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## The Expanded Food and Nutrition Education Program Teaches Limited-Resource Families Through Peer Education

**Emily Gratopp**

*EFNEP Coordinator in Lancaster and Saline Counties*

The Expanded Food and Nutrition Education Program (EFNEP) is a federal program operating in land-grant universities across the nation. The program started in Nebraska in 1969 to address the link between poverty and malnutrition.

The mission of EFNEP today is to address both malnutrition and obesity prevention by influencing the nutrition and physical activity behaviors of limited-resource families and children and addressing the economic challenges which hinder the health and well-being of our nation. This mission is accomplished through a peer-education model of education between limited-resource families and EFNEP staff.

### Lancaster County EFNEP

In Lancaster County, there are four Extension professionals who implement the EFNEP program; three peer educators and one program coordinator. All four members of the EFNEP team work together to serve the resource-limited members of the Lancaster County community. The hands-on education program consists of a series of classes over time, allowing relationships to form and time for the participants to practice the concepts they are taught.

The educational topics include:

- Nutrition
- Budgeting
- Meal planning
- Food safety
- Physical activity

In these classes, participants learn to use their food resources to the fullest potential, helping families to eat healthier



**Samantha Perea teaches pregnant and parenting students at Lincoln Northeast about the MyPlate.**

### EFNEP Helped 500 Families Make Healthier Choices While Saving \$1,054

Last year, EFNEP in Lancaster County taught over 2,000 individuals from 500 different families. While receiving the education, 92% of these families made healthier food choices and saved a total of \$1,054 on groceries.

In addition to adult-centered classes, nearly 600 youth received nutrition education in both in-school and out-of-school programs. As a result of our programs, 83% of these youth improved their healthy eating habits and 61% increased their physical activity.

*The adult and youth data is collected using nationally standardized and tested pre- and post-program evaluations.*

while saving money. The classes are hands-on and interactive, including making and tasting a healthy recipe during each class.

These impactful relationships with families and youth are possible due to collaborating with other community service agencies where EFNEP brings our programming to the people who need it most. Current program partners include social service agencies, K-12 schools, rehabilitation service providers, out-of-school classes and cultural centers.

Greater impact is also fostered by partnering with additional funding sources, like the 4-H Food Smart Families and Healthy Living Programs.

The success of the EFNEP's ability to create meaningful change in peoples' lives is due to the three peer educators who excel at implementing this relationship-driven, hands-on educational approach.

### Samantha Perea Specializes in Teaching High School Parents and Latino Audiences

One of the newest EFNEP team members is Extension Assistant Samantha Perea, who holds a degree in Kinesiology. Sam teaches parents in Lancaster County's high schools about the importance of nutritious meals, physical activity and food safety — especially as those topics relate to expectant mothers and young children. She helps these parents start



**ELL students learn to use food ads to make their weekly meal plan to save money.**

healthy habits which will impact future generations.

Sam's bilingual speaking ability (English and Spanish) allows her to develop relationships with many people EFNEP has not previously connected with in Lancaster County. For example, using a visual demonstration of bacteria growth over time, Sam was able to empower members of the Latino community to break their habit of leaving perishable food out of the refrigerator for several hours — a dangerous habit which can cause food borne illness.

One class participant said, "After we talked about how fast bacteria grows on food, I started putting my food away. I used to make food at noon and leave it out till 5 p.m. when my husband got home ... but I don't do that anymore. I put it away and I re-heat it when he gets home." She encouraged the other women in the class to do the same.

Sam also teaches youth in out-of-school programs and other adults with young families.

### Nicole Busboom Specializes in Teaching K-12 Youth

The out-of-school EFNEP programming is led by Extension Assistant Nicole Busboom, whose degree is in Nutrition Science and Dietetics. Nicole excels at creating inclusive, fun environments where students can learn about cooking, healthy eating and physical activity. She works hard to make sure every youth has a role in the activities like learning how to make bean dip (pictured at upper right). She encourages youth to try at least one bite of new foods, especially new fruits and vegetables.

Nicole helps teach during in-school classes to the English Language Learner (ELL) students at Lincoln Public Schools (LPS).

After one lesson aimed at encour-



**Nicole Busboom teaches Hartley Elementary students to make homemade bean dip for their vegetables.**

aging the students to eat a 'rainbow' of foods, one student commented, "I have learned why it is important to eat fruits & vegetables. They are very good for me. I need to remember to eat a rainbow of colors, but I don't want to try the radishes again." Nicole builds the rapport necessary to enable students to explore new foods, even spicy foods like radishes.

Nicole also coordinates Lancaster's 4-H Youth Ambassador Program for the 4-H Food Smart Family grant. Nicole and the two Youth Ambassadors reached 305 youth in summer programs in 2017. Additionally, Nicole coordinates several community engagement events, reaching an estimated 1,345 community members last year.

### Dana Hardy Specializes in Teaching ELL Adults and WIC Participants

Extension Associate Dana Hardy, with a degree in Dietetics, has the depth of knowledge that comes with working in EFNEP for 13 years. Her current role focuses on teaching young mothers and fathers at Women, Infants and Children

*see EFNEP on next page*



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# A Piece of Dark Chocolate Candy for Dessert

Alice Henneman, MS, RDN  
Extension Educator

*"Having a piece of chocolate at the end of a meal is really not a bad strategy (for weight control). You're already pretty full and less likely to overeat and sit down and eat the whole box. I find myself that having the most delicious chocolate I can think of in a small amount at the end of the meal really helps me end the meal! It's a satisfying finish and I know I'm finished then. You need to keep the sensory pleasure in there, too."*

—Barbara Rolls, PhD,  
author of *Volumetrics*:  
**Feel Full on Fewer Calories**

There are very few of us that dislike dessert, especially if it contains chocolate! What could be quicker and tastier than a luscious piece of chocolate candy for dessert? Eaten in moderation, chocolate may be good for our health, especially dark chocolate! It is possible to eat a small



www.chocoblog.com

piece of chocolate candy (sometimes more!) at the end of a meal and stay under 100 calories. This is fewer calories than we consume from most desserts. A small piece of chocolate may be the only "diet pill" you need.

Check the calories on the Nutrition Facts label. For most small candies, the label will be on the larger package rather than individually wrapped pieces.

Choose a chocolate candy you really enjoy. Take time to savor the flavor as you eat it.

## Benefits of Dark Chocolate

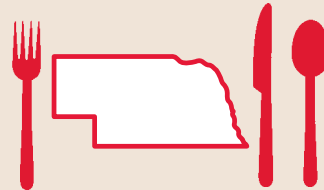
Chocolate contains flavonoids, the same substances we hear about in red wine and green tea. These flavonoids may help protect against heart disease. Dark chocolate is higher in flavonoids than other forms of chocolate.

Dark chocolate has a slightly bitter flavor. It may be more appealing to adult taste-buds than to those of children.

## Calories Still Count

Eaten as part of an overall healthy diet, chocolate can help limit calories, may be heart healthy and adds an extra sparkle to the end of a meal. Eating chocolate need not be a guilty pleasure — moderation is the key.

As writer Samuel Butler said, "Half the vices which the world condemns most loudly have seeds of good in them and require moderate use rather than total abstinence."



## HEALTHY EATING

ENJOY NEBRASKA FOODS!

Alice Henneman, MS, RDN, Extension Educator

Add a bit of dark chocolate to your favorite trail mix recipes! Trail mixes provide a healthy and convenient snack mix. When you make your own trail mix, you can control the ingredients for the most nutrition.

Here are some tips for making healthy trail mixes:

- Limit the serving size to about 1/4 cup to keep calories at a reasonable amount.
- Use unsalted versions of nuts.
- Choose cereals and crackers that are whole grain, and lower in sugar and salt.
- Limit the amount of added candy. Consider using "mini" versions of candy, such as mini chocolate chips, to distribute a smaller amount of candy throughout the mix.

Here's a trail mix recipe to get you started.

### TRAIL MIX WITH DARK CHOCOLATE

(Makes 16 servings; Serving size 1/4 cup)

- 1 cup almonds
- 1/2 cup dark chocolate chips or dark chocolate M&M's
- 1 cup dried fruit
- 1/2 cup dried cranberries
- 1 cup oatmeal squares

Measure ingredients and put in a large zip-close bag. Shake to mix. Portion into single-serving zip-close bags.

Nutrition information per serving: 140 calories, 20g carbohydrate, 6g fat, 3g protein

(Recipe adapted slightly from North Dakota State University Extension Service at [www.ndsu.edu/eatsmart](http://www.ndsu.edu/eatsmart))



Alice Henneman, Nebraska Extension in Lancaster County

## EFNEP

continued from page 1  
(WIC) clinics and at LPS English Language Learner parent and high school groups.

As part of the EFNEP philosophy, Dana builds relationships by meeting her class participants where they are by providing an empathetic ear to their life celebrations and struggles. She is knowledgeable of additional community resources and can provide a bridge of support to people when

they are in need of food, shelter or other basic needs.

At one of the newest parent ELL groups in LPS, Dana discussed how to keep food safe and each participant was given a meat thermometer. After the class, all participants agreed it is better to thaw meats in the refrigerator and use a thermometer to check the temperature of meats.

One participant stated "Thank you for teaching us about food safety and how to use the meat thermometer. I'm

going to make sure to use the thermometer for the turkey at Thanksgiving so my family keeps safe."

### FOR MORE INFORMATION

If you are interested in learning more about the Expanded Food and Nutrition Education Program, which is offered at no cost to qualifying participants, please contact Emily Gratopp, EFNEP coordinator in Lancaster and Saline counties, at [emily.gratopp@unl.edu](mailto:emily.gratopp@unl.edu) or 402-441-7180.

## Pesticide Applicator Trainings

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.

### 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. Crop Production Clinics were held in January.

**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 you 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.

**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.)

### 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. Crop Production Clinics were held in January.

**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.

**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.

## Weekly “Successful Farmer Series” Runs Through Feb. 9



The third annual “Successful Farmer Series,” is being held **weekly** in January 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. 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. 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 livestreamed at [www.youtube.com/UNLExtensionLanCo](http://www.youtube.com/UNLExtensionLanCo). CEU credits will be available for certified crop advisors.

## How Does Winter Weather Affect Private Wastewater and Water Systems?

Meghan Sittler  
Extension Educator

In Nebraska, extreme winter temperatures can come on quickly and hang around for extended periods. Those extended periods of cold can be hard on things, but what impact do they have on your wastewater system? Can they affect your well and your water system? What can you do to limit any impact?

### Septic Tanks

A common misconception is that the bacteria in a septic tank produce heat as they work to digest the waste within your wastewater system. The truth is the digestion process does not produce heat and once temperatures in a tank reach approximately 39°F, almost all of the bacteria working in the tank comes to a halt. Once the bacteria stop working, the wastewater is not treated properly. So it is very important to keep your tank working and to prevent water within the tank from freezing.

Normal winter conditions usually do not pose a problem for the tank because the soil and groundcover, such as grass,



helps to serve as a natural insulator. Some newer septic tanks are installed with a layer of styrofoam-like or other similar insulation on the lid of the tank. Natural or added insulation may not be enough to protect the system when “normal” turns to “extreme.”

Extreme winter temperatures are of the most concern to septic systems when there is not snow on the ground. Snow cover can serve as a natural insulator protecting the tank and other system components from direct exposure to those extreme temperatures. However, with or without snow cover, once

those very cold temperatures stick around, the following tips can help prevent your tank from becoming an expensive igloo:

Use warm water (hot is even better) throughout the day and the week. For example, run the dishwasher in the morning and then do a load of laundry in the evening. Baths or showers also help to introduce warm water to the system. As always, spread the use out so as not to overload your system. And never run water constantly.

Do not compact the soil over your drainfield. Driving over your drainfield or doing other activities that can compact

the soil should never be done. However, these type of activities in the winter can force frozen soils into the drainfield. Those soils can cause the system to “backup” or the drainfield to become broken or clogged.

If you are traveling for the holidays or for a winter vacation, ask a friend to stop in daily to run a load of laundry or dishes. If you migrate south for the winter months or have a seasonal residence, you may want to consider hiring a certified professional to install a tank heater or add insulation around the tank.

Next fall, consider spreading a thick layer of mulch (8–12 inches) over the tank and other system components to help protect the system from periods of extreme cold.

### Lagoons

Extreme cold can also impact lagoon function. Water temperature in lagoons can drop as the temperature plummets. As water temperature drops, so does the activity of the bacteria treating the wastewater.

However, many of the same “in home” practices that help maintain septic tanks in freezing temperatures also apply to lagoons. Use hot water during

the day to introduce hot or warm water into the lagoon. Do not allow water to run constantly as this can overload the lagoon.

It is also critical going into winter that you have fixed any leaks within the home to prevent freezing water within the pipes leading to your lagoon. It is also very important you have done regular maintenance throughout the year to make sure your lagoon is functioning well year round.

### Water Wells

A water well is generally less susceptible to periods of extreme cold. The well pump is most at risk during extreme cold temperatures. If your well pump is within an aboveground well house, make sure the house is insulated.

The other key to protect your water system is to close the shutoff valve for outdoor hydrants to prevent the water from freezing within the hydrant and distribution pipes. This can cause pipes to rupture or create other issues in your system. And as always, disconnect hoses from hydrants, especially those attached to your home’s water system.

# Carpet Beetles: Pull the Rug Out From Under Them

Jody Green

Extension Educator

Carpet beetles belong to the family Dermestidae, which come from the Greek translation “skin” and “to eat,” referring to its larva stage and insatiable appetite for animal hair, feathers, fur and hides. Carpet beetles are one of the most common household pests. Finding a few in your home is nothing to worry about, and not all carpet beetle sightings indicate an infestation.

## What Are Signs of Carpet Beetles?

Carpet beetles make their appearance inside homes as fuzzy worms, sometimes seen crawling across the bathroom floor. Like all beetles, they undergo complete metamorphosis characterized by the following stages: egg, larvae, pupae and adult. This is very important because larval and adult stages vary drastically in terms of appearance, habitat, food source and damage.

Larvae undergo many molts, where they shed their exoskeleton to progress to a larger, more mature larval stage before pupating into an adult. Cast skins may be found in great abundance and serve as a sign for a current or past infestation.



Varied carpet beetle larvae have dense hair on their abdomen and can be up to 1/4" long while adults are 1/16–1/8" long, dome-shaped, with yellow, black, gray and white scales (pictured magnified and approximate size).

Two main types of carpet beetles found in Nebraska are the varied carpet beetle and black carpet beetle. When adult carpet beetles are found indoors, they are almost always found around window frames trying to get outside.

## Where Do They Come From?

Adult beetles live outside and are strong fliers, especially on warm sunny days. They can come inside on clothes, items or pets, and fly through open doors and windows. They feed on the nectar and pollen from plants and shrubs (spirea is one of their favorites) and may be accidentally brought in with fresh-cut flowers.

## What Items Can They Damage?

There are a number of food sources consumed and subse-



quently damaged by the larval stage. The larvae are known to chew holes and damage the following items:

- Natural fabrics such as wool, linen, silk and cotton.
- Carpet and rugs, clothing and upholstered furniture — especially stained or soiled fabrics.
- Stuffed animals and taxidermy.
- Animal hair, fur, feathers and hide.
- Dried animal products such as dried meat, fishmeal and bow hair from instruments.
- Dried plant products such as spices, grains, cereals and chocolate.
- Dead insects and spiders, including 4-H collections, light fixtures and glue boards.

## What Is Their Effect on Humans?

Neither larvae nor adults bite humans, but their small, spiny hairs can cause health

problems in sensitive individuals. These sharp hairs can accumulate over long periods of time and become airborne, coming in contact with skin, eyes, airways and even the digestive tract if foodstuff becomes contaminated.

Symptoms of health problems include hay fever-like symptoms (red, itchy, watery eyes and runny nose), inflammation, itchy skin, localized rash, systemic hives and gastrointestinal distress. Note: Most people have no reaction to carpet beetles, but in sensitive individuals (i.e. babies, toddlers) once larvae, cast skins and debris are eliminated, symptoms subside.

## How Do I Get Rid of Them?

Before grabbing insecticides to combat carpet beetles, consider an integrated approach to pest management, where sanitation, exclusion and non-chemical methods are utilized first. It is important to find the source and discard infested items to contain the spread and prevent future infestations.

- Vacuum spilled foods, lint and pet hair.
- Launder or dry clean bedding, clothes, sheets and blankets.
- Inspect items before storing in air-tight container.
- Remove dead insects, spider webs, bird, rodent, bees and



Black carpet beetle adults are 1/8–1/4" long, oval-shaped, black with short, sparse hairs (pictured magnified and approximate size). Larvae (not shown) can be up to 1/2" long, are tapered and have long tufts of hair at the end of their bodies.

wasp nests.

- Fix or install screens on doors, windows and vents.
  - Check flowers for beetles before bringing inside.
  - Expose infested items to extreme heat (120°F for 30 minutes) or cold (0°F freezer for 10 to 14 days).
- In ongoing cases where the source of the infestation cannot be located, it is advised to hire a professional company to:
- Perform a detailed and invasive investigation of the structure.
  - Clean carpets and area rugs.
  - Chemically treat with a labeled insecticide or fumigate infested items.

It is important to remember that even the cleanest homes can house a few carpet beetles, so do not panic!

# Tracking Wildlife Tracks

Soni Cochran

Extension Associate

Let's face it, many times we never see the wild animals we live with. We wake on a snowy morning or after a rain to find an assortment of tracks in the snow or mud. For children, identifying tracks can be an exciting opportunity to play private investigator. For adults, tracks may give us a clue to what is causing damage around our homes and gardens.

Take time to learn more about the animals in our own backyards by paying attention to their tracks. You may be surprised how many tracks can lead you to solving a pest problem or discovering an animal you want to encourage.

So what is a track? A track isn't always a footprint. There are many other ways we can track animals.

## Sight

Seeing an animal is the most obvious way for us to know an animal is in an area. Remaining quiet, using binoculars and situational awareness may help you use sight to track an animal.

## Sounds

If you are tracking an animal, stop and listen. You may be able to use these clues especially if an animal is hidden. If you listen closely, you may be able to hear movement through the grass or fluttering in the shrubs.



After it rains, look for animal tracks in mud, like these raccoon footprints.

For those who enjoy bird-watching, the calls and songs of birds may be the only clue you have to its identity as many are able to stay hidden from our view.

## Homes and Trails

This time of year, it is easy for us to look up into the trees and see homes left by birds. Can you identify the remnants of an oriole nest or a robin nest? Mattes of leaves high up in trees are one of the signs squirrels have made a nest in the trees.

Voies leave distinct runways through grassy areas and moles leave raised up feeding tunnels.

## Smell

Don't count on scent as your only way to discover if a skunk

is nearby. If a skunk has sprayed, you can smell the odor for up to a mile away. Healthy skunks only spray when they are threatened. Other animals use scent as a way to attract mates, fend off predators or establish boundaries (territories).

Not all animal odors are offensive to our noses. The marking scent of a beaver is said to have a musky, vanilla scent. Even insects have identifiable smells. The large yellow ant has a pleasant citronella scent.

## Scat/Poop/Droppings

One of the important clues when trying to identify an animal you don't see, is what it leaves behind. Often times, it is the scat. Scat can tell us a great deal about an animal. We can



This owl pellet contains the undigested fur and bones of its prey (shown approximate size).

identify the type of animal, size, what it has been eating, and yes, sometimes even sex of the animal. For example, the scat of a male wild turkey is “J” shaped while the female scat has a mounded/curled shape.

## Footprints

These are the most obvious means to track animals. Look for tracks after a snowfall or in the mud. You may also be able to find tracks in soft dirt or in the damp soil along the edge of a pond or stream.

## Body Parts and Smudge Marks

Many animals leave bits of themselves behind which can be clues to their identification and activities. Birds molt and lose feathers, male white-tailed deer shed their antlers, snakes grow and shed their skins, and animals lose hair as they travel through

brush or rub against fences.

Dirty smudges and claw marks on the side of the house may be a sign raccoons are crawling up a downspout to the roof. Bats leave oily smudges as they go in and out of our homes.

## Feeding and Rubbing

Animals will leave clues as they feed on plants or other animals. At the base of trees with high perches, look for owl pellets. After an owl eats rodents and other prey, it can't digest the fur, bones, teeth and feathers of its prey. These undigested parts form a tight pellet which the owl coughs up or regurgitates.

When cottontail rabbits feed, they nip pencil-sized stems cleanly at a 45-degree angle. Deer leave jagged, torn edges on stems as they feed. In addition to feeding clues, male deer rub their antlers on trees leaving broken branches and missing bark.

## 2018 Flower All-America Selections



Photos courtesy All-America Selections



### Canna 'South Pacific Orange'

Sister to 2013 AAS Winner South Pacific Scarlet, this newest AAS Winner is compact in habit and well suited for both landscape and container use. This variety is more vigorous, more uniform and has more basal branching than comparison cannas. It offers an outstanding bloom color in an attractive, vivid, bright orange that contrasts nicely with the bright green foliage. Gardeners will love this addition of an attractive canna that has uniformly colored flowers over a long blooming period. This canna is grown from

seed, not tuber, meaning less chance of succumbing to disease.

### Marigold 'Super Hero Spry'

'Super Hero Spry' is a lovely compact (10–12 inches) French marigold with dark maroon lower petals and golden yellow upper petals perched on top of the dark green foliage. The list of winning attributes include: a more uniform and stable color pattern, earlier to bloom and no deadheading required.

### Gypsophila 'Gypsy White Improved'

Semi-double blossoms

on this new, improved variety of gypsophila will make your garden sparkle! Not only are the flowers semi-double, but are also a bit larger in size and produce more flowers per plant, resulting in a fluffy white mound of beauty. Gypsy White Improved has better branching and a better growth habit than its predecessor, making it perfect for containers, small spaces and garden beds. A much longer bloom season and better heat tolerance than Gypsy Compact White will make this your new garden favorite.

Source: All-America Selections

## The Importance of Physical Activity in Young Children

Jaci Foged

Extension Educator

According to the "The State of Obesity: Better Policies for a Healthier America" released August 2017, Nebraska ranks 5th in the nation for childhood overweight and obesity in children ages 2–4. Yikes! Nebraska also has the 13th highest adult obesity rate in the nation.

I recently read the book "What If Everybody Understood Child Development?" by Rae Pica. The book is broken down into three parts with a total of 29 easy-to-read essays which reference real-life stories shared by teachers and parents. At the end of each essay, Rae provides the reader with ideas for what teachers can do, as well as where teachers (and other adults) can go to for more information on the topic.

Part two of the book is all about understanding the mind/body connection. Rae discusses what the research says about active learning, how important physical fitness is to children's health and development, and why we should push our schools to review the research on recess and active play breaks for children.

Benefits of physical activity include:

- Reduces the risk of dying prematurely.
- Reduces the risk of developing diabetes.
- Reduces feelings of depression and anxiety.

- Helps control weight.
- Increases the body's infection-fighting white blood cells and germ-fighting antibodies.
- Helps build and maintain healthy bones, muscles and joints.

Based on research, it is clear we need to keep our children and youth (and the adults too) more active.

### FOR MORE INFORMATION

Are you looking for new, creative ways to keep your children active?

- Visit Extension's "The Learning Child" on Pinterest at [www.pinterest.com/unlextensiont/c](http://www.pinterest.com/unlextensiont/c)
- Child care providers may attend a Go Nutrition and Physical Activity Self-Assessment for Child Care (Go NAP SACC) free training. Call 402-441-7180 for upcoming dates.

### 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](mailto:jfoged2@unl.edu) or 402-441-7180. Some registration forms are at <http://lancaster.unl.edu/family>

#### 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.

**Cultivating Healthy Intentional Mindful Educators (CHIME) Program for Childcare Providers** — Feb 7 & 21, March 7 & 21, April 4 & 18: 12:30–2 p.m. OR 6:30–8 p.m. These CHIME sessions are for anyone who attended the Introduction to CHIME in January. Cost is \$40 for all six sessions.

**Look Who's Hatching for Preschool Teachers** — Monday, Feb. 26, 6:30–8:30 p.m. Cost is \$10. After attending this workshop, participants can sign up for the program to be brought to their location for an additional cost.

**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.



## GARDEN GUIDE

### THINGS TO DO THIS MONTH

Mary Jane Frogge, Extension Associate

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

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

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

Check all five growing factors if your house plants are not growing well. Light, temperature, nutrients, moisture and humidity must be favorable to provide good growth.

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

Branches of forsythia, pussy willow, quince, spirea and dogwood can be forced for indoor bloom. Make long, slanted cuts when collecting the branches and place the stems in a vase of water. Change the water every four days. They should bloom in about 3 weeks.

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

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

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

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

This year plan to grow at least one new vegetable you have never grown before; it may be better than what you are already growing.

## 2018 LINCOLN EARLY CHILDHOOD CONFERENCE

SATURDAY, MARCH

24

Doors Open & Registration Begins at 8:15 a.m.  
Presentation: 8:45 a.m.–3 p.m.

LANCASTER EXTENSION EDUCATION CENTER  
444 Cherrycreek Road, Lincoln NE

Cost: \$25. A light breakfast and lunch provided.

For more information or questions, contact  
Cara Small at [carasmall@esu86.org](mailto:carasmall@esu86.org) or 402-761-3341

Register and pay online at [www.esu6.org](http://www.esu6.org) by March 18.  
Inservice hours will be given for this conference.



### Accentuate the Positive: Giving Children the Assets Needed for Healthy Development

Keynote presenter: Dan St. Romain

Research clearly identifies the specific factors that positively impact healthy development in early childhood. This interactive session will feature this information, along with strategies for caregivers as they work with both the children they serve and their respective families.

This conference is approved through the Nebraska Department of Education and sponsored by the Southeast Early Learning Connection.



## HEART OF 4-H VOLUNTEER AWARD

### Jenny Schnase

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

A 4-H volunteer for six years, she has helped as parent volunteer with several clubs: 4-H Explorers, Prairie Star and Bourne Equestrian (the later two are horse clubs). Jenny just finished serving three years on 4-H Council, two years as treasurer. She helped with 4-H Council fundraisers such as the 4-H food stand and Chicken Dinner at the Lancaster County Super Fair, as well as helping setup for static exhibits at fair.

"I enjoy watching youth grow/develop via learning and experiencing new things, and seeing the excitement and pride they feel in their accomplishments," Jenny says. "My favorite experience as a 4-H volunteer is county fair time — seeing youth get their game on (i.e., getting prepared, organized and disciplined/focused. I would like to see 4-H participation be a requirement in every youth's life. 4-H offers something for everyone!"

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



## Meet 2017–2018 4-H Teen Council



The Lancaster 4-H Teen Council is a leadership organization for youth in grades 7–12. Karol Swotek is the Teen Council volunteer sponsor and Extension Educator Tracy Anderson is the Teen Council staff sponsor.

## New 4-H Cooking Project Books

Starting in 2018, Lancaster County will be using the new 4-H Cooking curriculum series:

- "4-H Cooking 101" will replace "Six Easy Bites."
- "4-H Cooking 201" will replace "Tasty Tidbits."
- "4-H Cooking 301" will replace "You're the Chef."
- "4-H Cooking 401" will replace "Foodworks."

Fair exhibit classes in "Fast Foods" have been re-assigned to one of the other food divisions or eliminated.

A new Home Food Preservation curriculum series is also available including four project books entitled:

- "Freezing"
- "Drying"
- "Boiling Water Canning"
- "Pressure Canning"

"Let's Bake Quick Breads" is another new foods project book which includes gluten-free bread recipes.

The new foods project books may be viewed and purchased online at <https://shop4-h.org/collections/healthy-living-foods-curriculum> or at the Extension office. They are full of excellent step-by-step

instructions as well as numerous recipes.

Please note new fair foods exhibit classes when reviewing the 2018 Fair Book later this spring including the following: "4-H Cooking 101" 'county only' beginner fair exhibits: cookies, muffins, no bake cookies, cereal bar cookies, granola

bars, brownies and a snack mix. Advanced level fair exhibit classes of "shortened cake (not from a cake mix)" and "candy" have been added under Cooking 301 and Cooking 401 divisions, respectively.

If you questions, contact Kristin Geisert at 402-441-7180 or [kristin.geisert@unl.edu](mailto:kristin.geisert@unl.edu).

## 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>

## 4-H Clubs Needed to Help Provide Booths at Kiwanis Karnival, April 13

The annual Kiwanis Karnival, a FREE family event, is sponsored by the Lincoln Center Kiwanis. This year, it will be held Friday, April 13, 5:30–7:30 p.m. at Elliott Elementary School, 225 S. 25th St., Lincoln. The Karnival features carnival type games for the kids, bingo for adults, prizes, snacks, fun and fellowship. Lincoln Center Kiwanis has sponsored this event for over 50 years — providing prizes and snacks. 4-H clubs are needed to provide carnival-type booths. This is a great community service and leadership activity for clubs. If your 4-H club or family would like to have a booth or for more information, call Lorene at 402-423-7541 or 402-310-3481, or email [lbartos1@unl.edu](mailto:lbartos1@unl.edu). Come join the fun!

## 4-H Speech & PSA

4-H Speech & PSA Contests are open to all 4-H'ers — need not be enrolled in a specific project. Youth may choose to participate in either or both the Speech and PSA contests. For rules, helpful resources and examples, go to <http://lancaster.unl.edu/4h/Contest/speech.shtml>. If you have questions, contact Kate Pulec at [kpulec3@unl.edu](mailto:kpulec3@unl.edu) or 402-441-7180.

### PSA Contest, Due March 12

In the Public Service Announcement (PSA) Contest, 4-H'ers submit a 60 second "radio commercial" promoting 4-H. Submit a PSA as a .wav or .mp3 file electronically to [kpulec3@unl.edu](mailto:kpulec3@unl.edu) or on a CD to the Extension office by Monday, March 12. If you do not have the capabilities to record a PSA, contact Kate Pulec to set up a recording time. Results and comment sheets will be handed out at the 4-H Speech Contest. The 2018 PSA theme is "4-H Grows True Leaders."

### Speech Contest, March 18

The 4-H Speech Contest will be held Sunday, March 18 at the Lancaster Extension Education Center. Check-in between 1–1:30 p.m., contest begins at 1:30 p.m. Register by March 12 by calling 402-441-7180 or emailing [kpulec3@unl.edu](mailto:kpulec3@unl.edu) with your name, speech title and age division.

## 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.

### Horsemanship Level Testings

Now is a good time to start thinking about new 4-H horsemanship level goals! The 2018 group testings will be held at the Lancaster Event Center – Amy Countryman Arena on the following Tuesday evenings: April 10, April 24, May 8, May 22, June 5 and June 26.

## 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, 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 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 sign up 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. Must 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 Jammie Workshop, March 3

4-H youth ages 8 and older are invited to practice their basic sewing skills and make pajama or lounge wear pants at the "Jammie Jamboree" sewing workshop on Saturday, March 3, 9 a.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road. No cost to attend. Parents or adults are needed to help 4-H'ers. Must sign up by Wednesday, Feb. 28 by calling 402-441-7180.

Bring your sewing machine, basic sewing equipment (scissors, pins, measuring tape, etc.), simple pull-on pajama bottom pattern, pre-washed flannel or 100% cotton fabric — see yardage requirement on pattern envelope (no one-way design fabrics or plaids — if you choose flannel, purchase an additional 1/2 yard), elastic as recommended by pattern and matching thread. Do NOT cut out pants ahead of class time!

### 4-H Furniture Painting Workshop, March 10

4-H youth ages 8 and up are invited to participate in a furniture painting workshop on Saturday, March 10, 9 a.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road. No cost to attend. Adults are welcome to attend to help youth. Must sign up by Wednesday, March 7 by calling 402-441-7180.

Bring a small piece of unpainted furniture, such as a shelf, stool or chair. These items can be found around your house, at craft stores, garage sales and thrift stores. Learn how to prepare new and used wood furniture by sanding, sealing, painting and finishing. All paints and finishes are provided. Wear old clothes appropriate for painting.

### Pick-A-Pig Club Accepting New Members

The Pick-A-Pig 4-H club is accepting new members for anyone who wants to learn about pork production and show a pig at the Lancaster County Super Fair. The club is open to all city and rural youth ages 8–18. If you are interested, contact Harry Muhlbach at 402-430-7304 by March 14. The first meeting will be Sunday, March 18.

### Rabbit Show, March 17

The 4-H Spring Rabbit Show will be held Saturday, March 17, 9 a.m. at the Lancaster Event Center – Exhibit Hall. Open to all youth ages 8–18. Show flyer is at <https://lancaster.unl.edu/4h/documents/RabbitShowSpring18.pdf>. Registration 7:30–8:30 a.m. All rabbits must have a legible tattoo in the left ear (tattooing available at the show 7:30–8:30 a.m. — \$1 per rabbit). For more information, call Bob at 402-525-8263 or the Extension office at 402-441-7180.

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



## 4-H Achievement Celebration

Tuesday, Feb. 20 • 6:30 p.m.

Lancaster Extension Education Center  
444 Cherrycreek Road, Lincoln

4-H members, clubs and volunteers receiving awards, scholarships or pins will be mailed detailed information.

Part of Nebraska 4-H Month!

Light snack provided!

Theme is "4-H'ers are Heroes!"

### Governor's Ag Excellence Award Forms Due March 2

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

Clubs may use the award dollars for many different programs. A few examples are: community service projects, trips or tours for club members and community improvement projects. The intent is to increase 4-H'ers awareness of agricultural careers. Consider "agricultural"

in the broadest terms for this program.

Forms are due by March 2. Applications are online at <http://ne4hfoundation.org/recognition>. Clubs will be notified by May 15. If you have questions, contact Peggy Jeffries at 402-472-1178 or [pjefries1@unl.edu](mailto:pjefries1@unl.edu).

## New 4-H Livestock Requirements

New Youth for the Quality Care of Animals (formerly Quality Assurance) requirements have been expanded to include ALL livestock exhibitors (not just those showing market animals). 4-H Livestock ID/Ownership requirements for showing at State Fair and/or AKSARBEN Stock Show have changed for 2018. Please review the following carefully.

- **April 15** — All market beef ID's due
- **TBA** — Sheep and goat weigh-in and tagging at Lancaster Event Center – Pavilion 2
- **June 15** — All market/breeding sheep, market/breeding meat goats, breeding & feeder calves, bucket calves, swine, rabbits, dairy cattle, dairy & pygmy goats ID's due to Extension office

### LIVESTOCK ID/OWNERSHIP REQUIREMENTS FOR SHOWING ONLY AT SUPER FAIR

If showing at Super Fair AND State Fair/AKSARBEN, follow those requirements instead of these.

Pick up tags and Animal Ownership Affidavit (ID) paper forms from Extension office (forms are also online at <https://4h.unl.edu/county-fair/affidavits>). See deadlines above.

#### MARKET BEEF, FEEDER CALVES

- Tagged with a 4-H ear tag
- Turn in completed ID form

#### SHEEP, MEAT GOATS

- Tagged with a USDA scrapie tag (breeder supplies these)
- Turn in completed ID form

#### BREEDING BEEF

- Breeding beef must have tattoo number as their ID
- Turn in completed ID form

#### SWINE

- Tagged with a 4-H ear tag
- Turn in completed ID form

#### DAIRY CATTLE, DAIRY GOATS & PYGMY GOATS

- Turn in completed ID form for your species

#### RABBITS

- Permanent tattoo in left ear
- Turn in completed ID form

### ID/OWNERSHIP REQUIREMENTS FOR STATE FAIR AND/OR AKSARBEN

Pick up tags and DNA envelopes from the Extension office. Youth participating in the State Fair will have until Aug. 10 (state fair deadline) to select whether they are showing their animal in 4-H or FFA. See deadlines above.

#### MARKET BEEF, SHEEP, SWINE, MEAT GOATS & FEEDER CALVES

- Market beef, swine and feeder calves tagged with an EID tag (swine also need ear notches recorded)
- Market sheep and meat goats use USDA scrapie tag number for ID (breeder supplies these)
- Submit DNA sample to the Extension office
- Submit animal information and payment (\$6 per animal) into online AKSARBEN livestock database (instructions coming later)
- Obtain Premise ID from Nebraska Department of Ag and submit it to the Extension office

#### BREEDING BEEF, SHEEP, MEAT GOATS

- Breeding beef must have tattoo as their ID
- Breeding sheep and meat goats use USDA scrapie tag number for ID (breeder supplies these)
- Submit animal information into online AKSARBEN livestock database (instructions coming later)

#### DAIRY CATTLE

- Turn in completed ID form

#### RABBITS

- (requirements coming later)

### Youth for the Quality Care of Animals (Quality Assurance) Requirements for 4-H and FFA Members Exhibiting ANY Livestock Project at the Lancaster County Super Fair, Nebraska State Fair and/or AKSARBEN

In 2018, youth enrolled in any of following animal projects will need to complete YQCA training: **Beef (bucket calf, feeder calf, breeding beef, market beef), Dairy cattle, Goat (breeding meat goat, dairy goat, meat goat), Poultry, Rabbit, Sheep (breeding sheep, market sheep) or Swine (breeding swine, market swine).**

Youth must be currently enrolled at <https://ne.4honline.com>. Only parents/guardians may enroll 4-H members.

In Lancaster County, youth may choose one of two options to complete their YQCA requirements:

- Complete online training at <https://yqca.learnrow.io>. Cost is \$12. For directions and more information, visit <https://4h.unl.edu/yqca>. Once training is complete, send completed certificates to Cole Meador at [cmeador2@unl.edu](mailto:cmeador2@unl.edu) or 444 Cherrycreek Rd., Ste. A Lincoln, NE 68528. If certificates are not submitted, we have no way of knowing if trainings have been completed.
- Attend a face-to-face training held Thursday, May 31 or Thursday, June 7, 6–7 pm at the Lancaster Extension Education Center, 444 Cherrycreek Rd., Lincoln. To sign up for face to face trainings, you must go to <https://learnrow.io> before the training. The training will cost \$3 payable by credit or debit card on the website. We cannot take payments in person, all families must register and pay online. You must sign in as proof of attendance — certificates will available online.

Deadline to complete Youth for Quality Care of Animals (Quality Assurance) is June 15. If you have further questions, contact Cole Meador at 402-441-7180 or [cmeador2@unl.edu](mailto:cmeador2@unl.edu).





# EXTENSION CALENDAR

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

## January

- 23 Introduction to Cultivating Healthy Intentional Mindful Educators (CHIME) Program for Childcare Providers . . . . . 6:30–8:30 p.m.
- 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.

## February FEBRUARY IS NEBRASKA 4-H MONTH

- 2 Successful Farmer Workshop Series. . . . . 9–11:30 a.m.
- 3 4-H Crocheting Workshop . . . . . 9 a.m.
- 5 Pesticide Applicator NDA Walk-in “Testing Only” Session . . . . . 9 a.m.–2 p.m.
- 6 Commercial/Noncommercial Pesticide Applicator Recertification Training . . . . . 9 a.m.
- 7 Cultivating Healthy Intentional Mindful Educators (CHIME) Program for Childcare Providers . . . . . 12:30–2 p.m. OR 6:30–8 p.m.
- 8 Commercial/Noncommercial Pesticide Applicator Initial Training . . . . . 8:30 a.m.
- 8 Co-Parenting for Successful Kids Class . . . . . 9 a.m.–12:30 p.m.
- 9 Successful Farmer Workshop Series. . . . . 9–11:30 a.m.
- 9 Lancaster County 4-H Deadline for Horse Stampede Entries
- 10 4-H Pillow Party Sewing Workshop . . . . . 9 a.m.
- 11 4-H Teen Council Meeting . . . . . 3 p.m.
- 13 Private Pesticide Applicator Training . . . . . 9:30 a.m.
- 13 4-H Council Meeting . . . . . 6 p.m.
- 16 Lancaster County 4-H Deadline for Companion Animal Challenge Entries
- 19 Presidents’ Day – Office Closed
- 20 4-H Achievement Celebration. . . . . 6:30 p.m.
- 21 Cultivating Healthy Intentional Mindful Educators (CHIME) Program for Childcare Providers . . . . . 12:30–2 p.m. OR 6:30–8 p.m.
- 22 Commercial/Noncommercial Pesticide Applicator Recertification Training . . . . . 9 a.m.
- 22 Growing Great Nut Trees for Future Generations Seminar . . . . . 7–9 p.m.
- 27 Commercial/Noncommercial Pesticide Applicator Initial Training . . . . . 8:30 a.m.

## 4-H Horse Quiz Bowl Team Place 3rd at Nationals



The Lancaster County Horse Quiz Bowl Team.

Several Nebraska 4-H youth attended the horse portion of 4-H/FFA Western National Roundup Jan. 4–7, 2018 in Denver. The Conference, now in its 98th year, coincides with the National Western Stock Show. In order to qualify, each team and individual were required to win their state competition.

**The Lancaster County Horse Quiz Bowl Team of Ashley Clegg, Kate Cooper, Aussia Stander and Jenna**

**Wolfe (coached by Kate Rawlinson) earned overall 3rd place.** Aussia Stander place overall 2nd individually.

Other Nebraska contestants placed 6th in Horse Team Demonstration, 3rd in Horse Public Speaking and 10th overall in Horse Judging.

This contest is an opportunity for youth to demonstrate their knowledge of equine-related subject matter in a fun and friendly competitive setting on a National level.

## Nebraska Department of Agriculture’s Ag Poster Contest

The Nebraska Department of Agriculture (NDA) is asking students to share the story of Nebraska agriculture by entering NDA’s annual ag poster contest. The contest is in its 15th year and is open to all Nebraska students in grades 1–6. This year’s theme, “Sharing the Story of Nebraska Agriculture,” highlights the importance of our state’s

number one industry.

NDA’s annual ag poster contest is divided into three age categories. Entries must be postmarked by the March 1 deadline. Contest rules and official entry forms are available online at [www.nda.nebraska.gov/kids](http://www.nda.nebraska.gov/kids). For more information, contact Christin Kamm at 402-471-6856 or by email at [christin.kamm@nebraska.gov](mailto:christin.kamm@nebraska.gov).

## Seeking 4-H Camp Staff

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

## Red Letter Days at UNL

Red Letter Days are an opportunity for you to explore college life at the University of Nebraska–Lincoln during your junior or senior year of high school. Upcoming dates are Feb. 16, Feb. 23, March 9, March 16, April 22 and April 27. If you are interested in any health-related fields, check out our Pre-Health Red Letter Day on March 12.

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

- Explore campus with a current UNL student as your guide.
- Attend academic informational sessions.
- See what it’s like to live in a residence hall.
- Learn about ways to get involved on campus.
- Find out important admissions, scholarship and financial aid information.

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

# EXTENSION NEWS

## 2018 Extension Board



Back row L–R: Karen Wobig (Extension Unit Leader), Jenny DeBuhr (Extension Administrative Aide), Mitch Sump, Jim Bauman, Dena Noe, Jim Pinkerton; Front row L–R: Sharlyn Sieck, Chris Scow, Paula Peterson, Allen Blezek. Pictured via smartphone: Trudy Pedley. Not pictured: Patricia Heather.

The Lancaster County Extension Board serves as an advocate for Nebraska Extension in Lancaster County. Members of the board are appointed by the Lancaster County Board of Commissioners. The Extension Board provides guidance to Extension staff in establishing and accomplishing Extension education program goals and objectives. Annually, it assists in developing an operating budget and local educational priorities. The board typically meets monthly (usually the second Friday at 8 a.m.).

The following members

were recently appointed for their first terms: Dena Noe, Trudy Pedley and Chris Scow. Sharlyn Sieck was re-appointed to serve a second term.

Extension board members for 2018 are:

- Jim Bauman, *President*
- Allen Blezek, *Vice President*
- Sharlyn Sieck, *Secretary/Treasurer*
- Mitch Sump, *4-H Council ex officio member*
- Patricia Heather
- Dena Noe
- Trudy Pedley
- Paula Peterson
- Jim Pinkerton
- Chris Scow

## Food and Farm Policy Forum, Feb. 3

Whether you already know a lot about food policies or have an interest in learning more, you are invited to attend a Lincoln Farm and Food Policy Forum on Saturday, Feb. 3, 8:30 a.m.–1:30 p.m. at First Presbyterian Church, 840 S. 17th St., Lincoln. No cost. Please register online at <https://go.unl.edu/yb9u> by Feb. 1.

Organizers are Nebraska Extension in Lancaster County, NeighborWorks Lincoln, Community Crops, Lincoln-

Lancaster Food Policy Council, Partnership for a Healthy Lincoln, and Community Action Partnership.

While there are many important policies being considered around food issues every day, 2018 is an especially important time as Congress considers the next Farm Bill.

For more information, contact Brie Frickenstein at 402-441-7180.

## Nut Tree Seminar, Feb. 22

Nebraska Nut Growers Association and Heartland Nuts ‘N More co-op are presenting a seminar, “Growing Great Nut Trees for Future Generations,” on Thursday, Feb. 22, 7–9 p.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln. There is no cost to attend.

This is a great opportunity to learn how to plan, grow, harvest and market high quality nuts in southeast Nebraska. There will

be door prizes which include several seedling nut tree varieties and nut seeds.

### FOR MORE INFORMATION

- Heartland Nuts ‘N More, President Larry Martin, 402-784-6887 [www.heartlandnutsnmore.com](http://www.heartlandnutsnmore.com),
- Nebraska Nut Growers Association, Director John Knorr, 402-788-2717 [www.nebraskanutgrowers.org](http://www.nebraskanutgrowers.org)

## 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 [pwisner@lincoln.ne.gov](mailto:pwisner@lincoln.ne.gov) by Feb. 24. Visit <http://lancaster.unl.edu/ewf> to register online.

