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1-2018

### NEBLINE, January 2018

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## 2017 Extension Highlights

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

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

**Extension helps people solve real-world problems**



**Early Childhood Development Trainings for Child-Care Providers** — in 2017, Extension taught or coordinated 99 early childhood trainings for local child-care professionals. Total attendance was 1,854, generating 413 in-service hours approved by the Nebraska Department of Health & Human Services. 86% of participants at Early Learning Guidelines trainings indicated they would use “a lot” or a “great deal” of what they learned during the trainings in their work. Pictured is Extension Educator Jaci Foged (second from right) teaching a CPR and first aid training.

Photos by Vicki Jedlicka unless otherwise noted



**Cover Crops Conference** — Extension Educator Tyler Williams (standing far left) and other colleagues organized a conference, “Opportunities for Growing and Grazing Cover Crops,” during the Lancaster County Super Fair. It was attended by 150 crop growers and cattle operators from 35 counties, representing 80,000 acres of farm ground and 9,600 head of beef cows. 73% said they plan to expand, modify or start a new practice from the information learned and estimated a value gained of \$18 per acre.



**Emerald Ash Borer Injection Workshop** — at a two-day workshop, 33 professional arborists learned how each of the seven commonly used commercial injection systems differ in application and effectiveness. Extension Educator Sarah Browning (far left) led development of this program in association with the Nebraska Arborist Association. Phil Pierce, retired Omaha City Forester, said, “The equipment demonstrations helped tree professionals compare and select the best treatment methods for their customers.”



**Termite Academy** — Extension Educator Jody Green (third from left) partnered with industry professionals, UNL faculty and the Nebraska Department of Agriculture in presenting a two-day, hands-on termite academy to train pest management professionals. Emphasis was on pesticide safety, following the label, calibrating equipment and proper/legal application of termiticides. Attendees rated each of the 16 sessions as either “good” or “excellent,” and 100% said they would recommend this termite training to someone in the industry.



**Onsite Wastewater Professional Development Trainings** — this year, 357 certified wastewater professionals attended 9 trainings across the state. Extension Educator Meghan Sittler (second from right) organized and co-led the workshops in partnership with the Nebraska On-site Wastewater Association and Nebraska Department of Environmental Quality. 91% of attendees indicated they increased their understanding of key and emerging issues. Comments from participants included, “I will be able to take a lot of this information home to use on my job sites.”



**Nutrition Education Program** — NEP helps families on limited budgets make healthier food choices and choose physically active lifestyles. Two projects introduced this year changed Lincoln’s food retail to make eating healthy easier. “Double Up Food Bucks” increased the amount of money Supplemental Nutrition Assistance Program customers in Lincoln spent on fruit and vegetables by 40–89% per retail site. “Choose Healthy Here” helped stores improve their selection of healthy foods through marketing and educational support. Pictured is Extension Assistant Meredith Hein (front) with a store manager.



**Growing Healthy Kids Nutrition Program** — GHK provides nutrition kits with curriculum and supplies for teachers to teach hands-on activities in K–2nd grade classrooms at Lincoln Public Schools not served by the Nutrition Education Program. Last year, 5,093 students gained the knowledge and skills to make healthy food choices and how to incorporate physical activity into their day. Extension Educator Alyssa Havlovic (far right) leads one or two lessons in most classrooms. In the fall of 2017, the program expanded to 3rd–5th grades.



**Nutrition Resources** — Extension Educator Alice Henneman increases outreach by sharing materials she develops for in-person programs on the [food.unl.edu](http://food.unl.edu) website, email newsletters and social media. “Makeover Your Leftovers” presentations were attended by over 250 people and the online materials were viewed over 2,200 times in three months. Online feedback included, “Good information that my clients, and myself, can use.” Henneman also presents nationally on how she conducts programs (pictured at a poster session during a national conference).

**More impacts on next page**





Benefit to People



“Nebraska Extension has been a great resource in helping the Lincoln Children’s Zoo identify tree diseases and insect pests. They have given us great treatment and control recommendations on a number of tree specimens on the zoo grounds. Also, the zoo is very happy to partner with Extension’s Master Gardener program. The Master Gardener volunteers have been a tremendous help in the upkeep of the zoo’s landscape.”  
— **Isaac Fuenning**, curator of Horticulture, Lincoln Children’s Zoo



“Nebraska Extension has greatly benefited my adult English as a Second Language class with their classes regarding common household insects like bed bugs, head lice and cockroaches. Many of my students come from countries without the same insects that we have here, and the education provided by Extension helps them feel more empowered to keep their homes clean and bug-free.”  
— **Kelly Ross**, ESL Instructor, Southeast Community College



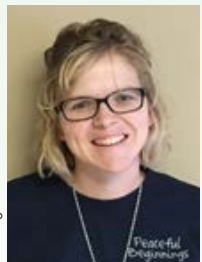
“Extension has been a part of my life for over 55 years. This summer, Extension staff helped diagnose a problem with dead areas of grass in a pasture and I attended two meetings on cover crops that gave me info that I have now implemented.”  
— **Rod Hollman**, farmer



“In 4-H, I’ve learned a wide variety of life skills. I worked to put together an educational, yet entertaining, PowerPoint for fourth and fifth graders. This activity also helped me gain leadership skills. I had to coordinate and work with others to make this a reality, allocating time and choosing how to fill that time. Teamwork has been key in many more areas than this.”  
— **John Boesen**, member of Teen Council and Go Go Goat Getters 4-H clubs



“I learned that whole grains are a better option than processed grains and I also learned the three parts of a whole grain. The activity was fun and I got to share what I learned about grains with my family.”  
— **Shaylynn Ashely** (pictured center), 4th grade student in Nutrition Education Program’s afterschool Healthy Living & Nutrition Club at Salvation Army



“Extension has benefited my staff and program in so many ways. Jaci Foged has come to our facility to offer a variety of trainings which is super helpful and convenient. She provides hands-on activities to engage teachers with the children. The trainings have helped our center make strong policies that will better our staff and center and help educate our families.”  
— **Kayla Baker**, director at Peaceful Beginnings Early Childhood Center

Another Year of Continued Growth in Programming

Nebraska Extension in Lancaster County continues to see growth and strong commitment to serving residents. The Nutrition Education Program (NEP), which serves some of our most vulnerable residents, created a new position for the Expanded Food and Nutrition Education Program (EFNEP). Extension Educator Emily Gratopp was hired to serve as EFNEP coordinator here in Lancaster County as well as to cover five additional counties as part of a statewide appointment. Extension Educator Kristen Houska was named the Supplemental Nutrition Assistance Program-Education (SNAP-Ed) coordinator and leads staff and programming in Lancaster County and nine nearby counties. One of the highlights of SNAP-Ed is its highly



successful school enrichment nutrition program. In the 2016–2017 school year, nearly 7,500 youth received in-depth education leading to healthier life-long nutrition habits. Our 4-H program continues to grow as well. 4-H Extension Educator Tracy Anderson reports 35,946 youth participated in 4-H programs — **a 9% increase from last year!** Investing in our youth is truly investing in our future. It has been an enjoyable year watching Extension’s dedicated staff lead and grow programs serving Lancaster County residents and beyond.



New Extension Educators (L-R) Emily Gratopp and Kristen Houska

35,946 Youth Engaged in 4-H Programs

**Including Clubs, School Enrichment, After-School/Summer Sites and Camps**  
Youth participating in the 4-H positive youth development program have opportunities to get involved and develop to their full potential. Positive youth development is a framework that highlights the things youth need to become successful. It focuses on strengths instead of limitations and leads to the five Cs — competence, confidence, character, connection and caring.  
Sources: 4-H National Headquarters Essential Elements Fact Sheet and Essential Elements Curriculum and Training Guide



**4-H Clubs** — with 79 clubs ranging from 5 to 83 youth members, clubs are an important part of the Lancaster County 4-H program. 4-H clubs are led by adult volunteers, often hold regular meetings, elect youth officers, recite the 4-H pledge, learn together and do community service projects. Many club members participate in contests and fair events. Pictured are Fusion 4-H’ers club members working on a project during a club meeting, which members then exhibited at the Lancaster County Super Fair.



**4-H at Lancaster County Super Fair** — at the 2017 Super Fair, nearly 702 4-H/FFA exhibitors showcased approximately 5,261 exhibits (including static exhibits, animals, contest entries and Clover Kids exhibits). The Super Fair provides 4-H youth an opportunity to showcase the projects they’ve worked on throughout the year. Lancaster County has the largest 4-H county fair horse show in Nebraska, with 41 events spanning 7 days. Pictured is Extension Assistant Kate Pulec presenting trophies at the Hunter Show.



**4-H Clover College** — Extension Associate Kristin Geisert (second from left) organizes Clover College, which is 4 days of hands-on workshops. This year, 153 youth attended 55 workshops with a total 960 class registrations.



**True Leaders** — participating in community service is a powerful way for youth to gain skills they need to be prepared to lead. Last year, Lancaster County 4-H’ers reported over 2,827 hours of community service through 4-H. Pictured are 4-H Teen Council members making tie blankets for People’s City Mission. Extension Educator Tracy Anderson is third from left.



**4-H School Enrichment Programs** — Lancaster County 4-H presents several programs in local schools, including: Garbology (2nd grade), Embryology (3rd grade), Ag Literacy Festival (4th grade), Earth Wellness Festival (5th grade), Nutrition Education Program (K–5th grades in qualifying Lincoln Public Schools) and Growing Healthy Kids (K–2 grades in the rest of LPS schools). These curricula meet Nebraska Curriculum Standards. Extension Associate Cole Meador (pictured center) organizes the Ag Literacy Festival at which more than 500 students from eight local schools gain a greater understanding of agriculture and how it impacts their daily lives.

Extension’s Volunteers Worth Over Half a Million Dollars!



In 2017, Nebraska Extension in Lancaster County benefited from an estimated 1,635 volunteers who helped extend the reach of programs such as 4-H and Master Gardeners. Pictured are Master Gardener volunteers assisting in the People’s City Mission community garden. The garden gives Mission residents the opportunity to learn how to grow and harvest garden crops. Extension staff member David Smith established the garden in 2006. **Extension volunteers’ estimated 26,616 total hours of service are worth nearly \$592,206\* to our community!**

\*Based on Independent Sector’s estimate of Nebraska’s value of a volunteer hour in 2016 as \$22.25



# What's On a Food Label

Carol Schwarz, MS, RD and  
Alice Henneman, MS, RDN  
Extension Educators

A survey was conducted on how people in our state think and feel about their food. Food labels were identified as the major information source by 63.7% of the 1,208 respondents.

Be an able food label reader. Do you know the answers to these questions?

1. Which of these ingredients is present in the largest amount by weight in this food?



- a) Whole wheat  
b) Brown sugar  
c) Molasses  
d) They are present in equal amounts

2. Which label does NOT have an approved "definition?"



A



B

- a) Label A  
b) Label B

3. Is a "Best If Used By" date a "safety" date?

BEST IF USED BY:  
DEC 27 2019

- a) Yes  
b) No

4. Which food in this photo is "hormone free"?



- a) Meat  
b) Bread  
c) Peas  
d) None of them are "hormone free"

5. Which animal is raised with "added" hormones?

- a) Pig  
b) Chicken  
c) Both of them  
d) Neither of them

6. If "banana-A" is labeled "GMO-Free" and "banana-B" has no GMO labeling, which is a TRUE statement?

- a) Banana-B is a GMO food  
b) Neither of them is a GMO food  
c) It's impossible to tell if banana-B is a GMO food

## ANSWERS

### 1. a) Whole wheat.

Ingredients are listed by their common or usual name in descending order by weight. For example: If "whole wheat" is listed first, that ingredient is found in the largest amount by weight in the product. The ingredient listed last contributes the least amount by weight.

2. b) Label B. Currently, the U.S. Food and Drug Administration has not developed a definition for use of the term "natural."

3. b) No. A "Best If Used By" date describes product quality, where the product may not taste or perform as expected but is safe to use or consume.

4. d) None of them are "hormone free." Anything that is or has been alive contains

hormones, including plants. There is no such thing as a "hormone free" meat or animal product.

5. d) Neither of them. Added hormones aren't allowed by the U.S. Department of Agriculture in pork and poultry. A claim of "no hormones added" on pork or poultry must be followed by the statement, "Federal regulations prohibit the use of hormones." Be aware, the claim of "no hormones added" may be in much larger letters than the statement saying the use of hormones is prohibited.

6. b) Neither of them are GMO foods. In today's market place, you may find foods promoted as "GMO free" or "contains no GMOs." Before you pay extra for this food, be aware it may not be made with any ingredients that contain GMOs in the first place. In other words, the same type of

food without that label may also be free of GMO ingredients.

Neither banana is a GMO food and never has been! GMO foods currently available in the United States are:

- Corn (field and sweet)
- Soybeans
- Cotton
- Canola
- Alfalfa
- Sugar beets
- Papaya (Hawaiian)
- Squash

*NOTE: Not all versions of all these foods are genetically engineered. Arctic apples, a GMO food, are currently available in some areas of the U.S. with increasing availability each year hereafter. Before being placed on the market, genetically modified foods must be approved by the U.S. Food and Drug Administration, the U.S. Department of Agriculture and the Environmental Protection Agency.*

## UNL Helps Small Food Business Start-ups

The University of Nebraska-Lincoln Food Processing Center offers a nationally recognized and unique program to help potential entrepreneurs start a food business. The National Food Entrepreneur Program assists individuals through all the steps of developing their product and business.

The program begins with a one-day "Recipe to Reality" seminar. The seminar explores all the key issues in deciding to start a food business. Discussion

includes business planning, labeling, product development and food safety, promotion, costs and pricing and many more topics.

"Recipe to Reality" seminars are offered several times throughout the year. The 2018 dates will be:

- Saturday, Jan. 20
- Saturday, March 31
- Saturday, June 2
- Saturday, Aug. 11
- Saturday, Oct. 27

Pre-registration is required.

For more information, go to [www.fpc.unl.edu](http://www.fpc.unl.edu). To register for an upcoming seminar or to receive an information packet, contact Jill Gifford at [jgifford1@unl.edu](mailto:jgifford1@unl.edu) or 402-472-2819.

Following the seminar, participants can choose to enter "Product to Profit." This second phase of the program provides entrepreneurs with confidential and individualized assistance in starting their own food business and bringing their product idea to the market.

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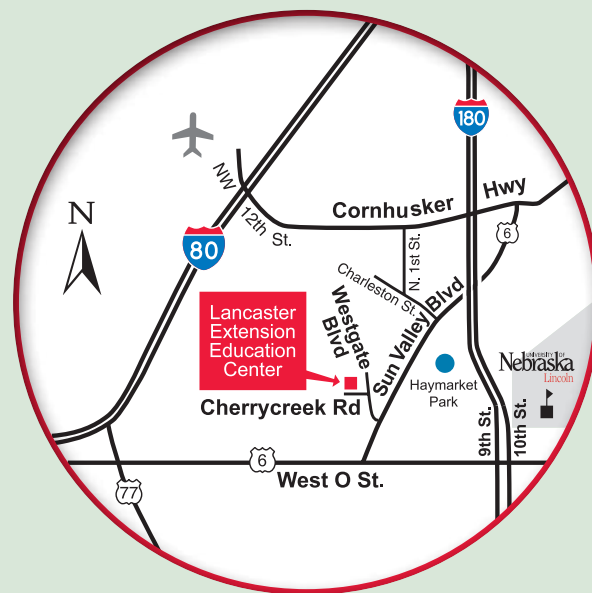
Nebraska Extension in Lancaster County  
444 Cherrycreek Road, Ste. A, Lincoln, NE 68528  
**402-441-7180**

**<http://lancaster.unl.edu>**

Email: [lancaster@unl.edu](mailto:lancaster@unl.edu) • Fax: 402-441-7148

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Lancaster Extension Education Center Conference Facilities  
444 Cherrycreek Road, Lincoln





## Pesticide Applicator 2018 Training Dates

If you have a pesticide applicator license expiring April 2018 — 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 pesticide 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 a statewide list of dates, locations, registration information and categories. Trainings at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln will be held:

- Tuesday, Feb. 6 at 9 a.m. (Recertification)
- Thursday, Feb. 8 at 8:30 a.m. (Initial)
- Thursday, Feb. 22 at 9 a.m. (Recertification)
- Tuesday, Feb. 27 at 8:30 a.m. (Initial)
- Thursday, Mar. 29 at 9 a.m. (Recertification)
- Thursday, April 12 at 8:30 a.m. (Initial)

Cost is \$80 per participant if pre-register; \$90 per participant at the door. 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”).

#### 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](http://www.nda.nebraska.gov/pesticide/applicator_testing.html) for a statewide list of dates, times and locations. Free.

Testing sessions at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln will be held (exams must start between 9 a.m. and 2 p.m.):

- Thursdays, Jan. 11 & 25
- Monday, Feb. 5
- Thursday, March 1

- Thursdays, April 5 & 19
- Thursdays, May 3 & 17
- Thursday, June 7 and Monday, June 25
- Thursdays, July 12 & 26
- Thursdays, Aug. 9 & 23
- Thursdays, Sept. 6 & 20
- Thursdays, Oct. 11 & 25
- Thursday, Nov. 8 and Monday, Nov. 19
- Thursdays, Dec. 6 & 20

#### 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](http://www.nda.nebraska.gov/pesticide/pearson_vue_testing.html) for categories, dates, locations and registration. Cost is \$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. See article at right for details.

### Private Applicators

Private pesticide 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 is \$40 per participant collected at the door. No pre-registration required.

2018 trainings at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln will be held:

- Tuesday, Feb. 13, 9:30 a.m.
- Monday, March 12, 6 p.m.
- Tuesday, March 13, 9:30 a.m.

**Crop Production Clinics** — Receive initial or recertification training. See article at upper right for details.

**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 is \$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 is \$60 per manual.

#### Testing-only option

— Take a written closed-book exam given by the Nebraska Department of Agriculture. Contact 402-471-2351.

## Crop Production Clinic in Lincoln, Jan. 18

Nebraska Extension will present four Crop Production Clinics across the state in 2018.

A Crop Production Clinic will be offered in Lincoln at the Embassy Suites, 1040 P St. on Thursday, Jan. 18. Registration will be 8–8:45 a.m. and clinic concludes at 3:30 p.m.

Visit <http://agronomy.unl.edu/cpc> for a clinic listing and to register. Cost is \$80 per participant, which includes lunch and training materials.

The Crop Production Clinics feature two tracts:

- Crop, soil and water management.
  - Pesticide safety and pest management.
- Attendance at the pesticide safety program allows private applicators to receive initial or recertification — and commercial/noncommercial applicators to recertify in Ag Plant, Regulatory or Demonstration/Research categories.

## “Successful Farmer Series” Weekly, Jan. 5–Feb. 9

The third annual “Successful Farmer Series,” 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. Please register at least two days before the workshops by contacting Karen Wedding at

[kwedding2@unl.edu](mailto:kwedding2@unl.edu) or 402-441-7180, or going to <https://lancaster.unl.edu/ag>. Pay at the door, check or cash. Debit/credit card payment available for an additional fee.

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

## 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](http://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](http://www.nearborists.org) • [www.nnla.org](http://www.nnla.org)





## Extension's 2018 Master Gardener Trainings, Two Sites Available



A Master Gardener 2017 training at the Lancaster Extension Education Center.

**Mary Jane Frogge**  
Extension Associate

If you have a strong interest in gardening and enjoy helping others, you are invited to become a Nebraska Extension Master Gardener volunteer.

This program will increase your knowledge and understanding of such horticultural topics: best cultural practices for growing flowers, vegetables, turf, plant disease and insect pest identification, control and much more. Instructors are Extension specialists, educators, associates and horticulture professionals.

To become a Master Gardener volunteer, you must attend all training sessions, pass an examination and volunteer for Extension educational program-

**N**  
**EXTENSION**  
Master Gardener

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

Training class size is limited. Those participating in the 2018 training class must pay a \$190 materials fee. There are two options for Master Gardener Training in Lincoln.

**Weekday Training Classes** will begin February

2018. Training hours are 9 a.m.–4 p.m. and the training sessions will be held at the Lancaster Extension Education Center, 444 Cherrycreek Road. Application deadline is Jan. 19. For additional information, call Mary Jane Frogge at 402-441-7180. To apply online, go to <http://lancaster.unl.edu/mastergardener>.

**Evening Training Classes** will begin January 2018. Training hours are 6–9 p.m. and the training sessions will be held at the University of Nebraska–Lincoln East Campus. Application deadline is Jan. 12. For more information, contact Terri James at 402-472-8973. Apply online at <http://mastergardener.unl.edu/master-gardener-application>.



## GARDEN GUIDE

### THINGS TO DO THIS MONTH

Mary Jane Frogge, Extension Associate

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

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

January is a good time to order flower and vegetable seeds. Many varieties sell out early.

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

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

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

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

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

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

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

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

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

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

## Gnats In Winter? Check Potted Plants!

**Jody Green**  
Extension Educator

Fungus gnats are nuisance pests that occur indoors throughout the winter months. They breed and develop in overwatered potted plants. Many people do not realize plants take up less water in the winter, continue to water regularly, thereby creating a suitable habitat in the soil for the fungus gnat to complete its life cycle.

Adults are grayish-black, about 1/8-inch long and have one pair of wings. At first glance, they may appear similar to fruit flies, but they complete their development in top layers of soil.

Females lay 100–150 eggs in moist potting soil and the larvae feed and develop on the fungi and organic matter. Fungus gnat larvae are white, slender, legless maggots with translucent bodies and dark heads. Larval feeding sometimes includes gnawing on the roots and stems of plants.

In warm conditions, overlapping generations may occur, producing large populations which can cause spotting, curling, yellowing or plant death. After pupating in the soil, they emerge as winged adults, bothering people by flying around faces, lights, windows and food items.

In order to eliminate a fungus



Fungus gnats on a sticky trap.



Fungus gnat, highly magnified

gnat infestation, the life cycle must be broken. This can be done by removing the fungus in which they breed, while simultaneously reducing the number of breeding and egg-laying adults. A non-chemical approach is to reduce the topsoil moisture by less frequent watering, drying out the soil and changing the plant medium to provide better drainage.

To catch flying adults, yellow sticky card traps are available at garden stores and placed at the soil surface. In addition, there are biological control products such as the microorganism, *Bacillus thuringiensis* (Bt), which is applied to the soil to kill larvae after ingestion. Bt is selective to insect larvae, non-toxic to humans, pets and contains no harmful residues.

Photos by Jody Green, Nebraska Extension in Lancaster County

## Wildlife Need Tree Snags

**Soni Cochran**  
Extension Associate

Tree snags are essential habitat for wildlife. There are different types of snags. In a forest, tree snags are dead or dying trees which are still standing.

When a large tree dies, it becomes a "hard snag." Hard snag trees still have their bark and sapwood (the wood between the bark and the heartwood) firm and attached. In these trees, the heartwood or inner core of the tree is still solid.

A "soft snag" is a tree that has become soft with decay or is hollow in the center. These trees have lost most of their limbs and over the years become weaker and shorter. Eventually, these trees fall and become an important source of food and shelter for animals living on the ground.

Trees which are living but have snag-like features including missing limbs, dead branches or cavities also have important wildlife value. You can also find hard and soft snags near the edge of streams, ponds and lakes. Eventually, these snags will fall into the water and provide important aquatic habitat for fish and other wildlife.

So how do wildlife use snags? Standing snags larger than 12 inches in diameter and taller than 15 feet create perches for owls and hawks. Many species of smaller native birds also use the snags to perch and rest. Cavities provide nesting sites for raccoons, wood ducks, woodpeckers, chickadees and other cavity-nesting animals.

In spring, woodpeckers use large tree snags to claim their territories by drumming on the hollow trees where they get the best and loudest tones. Nuthatches, flickers and woodpeckers search out insects hidden in and around snag trees.

On the ground, near the water or in the



Photo by Soni Cochran, Nebraska Extension in Lancaster County

Trees which are living but have snag-like features like cavities also have important wildlife value.

water, snags are home to an abundance of wildlife. These animals are also sources of food for other wildlife who visit snags.

In rural areas, there are usually tree lines, creeks and other features which are suitable to snag stands. If you live in an urban area and want to incorporate snag trees, it is best to keep only those trees which will not create a danger to people or property. The bigger the snag trees, the better for wildlife, but in certain situations, keeping smaller ornamental or fruit tree snags is a safer option.

When snag trees fall, don't remove the fallen logs, if possible. Relocate them near where they fell, in a more convenient location.





## HEART OF 4-H VOLUNTEER AWARD

### Troy Bernadt

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

A 4-H volunteer for five years, Troy coaches the North Star Trap Club.

"I enjoy working with kids and watching them mature and get better at shooting trap," Troy says. "My favorite

experience as a 4-H volunteer was coaching a shooter that hit one target her first practice and at the end of the season she was hitting 18 to 20 targets out of 25."

Lancaster County 4-H thanks Troy for donating his time and talents. People like Troy 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!

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

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.

## Meet 2017–2018 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), Cathy Babcock (Treasurer) and Madison Schnase (Secretary).

**Members:** Ellie Babcock, Jodi Freeman, Brandy Gunnerson, Madi Hall, Sara Hansen, Sheri Ramirez, Sydney Schnase, Anna Sump, David Swotek and Karol Swotek

## Earth Wellness Festival Needs Volunteers

Volunteers are needed for the 2018 Earth Wellness Festival on Tuesday, March 20 and Wednesday, March 21 at Southeast Community College in Lincoln. For more information, call 402-441-8023 or email [pwismer@lincoln.ne.gov](mailto:pwismer@lincoln.ne.gov) by Feb. 24. Visit <http://lancaster.unl.edu/ewf> to register online.



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

# Overnight Lock-In for 4th & 5th Graders

This year's theme is... **Light Up the Night!**

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

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

**Friday, Jan. 19, 8 p.m. – Saturday, Jan. 20, 8 a.m.**

**Lancaster Extension Education Center  
444 Cherrycreek Road**

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

**Cost \$20/person  
Registrations due by Jan. 17**

### TO REGISTER

Make check payable (\$20/participant)(no refunds) to Lancaster County 4-H Teen Council and mail with "NEBRASKA 4-H PARTICIPANT PERMISSION AND HEALTH FORM"

(available at the Extension office and online at <https://4h.unl.edu/documents/healthpermissionform.pdf>)

**BY JAN. 17 to:** Tracy Anderson,

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

(Currently enrolled 4-H members who already have their complete health information entered at <https://ne.4honline.com> may mail their name and a check without filling out the health form.)

## HORSE BITS

### 4-H Horse Incentive Program

Any Lancaster County 4-H'er may participate in the horse incentive program and earn points by participating in horse-related activities. The more points you earn, the more valuable the reward! Track the points you earn between Jan. 1 and July 20. Submit the official sheets and Reward Request Form to the Extension office no later than July 27.

Some activities have a set value of points. Track these points on the Horse Incentive Point Summary Sheet. Some activities you log hours — 1 hour equals 1 point. Keep track of hours/points on either of the log sheets (Option 1, Option 2 or a combination of both).

Again this year, a belt buckle will be included as a gold-level reward option. However, due to the high cost, a buckle can only be chosen as an incentive reward one time by seniors only.

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

### State 4-H Horse Stampede Entries Due Feb. 9

The annual 4-H Horse Stampede will be held Saturday, March 10 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.

The contests are open to 4-H'ers ages 10–18 enrolled in the 4-H horse project (with the exception of the Art and Photography contests are open to all 4-H'ers ages 8–18). Lancaster County 4-H Council will pay the contest entry fees for Lancaster County 4-H'ers. Entry forms are due to the Extension office no later than Friday, Feb. 9.

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 or want to sponsor a trophy, contact the Extension office at 402-441-7180.





4-H Livestock Judging Meeting, Jan. 14

Lancaster County 4-H has Livestock Judging teams which compete at the statewide Premiere Animal Science Events in June and other competitions throughout the year. Roger Bell coaches the teams. 4-H'ers interested in being on a team or learning about livestock judging, please attend an informational meeting on Sunday, Jan. 14, 2 p.m. at the Lancaster Event Center, 4-H office located by Pavilion 3. Please RSVP to Cole Meador at 402-441-7180 or cmeador2@unl.edu.

4-H Crocheting Workshop, Feb. 3

4-H youth ages 10 and up are invited to learn how to crochet a washcloth utilizing the single crochet stitch at the "Basic Crocheting" workshop on Saturday, Feb. 3, 9 a.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road. No cost — all supplies will be provided. Adults are welcome to attend to help 4-H'ers. Must preregister by Feb. 1 by calling 402-441-7180.

4-H Pillow Sewing Workshop, Feb. 10

4-H youth ages 8 and up are invited to learn beginning sewing skills while constructing a pillow at the "Pillow Party" sewing workshop on Saturday, Feb. 10, 9 a.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road. No cost to attend. Sign up by Feb. 5 by calling 402-441-7180. Bring your sewing machine, basic sewing equipment (scissors, pins, measuring tape), etc. Also bring 1/3 yard and 2/3 yard of contrasting fabrics, pre-washed, 100% cotton (no plaids, no knits, no flannels) and matching thread.

4-H Companion Animal Challenge Entries Due Feb. 16

The third 4-H Companion Animal Challenge will be held on Saturday, March 10 at the Animal Science Complex on UNL East Campus (same date as 4-H Horse Stampede). It provides youth ages 8–18 a chance to participate in a variety of contests which do not require animals, but allow youth to learn more about their dog, cat, rabbit or other companion animals.

Contests include:

- Demonstrations
- Photography and art contests
- Dog quiz bowl
- Dog skill-a-thon

Lancaster County 4-H Council will pay the contest entry fees for Lancaster County 4-H'ers. Entry forms are due to the Extension office no later than Feb. 16. T-shirts may be pre-ordered for \$5. Box lunches will be available for \$8 and must be pre-ordered. More information and entry forms are available at <https://4h.unl.edu/companion-animal/challenge>



2018 4-H Calendar



All events will be held at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln unless otherwise noted. Lancaster Event Center is located at 84th & Havelock, Lincoln. 4-H program schedule is subject to change — refer to the NEBLINE or <http://lanaster.unl.edu/4h> for the most current information.

January

- 1 Horse Incentive Program Begins
- 9 4-H Council Meeting ..... 6 p.m.
- 14 Teen Council Meeting ..... 3 p.m.
- 14 Livestock Judging Meeting, Lancaster Event Center – 4-H office .. 2 p.m.
- 17 ESI Capitol Contest, Nebraska State Capitol ..... 10 a.m.–3:30 p.m.
- 19–20 4th & 5th Grade Overnight Lock-In ..... 8 p.m.–8 a.m.

February FEBRUARY IS NEBRASKA 4-H MONTH

- 3 Crocheting Workshop ..... 9 a.m.
- TBA 4-H Council Meeting ..... 6 p.m.
- 9 Lancaster County Deadline for Horse Stampede Entries
- 10 Pillow Party Sewing Workshop ..... 9 a.m.
- 11 Teen Council Meeting ..... 3 p.m.
- 16 Lancaster County Deadline for Companion Animal Challenge Entries
- 20 Achievement Celebration ..... 6:30 p.m.

March

- 1 Preference Given to 4-H Council Camp Scholarship Applications Submitted to Extension by this Date
- 2 Deadline for Nebraska 4-H Foundation Scholarships
- 2 Deadline for Governor’s Agricultural Excellence Awards (\$500)
- 3 Jammie Jamboree Sewing Workshop ..... 9 a.m.
- 6 4-H Council Meeting ..... 6 p.m.
- 10 Furniture Painting Workshop ..... 9 a.m.
- 10 Horse Stampede, UNL East Campus - Animal Science Building
- 10 Companion Animal Challenge, UNL East Campus - Animal Science Building
- 11 Teen Council Meeting ..... 3 p.m.
- 12 Public Service Announcement (PSA) Contest Entries Due/ Register for Speech Contest
- 17 Spring Rabbit Show, Lancaster Event Center – Exhibit Hall ..... 9 a.m.
- 18 Speech Contest ..... Check-In 1 p.m./Contest 1:30 p.m.
- 20–21 Earth Wellness Festival (for 5th Grade), Southeast Community College

April

- 3 4-H Council Meeting ..... 6 p.m.
- 7–8 Hunter’s Pride 4-H Club Shaggy Horse Dressage Show, Lancaster Event Center
- 8 Teen Council Meeting ..... 3 p.m.
- 10 Horsemanship Level Testing, Lancaster Event Center - Pav. 4, Amy Countryman Arena ..... 5:30 p.m.
- 13 Kiwanis Karnival, Elliott School, 225 S. 25 Street ..... 5:30–7:30 p.m.
- 15 All 4-H/FFA Market Beef ID’s/DNA Due
- 24 Horsemanship Level Testing, Lancaster Event Center - Pav. 4, Amy Countryman Arena ..... 5:30 p.m.
- 24–26 Ag Literacy Festival (for 4th Grade), Lancaster Event Center

May

- 1 4-H Council Meeting ..... 6 p.m.
- 5 Spring Fling Horse Dressage Schooling Show, Lancaster Event Center - Pav. 3
- 8 Horsemanship Level Testing, Lancaster Event Center - Pav. 4, Amy Countryman Arena ..... 5:30 p.m.
- 11 Lancaster County Deadline for District/State Horse Show Entries, ID, Level Tests
- TBA Sheep/Goat Weigh-In & Tag Day, TBA ..... TBA
- 15 Leader Trainings ..... 9 a.m. & 6:30 p.m.
- 22 Horsemanship Level Testing, Lancaster Event Center – Pav. 4, Amy Countryman Arena ..... 5:30 p.m.
- 31 Youth for the Quality Care of Animals (Quality Assurance) Face-to-Face Training for Livestock Animal Exhibitors ..... 6–7 p.m.

June

- 1 Super Fair Horse ID’s Due to Extension
- 1 Horse Judging Contest, Lancaster Event Center – Pav 3 ..... Registration 5:30–6:30 p.m./6:30 p.m.
- 2 Life Challenge Contest – Junior & County-Level Senior Divisions ..... 9 a.m.
- 2 Pre-District Horse Show Presented by 4-H Horse VIPS, Lancaster Event Center - Pav. 3
- 5 Horsemanship Level Testing, Lancaster Event Center – Pav. 4, Amy Countryman Arena ..... 5:30 p.m.
- 5 4-H Council Meeting ..... 6 p.m.
- 7 Youth for the Quality Care of Animals (Quality Assurance) Face-to-Face Training for Livestock Animals ..... 6–7 p.m.
- 9 Rabbit Tattooing Clinic ..... 9–11 a.m.
- 13–14 Horse District Shows, Ord, York
- 13 Plant Science Contests: Horticulture/Tree ID/ Grass-Weed ID ..... 10 a.m.–12 p.m.
- 15 Deadline to Enroll New 4-H Members/Volunteers and to Select Project Area(s) Planning to Enter at Super Fair — Must Use “4-H Online” at <https://ne.4honline.com>.
- 15 Deadline for Sheep/Goats/Swine/Breeding Beef/Bucket Calves/ Dairy Cattle/Llamas & Alpacas/Rabbits Identification
- 15 Deadline for Livestock Animal Exhibitors to Complete Requirements for Youth for Quality Care of Animals (Quality Assurance)
- 16 Bicycle Safety Contest
- 19–22 Clover College
- 20–22 Horse District Shows, Gordon, Central City, Curtis
- 25–26 Premiere Animal Science Events (PASE)/FCS Life Challenge, UNL East Campus
- 26 Horsemanship Level Testing, Lancaster Event Center – Pav. 4, Amy Countryman Arena ..... 5:30 p.m.

July

- 1 Deadline for All 4-H/FFA Lancaster County Super Fair Animal Entries
- 14 Presentations Contest ..... 8:30 a.m.
- 15–19 State 4-H Horse Show, Fonner Park, Grand Island
- 20 Horse Incentive Program Last Day to Log Hours/Points
- 27 Horse Incentive Program Forms Due to Extension
- 31 4-H Council Camp Scholarship Applications Accepted Through This Date
- 31 4-H & FFA Static Exhibit Check-In for Lancaster County Super Fair, Lancaster Event Center - Lincoln Room ..... 4–8 p.m.

August

- 2–5 Lancaster County Super Fair (4-H Horse Show Aug. 1–5; 4-H Horse Dressage Aug. 9–10), Lancaster Event Center
- 10 Deadline for State Fair Animal Entries — Must Enter Online at <http://nebr.fairwire.com>
- Aug. 24–Sept. 3 Nebraska State Fair, Fonner Park, Grand Island
- 31 Deadline for AKSARBEN 4-H Show Entries — Must Enter Online — Go To [www.aksarbenstockshow.com](http://www.aksarbenstockshow.com)

September

- 9 Teen Council Meeting ..... 3 p.m.
- 11 4-H Council Meeting ..... 6 p.m.
- 22–23 AKSARBEN 4-H Horse Show, Fonner Park, Grand Island
- 27–30 AKSARBEN 4-H Stock Show, Fonner Park, Grand Island

October

- 2 4-H Council Meeting ..... 6 p.m.
- 4 Horse Awards Night ..... 6:30 p.m.
- 7–13 National 4-H Week
- 9 4-H Information Night. .... 6 p.m.
- 14 Teen Council Meeting ..... 3 p.m.
- 25 Leader Trainings ..... 9 a.m. & 6:30 p.m.

November

- 3 Basket Making Workshop ..... 9 a.m.
- 6 4-H Council Meeting ..... 6 p.m.
- 11 Teen Council Meeting ..... 3 p.m.

December

- 9 Teen Council Meeting ..... 3 p.m.
- 31 All Award and Scholarship Applications Due to Extension

4-H SUMMER CAMPS & TRIPS June–September

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

BIG RED SUMMER ACADEMIC CAMPS • June 10–15

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

10% Off Before April 15!

Discount Before April 15!





# EXTENSION CALENDAR

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

## December

31 4-H Award and Scholarship Applications Due to Extension

## January

- 1 4-H Horse Incentive Program Begins
- 5 Successful Farmer Workshop Series ..... 9–11:30 a.m.
- 9 4-H Council Meeting..... 6 p.m.
- 11 Pesticide Applicator NDA Walk-in “Testing Only” Session 9 a.m.–2 p.m.
- 12 Successful Farmer Workshop Series ..... 9–11:30 a.m.
- 12 Extension Board Meeting ..... 8 p.m.
- 14 Livestock Judging Meeting, Lancaster Event Center – 4-H office..... 2 p.m.
- 14 4-H Teen Council Meeting ..... 3 p.m.
- 17 ESI Capitol Contest, Nebraska State Capitol..... 10 a.m.–3:30 p.m.
- 18 Crop Production Clinic, Embassy Suites, 1040 P St. ....  
Registration 8–8:45 a.m./Clinic Concludes at 3:30 p.m.
- 19 Successful Farmer Workshop Series ..... 9–11:30 a.m.
- 19 Deadline for Master Gardener Applications
- 19–20 4th & 5th Grade Overnight Lock-In ..... 8 p.m.–8 a.m.
- 23 Introduction to Cultivating Healthy Intentional Mindful Educators (CHIME) Program for Childcare Providers
- 25 Pesticide Applicator NDA Walk-in “Testing Only” Session 9 a.m.–2 p.m.
- 26 Successful Farmer Workshop Series ..... 9–11:30 a.m.

## 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 Faged at jfaged2@unl.edu or 402-441-7180. Some registration forms are at <http://lancaster.unl.edu/family>

**Cultivating Healthy Intentional Mindful Educators (CHIME) Program for Childcare Providers** — Introduction Tuesday, Jan. 23 6:30–8:30 p.m., \$10. 6 Bi-Weekly CHIME Sessions optional, but if attend, must attend all 6 sessions. Wednesdays, Feb. 7, Feb. 21, March 7, 21, April 4 and April 19; choice of 12:30–2 p.m. or 6:30–8 p.m. Cost \$40. Total for the CHIME Introduction and 6 Bi-Weekly sessions \$50. 14 DHHS in-service hours if participating in full program. Register by Monday, Jan. 15. The CHIME program provides education and guidance on how to incorporate mindfulness and reflective practice into your daily routine, teaching and caregiving.

**Management Training Program (MTP) for Childcare Directors** — 8 modules: Tuesdays, March 6, March 27, April 17, May 8, May 29, June 26, July 10 and July 31. All times 9 a.m.–3:30 p.m., except July 31 will be 9 a.m.–12 p.m. Cost for all 8 modules is \$195 and due at the time of registration for module 1. Register by Tuesday, Feb. 20. Learn resources and skills to succeed as a center-based childcare administrator.

**Workshops for Before and After School Providers** —  
• Thursday, Feb. 1: Basic Engineering  
• Wednesday, April 25: Magic of Electricity  
• Wednesday, May 2: Environmental Awareness (different topics from last year’s training)  
Offered 10 a.m.–12 p.m. and 6:30–8:30 p.m. on the dates above. Cost is \$10 per person, 2 DHHS approved in-service hours for participants.

**Lincoln Early Childhood Conference** — Saturday, March 24. More information will be published in upcoming NEBLINE issues.

## EXTENSION NEWS

### New Nutrition Staff Member

Mindy Vyhnaek has joined the Nutrition Education Program (NEP) in Lancaster County as an Extension Associate working part time for the Supplemental Nutrition Assistance Program Education (SNAP-Ed). Mindy will primarily teach limited-resource adults through community groups and she will assist NEP’s school enrichment program for grades K–5 in qualifying Lincoln Public Schools.

She previously worked nine years with NEP in Columbus, serving Platte, Colfax, Boone and Nance counties. She has a Bachelors of Science in Home Economics Education from University of Nebraska–Lincoln.



### Pam Branson Retires After 44 Years

Dec. 14 was Clerk Typist Pam Branson’s last day at Nebraska Extension in Lancaster County. A Lancaster County employee, Pam retired after 44½ years of service.

Pam began her Extension career as the support staff person for the 4-H youth development program, then supported the agricultural program, and more recently, supported the family and consumer science education programs. She has also assisted with other Extension programs as needed. Some of the specific programs she assisted with include Extension clubs (later known as Family and Community Education clubs), 4-H at county fair, 4-H Clover College, Guardianship trainings and Co-Parenting for Successful Kids classes.

Some of the awards Pam has won in her career include the Commissioner’s Award of Excellence in 2000, the Nebraska Association of County Extension Board’s Outstanding Support Staff Award in 2000, and a Creative Programming Team award by Nebraska Cooperative Extension Association in 2015.

On behalf of Extension staff, we will miss Pam’s hard work, dedication, attention to detail, organization, forethought, accuracy and caring personality. She often went above and beyond to help Extension staff, volunteers and those involved with our programs. Best wishes and happy retirement, Pam!



### Outgoing Extension Board Members

The December Lancaster County Extension Board meeting marked the final meeting for two outgoing board members:

- L. Ronald Fleecs served two terms, including 4-1/2 years as Vice President.
- Marty Minchow served two terms.

Lancaster County Extension thanks them for their service, advocacy, guidance and leadership. The Extension Board is comprised of nine members appointed by the Lancaster County Board of Commissioners and one ex officio member from Lancaster County 4-H Council.



### Alice Henneman Earns National Awards

At the National Extension Association of Family and Consumer Sciences (NEAFCS) annual session in October, Extension Educator Alice Henneman receive three honors.

**Alice Henneman was awarded the Outstanding Extension Educator of the Year – Central Region.** This

award recognizes a professional Extension Family and Consumer Sciences Educator who is conducting outstanding educational programs that demonstrate impact on families. The member, who has previously received the Distinguished Service Award and Continued Excellence Award, is also involved in continued professional improvement activities and is active in professional organizations.

Henneman was a member of a **team of Nebraska Extension Educators which earned first place nationally in the “Social Networking” category** that recognizes “innovative online social networking efforts.” Henneman also was a member of a **team of Nebraska Extension Educators which finished third nationally in the “Communications – Newsletters” category** for the “Food Fun for Young Children” email newsletter. Food Fun focuses on helping parents and caregivers prepare healthy meals and snacks by sharing recipes, tips and ideas targeted to children ages 2 to 5.



Alice Henneman (left) receiving the Outstanding Extension Educator of the Year – Central region.

### Sarah Browning Receives Educator Award from Statewide Arboretum

The Nebraska Statewide Arboretum (NSA) presented several awards at its annual awards program in November. Extension Educator Sarah Browning was presented the Educator Award for “outstanding contributions toward advancing the knowledge and appreciation of plants among their students.” Bob Henrickson, NSA Assistant Director of Horticulture Programs, said, “She’s an incredible communicator, whether it’s with professional horticulturists, nursery owners, general public or first-time homeowners. Teaching comes naturally to her and we’re lucky to have such an interesting, inspiring and accessible educator in our midst.”



Sarah Browning (left) and Bob Henrickson.