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Youth Voice benefits youth, communities



4-H Teen Council members plan, set up and facilitate the annual overnight 4-H Lock-In for 4th and 5th graders. The teens form four committees: games, education, crafts and food.

4-H provides multiple opportunities for Youth Voice

Tracy Anderson
Extension Educator

What is Youth Voice? Youth Voice occurs when youth are given opportunities to influence by sharing opinions, knowledge and ideas. It occurs when youth have the confidence and skills to contribute to something important to them.

Benefit to youth

Research shows Youth Voice — also known as Teen Voice — is one of three important components that make a positive impact in teens' lives. The other two components include 1) Teens' Sparks: things in life that give meaning and joy to their lives and 2) Teens' Relationships: this includes support and encouragement by caring adults.

According to the Search Institute's Teen Voice 2010 study, the three core components, Teens' Sparks, Teens' Relationships and Teens' Voice, are "critical for helping teens do well in school, contribute to their communities and make positive choices. Cultivating these strengths can help to ensure that young people are ready for college, work and life."

While all three components were individually studied, this article will focus on the outcomes of the Youth Voice component. The Youth Voice study included the Teen Voice Index which measured leadership, personal power, comfort expressing their voice, community problem solving and civic involvement. Results of the study indicate only 22 percent of teens surveyed scored high on all of these areas. In addition, 56 percent indicated they had the personal power to make good things happen in their own lives and 55 percent felt at least somewhat

comfortable suggesting activities to adults and sharing their ideas with adults.

Not surprisingly, teens who experience caring relationships with adults were more likely to score high on the Teen Voice Index as a whole, as well as individual parts.

Benefit to communities

When youth join community groups, councils and boards, they share their point of view and provide new ideas and solutions to critical community issues. Youth and adults also increase their understanding of each other.

Research suggests, "...young people can become empowered to be problem-solvers, decision-makers and committed leaders who will lead community development efforts in the future" (Barnett & Brennan; Benson, 2007; Brennan, Barnett, & Lesmeister, 2007).

When youth are allowed to have a voice in community efforts, research has shown there is a decrease in traditional problem behaviors which helps the community and youth. For example, the likelihood of using drugs and alcohol, dropping out of school and criminal behavior lessens. In addition, youth who are involved in the community tend to have higher academic performance, and lower rates of pregnancy and marijuana use (Crooks, C. V., Chiodo, D., & Thomas, D., 2010).

4-H opportunities for Youth Voice

Positive youth development programs like 4-H provide opportunities for youth to experience caring relationships from adults, helping youth develop confidence, skills and opportunities to express what is important to them.

4-H clubs — A 4-H club is an orga-



Many 4-H clubs, such as the Rock Creek Ranchers, elect youth officers to run the business portion of their meetings.



4-H Council includes adult and youth members who help determine long- and short-term goals and policy for Lancaster County 4-H.

nized group of young people that meet regularly with adult volunteers to focus on a series of educational experiences. In this setting, adults can give youth a strong voice by allowing them to be leaders within their 4-H clubs and help youth learn parliamentary procedure. Youth can also help determine 4-H projects, programs and activities.

Teen Council — The Lancaster County 4-H Teen Council is a leadership organization for youth in grades 7–12. Members are involved in several leadership activities such as organizing the annual 4th & 5th Grade Lock-In. Teens also participate in community service

projects. Teens involved in Lancaster County Teen Council are encouraged to have a voice. The teens elect officers, use parliamentary procedure to lead the meetings, determine their programming and lead committees.

4-H Council — Comprised of adult and youth volunteers, 4-H Council represents the interests of youth, parents and leaders in Lancaster County. Youth are selected for the roles of vice president and secretary. All youth members are encouraged to have a voice by sharing their ideas and opinions. All members vote on motions.

see YOUTH VOICE on back page

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Finding time for fitness over the holidays



Kayla Colgrove, MS, RDN, ACSM-CPT Extension Educator

The holiday season is almost
here. Trying to balance holiday
parties, shopping, baking,
cleaning, entertaining and work
may lead to some stressful times.
What about eating healthy or
physical activity? Finding time
for fitness over the holidays may
be hard because of the cooler
weather and busy schedules.

Including physical activity
during the holiday season can
help you prevent weight gain and
release stress. Here are three tips
to help you fit in fitness over the
holiday season.

Tip #1: Schedule activity into your daily routine

Schedule your physical
activity in advance by putting
it on your calendar and treat it
like an important appointment.
Incorporate physical activity you
enjoy doing at the most conven-
ient time to accomplish your

fitness goals during the busy
holiday season.

The Physical Activity
Guidelines for Americans
issued by the U.S. Department
of Health and Human Services
recommend adults aim for at
least 150 minutes of moder-
ate-intensity aerobic activity
each week. Set a goal for 30
minutes of physical activity on
most days. Do not worry about
getting all 30 minutes of exercise
done at one time. As long as the
aerobic activity is performed at
a moderate effort for at least 10
minutes at a time, it still counts
towards your 30 minutes.

Tip #2: Incorporate easy activities to get moving during the holidays

Including these activities
will help achieve your physical
activity goals:

- Park at the far end of the parking lot.
- Take extra laps around the store before checking out.
- Use the stairs instead of escalators.

- Include mall walking to enjoy the decorations while window shopping.
- Dance to your favorite holiday music.
- Work out at home to an exercise DVD.

Tip #3: Create healthy holiday traditions

Adding seasonal activities to
your holidays can be fun and also
create healthier holiday tradi-
tions. Walk around your neigh-
borhood instead of riding in
your car to look at holiday lights
and decorations. Incorporate
winter activities such as sledding,
ice skating, snow skiing, or
taking a winter nature hike. After
a holiday dinner, organize a
walk, basketball or football game
to catch up with family members
while incorporating fun physical
activities.

Reference: Clemson Cooperative
Extension. (December, 2010). *Let the
Holiday Spirit Move You!* Retrieved from
[www.clemson.edu/extension/hgic/
food/nutrition/nutrition/dietary_guide/
hgic4034.html](http://www.clemson.edu/extension/hgic/food/nutrition/nutrition/dietary_guide/hgic4034.html)



RECIPE OF THE MONTH

Kayla Colgrove, MS, RDN, ACSM-CPT, Extension Educator

PUMPKIN PUDDING

(6 Servings)

**1 package (5.1 ounces) instant vanilla
pudding mix, regular or sugar-free**
2 cups low-fat milk
1 can (15 ounces) pumpkin puree
1-1/2 cups whipped topping
1 teaspoon ground cinnamon

1. In a medium bowl, mix pudding and milk with
an electric mixer for 1–2 minutes.
2. Add pumpkin to pudding mixture. Stir in
whipped topping with whisk or spoon. Mix well.
3. Add cinnamon and mix well.
4. Chill until served

Nutrition Facts Per Serving: Calories 190, Total Fat 3.5 g (6%
DV), Saturated Fat 3 g (14% DV), Cholesterol 5 mg (1% DV),
Sodium 410 mg (17% DV), Total Carbohydrate 38 g (13% DV),
Dietary Fiber 2 g (9% DV), Sugars 34 g, Protein 4 g, Vitamin A
220%, Vitamin C 4%, Calcium 15%, Iron 6%.

Source: Nebraska Nutrition Education Program



Craig Chandler, UNL Communications

Successful Farmer Series starts Jan. 4

Mark your calendars for the 2019 Successful Farmer Series, which will be held weekly on Fridays starting Jan. 4 and ending Feb. 8. All sessions will be 9–11:30 a.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln.

This is the fourth year for the series and there is another excellent lineup of presentations. Topics will cover disease and nutrient deficiency identification, drift management, commodity marketing, ag technology, cover crops and more. The multiple topics and events allow you to pick the topics most relevant to you and your operation. This is a great opportunity to learn from University of Nebraska–Lincoln experts and visit with other producers in the area.

The cost is \$5 per session



Extension Educator Tyler Williams is organizing — and will be a presenter at — the Successful Farmer Series.

or \$15 for the entire series. Refreshments will be provided. Registration at least two days before the workshops is appreciated by registering online at <https://lancaster.unl.edu/ag> or contacting Karen Wedding at kwedding2@unl.edu or

402-441-7180. Pay at the door, check or cash. Debit/credit card payment is available for an additional fee.

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

Tree seedlings available for spring planting

Bare-root tree seedlings, for establishment or renovation of tree plantings, are available through your local Natural Resource District office November through March on a first-come basis, as long as supplies last. Go to <http://nrdnet.org/nrds/find-your-nrd> to locate your local NRD's website, then find their Conservation Tree Program.

A minimum order of 25 seedlings is required, with plants sold in bundles of 25 each. Plants cost approximately 90 cents each, plus tax and handling. If 25 of one species is more than you need, then talk with your neighbors. Maybe you can place a joint order and split the bundles.

You must pick up your tree seedlings when they arrive at the NRD office in spring.

FOR MORE INFORMATION

Nebraska Extension has a series of publications which provide guidance on windbreak design and renovation. They are online at <http://extensionpubs.unl.edu>. Find them by typing "windbreak" into the search box.

Also available from Nebraska Forest Service and Nebraska Statewide Arboretum:

- Care of Newly Planted Trees (G1195), <http://go.unl.edu/newtrees>
- Trees for Eastern Nebraska, <http://go.unl.edu/eastertrees>
- Trees for Western Nebraska, <http://go.unl.edu/westerntrees>
- Windbreak Design (G1304), <http://go.unl.edu/wbdesign>

Plan now for pesticide applicator training

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

Commercial/noncommercial applicators



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

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

Traditional training classes — visit <http://pested.unl.edu/commercial> for dates, locations and registration. Cost is \$80 per online preregistration or \$90 per mail, fax and at-the-door registration. Trainings at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln will be:

- Initial trainings starting at 8:30 a.m. — Feb. 5, Feb. 26 and April 11.
- Recertification trainings starting at 9 a.m. — Feb. 7, Feb. 21 and March 28.

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

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

Crop Production clinics (recertification only) — Categories Ag Plant, Regulatory or Demonstration/Research can use this option. Visit <http://agronomy.unl.edu/cpc> for a clinic listing and registration. Cost \$80 per participant, includes lunch and training materials.

Private applicators

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

Traditional training classes — visit <http://pested.unl.edu> and click on "Classes and Study Materials," then "Private Training Schedule" for dates and locations. Lincoln dates will be published in the next NEBLINE. Cost \$40 per participant collected at the door. No pre-registration required.

Crop Production Clinics — Receive initial or recertification training. Visit <http://agronomy.unl.edu/cpc> for a clinic listing and registration. Crop Production Clinics held in southeast Nebraska will be Tuesday, Jan. 15 in LaVista and Thursday, Jan. 17 in York. Cost \$80 per participant, includes lunch and training materials.

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

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

Testing-only option — Take a written closed-book exam given by the Nebraska Department of Agriculture. Visit www.nda.nebraska.gov/pesticide/applicator_testing.html, then scroll down to NDA Walk-In "Testing Only" Sessions for locations and dates. Times are 9 a.m.–2 p.m. Free.

Upcoming green industry conferences

NEBRASKA TURFGRASS CONFERENCE

JANUARY 8–10, 2019

NEBRASKA TURFGRASS ASSOCIATION

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

402-472-5351 • <https://nebraskaturfgrass.com/conference>



GREAT PLAINS GROWERS CONFERENCE

JANUARY 10–12, 2019

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.

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

- Jan. 10 workshops – Food safety, hops potential, honey bees & beekeeping, selling local foods, cover crops and soil health.
- Jan. 11–12 general tracks – Tree/small fruit, conventional & organic production, vegetable IPM, greenhouse & hydroponics, season extension, technology and cut flowers.

Keynote speaker will be Alex Hitt, owner of Peregrine Farm, an extremely diversified 2.5 acre farm growing cut flowers plus small fruits and vegetables outside Chapel Hill, N.C.

Presentation — "Transitioning Your Farm to the Next Generation."

Contact Buchanan County Extension Office

816-279-1691 • www.greatplainsgrowersconference.org



NEBRASKA GREAT PLAINS CONFERENCE

JANUARY 23–24, 2019

NEBRASKA ARBORISTS ASSOCIATION AND

NEBRASKA NURSERY & LANDSCAPE ASSOCIATION

New location: Holthus Convention Center, York, Neb.

www.nearborists.org • www.nnla.org



Cockroaches: Unwanted home invaders

Jody Green

Extension Educator

Cockroaches are one of the most recognized and unwanted home invaders. They are oval shaped with long, thread-like antennae and running legs. Cockroaches are thigmotatic, meaning they prefer to hide in tight places. They prefer darkness, hiding and breeding in cracks and crevices.

Cockroaches are omnivorous and feed on organic waste such as food scraps, starches, pet food and garbage. Cockroaches transfer bacteria that cause infections including salmonellosis and gastroenteritis. Their saliva, exoskeleton and feces are responsible for childhood allergies and can trigger asthma.

Cockroach life cycle

Cockroaches undergo incomplete metamorphosis where immature forms are smaller, wingless versions of the adult. Adult roaches may or may not have wings — but regardless, most do not fly. Adult females produce egg capsules called ootheca, from which multiple offspring emerge and the reason roaches have such a high reproductive capability. Cockroaches must molt and shed their exoskeleton to grow and develop. Sometimes homeowners report white or albino roaches. These are newly-molted cockroaches and will harden, darken and look like other roaches after a few hours.

Indoor cockroaches

German roach — The most common cockroach of kitchens is the German cockroach. They are located throughout the United States and the world. They are found in warm, moist environments like kitchens and bathrooms, especially in multi-family housing where they travel easily between units using pipe chases and shared walls. They can also hitchhike into new locations in packaging (especially cardboard), infested items and personal bags. German roaches

are usually discovered when residents turn on a kitchen light in the middle of the night to a rapid scattering on the countertop. They are generalist feeders and will feed on almost anything, such as food stuffs, crumbs, starches, fabric and trash. They will hide in cabinets, drawers and appliances. Where they harbor (seek shelter), they will leave fecal stains.

German cockroach adults are approximately 1/2-inch long, light brown with two dark, longitudinal bands on the pronotum (behind their head). They have fully formed wings, but do not fly. Nymphs are wingless and have dark longitudinal stripes extending the length of the abdomen. Females can be seen carrying around the ootheca, which extends from the abdomen under the wings and carried until it is ready to hatch. The German cockroach breeds throughout the year indoors. Without food or water, adults will die within two weeks.

American roach — American roaches are called “Palmetto bugs” in the southern states. They are associated with old buildings with connecting basements, storm sewers and steam tunnels because they like temperatures over 80°F and high moisture. They are 1-1/2-inches long, reddish-brown, with a dark “M” on pronotum. Adults have thick, full-length wings, but they do not fly in Nebraska. Females drop their ootheca in hidden areas such as crevices, wood piles or basement perimeters. American cockroaches feed on a variety of foods including decaying organic matter, starches and sweets. They can survive up to three months without food, but only a month without water.

Oriental roach — Oriental cockroaches are called “water bugs” in Nebraska because they are highly associated with water. They live in cool, dark, damp places such as laundry rooms, basements and sump rooms with floor drains. They feed on decaying organic matter and filth. Sometimes populations of Oriental cockroaches live outdoors near the foundation under the slab, yards, dumps,



Photos by Jim Kalisch, UNL Dept. of Entomology

Cockroaches shown approximate size (left-right): American, Oriental, German and brownbanded.



Cockroach ootheca (egg capsules) shown magnified (clockwise from upper left): Oriental, German, brownbanded and American.

crawlspaces and retaining walls. Adults are approximately 1 to 1-1/4-inches long, with a uniform shiny, black body and pronotum. As nymphs, they are a light brown color and may be confused as American roaches. Males have 3/4-length wings and females are wingless, but neither are able to fly. Females glue or hide their ootheca in debris in warm, sheltered locations. Oriental cockroaches can live for a month without food, but only two weeks without water.

General management

Sanitation — To limit population growth indoors: Reduce available food and water sources. For example, clean up spills, fix leaky sinks, manage trash and compost, and store food products in air-tight containers. To reduce conducive conditions for the American or Oriental cockroaches which may come in from

outside: Remove leaf litter, fix drainage issues, trim vegetation, manage mulch, and clean out window wells and gutters.

Exclusion — Stop cockroaches before they can enter the home. This includes caulking and sealing gaps around utility pipes, filling holes in the floors and walls, and screening floor drains.

Prevention — Inspect items coming into the residence, especially if coming from a location with a known cockroach infestation. Discard corrugated cardboard used to transport items.

Trapping — Use of glue boards can help monitor for cockroaches, determine population size and locate harborage areas. Younger nymphs do not travel far from the harborage. Adults do. Sticky traps can help evaluate the treatment program to make sure the number of cockroaches decrease over time. Vacuuming can also reduce the population and reduce the cockroach allergens in the residence.

Insecticides — Cockroach-specific bait can control cockroaches and are a least toxic alternative to spraying indoors. Residual insecticide sprays are not recommended for German cockroaches due to the proximity of this pest to food items, dishes, utensils and countertops. Cockroach baiting programs are very successful at reducing cockroach infestations, however some infestations may warrant an exterior perimeter treatment with spray, dust or granular bait. Professional companies strategically choose and apply baits based on the specific cockroach and are recommended for large infestations. There are several available bait stations sold in stores for homeowners. Be sure to read and follow the label, choose one appropriate for the size of cockroach and install as close to harborage area as possible.

FOR MORE INFORMATION

A longer version of this article with information about brownbanded and wood cockroaches is online at <https://lancaster.unl.edu/pest>

Fresh water for birds is important in winter

Soni Cochran

Extension Associate

There are nearly 400 species of birds in Nebraska and about 200 bird species nest in our state. By providing suitable habitat which includes food, water and shelter, you can enjoy birds and other wildlife year-round. For those of us who enjoy watching wildlife, bird feeding is an easy way to enjoy the behavior of wildlife up close. Providing a source of fresh water is also important especially in winter when birds and other wildlife have less access to fresh water.

It is easy to add a bird bath to your yard. Bird baths don't have to be expensive. Many people are able to make bird baths from resources they have around the home. Even an inverted garbage can lid or shallow pan can be used as a bird bath by placing it on the ground or attaching ropes and hanging it from a tree.

The most important factor to consider in purchasing or making a bird bath is to keep in mind what the birds prefer. Birds do not like slippery surfaces.



Photo: Grace Robertson

They like rough surfaces like concrete. If you already have a bird bath, add bathtub stickers to create a nonstick surface. You can also add pebbles to the bottom to help give birds better footing when bathing and drinking. It is important your bird bath should only be two to three inches deep.

Birds that feed at your feeders will use a bird bath placed above the ground or suspended from a tree. Consider adding another bird bath on the ground to mimic a puddle which will attract other birds and wildlife like squirrels. Before putting a bird bath on the ground, consider predators

like cats in your neighborhood who might prey on the birds and wildlife.

In winter, you'll need to find a way to keep the water from freezing over. You can purchase heated bird baths or buy a submersible heater for your bird bath which will need plugged into an electrical outlet. Solar heaters are also available but these do not work on cloudy days (DeCecco & Brittingham, 2016).

It is important to keep your bird bath(s) clean. Change the water regularly and if needed, scrub the bird bath with brush and mild soap, then rinse well.

Protecting birds from aerial predators

If you feed birds or have bird baths, it is important to examine shelter sources in your habitat to help the birds escape predators. Place bird baths in a location near a tree or shrub with low branches for the birds to escape from predatory hawks. The sharp-shinned hawk and Cooper's hawks are accipiter hawks found in our area. Cooper's hawks are here year-round. Both hawks quickly maneuver to chase and capture birds.

Daniel Burden, program specialist from Iowa State University, suggests building a predator-exclusion feature to help birds escape from accipiter hawks. He recommends putting a perimeter of old chain-link or similar fencing around a brush pile, evergreen shrubs or pine tree. The holes are large enough in the chain-link fence for birds to quickly fly through to escape. The hawk will be too big to get through the fence. Burden also stated these areas of fencing when covered with snow, provides a protected area for birds to roost.

What if a hawk stays around my feeders?

If a hawk begins to prey regularly on birds in your yard, take down your feeders for a couple of weeks. Your bird baths can be moved closer to landscape providing escape. When the hawk moves on, put your feeders back up and the smaller birds will return.



Wikimedia Commons

Cooper's Hawk with prey

Ice suncatcher



To make, fill a pie or cake pan half full of water (pictured with yellow food coloring) and arrange your decoration. After you have the pan in place to freeze, add more water.



This winter-themed ice suncatcher (left) has raspberries and spruce branches. This fall-themed ice suncatcher (right) has orange slices, vinca stems and yellow food coloring.

Photos: Mary Jane Frogge, Nebraska Extension in Lancaster County



GARDEN GUIDE

THINGS TO DO THIS MONTH

Mary Jane Frogge, Extension Associate

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

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

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

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

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

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

Minimize traffic on a frozen lawn to reduce winter damage.

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

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

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

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

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

Bring out the bird feeders and stock them with bird seed for the birds. Remember to provide fresh water for them too.

Are you interested in gardening and enjoy helping others? Become a Master Gardener volunteer!

Nebraska Extension in Lancaster County Master Gardeners receive 40 hours of training in return for volunteering 40 hours to Extension programs and activities.

The 2019 application and details about the program are online at <http://lanaster.unl.edu/mastergardener>

Staying connected with family during the holidays — and all year round

Katie Krause

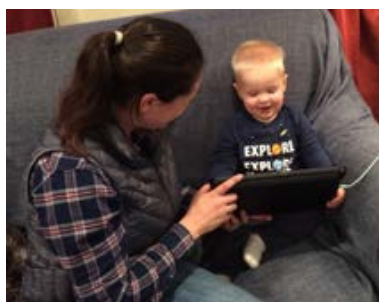
Extension Educator

The holidays are often times when family and friends gather together, sometimes traveling by car or plane. But how can you connect young children with family and friends this holiday season (and all year round!)?

Breaking barriers to connection

When I moved to Nebraska a few years ago, I knew the hardest thing for me would be being so far away from my family. I have such fond memories of both sides of my family coming together for holidays; grandparents, great-grand parents, aunts, uncles and cousins. While we are able to visit with family in person a couple of times a year, being all together is just not possible for every holiday. Thankfully, there are still a lot of ways I can help my son, Weston, build a relationship with family members 800 miles away!

The traditional method of communicating over the phone is still a common way to keep in touch; however, children as old as nine can have difficulty understanding and processing phone conversations. This doesn't mean do not try to have phone conversations, just be aware that they may not be as meaningful for a young child as they are for



Weston video chatting with his grandmother who lives in Ohio.

the adults. Also, keeping a child's attention on a voice coming out of a tiny device isn't usually too captivating, so plan on a hello, maybe a short conversation and probably a quick goodbye from your little one.

Video chatting possibilities

Weston LOVES to talk to his grandma when he can see her too. My mom only gets to see him a few times a year, so being able to connect through video chatting has been amazing. We have even been able to connect with Weston's great-grandparents through video chatting a few times! Most of our video chatting is direct "face-to-face," with Weston often wanting to hold onto the tablet himself. We have found the conversations are most successful when we use a slightly bigger screen, but whatever you have will work! Most operating systems have some type of video chat feature. Apple uses

Facetime, Google uses Duo, Facebook messenger has a video application, WhatsApp is popular especially for international calls, and many more!

There is also the idea of utilizing "open connections" when doing video chats. This simply means to leave the video chat open for an extended period of time and is a great way to "spend time together" no matter how far apart you are! Children can work on an art project, build a block castle, sing songs or just about anything with family watching, encouraging and even singing along. My mom has a wonderful memory of Weston pulling up in his crib for one of the first times. We knew he was getting close, so I just set up my phone for her to watch him. This type of connection will utilize a lot of data, so make sure you are connected to Wi-Fi or are OK with going through a lot of data on your cellular plan.

If you are going to try to connect to family members virtually this holiday season, it might be a good thing to start doing a little bit each week. We were pretty excited when Grandma came to visit earlier this year and Weston clearly remembered who she was. Keep in mind that sometimes your child might be very interested in chatting, and other times, not. Try to help the person on the other end of the line understand

that if your 2-year-old runs off to do something else, it is not personal!

Screen time recommendations

Finally, a lot of people worry about screen time for young children. In 2017, the American Association of Pediatrics (AAP) came out with new recommendations for screen time for young children, stating screen time should be avoided for children under 18 months, with the exception of video chatting. Research has shown that while

in-person, face-to-face conversations are ideal, video chatting is a great solution for connecting with family far away.

Sources:

- Moffatt, J., David, J. & Baecker, R.M. (2013). *Connecting Grandparents and Grandchildren*, In Naustadeter, C., Harrison, S., & Sellen, A. (Eds.), *Connecting Families: The Impact of New Communication Technologies on Domestic Life* (pp. 173-194). New York, NY: Springer.
- American Association of Pediatrics www.aap.org/en-us/about-the-aap/aap-press-room/news-features-and-safety-tips/Pages/Children-and-Media-Tips.aspx

Upcoming early childhood trainings

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

Emergency Preparedness for Child Care Providers — Thursdays, Jan. 10 and Jan. 17, 6:30–9:30 p.m. Cost is \$10. Must attend both sessions. Register online at <http://erecords.education.ne.gov/Training/112623>.

CHIME (Cultivating Healthy Intentional Mindful Educators) Program — The CHIME Program provides education and guidance on how to incorporate mindfulness and reflective practice into your daily routine, teaching and caregiving. Register by Jan. 22.

- Introduction to CHIME (must attend this class in order to attend seven weekly sessions) Wednesday, Jan. 30, 6:30–8:30 p.m. Cost is \$10. Two in-service hours.
- Seven weekly CHIME Sessions (optional, but if attending, must attend all seven sessions) Wednesdays, Feb. 6, 13, 20, 27 & March 6, 13, 20 | 6:30–8 p.m. Cost \$70. 14 in-service hours.



HEART OF 4-H VOLUNTEER AWARD

Erica Peterson

Lancaster County 4-H is proud to announce Erica Peterson of Duncan (formerly of Waverly) as winner of the November "Heart of 4-H Award" in recognition of outstanding volunteer service.

She has volunteered with 4-H since aging out as a member six years ago. Erica has helped in a variety of ways:

- Presenter at the Ag Literacy Festival in Lincoln for fourth graders. She also has helped bring livestock to the festival.
- Classroom presenter for the 4-H Embryology school enrichment program for third graders.
- Presenter at a Youth Science Day for Homeschooled Youth.
- Volunteer at the State 4-H Horse Exposition.

Erica has helped her niece and nephew prepare 4-H projects for Super Fair. In addition, she has also helped at the Lancaster County Super Fair's Fun at the Farm Kid Zone ag discovery and play area.

"I like being a 4-H volunteer because it allows me the opportunity to interact with kids and show them ways they can use leadership in their everyday lives," says Erica. "My favorite experience as a 4-H volunteer is seeing the kids' reactions after they discover a new project they can do at home or in the community."

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



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

The 4-H year is Oct. 1–Sept. 30 and, since it is a new 4-H year, all 4-H members and volunteers must re-enroll for the 2018–2019 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 Heather Odoski 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 TCA FFA, 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 Heather Odoski to set up a password.

NOTE: Health information is optional. You **DO NOT** need to complete this portion of the online form unless your child is planning to attend an overnight camp or campus event.

Aksarben 4-H horse results

The Aksarben 4-H Horse Show was held Sept. 22–23 at Fonner Park in Grand Island. Below are the Lancaster County 4-H horse purple ribbon winners. The 91st annual Aksarben 4-H Stock Show was held Sept. 27–30 at Fonner Park in Grand Island. Stock Show results were not available as of press time. Complete Aksarben results will be at www.akentry.com/akentry/results.

Ellie Bunz	Junior Western Showmanship, Junior Western Pleasure, Junior Western Horsemanship
Aubrey Hayes	Senior Western Showmanship (Champion), Senior Hunter Under Saddle (Champion), Senior Pole Bending (3rd Place), Senior Clover Leaf Barrel Racing (3rd Place), Senior Hunt Seat Equitation
Kali Maytum	Junior English Showmanship (Champion), Junior Hunt Seat Equitation (Champion), Junior Western Pleasure
Ally Quinn	Senior English Showmanship (Champion), Senior Western Horsemanship



HEART OF 4-H VOLUNTEER AWARD

Kristyn Jones

Lancaster County 4-H is proud to announce Kristyn Jones of Lincoln as winner of the December "Heart of 4-H Award" in recognition of outstanding volunteer service.

A Norris FFA Advisor for 18 years, Kristyn has volunteered at 4-H/FFA livestock shows at the Lancaster County Fair. Most recently, she has helped with the beef show.

Growing up, she was a 4-H member in Colfax County.

"I like being a 4-H volunteer because I am able to work with my Norris students outside of the classroom and really see what they are passionate about — agriculture!" says Kristyn. "I enjoy seeing students learn and progress throughout the years! They gain so much confidence and knowledge as a result of youth programming like 4-H and FFA."

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



4-H awards & scholarships

Lancaster County 4-H award forms and college scholarship applications are due Dec. 31. Recipients will be announced at Lancaster County Achievement Celebration on Tuesday, Feb. 12, 2019. Forms are available at <http://go.unl.edu/4has> and the Extension office.

Awards

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

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

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

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

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

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

Nebraska 4-H Career Portfolios — a record of a 4-H'ers career.

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

College scholarships

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

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

4-H Teen Council — two \$300 scholarships.

Lincoln Center Kiwanis — one \$1,000 scholarship.

Dick Fleming Leadership & Communication Scholarship — one \$250 scholarship to a 4-H'er who has excelled in leadership and communication through 4-H.

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

Nebraska Association of Fair Managers Martha & Don Romeo Scholarship — Note: Deadline is Dec. 1.

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

4-H paper basket workshop, Nov. 3



All youth ages 8 and up are invited to a workshop to engineer and construct a woven paper basket using recycled newspapers on Saturday, Nov. 3, 9 a.m.–noon at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln. No cost to attend. Register by Friday, Oct. 26 by calling 402-441-7180. Bring a needle-nose wire cutter for cutting wire. All other supplies will be provided.

Quilting for a Cause workshops



Two more Quilting for a Cause workshops, hosted by 4-H member Ellie Babcock, will be held on Saturday, Nov. 3 (2–5 p.m.) and Thursday, Nov. 15 (6–8:30 p.m.) at the Lancaster Extension Education Center at 444 Cherrycreek Road, Lincoln. All youth ages 8–18 may attend one or both sessions. Register the Wednesday before each workshop by calling 402-441-7180 or emailing kristin.geisert@unl.edu.

Pre-cut quilt top kits will be available and ready to be sewn together. Youth of any sewing skill level are welcome, including those who have never sewn before. Finished quilt tops will then be donated to Quilts for Kids, an organization that gives quilts to ill children in hospitals.

Bring a sewing machine, neutral colored thread, pins and a pair of scissors. A few office sewing machines are available upon request. Donations of cotton quilting fabric and unopened packages of batting are welcome. Questions may be directed to Kristin Geisert.

If you are unable to attend, pre-cut quilt packets are available for pick up at the Extension office to be sewn at home.

4th & 5th grade Lock-In, Jan. 25–26

All 4th and 5th graders are invited to 4-H Teen Council's annual overnight Lock-In, which will be held Friday, Jan. 25, 8 p.m.–Saturday, Jan. 26, 8 a.m. More information will be in the January NEBLINE.

2019 Super Fair

Save the dates for the 2019 Lancaster County Super Fair, which will be held Thursday, Aug. 1–Sunday, Aug. 4 at the Lancaster Event Center. 4-H/FFA Fair Books are scheduled to be mailed to 4-H/FFA families about March 19.

HORSE BITS

2018 horse awards

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

JUDGING CONTEST

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

Elementary Division — Shea Frink (Champion), Elizabeth Boshart (Reserve Champion), Max Roberts (3rd), Lyra Krutak (4th), Josie Soukup (5th)

Junior Division — Emmi Dearmont (Champion), Cadi Wilbeck (Reserve Champion), Lillie Beach (3rd), Julia Soukup (4th), Ellie Bunz (5th), Skylar Frisbie (6th), Mackenzie Robles (7th), Shyann Severson (8th), Kali Maytum (9th), Madi Hall (10th)

Senior Division — Madi Brandt (Champion), Kate Cooper (Reserve Champion), Katie Nepper (3rd), Shelby Sundling (4th)

HORSEMANSHIP ADVANCEMENT LEVELS

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

Level I Ground — Layton Brauckmuller, Hope Davis, Finley Long, Adelyn McIntosh, Joylena Moran, Carlos Olson

Level I Walk/Trot — Colleen Brown, Afton Byelick, Addison Gropp, Ava Hammers, Cayleigh Harre, Cora Hoeft, Zoey Jamison, Carson Jurgens, Max Roberts, Isaac Thompson

Level I — Scarlett Battles, Madison Blair, Elizabeth Boshart, Khilynne Dieken, Elizabeth Funk, Isabella Grosskopf, Maleah Jamison, Josie Johnson, Lyra Krutak, Gianna LePlante, Todd Munk, Natalie Plautz

Level II — Khilynne Dieken, Kaitlyn Dumler, Skylar Frisbie, Katie Nepper, Emma Ohle, Taylor Root, Shyann Severson, Judson Tietjen

Level IV — Lillie Beach, Kali Maytum

INCENTIVE AWARDS

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

Bronze (minimum of 100 hours or points) — Hope Davis, Elizabeth Funk, Zoey Jamison, Sarina Kyhn, Katie Marsh, Todd Munk, Bridget Smith

Silver (minimum of 225 hours or points) — Scarlett Battles, Lillie Beach, Madison Blair, Michaela Bunz, Jocelyn Cobb, Shea Frink, Samantha Fox, Addison Gropp, Madi Hall, Bailey Hampton, Maleah Jamison, Lyra Krutak, Kali Maytum, Natalie Plautz, Ally Quinn, Taylor Root, Josie Soukup, Isaac Thompson, Sierra Wilson

Gold (minimum of 390 hours or points, and completed horse record book) — Elizabeth Boshart, Colleen Brown, Ellie Bunz, Ashley Clegg, Megan Danley, Emmi Dearmont, Kaitlyn Dumler, Skylar Frisbie, Sidney Froistad, Isabella Grosskopf, Cassie Meyer, Porshe Miller, Katie Nepper, Shyann Severson, Julia Soukup, Bethany Wachter, Cadi Wilbeck, Ava Wharton, Timothy White

TOP AWARDS

Bluestem All-Around Miniature Horse Award for high point 4-H miniature horse at the Lancaster County Super Fair, sponsored by the Bluestem Miniature Horse Club — Afton Byelick (horse "Rocking M Tonys Mene Kooper")

Nebraska Dressage Association High Score Dressage Rider Awards for high score riders in the 4-H Dressage Show in both the traditional dressage classes and the western dressage classes at the Lancaster County Super Fair, sponsored by Nebraska Dressage Association. High score traditional dressage riders — Miya Higgins (champion) and Jocelyn Cobb (reserve champion). High score western riders — Aubrey Hayes (champion) and Ashley Clegg (reserve champion)

Dr. Kelly Stich Top NRHA Reining Awards sponsored by Dr. Kelly Stich. Elementary — Chase McInteer; Junior — Clara Bradbury; Senior — Jadin Vogler

Dick and Cookie Confer Top Trail Award for all-around champion of the Lancaster County Super Fair 4-H Trail obstacle class — Jadin Vogler

Franklyn Manning All-Around Barrels Award for fastest time in the Lancaster County Super Fair 4-H Barrel Racing competition — Lillie Beach

All-Around Cowboy/Cowgirl Award — This year, only one age division qualified for the All-Around Cowboy/Cowgirl at the Lancaster County Super Fair to receive a buckle. Senior — Jadin Vogler

All-Around Ranch Horse Awards — Age division awards for All-Around Ranch Horse at the Lancaster County Super Fair are sponsored by Olive Creek Acres Performance Horses — Brian and Shannon Vogler. Junior — Erin Oldemeyer (horse "Hunters Paintbrush"); Senior — Emily Burnside (horse "High Society Dun It")

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

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



Horsemanship Advancement Level I



Horsemanship Advancement Level II



Horsemanship Advancement Level IV



High Score Dressage Rider (presented by Angie McClelland of the Nebraska Dressage Association)



Incentive Awards Silver Level



Incentive Awards Gold Level



Top NRHA Reining Award (presented by Dr. Kelly Stich)



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



EXTENSION CALENDAR

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

October

- 25 4-H Leader Trainings..... 9 a.m. & 6:30 p.m.
25 Pesticide Applicator NDA Walk-in "Testing Only" Session.. 9 a.m.–2 p.m.

November

- 1 Soil Training and Field Workshop for Onsite Wastewater Professionals,
Rodgers Memorial Farm, 18600 Adams St. 9 a.m.–4 p.m.
3 4-H Basket Making Workshop9 a.m.
6 Quilting for a Cause Workshop2–5 p.m.
6 4-H Council Meeting6 p.m.
7 Youth Science Day for Homeschooled Youth ...9–11:30 a.m. & 1–3:30 p.m.
8 Co-Parenting for Successful Kids Class9 a.m.–12:30 p.m.
8 Pesticide Applicator NDA Walk-in "Testing Only" Session.. 9 a.m.–2 p.m.
9 Extension Board Meeting8 a.m.
11 4-H Teen Council Meeting3 p.m.
12 Veterans Day — Office Closed
15 Quilting for a Cause Workshop 6–8:30 p.m.
19 Pesticide Applicator NDA Walk-in "Testing Only" Session.. 9 a.m.–2 p.m.
22–23 Thanksgiving Holiday — Office Closed

December

- 6 Pesticide Applicator NDA Walk-in "Testing Only" Session.. 9 a.m.–2 p.m.
9 4-H Teen Council Meeting3 p.m.
14 Extension Board Meeting8 a.m.
20 Pesticide Applicator NDA Walk-in "Testing Only" Session.. 9 a.m.–2 p.m.
25 Christmas — Office Closed
31 4-H Award and Scholarship Applications Due to Extension

Youth Voice

continued from page 1

4-H county committees — Several 4-H VIPS (Volunteers in Program Service) committees help determine program area policy, as well as plan shows, clinics and classes held at the Super Fair, etc. Comprised of youth and adults, youth are encouraged to share their voice at meetings and help with the overall program. For example, youth serving on Horse VIPS help run some horse shows at the Lancaster County Super Fair and help with clinics. Youth serving on Rabbit VIPS help determine clinic topics and present materials and information at rabbit clinics and shows.

Statewide 4-H boards, advisory councils — At times, statewide 4-H youth boards and advisory groups are created to help determine contest content, meeting agendas, curriculum, etc. and provide youth an opportunity to share their voice. The Youth PASE (Premier Animal Science Experience) and Life Challenge Youth Advisory Board are comprised of youth from all parts of the state. They help determine contest content and plan additional pre- and post-contest learning experiences.

Teaching — Teaching is another way Teen Voice occurs through 4-H. 4-H provides several models of this, including the Teens as Teachers (teens not previously reached through 4-H teach youth), 4-H Food Smart Families Teen Ambassadors (teens teach nutrition and health to youth) and Ag Innovators (teens teach innovative agricultural topics to youth). Teens also teach or help teach Clover College and other county workshops. Throughout — and at the end of these experiences — teens are encouraged to share their thoughts, opinions and experiences. Based on this input, changes to programs and workshops often occurs.

4-H'ers say how they experience Youth Voice through 4-H

"As a 4-H club and Teen Council member, I feel I have had the opportunity to share my thoughts and opinions freely. I have shared ideas for community service projects within my clubs, which myself and my club members have completed. 4-H has helped me build my communication and leadership skills, which I have been able to use both in and outside of 4-H."

— Kylie Hansen, member of the Clever Clovers and Teen Council 4-H clubs

"In Teen Council meetings, the dialogue is very open. People offer ideas and we consider them as a group. This has helped me, along with everyone else, work together constructively and let the best ideas win."

— John Boesen, member of the Go Go Goat Getters and Teen Council 4-H clubs

"I enjoy being on 4-H Council because I get to discuss relevant events and business within Lancaster County 4-H. Hearing people talk about how much fun they had at an event I helped plan is always heartwarming, it makes me feel like I made someone's day better. 4-H Council has helped me find my voice."

— Anna Sump, member of Teen Council and served on 4-H Council three years

Outgoing 4-H Council members



The October 4-H Council meeting marked the final meeting for four outgoing 4-H Council members. Bailee Gunnerson served four years, including three as vice president, Madison Schnase served three years, including one as secretary, Anna Sump served three years, including two as secretary, and Karol Swotek served six years, including two as president. Lancaster County 4-H thanks them for their leadership, time and expertise! Adult 4-H Council members can serve two consecutive terms of three years each. Teen 4-H Council members can serve two consecutive terms of two years each.

EXTENSION NEWS

New nutrition staff

Tala Farouki began working as an Extension Assistant for the Nutrition Education Program in September 2018. Tala will have a dual role, both teaching direct education about nutrition, physical activity, meal planning and overall healthy living, funded by the Expanded Food and Nutrition



Karen Wedding, Nebraska Extension in Lancaster County

Education Program (EFNEP), and working on Choose Healthy Here (CHH), which works with local store owners to help them increase the healthy food options in their retail establishments, funded by Lincoln's Community Health Endowment. Tala comes from Jordan and is fluent in both English and Arabic. She grew up in Kuwait and studied Mass Communication at the American University in Cairo. She worked in Dubai for many years in the field of marketing and public relation for luxury brands. She is looking forward to this career shift focused on healthy living and serving the community.

2018 UNL Service Awards

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

- Soni Cochran, Extension Associate — 25 years
- Alyssa Havlovic, Extension Educator — 5 years

NEBLINE e-newsletter

Nebraska Extension in Lancaster County now has a web- and mobile-friendly version of the NEBLINE newsletter!

Sign up at lancaster.unl.edu/nebline

You have the option to subscribe to the print and/or online versions.

The NEBLINE e-newsletter now gives readers a choice of how they want to receive news and announcements from our Extension office. Every subscriber receiving the print NEBLINE will continue to do so unless you indicate you no longer want it.

4-H news articles will be included in the NEBLINE e-newsletter, but 4-H events and deadlines will not. Lancaster County 4-H has a weekly e-newsletter emailed only to 4-H families and volunteers enrolled through 4-H Online. Anyone may view it at <http://newsroom.unl.edu/announce/4h-lancaster>.

Ag Society Annual Meeting, Dec. 11

The Lancaster County Agricultural Society (which acts as the Fair Board) will hold its Annual Meeting and Board election on Tuesday, Dec. 11 at the Lancaster Event Center, 84th & Havelock, in the Lancaster Room (use Business Center entrance, north side of Pavilion 1). Voting will take place 5:30–6:30 p.m. for three positions on the Lancaster Agricultural Society Board (three-year terms). Any registered voter in Lancaster County may vote.

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

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

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