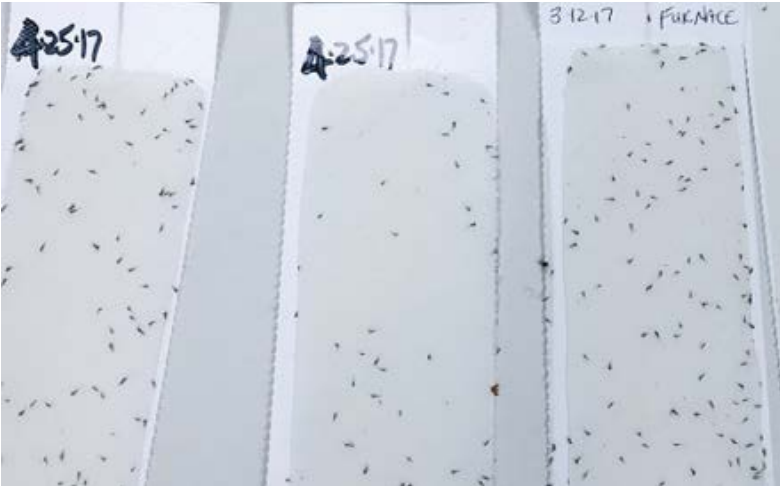
Jody Green

Extension Educator

The pests in this article are considered nuisance pests. They may be found inside in large numbers, but are not of concern to human health or structural integrity, as they do not bite, or feed on blood or building material. Their presence is an indicator there is high moisture and conditions conducive to mold or mildew.

Springtails

Springtails are small (approximately 1/8" to 1/16" long), slender, soft-bodied insects. They are wingless and do not fly, but sometimes jump. Springtails have a forked appendage, called a furcula, which remains unseen and tucked under their body until it needs to propel itself through its environment. Springtails occur in areas of high moisture. They come in many shapes and sizes. In nature, they are considered beneficial since they are decomposers and help breakdown organic matter to recycle nutrients back into the soil. Springtails can be found in any type of environment, but get the attention of homeowners when moisture is high and when present, springtails can be found in the thousands. They are



Jody Green, Nebraska Extension in Lancaster County

Glue boards can be a good way to monitor for pests, including springtails.

often found on floors, around windows, in basements, crawl spaces, bathrooms and kitchens. Look for plumbing leaks, roof leaks, entrance from outdoor foundation, areas of condensation around appliances, damp floor mats, overwatered houseplants, and fabrics not fully dried in the dryer and left to fester. If there is sufficient moisture around the structure, outdoor sanitation and maintenance may help decrease the moisture indoors that support high numbers of springtails. Some recommendations would include checking the grade, cleaning the gutters, diverting the downspouts, adjusting the sprinkler heads and removing vegetation or mulch from close to the foundation.

Interior management strategies include removing them by hand, trapping on sticky glue boards and vacuuming them up. The use of insecticide spray indoors is not recommended as it has not been shown to be effective.

Psocids

Psocids (pronounced So-sidz) are approximately 1/16" in length, light gray to brown in color with long slender antennae. Psocids can be identified by their large, visible nose called a clypeus. Psocids are mildew-feeding insects that feed on a variety of starchy plant and animal material. They can be found infesting stored items in locations with poor ventilation, such as attics,

cellars and other non-air-conditioned storage rooms. Their survival depends on high humidity and are often found feeding on mildew growing on pages of books, newsprint, wallpaper, furniture, dried fruit, grains and other damp items. The best way to control psocids indoors is to eliminate the damp conditions that support the molds on which they feed. Lowering the relative humidity to less than 50% will prevent psocid development. This can be done by utilizing air-tight storage containers for food products and paper mementos, providing better ventilation, increasing air circulation and using a dehumidifier.

Foreign Grain Beetle

Foreign grain beetles are tiny reddish-brown beetles approximately 1/16" long. When viewed with a magnifying lens or microscope, they have small projections behind the head and an enlarged 3-segmented club at the end of the antennae. They have a pair of hard wing covers that hide a second pair of membranous wings underneath. They are strong fliers and can accumulate on the walls and ceiling in the hundreds. Foreign grain beetles feed on molds and mildews which can be found growing on damp grain. They become pests inside

newly constructed houses and buildings — particularly in the fall — when excessive moisture is trapped in the wall voids and create an environment conducive to the growth of molds and mildews on wood and drywall. Under optimal conditions, when humidity is above 65%, they can complete their life cycle in 30 days. Because the beetle is highly dependent on humidity, numbers will drop when humidity falls below 60% and beetle population will subside. Within the first year, new houses will dry out and lose a great proportion of their water. Modifying the environment can help accelerate the process by increasing air exchange inside the building by adding fans and vents, or perhaps running a dehumidifier. If you experience a high number of mildew-feeding beetles but your house is not of new construction, their presence could indicate a water leak or moisture problem in the home. Further investigation is recommended, but insecticide is not. There are a number of other small beetles besides foreign grain beetle that feed on microscopic mold. If you have pests you want identified, bring sample(s) to Nebraska Extension in Lancaster County, 444 Cherrycreek Road, Ste. A, Lincoln during office hours, Monday–Friday, 8 a.m.–4:30 p.m.

Creating a Wildlife-Friendly Habitat

Soni Cochran

Extension Associate

In August 2017, the U.S. Fish & Wildlife released a preliminary report giving an overview of the 2016 National Survey of Fishing, Hunting and Wildlife-Associated Recreation. Here are just a few of the findings:

- In 2016, over 101 million Americans age 16 and over participated in some form of fishing, hunting or other wildlife-associated recreation like birdwatching or outdoor photography. This equates to 40% of the population in the United States.
- Participants spent more than \$156 billion — the most in 25 years.
- Over 86 million in the U.S. age 16+ fed, photographed and observed wildlife in 2016.
- In 2016, of the 86 million people age 16+ who reported watching wildlife, 81.1 million (94%) participated in wildlife watching activities around their own home.

Inviting wildlife to your backyard can be enjoyable, educational and fun for the entire family. By encouraging wildlife and creating a wildlife habitat, you are also creating a diverse and healthy community environment for you and your family.

Backyard Wildlife

This is a great time of year to learn about the native wildlife found in your area. Are you interested in pollinating insects? Learn about food plants for caterpillars and nectar plants for pollinators like native bees.



Soni Cochran, Nebraska Extension in Lancaster County

Male (above) and female (below) cardinals.

Maybe you want to put in a water feature to attract frogs, enjoy dragonflies or enjoy birds using it to drink and bathe. Do you have bats in your neighborhood? Consider putting up a bat house. For bird feeding enthusiasts, a bright red cardinal at your feeder is a welcome sight. What seeds will attract the birds you want, without attracting nuisance birds? Looking for blue birds? These beautiful birds are found in rural Lancaster County and can be encouraged to use nest boxes if the boxes are placed correctly. Learn about migration patterns for birds and insects. In southeastern Nebraska, some species of hummingbirds pass through in spring and fall. If you provide native pollinator plants and supplemental nectar, you may be lucky enough to have them all summer. I enjoy seeing the chimney swifts and turkey vultures return in the spring. Butterflies and some dragonflies also migrate. Some people enjoy watching squirrels, others cottontail rabbits. After a snowfall, go out and try to identify the tracks through your yard — you'll be

surprised at how much activity there is when you aren't watching!

Planning a Habitat

Any animal you want to attract has four basic needs: food, cover (shelter), water and places to raise their young. Examine your backyard habitat and identify the elements you already have. Make a list of all the plants in your yard, including everything from trees to wildflowers. Try to determine which of your plants are native and which are not. Do your plants provide seeds, fruits, nuts and nectar? Which plants might provide safe cover or nesting places?

Set your goals and make a plan. Start as slowly or as quickly as you'd like. Creating a wildlife-friendly backyard should be enjoyable — not nerve-racking! And, as your habitat develops and you learn more about native wildlife, be flexible enough to change and grow. Here are a few ideas to get you started:

- Build bird nest boxes to put out in March.
- If you are already feeding birds, add suet feeders.
- Invest in a simple bird bath. Small heaters are available to keep the water from freezing in winter. You'll be amazed at how many birds you'll attract even if you don't feed birds!
- Find locations to add native plants to your habitat.
- Rock, log and mulch piles provide cover for small mammals, reptiles, amphibians and a great variety of insects and other small animals find homes in these structures, which are easy to build. Place this near the back of your property away from buildings.

- Build an insect hotel or native bee nesting box structure.
- Start a journal, blog or take a wildlife photography class.

While you are creating a habitat suited for wildlife you want to attract, keep in mind animals you didn't plan on may also take up residence. I enjoy a opossum wandering through the yard. A skunk is not so welcome for obvious reasons. So if I needed to discourage a skunk, I would reduce the skunk's access to the four basic needs of food, cover (shelter), water and places to raise their young. To learn more about wildlife found in your area, visit a local nature center or browse one of the many wildlife field guides available online, in bookstores or libraries. You can also visit the resources available online at <http://lancaster.unl.edu>.

Don't Toss Your Fresh Cut Christmas Tree!

After the holidays, take your fresh cut Christmas tree outside and prop it up and tie it securely against a post or fence. Your Christmas tree will provide winter protection for birds. If you feed the birds, position the tree several feet from the feeders. You want to make sure the tree isn't too close or predators like neighborhood cats could use it to prey on the birds. Enlist the help of your children or grandchildren to make homemade fruit and nut garland and pinecones rolled in suet on the tree. Be sure to hang your garland and suet pinecones out of the reach of pets.

Make a Cornucopia From the Garden



Mary Jane Frogge, Nebraska Extension in Lancaster County



Mary Jane Frogge
Extension Associate

Decorate for the fall season with a cornucopia filled with materials collected from your garden and landscape. Start with a horn shaped basket available at most craft stores. From the garden, collect pumpkins, winter squash, ornamental corn

and gourds. From the orchard, collect apples and pears. From the landscape, collect pinecones, acorns, ornamental grasses, tree and shrub leaves with fall color. Perennial flowers like tall sedum and goldenrod can be used fresh or hang dried. Perennial plants with unique or colorful pods include Oriental poppy and Chinese lanterns.

Enjoy your display through

the fall, then when the snow begins to fall, turn it into a winter decoration. Collect greenery from pines, spruce, arborvitae, junipers and fir trees. Add red apples and cranberries. Red and white roses or carnations will complete your winter arrangement. Fancy up the pinecones by dipping them in white, silver or gold paint.

Have fun, be creative and enjoy!

2018 Training for New Master Gardener Volunteers in Lancaster County Begins in February. Please Join Us!

- Do you want to learn more about vegetable gardening and landscaping?
- Do you have a passion for tree planting?
- Do you enjoy volunteering and sharing your knowledge with others?
- Master Gardener volunteers serve an important role to extend horticulture education and outreach from Nebraska Extension.

For more information, contact Mary Jane Frogge at 402-441-7180 or apply online at <http://lancaster.unl.edu/mastergardener>



GARDEN GUIDE

THINGS TO DO THIS MONTH

Mary Jane Frogge, Extension Associate

Start reviewing your garden notes to help with next year's plans.

Clean power tools of all plant material and dirt. Replace worn spark plugs, oil all necessary parts and sharpen blades. Store all tools in their proper place indoors, never outdoors where they will rust over the winter.

Check fruits, vegetables, corms and tubers you have in storage. Sort out any that show signs of rot and dispose of them.

Minimize traffic on a frozen lawn to reduce winter damage.

November and December is a good time to inspect trees and shrubs for bagworm capsules. Remove and destroy them to reduce next year's pest population.

A home weather station that includes a minimum-maximum thermometer, a rain gauge and a weather log is a good gift for a gardener.

Remove all mummified fruit from fruit trees and rake up and destroy those on the ground. Also, rake and dispose of apple and cherry leaves. Good sanitation practices reduce insects and diseases the following season.

Be sure not to store apples or pears with vegetables. The fruits give off ethylene gas which speeds up the breakdown of vegetables and will cause them to develop off-flavors.

African violets do well when potted in small pots. A good general rule is to use a pot one-third the diameter of the plant. Encourage African violets to bloom by giving them plenty of light. They can be in a south window during dark winter months. They bloom beautifully under fluorescent lights.

Clean and fix all hand tools. Repaint handles or identification marks that have faded over the summer. Sharpen all blades and remove any rust.

After the ground freezes, mulch small fruit plants such as strawberries — 1 inch of straw or leaves is ideal for strawberries.

Order seed catalogs now for garden planning in January. For variety, consider companies that specialize in old and rare varieties or wild flowers.

Teaching Children Gratitude & Kindness

Jaci Foged

Extension Educator

The holiday season is upon us, and with the end of the year comes family visits, irregular schedules, lots of snacks, goodies and presents. In these times of celebration and giving, adults might wonder how they can support children with the concepts of gratitude and kindness.

Merriam-Webster defines gratitude as the state of being grateful; thankful. And, kindness as the quality or state of being kind, treating people with kindness and respect.

Understanding Emotions

Preschool children can easily identify basic emotions associated with facial expressions. These emotions include: happy, mad and sad. However, it is not until about 7 years of age when children are able to identify the more complex emotions such as gratitude, pride or jealousy. In addition, children's understanding of these complex emotions continues to increase through their teenage years.

I am sure at some point in time, you have asked a child to say "I'm sorry" when they hit another child or knocked down a friend's block tower. If the young child had a good understanding of emotions and the ability to see the perspective of others,

they might actually feel they are sorry. If they did not, as most young children don't, they would merely be echoing the words.

You, like me, want to raise kind, compassionate children. Children who willingly, and at the right time, offer up a hug or a "sorry" all by themselves. So, how can adults help young children learn about gratitude and kindness?

Three Ways to Support Young Children

Help your child name emotions — Help children to talk about their feelings and give them names. For example, "Your sister started Kindergarten today and you are sad. You miss your sister." Labeling your child's emotions helps your children to develop a vocabulary for talking about their feelings, and eventually other people's feelings too. Books are a great choice to help children learn about different emotions. Some of my favorites include *Glad Monster*, *Sad Monster*, *The Way I Feel* and *The Rainbow Fish*. When possible, try to relate the story back to your child. When reading *The Rainbow Fish*, you might say, "I bet the little blue fish was so sad after the rainbow fish said he wouldn't share one of his scales. Do you remember how sad you were yesterday when you dropped your ice cream cone on the ground? You started to cry, and I picked you up and held you

before we cleaned the ice cream up together. I bet the little blue fish was so sad, he swam away to cry too."

Give back to others — It is helpful to plan activities throughout the year where you facilitate kindness with others. This could be as simple as cleaning out your child's toy chest and talking with them about giving the toys to children who might not have any. Last year, our 4-H club leader facilitated a project for the group to make ornaments for our local care center. The project did not stop with the homemade gift. Each family was also asked to prepare cookies to deliver along with the ornaments and spend time talking with the elders at the care center. At first, the children were a little nervous to talk with the elders, but with time, they warmed up and enjoyed sharing in the elder's stories.

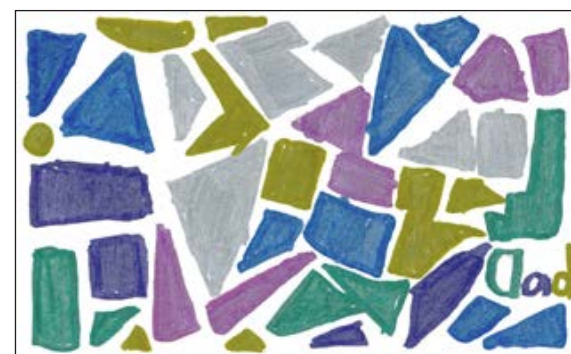
Show that you care — be specific — Spread kindness through specific praise. In one of my workshops, we were discussing the concept of delivering specific praise to children when they do something good. Sometimes we are stuck in a rut where we simply tell children (and adults too) "Good job" rather than something more specific such as "good job hanging your coat up." If we want children to display this good behavior again, then we need to ensure we are specific when it comes to delivering the message.

Rethink the Gift

Many of you have probably already been out shopping for the perfect gift for your loved ones. Sometimes the best gifts are the ones given from the heart. Some of my favorite gifts (given and received) teach children about gratitude and sharing kindness with others. In my 12 years of being a mom, I have received several gifts of coupon books that were good for "free hugs, folding laundry, doing the dishes, etc."

One year, my youngest daughter did not fully realize it was her dad's birthday until the moment we decided to give him his gifts to open. She whispered that I needed

to wait and she went straight to her room and quickly drew and colored him a beautiful mosaic picture on a simple 3" x 5" note-card and wrote "I love you dad" on the back. Naturally, her father was beaming when he realized she quickly made this gift for him just so she had something personal to give him. The best part was not even the present; it was the smile on our daughter's face that showed us she knew she made a difference.



Hand-drawn mosaic picture as a birthday gift

Upcoming Learning Child Trainings

Nebraska Extension teaches several early childhood development classes for child care providers. Listed are upcoming classes held at the Lancaster Extension Education Center, 444 Cherrycreek Road (unless location otherwise noted). For additional information or to sign up, contact Jaci Foged at jfoged2@unl.edu or 402-441-7180.

CPR/AED and First Aid Training — Saturday, Nov. 4, 8:30 a.m. – 12:30 p.m. Open to anyone. \$40 per person.

Nutrition & Physical Activity Self-Assessment for Child Care (NAP SACC) — Tuesday, Nov. 7 and Tuesday, Nov. 14, 12:30 – 3:30 p.m. (must attend both dates). Free. Register by Nov. 1 at <http://go.unl.edu/novnapsacc>



HEART OF 4-H VOLUNTEER AWARD

Bridget Bogle

Lancaster County 4-H is proud to announce Bridget Bogle as winner of November's "Heart of 4-H Award" in recognition of outstanding volunteer service.

A volunteer for five years, Bridget is a parent volunteer for the Amazing Treasurers 4-H club, helping members with numerous static exhibit projects such as sewing, wood-work, posters and science experiments. She helped start the Egg Basket poultry club. At the Lancaster County Super Fair, Bridget helps with the 4-H poultry show, assists youth showing meat goats and volunteers at the 4-H food stand.

"I like being a 4-H volunteer because it reminds me of being a kid again and the many memories I shared with other 4-H members that turned into lifelong friends," she says. "And, nothing will ever replace the look on a 4-H'er's face when they receive their ribbon. I would never have become the person I am today without the many 4-H volunteers I had. Just imagine how your hobby or passion can make such an influence in a young person's life!"

Lancaster County 4-H thanks Bridget 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!

The 4-H year is Oct. 1–Sept. 30 and, since it is a new 4-H year, all 4-H members and volunteers must re-enroll for the 2017–2018 4-H year (even if you just enrolled in August or September).

The website to enroll or re-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 initially set up a profile in which the 4-H youth and/or volunteers in the household will be added.

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

PROJECTS: When signing up for individual projects — note the abbreviations for the project areas. We have added the abbreviations to the 4-H Project List at <http://lancaster.unl.edu/4h/club/ProjectList.pdf> to help you locate an individual project. For example, you will find 'Sketchbook Crossroads' under C&FS which stands for Consumer and Family Science instead of under 'S' or under 'Art.'

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. 4-H club organizational leaders are now able to view their 4-H club's roster online, but must be enrolled for the current year and must contact Karen Evasco to set up a password.

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

All Lancaster County 4-H Volunteers Must be Rescreened in 2017

Every four years, all Nebraska 4-H volunteers must be rescreened through the 4-H Youth Protection Volunteer Screening. This year, 2017, is the year our district must be rescreened.

The form is available at the Extension office or online at <http://lancaster.unl.edu/4h/club>. Volunteers will need to verify their identity by completing section A (have a notary public sign, then mail the form to Kim Novotny, State 4-H Office, 114 Ag Hall, Lincoln, NE 68583) or section B (have an Extension staff member sign). Must show photo ID for either option.

The screening ensures a safe, positive and nurturing environment for all youth involved with the Nebraska Youth Development program. If you have questions, please contact the Extension office at 402-441-7180.

AKSARBEN 4-H Results

The 90th annual AKSARBEN 4-H Stock Show was held Sept. 28–Oct. 1 at Fonner Park in Grand Island. Currently the largest 4-H Stock Show in the United States, 4-H members from Colorado, Illinois, Iowa, Kansas, Minnesota, Missouri, Nebraska, North Dakota, South Dakota and Wyoming participated. The AKSARBEN 4-H Horse Show was held in September at Fonner Park in Grand Island. Below are the Lancaster County 4-H purple ribbon winners. Complete results are at www.akentry.com/akentry/results

Ellie Bunz	Horse — Junior Western Showmanship (Champion)
Cole Cooper	Horse — Junior Western Pleasure (3rd Place)
Aubrey Hayes	Market Lamb Market Lamb Showmanship Horse — Senior Clover Leaf Barrel Racing (3rd Place) Horse — Senior Pole Bending (3rd Place) Horse — Senior Western Showmanship (3rd Place) Horse — Senior Western Pleasure (4th Place)
Jaclyn Heinrich	Swine Market Swine Showmanship
Olivia Kerrigan	Swine
Caitlyn Walbrecht	Breeding Beef Showmanship



HEART OF 4-H VOLUNTEER AWARD

Kaiya Green

Lancaster County 4-H is proud to announce Kaiya Green as winner of December's "Heart of 4-H Award" in recognition of outstanding volunteer service.

Kaiya has volunteered for 4-H since she aged out as a youth member almost five years ago. She is a co-leader for the South Prairie 4-H rabbit club, a member of the Rabbit Volunteers in Program Service (VIPS) committee, helps teach at the rabbit fall clinics, and helps set up for the rabbit spring shows and Lancaster County Super Fair rabbit shows.

She says, "As a 4-H volunteer, my favorite experience is county fair time. The hard work of preparing activities for each club meeting, and Rabbit VIPS committee fair planning and setup has paid off."

South Prairie 4-H'er Rhianna Metcalf says, "Kaiya pushes us to do better and improve our skills, but she also makes it fun. She has made a rabbit Jeopardy game, flashcards, fact sheets and has given several demonstrations — all to help us excel."

4-H volunteer Suzi Dearthmont says, "I first met Kaiya the day she got her first rabbit from a garage sale. She soon joined our 4-H club, South Prairie Wranglers, led by Kendra Ronnau. Quiet by nature, Kaiya didn't do a lot of talking during the meetings, but she was obviously doing a lot of rabbit reading/studying outside of the meetings. Once Kaiya had a solid base knowledge of rabbits, she was never too timid to help anyone out — whether or not the child was a member of her 4-H club. Eventually, Kaiya was a junior leader for our rabbit club and she gave it her all. Kaiya still demonstrates her caring heart by continuing to help after being aged out of 4-H for several years."

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



4-H Awards & Scholarships

Lancaster County 4-H award forms and college scholarship applications are due Dec. 31. Recipients will be announced at Lancaster County Achievement Celebration on Tuesday, Feb. 20, 2018. Forms are available at <http://go.unl.edu/4has> and the Extension office.

Awards

If you have questions about awards, contact Tracy at tracy.anderson@unl.edu or 402-441-7180.

Community Service Awards — based on number of hours of community service through 4-H

National Leadership Award — recognizes youth ages 15–18 who strive to be their personal best

Outstanding 4-H Member Award — an individual 14 years of age or older who has excelled in their involvement with the 4-H program

Meritorious Service Award — individual or organization who has strongly supported 4-H

Nebraska 4-H Diamond Clover Program — recognizes the accomplishments of 4-H'ers ages 8–18, youth can progress from Level 1–6

Nebraska 4-H Career Portfolios — a record of a 4-H'er's career

Nebraska 4-H Club of Excellence — meet criteria outlined by the state 4-H office

College Scholarships

For graduating high school seniors enrolled in the Lancaster County 4-H program. If you have questions about scholarships, contact Cole at cmeador2@unl.edu or 402-441-7180.

4-H Council — up to twelve \$700 scholarships

4-H Teen Council — two \$300 scholarships

Lincoln Center Kiwanis — one \$1,000 scholarship

Lane Community 4-H Scholarship — one \$200 scholarship to a 4-H'er attending Raymond Central High School

Nebraska Association of Fair Managers Martha & Don Romeo Scholarship —

Note: Deadline is Dec. 1

Nebraska 4-H Foundation Scholarships — Information will be posted at <http://ne4hfoundation.org/recognition> — deadline is March 15

4-H Leader Training, Oct. 26

All 4-H leaders and volunteers helping with clubs and independent members are encouraged to attend the Fall 4-H Update on Thursday, Oct. 26 at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln. Attend either the 9 a.m. or 6:30 p.m. update. Training will focus on 4-H club organization, static exhibits, leadership, opportunities for your 4-H members and more. This is a great opportunity to connect with other parents and leaders. You **MUST** preregister by Oct. 24 by calling 402-441-7180.

4-H Paper Basket Workshop, Nov. 4

4-H youth ages 8 and up are invited to a workshop to construct a woven paper basket using recycled newspapers on Saturday, Nov. 4 from 9 a.m.–12 p.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln. No cost to attend. Register by calling 402-441-7180. Bring a needle-nose wire cutter for cutting wire. All other supplies will be provided.

4th & 5th Grade Lock-In, Jan. 19–20

All 4th and 5th graders are invited to 4-H Teen Council's annual overnight Lock-In, which will be held Friday, Jan. 19, 8 p.m.–Saturday, Jan. 20, 8 a.m. More information will be in the January NEBLINE.

4-H Specialty Clubs Invite New Members

Several Lancaster County specialty 4-H clubs are looking for new 4-H members. For more information, call 402-441-7180.

4-H Teen Council — a leadership organization for youth in grades 7–12. Meetings are held the second Sunday of each month at 3 p.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln.

New Dog Club is Forming — are you interested in training your dog in obedience and agility? Open to youth ages 8–18.

4-H Cat Club — this statewide 4-H Cat Club is a monthly webinar series held on the second Thursday of each month at 6 p.m. Open to youth of all ages.

Rabbits R Us 4-H club — usually meets on the last Monday of each month (evenings). Open to youth ages 8–18.

South Prairie 4-H club is primarily a rabbit club which sometimes works on static exhibits together. Open to youth ages 8–18.

Star City Llama & Alpaca — you do not have to own a llama or alpaca, you can borrow or lease one. Open to youth ages 5–18.

Pick-A-Pig — you do not have to own a pig. Open to youth ages 8–18, the club reorganizes in late winter, usually with a deadline to join around March 15.

HORSE BITS

2017 Horse Awards

4-H Horse Awards Night, held Oct. 5, recognized top achievements at the Lancaster County Super Fair and other accomplishments throughout the past year. 4-H volunteer Emily Nolan was Master of Ceremonies. Sheridan Shamrocks 4-H Club distributed programs and led the pledges. Additional results and photos are online at <http://lancaster.unl.edu/4h/horse/AwardsNite.shtml>

JUDGING CONTEST

The Horse Judging Contest (a Lancaster County Super Fair contest) emphasizes how much 4-H members know about horse confirmation as they judge four or more classes of horses along with the opportunity to give oral reasons. The Champion of each division received a buckle.

Elementary Division — Shea Frink (Champion), Shyann Severson (Reserve Champion), Tayden Bell (3rd), Skylar Frisbie (4th), Josie Soukup (5th), Sophie Schumacher (6th), Amelia Proffitt (7th)

Junior Division — Julia Soukup (Champion), Ellie Bunz (Reserve Champion), Sidney Froistad (3rd), Kat Moyer (4th), Cally Dorff (5th), Rayley Burnside (6th), Cadi Wilbeck (7th), Alexa Starner (8th), Erin Oldemeyer (9th), Grace Spaulding (10th)

Senior Division — Ally Quinn (Champion), Madi Brandt (Reserve Champion), Lauren Kelley (3rd), Emily Burnside (4th), Kate Cooper (5th), Bryanna Loudon (6th), Alyssa Loudon (7th), Madelaine Polk (8th), Ashley Clegg (9th), Adam Oldemeyer (10th)

HORSEMANSHIP ADVANCEMENT LEVELS

The Nebraska 4-H Horse Project advancement levels are designed to serve as guides for instruction and evaluation of each member's progress. The correct handling of horses is emphasized from the beginning level to the most advanced level. Each level is a huge accomplishment.

Level I Ground — Liliana Abele, Afton Byelick, Lauren Eilers, Zoey Jamison, Carter Neukirch, Ava Wharton

Level I Walk/Trot — Madison Blair, Liz Boshart, Isabella Grosskopf, Maleah Jamison, Diamond LeBlanc, Todd Munk, Makayla Regler

Level I — Kyra DeBuse, Kaitlyn Dumler, Skylar Frisbie, Madi Hall, Joseph Harrison, Kristen Harrison, Tanner McInteer, Katie Nepper, Emma Ohle, Faith Oldemeyer, Taylor Root, Lorrilee Schroeder, Josie Soukup, Isaiah Stander, Judson Tietjen, Timothy White

Level II — Nicole Ackland, Bailey Hampton, Alyssa Loudon, Katie Malina, Erin Oldemeyer, Dana Rademacker, Harper Rosenstiel

Level III — Lillie Beach, Clara Bradbury, Emmi Dearmont, Kali Maytum, Ally Quinn

INCENTIVE AWARDS

4-H'ers logged the hours they spent working with or learning about horses. The more hours invested, the more valuable the reward! The Horse Incentive Awards are sponsored by the Lancaster County 4-H Horse Volunteers in Program Service (VIPS) Committee.

Bronze (minimum of 100 hours or points) — Michaela Bunz, Kenzy Hayes, Zoey Jamison, Amelia Proffitt, Sophie Schumacher

Silver (minimum of 183 hours or points) — Nicole Ackland, Lillie Beach, Madison Blair, Clara Bradbury, Madi Brandt, Cally Dorff, Shea Frink, Skylar Frisbie, Isabella Grosskopf, Madi Hall, Bailey Hampton, Maleah Jamison, Kali Maytum, Faith Oldemeyer, Madelaine Polk, Ally Quinn, Makayla Regler, Calli Robinson, Alexa Starner and Cadi Wilbeck

Gold (minimum of 366 hours or points, and completed horse record book) — Ellie Bunz, Ashley Clegg, Emmi Dearmont, Aubrey Hayes, Cassie Meyer, Porsche Miller, Katie Nepper, Lucy Polk, Shyann Severson, Madison Sobotka, Aussia Stander and Bethany Wachter

ALL-AROUND AWARDS

Bluestem All-Around Miniature Horse Award for high point 4-H miniature horse at the Lancaster County Super Fair, sponsored by the Bluestem Miniature Horse Club — Ava Wharton (horse "D.M. King Chipette")

Nebraska Dressage Association High Score Dressage Rider Award for high score riders in the 4-H Dressage Show at the Lancaster County Super Fair, sponsored by Nebraska Dressage Association — Kristen Loudon (champion) and Allison Riedman (reserve champion)

Dick and Cookie Confer Top Trail Award for all-around champion of the Lancaster County Super Fair 4-H Trail obstacle class, sponsored by Dick and Cookie Confer — Ella Gerlach

Franklyn Manning Top Barrels Award for fastest time in the Lancaster County Super Fair 4-H Barrel Racing competition — Cassie Meyer

All-Around Cowboy/Cowgirl Awards — Three age division awards for All-Around Cowboy/Cowgirl at the Lancaster County Super Fair received buckles, sponsored by Adams Animal Care, Country Riders 4-H club and the Oldemeyer Family. Elementary — Josie Soukup; Junior — Julia Soukup; Senior — Jadin Vogler

All-Around Ranch Horse Awards — Age division awards for All-Around Ranch Horse at the Lancaster County Super Fair are sponsored by Olive Creek Acres Performance Horses — Brian and Shannon Vogler. Elementary — Chase McInteer (horse "What's Up Wiz 'T'"); Junior — Clara Bradbury (horse "Fine Little War"); Senior — Jadin Vogler (horse "Kenai's Peponita")

Lowell Boomer High Point Jumping Award for the all-around champion in the 4-H jumping classes at the Lancaster County Super Fair, sponsored by Hunter's Pride 4-H Club — Megan Danley

Wilhelmina Wittstruck Memorial All-Around Champion Award for Lancaster County Super Fair all-around 4-H champion individual, sponsored by Dwayne and Joan Wittstruck — Ally Quinn



Horsemanship Advancement Level I



Horsemanship Advancement Level II



Horsemanship Advancement Level III



All-Around Miniature Horse Award (presented by Sheila Purdum of the Bluestem Miniature Horse Club)



High Point Dressage Award (presented by Margo Hamilton of the Nebraska Dressage Association)



Top Barrels Award (pictured with Extension Assistant Kate Pulec)



All-Around Cowboy/Cowgirl Horse Awards



All-Around Ranch Horse Awards



Wilhelmina Wittstruck Memorial All-Around Champion Award (pictured with Extension Assistant Kate Pulec)



EXTENSION CALENDAR

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

October

26 4-H Leader & Volunteer Training 9 a.m. & 6:30 p.m.

November

1 Deadline for Extension Board Applications
2 4-H Youth Science Day for Home-Schooled Youth 9 a.m. & 1 p.m.
4 CPR/AED and First Aid Training..... 8:30 a.m.–12:30 p.m.
4 4-H Paper Basket Workshop..... 9 a.m.–12 p.m.
7 Nutrition & Physical Activity Self-Assessment for Child Care (NAP SACC)..... 12:30–3:30 p.m.
7 4-H Council Meeting..... 6 p.m.
12 4-H Teen Council Meeting 3 p.m.
13 Pesticide Applicator NDA Walk-in “Testing Only” Session 9 a.m.–2 p.m.
14 Nutrition & Physical Activity Self-Assessment for Child Care (NAP SACC)..... 12:30–3:30 p.m.
17 Extension Board Meeting 8 a.m.
18 Make It With Wool Contest 9 a.m.

December

8 Extension Board Meeting 8 a.m.
10 4-H Teen Council Meeting 3 p.m.
11 Pesticide Applicator NDA Walk-in “Testing Only” Session 9 a.m.–2 p.m.
14 Co-Parenting for Successful Kids Class..... 9 a.m.–12:30 p.m.
31 4-H Award and Scholarship Applications Due to Extension

4-H Service

continued from page 1

- **Fusion 4-H’ers** sewed 43 pillowcases and donated them to the Christian Heritage Foster program.
- **Go, Go, Goat Getters** brought goats to two 4-H Clover College workshops and went to a Tractor Supply Store to talk to customers about goats. The club also picked up trash at Oak Lake and made hygiene kits they donated to the People’s City Mission.
- **Rabbits R Us** club members took rabbits, chickens and dogs to two nursing homes to share with residents.
- **Super Shamrocks** made holiday cards for the East Lincoln Community Church to send to homebound people. The club also made care boxes and donated them to Operation Christmas Child through Samaritan’s Purse International Relief.
- **Multiple 4-H clubs** provide carnival-type games at the annual Kiwanis Karnival held at Elliott Elementary School and/or staff shifts at 4-H Council’s food stand during the Lancaster County Super Fair, of which all proceeds benefit Lancaster County 4-H.



JP2 Crew sewed 16 pillowcases for the People’s City Mission.



Five Star 4-H’ers made 8 fleece tied blankets for the Children’s Hospital and Medical Center in Omaha.

Outgoing 4-H Council Members

The October 4-H Council meeting marked the final meeting for four outgoing 4-H Council members. Abby Babcock served one year, Cathy Plager served six years, Kari Price served six years and Jenny Schnase served three years, including two as treasurer. Lancaster County 4-H thanks them for their leadership, time and expertise! Adult 4-H Council members can serve two consecutive terms of three years each. Teen 4-H Council members can serve two consecutive terms of two years each.



Extension Board Applications

The Lancaster County Board of Commissioners seek community members to serve on the Lancaster County Extension Board. Vacancies will be filled with three year appointments beginning in January 2018.

Extension Board members advocate for and assist Extension staff in focus areas such as: 4-H youth development; beef systems; community environment; community vitality; cropping & water systems; food, nutrition & health; and the learning child. The board meets monthly (usually the second Friday of the month at 8 a.m.).

Registered Lancaster County voters interested in serving should complete an Extension Board application by Nov. 1. Additional information and an application can be obtained from: Nebraska Extension in Lancaster County, 444 Cherrycreek Road, Suite A, Lincoln, NE 68528 or by calling 402-441-7180. Applications are also online at <http://lanaster.unl.edu/lanaster-county-extension-board>

Ag Society Annual Meeting, Dec. 12

The Lancaster County Agricultural Society (which acts as the Fair Board) will hold its Annual Meeting & Board Election on Tuesday, Dec. 12 at the Lancaster Event Center, 84th & Havelock, in the Lancaster Room (use Business Center entrance, north side of Pavilion 1). Voting will take place 5:30–6:30 p.m. for three positions on the Lancaster Agricultural Society Board (three-year terms). Any registered voter in Lancaster County may vote.

Any Lancaster County resident interested in running for a position on the board must submit a short biography to arrive by Wednesday, Nov. 15 in order to be placed on the ballot. Send the biography to: ATTN Jamie Bauman, LCAS Secretary; Lancaster Event Center; P.O. Box 29167; Lincoln, NE 68529. Biographies can also be sent by email to SuperFair@LancasterEventCenter.org

The Annual Meeting, starting at 6:30 p.m., is an opportunity for the public to learn more about the Super Fair and the Lancaster Event Center. The regular monthly meeting of the Ag Society will follow the annual meeting.

Regular monthly meetings are usually held the third Thursday of every month at 7 p.m. (November–March) or 7:30 p.m. (April–October) and are open to the public. For more information, contact Lancaster Event Center Managing Director Amy Dickerson, at 402-441-6545 or adickerson@LancasterEventCenter.org.

EXTENSION NEWS

Kristen Houska is SNAP-Ed Educator

Kristen Houska, MS, is the new Extension Educator for the Supplemental Nutrition Assistance Program-Education (SNAP-Ed) program in Lancaster County, part of Nebraska Extension. She previously served six years as an Extension Assistant in the same program.

SNAP-Ed provides nutrition education to limited-resource populations primarily through direct education, but also through policy, system and environmental changes.

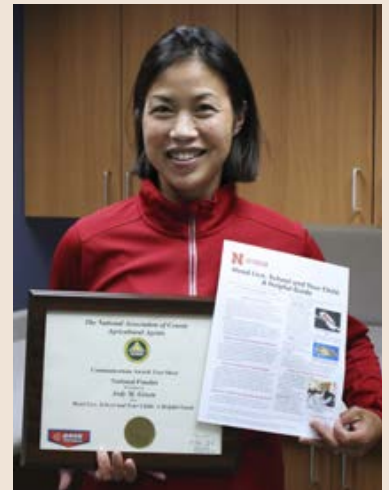
This past year, Kristen was an Extension Educator and Team Nutrition Coordinator on University of Nebraska–Lincoln East Campus. She focused on conducting research with the school enrichment nutrition kit curricula, presenting teacher trainings about healthy school practices and distributing Family and Consumer Science mini-grants to schools state-wide looking to increase nutrition education and nutrition promotion.

Kristen is excited to return to Nebraska Extension in Lancaster County to begin her new role. She is looking forward to serving the limited-resource populations of the county again, and facilitating growth within the SNAP-Ed program.



Jody Green Receives Communication Award

The team of Extension Educators Jody Green (Lancaster County) and Jonathon Larson (Douglas/Sarpy Counties) were one of three national finalists for the National Association of County Agricultural Agents (NACAA) Communication Award for Fact Sheet. The award was presented for their head lice fact sheet, “Head Lice, School and Your Child: A Helpful Guide” online in English and Spanish at <http://lanaster.unl.edu/pest/lice>.



2017 UNL Service Awards

Recently, University of Nebraska–Lincoln staff reaching an anniversary year of employment were honored for their years of service to the university. The following Nebraska Extension in Lancaster County staff were recognized:

- **Tracy Anderson**, Extension Educator — 20 years
- **Jim Wies**, Extension Associate — 20 years
- **Kristin Geisert**, Extension Associate — 5 years

UNL Explore Horticulture Event for High School Students

University of Nebraska–Lincoln’s Department of Agronomy and Horticulture is hosting a free Explore Horticulture event for high school students on Thursday, Nov. 9, 3:30–5:30 p.m. Learn about the degree options available to students in the horticulture major. Meet faculty, staff and current students. Explore campus in person. Please register at <https://agronomy.unl.edu/explore-horticulture>. For more information, call 402-472-1640.