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2018 Extension highlights

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

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

Extension helps people solve real-world problems



Head Start Learning Gardens — New this year, staff from the Nutrition Education Program and Extension's horticulture program collaborated to develop Learning Gardens at both Head Start locations in Lincoln. Extension Associate Mary Jane Frogge planned the gardens. Eight preschool teachers participated in weekly sessions, learning basic gardening taught by five Master Gardeners, as well as healthy living taught by Extension Educator Emily Gratopp. Teachers reported increased confidence in gardening and using the garden as a teaching tool. The vegetables were eaten by over 100 children and parents.



Backyard Farmer — Extension Educators Jody Green (second from left) and Sarah Browning (far right) make frequent appearances on Nebraska Extension's popular gardening TV show. In 2018, the show's YouTube channel grew by 30% in number of views and watch time, for the first time reaching over 1 million total views in a season. Jody's focus is urban entomology and Sarah's is horticulture. Both serve local residents and industry professionals through trainings, educational resources and free in-office diagnostic services.



Weather and crops — Extension Educator Tyler Williams helps producers manage the impact weather and climate have on agricultural production, not only in Lancaster County but across the world. He organized and was a presenter at the third annual Successful Farmer Series. 46 individuals attended one or more of the 6 workshops covering 15 topics, including weather and crops. Attendees estimated a \$16 per acre value gained by participating in the series. Tyler recently traveled to the Czech Republic to advise University researchers trying to implement no-till farming and cover crops as a way to reduce risk to ongoing drought.



MyPI disaster preparedness program for teens — Lancaster County piloted Nebraska Extension's My Youth Preparedness Initiative (MyPI) in 2018. Nine teens participated in 40 hours of training, and learned how to respond to disasters, use emergency response equipment and render first aid. The teens then helped 63 families create communication plans and disaster preparedness kits. Participants improved their knowledge on disaster preparedness and emergency response from 43% on the pre-test to 95% on the post-test.



Early childhood trainings for child-care providers — Last year, Extension Educator Jaci Faged taught or coordinated 95 workshops for local child-care providers. Total attendance was 1,512, generating 280 in-service hours approved by the Nebraska Department of Health & Human Services. Quality child care is vital in Nebraska since 74% of 156,575 Nebraska youth ages 0–5 live in households where all available parents are currently working. Pictured is Jaci delivering Nebraska Extension's newly developed program, Cultivating Healthy Intentional Mindful Educators (CHIME).



Water and wastewater management program — Extension Educator Meghan Sittler served as Extension's statewide coordinator whose duties included collaborating with other organizations, developing resources and teaching (pictured teaching an H₂O Adventure workshop for youth). Extension, along with the Nebraska Department of Environmental Quality, Nebraska On-site Wastewater Association and the Nebraska Well Drillers Association, provided professional development trainings to over 275 water well and onsite wastewater professionals at seven locations across Nebraska.



Nutrition Education Kit program — Nebraska Extension has developed kits for use in K–5 classrooms to help teachers instruct students about health, nutrition and physical activity. The kits include lessons and supplies for hands-on activities. Extension staff also present hands-on lessons in the classrooms. In the 2017–18 school year, the program reached 15,992 students at all 39 Lincoln Public Schools and 1 parochial school. Evaluations showed significant improvements of students' nutrition knowledge in all grades. Pictured is Extension Educator Alyssa Havlovic leading 2nd graders at Roper Elementary in preparing a healthy snack.



Youth nutrition grants — In 2018, Extension Educator Kayla Colgrove co-managed two statewide programs funded by National 4-H Council grants: 4-H Food Smart Families and 4-H Healthy Habits. In Lancaster County, 6 staff members and 7 teen ambassadors delivered 17 programs to 448 K–12th grade students for at least 6 hours of education. In a statewide Healthy Habits survey, 83% of 1,823 youth participants and 91% of 48 teen ambassadors reported they had learned about healthy food choices. Pictured is Extension Educator Kayla Colgrove leading 4th graders at Malcolm Public Schools in a healthy breakfast activity.

More impacts on next page



Benefit to people



Courtesy photo

“Dr. Jody Green from the Lancaster County Extension office has been a great help to our maintenance department. We often take in different insects and spiders for identification which then helps us determine possible treatment options. Dr. Green spoke to a group of our tenants about bed bug prevention. She also gave a presentation at a maintenance conference that the Lincoln Housing Authority hosted.”

—Shawn Servi, Lincoln Housing Authority Assistant Maintenance Superintendent



Courtesy photo

“Westminster Preschool has been fortunate to have the support of the UNL Extension early childhood development staff to supplement our classroom with new experiences. These hands-on materials allowed us to put the learning and discovery process in the kids’ hands! The tools provided were instrumental in helping kids gain knowledge and relate to the topic at hand. Students used the various STEM activities to help learning come alive.”

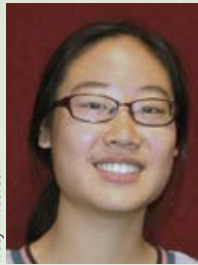
—Jen Burkey, Pre-K Teacher, Westminster Preschool



Soni Cochran

“I did MyPI to help myself and my family be better prepared for emergencies. One requirement for graduation was to help our families and six additional families train and prepare for emergencies, letting us apply our new skills to help our community. I feel safer knowing that in an emergency, my neighbors and I know how to react and help others.”

—Kolbe Villa, MyPI graduate



Tracy Anderson

“I’m extremely grateful to be a part of 4-H, an organization that has allowed me to work and grow alongside other youth under the mentorship of wonderful staff. Through various service projects, I’ve learned the value in giving back to the community and want to continue to do so. The leadership activities have also equipped me with important leadership skills I have lacked.”

—Crystal Xu, secretary of 4-H Teen Council



Dana Hardy

“My wife and I use Extension programs like the Successful Farmer Series and the Ag Land Management workshop to better understand — and keep up-to-date on — what is going on. We also call the Extension office for help on insect and weed problems for crops and pastures, as well as trees.”

—Burdette Piening, farmer



Dana Hardy

“I learned many healthy and delicious recipes from the nutrition classes. Now the meals in my family are low-sodium and low-fat — and the sugar consumption is also cut down. I share what I learned with my friends. Dana [Extension Associate] is professional and friendly, and she always made our classes fun.”

—Xiaoqing Bai, Nutrition Education Program graduate through Asian Community & Cultural Center

Teaching, growing and making a difference

Investing in our youth is an investment in our future! In 2018, growth continued in the Lancaster County 4-H program, with a 7% increase in numbers of youth reached. Tufts University research shows youth development programs, such as 4-H, reduce the likelihood of youth engaging in risk/problem behaviors such as underage drinking, bullying and vandalism. One study confirmed 4-H youth are leaders, achieve higher marks in school and contribute to self and society — all helping to strengthen the communities where they live.

This past summer, Lancaster County young adults were given opportunities to assist with implementing 4-H programs. Six teens were hired to reach underserved youth through the “Teens as Teachers” (new in 2018) and



“Food Smart Families” programs. They gained teaching and leadership experience.

New partnerships continue to leverage Extension’s reach to the community. This past year:

- Four partnerships were formed with Lancaster County cultural and literacy centers. As a result, 332 New Americans received critical knowledge of nutrition and healthy living in America.

- Another new partnership resulted in funding which will allow the Raising Healthy Nebraskans school enrichment nutrition program to serve three additional grade levels.

Extension continues to provide responsive, innovative and trusted information to make a difference in our community.

Karen Wobig

UNL Extension Educator & Unit Leader



Tracy Anderson

“Teens as Teachers” intern Jovonna Alatraste leads youth at a summer-site in a science, technology, engineering and mathematics (STEM) activity.



Dana Hardy

New American families from Lincoln Public School’s Saturday Migrant Group learn healthy cooking and oven skills.



4-H Youth Development

36,520 youth engaged in 4-H programs

Including clubs, school enrichment, after-school/summer sites and camps

Participating in the 4-H positive youth development program provides youth an opportunity to grow their “Youth Voice.” When youth 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. (Crooks, C. V., Chiodo, D., & Thomas, D., Hughes 2010)

4-H prepares youth for successful futures



Courtesy photo

4-H clubs — With 53 clubs ranging from 5 to 105 youth members, clubs are an important part of the Lancaster County 4-H program. 4-H clubs are led by adult volunteers, often hold regular meetings, elect youth officers, recite the 4-H pledge, learn together and do community-service projects. Many club members participate in contests and fair events. Pictured is an Amazing Treasures club meeting.



4-H at Lancaster County Super Fair — At the 2018 Super Fair, over 750 4-H/FFA exhibitors showcased over 5,400 exhibits (including static exhibits, animals, contest entries and Clover Kids exhibits). The Super Fair provides 4-H youth an opportunity to showcase the projects they’ve worked on throughout the year. Pictured are 4-H/FFA youth showing their swine projects.



4-H Clover College — Now in its 22nd year, Clover College is 4 days of hands-on workshops. This year, 170 youth attended 59 workshops with a total 960 class registrations. Nearly 70 volunteer instructors were involved. Pictured is the Tunnel Adventure workshop, where youth learned about healthy soil and its components.

Photos by Vicki Jedlicka unless otherwise noted



After-school programs — Last year, 54 after-school and summer-site programs included 4-H projects and activities in their program. Pictured is Extension Assistant Teri Hlava leading youth in a Trash to Treasure activity repurposing greeting cards at The Salvation Army of Lincoln’s after-school program.

Extension’s volunteers worth nearly \$700,000



In 2018, Extension’s estimated 2,300 volunteers gave 29,234 total hours of service worth \$684,076* to our community! Nebraska Extension in Lancaster County benefits from these volunteers who help extend the reach of programs such as 4-H, Master Gardeners and MyPI Disaster Preparedness Training. Pictured are adult and youth volunteers assisting with 4-H static exhibits at the Lancaster County Super Fair. In addition, many 4-H clubs and individual members give back to their community through service projects. Lancaster County 4-H’ers reported nearly 2,500 hours of community service.

*Based on Independent Sector’s estimate of Nebraska’s value of a volunteer hour in 2017 as \$23.40

New Year, new you: Nutrition tips to a healthier you

Kayla Colgrove,
MS, RDN, ACSM-CPT
Extension Educator,
Lancaster Co.

Happy New Year! Do you usually make a New Year's resolution? Millions of Americans make resolutions every January hoping to improve their health by losing weight, getting fit or eating healthy. Achieve your nutrition goals this year by making small changes to what you eat and drink.

Find your healthy eating style

Everything you eat and drink over time matters. The right mix can help you be healthier now and in the future. It is important to start with small changes to make healthier choices you can enjoy and

maintain for a lifetime. In order to get the nutrients and calories you need, eat a variety of foods regularly.

Get your MyPlate plan

Everybody requires a different amount of calories depending on their age, gender, height, weight and physical activity level. To determine what and how much to eat within your appropriate calorie target, enter your information into the MyPlate Plan by U.S. Department of Agriculture (USDA) at <https://go.unl.edu/myplateplan> and receive a personalized plan.

Follow the MyPlate building blocks

- Make half of your plate fruits and vegetables.
- Focus on whole fruits.

- Vary your veggies.
- Make half your grains whole grains.
- Move to low-fat or fat-free milk or yogurt.
- Vary your protein routine.
- Drink and eat beverages and food with less sodium, saturated fat and added sugars.
- Drink water instead of sugary drinks.

Find small changes that work for you throughout the day. Don't forget to choose foods and beverages from each MyPlate food group (i.e. fruits, vegetables, grains, protein and dairy) for a balanced meal. Below is an example on how to make your dinner healthier.

Source: USDA Center for Nutrition Policy and Promotion's ChooseMyPlate.gov Website



Here is an example of a small change you can make to eat healthier at the dinner table. Try whole wheat spaghetti and meatballs with a garden salad instead of fettuccine alfredo with Italian Sausage. This switch incorporates more food groups and has less calories, saturated fat and sodium.



RECIPE OF THE MONTH

Kayla Colgrove, MS, RDN, ACSM-CPT, Extension Educator, Lancaster Co.

January is national soup month. Try this recipe from Nebraska Extension's Nutrition Education Program (nep.unl.edu) which includes whole wheat egg noodles. It is easily adaptable to beef noodle or chicken and rice soup.

CHICKEN NOODLE SOUP

(6 Servings)

1 whole chicken*
1 teaspoon salt
Water, to cover
1 onion, chopped
3 large carrots, sliced
1 cup celery, sliced
3/4 cup whole wheat egg noodles, uncooked**

1. In a large saucepan, place chicken and salt. Add enough water so the chicken is covered. Heat to boiling. Cover, reduce heat and simmer about 45 minutes or until chicken is tender.
2. Remove chicken from broth and cool enough to handle. Remove skin and bones and chop the meat. Skim fat from broth.
3. Add additional water, if needed, to make 6 cups. Bring to a boil.
4. Add chicken, onion, carrots, celery and noodles to the broth. Cover, reduce heat and simmer for 20 minutes.

*Substitute 2 pounds roast or stew meat for chicken to make Beef Noodle Soup.

**Substitute 3/4 cup rice for noodles to make Chicken and Rice Soup.



Craig Chandler, UNL Communications

Nutrition Facts Per Serving: Calories 180, Total Fat 3.5 g (5% DV), 1 g Saturated Fat (5% DV), 80 mg Cholesterol (27% DV), 520 mg Sodium (22% DV), 11 g Total Carbohydrate (4% DV), 2 g Dietary Fiber (8% DV), 3 g Sugars, 25 g Protein, Vitamin A 100%, Vitamin C 15 %, Calcium 4%, Iron 8%.

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

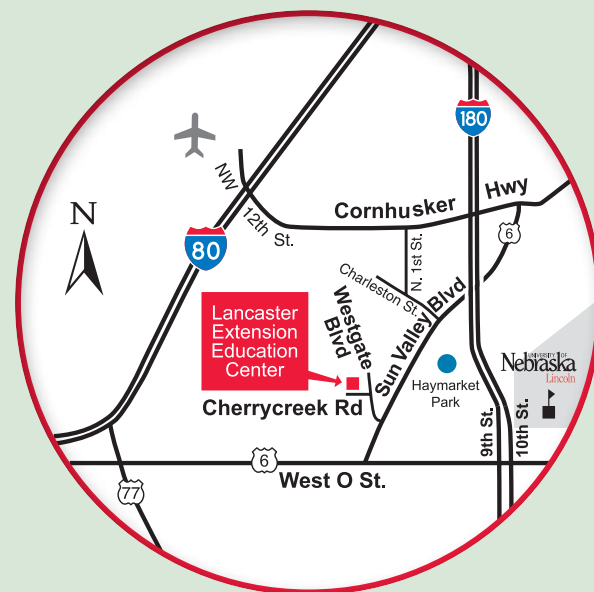
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Lancaster Extension Education Center Conference Facilities
444 Cherrycreek Road, Lincoln



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We assure reasonable accommodation under the Americans with Disabilities Act; for assistance call 402-441-7180.

UNIT LEADER & EXTENSION EDUCATOR

Karen Wobig

ADMINISTRATIVE AIDE

Jenny DeBuhr

EXTENSION EDUCATORS

Tracy Anderson, Sarah Browning, Kayla Colgrove, Jaci Foged, Emily Gratopp, Jody Green, Alyssa Havlovic, Kristen Houska, Tyler Williams

EXTENSION ASSOCIATES

Soni Cochran, Mary Jane Frogge, Kristin Geisert, Dana Hardy, Mindy Vyhnaelek, Jim Wies

EXTENSION ASSISTANTS

Tala Altaji Alfarouki, Kyleah Bowder, Courtney Eitzmann, Brie Frickenstein, Meredith Hein, Vicki Jedlicka, Kate Pulec

SUPPORT STAFF

Shannon Boyer, Deanna Covault, Heather Odoski, Konnie Robertson, Chris Rosenthal, Karen Wedding

NEBLINE

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We will only use your phone number in case there is a problem with your address.

Pesticide applicator 2019 training dates

If you have a pesticide applicator license expiring April 2019 — either private or commercial, or you need to get a new license — trainings 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.

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. 5 at 8:30 a.m. (Initial)
- Thursday, Feb. 7 at 9 a.m. (Recertification)
- Thursday, Feb. 21 at 9 a.m. (Recertification)
- Tuesday, Feb. 26 at 8:30 a.m. (Initial)
- Thursday, Mar. 28 at 9 a.m. (Recertification)
- Thursday, April 11 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 or call 402-471-2351 for statewide dates, times and locations. Free.

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

- Thursday, April 18
- Thursdays, May 2, 16 & 30
- Thursday, June 13
- Thursdays, July 11 & 25
- Thursday, Aug. 15
- Thursday, Sept. 12
- Thursday, Oct. 17
- Thursday, Nov. 7
- Thursday, Dec. 12

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 is \$55 per exam. (Multiple categories are each charged the full fee.)

Crop Production Clinics (recertification only)

Categories Ag Plant, Regulatory or Demonstration/Research can use this option. See information under Private Applicators

Private applicators

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

Traditional training classes — visit <http://pested.unl.edu> and click on “Classes and Study Materials,” then “Private Training Schedule” for dates and locations. Cost is \$40 per participant collected at the door. No pre-registration required.

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

- Tuesday, Feb. 19, 9 a.m.
- Tuesday, Feb. 19, 1 p.m.
- Thursday, Feb. 21, 6 p.m.

Crop Production Clinics (recertification only) — The Crop Production Clinics held in southeast Nebraska will be:

- Friday, Jan. 15 — LaVista (LaVista Conference Center, 12520 Westport Parkway)
- Tuesday, Jan. 17 — York (Holthus Convention Center, 3130 Holen Ave.)

Note: all clinics start at 8:45 a.m. If you are planning to receive recertification as an applicator, be sure to arrive early and register with NDA at the check-in table. They need proof you were there for the full day. Cost is \$80. For more information, go to <http://agronomy.unl.edu/cpc>.

NEW online private self-study program — An online training can be found at <https://psep.education/applicator>. This is a 100 percent online, self-paced training with 10 modules. There are questions within the modules and a score of 100 percent is needed to pass. Cost is \$75.

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. This method is being phased out in 2019.

Testing-only option — Take a written, closed-book exam given by the Nebraska Department of Agriculture. See list of sessions under Noncommercial Applicators.

Ag Estate and Succession Planning workshop, Jan. 23 & March 5

Nebraska Extension in Lancaster County is hosting an in-depth Ag Estate and Succession Planning two-day workshop at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln. The first session will be on Wednesday, Jan. 23 and the second session will be Tuesday, March 5. Both workshops will be 9:30 a.m.–3:30 p.m., with check-in and refreshments at 9:15 a.m.

Cost to attend both days is \$50 for one person and \$25 for each additional family member sharing materials. Fee includes refreshments, lunches and handouts. Pay at the door with cash or check. Debit/credit card payment available for an additional fee.

Registrations required by Jan. 21 by calling 402-441-7180. Please plan to attend both days to complete the workshop.

The morning tracks will be the same for all participants. In the afternoon, there will be two tracks — one for participants with a successor in place, and the other for those who have not identified a successor.

General topics will include:

- Importance of estate planning.
- Basic legal considerations and issues with estate planning.
- Family communications.
- Long term and other insurance products, and their use

with planning.

- Lease considerations.
- Family negotiations.

Topics for those with a successor will include:

- The financial considerations to bring back the next generation.
- Management transfer plans.
- Concept of fair vs. equal.
- Legal tools in succession planning.

Topics for those who have not identified a successor:

- Basic estate transfer tools.
- End of business tax considerations.
- Options for dispersing assets including tax-free options, charitable giving.

For more information about the workshop, call Allan Vyhnaek at 402-472-1771.

Successful Farmer Series

Nebraska Extension in Lancaster County’s fourth annual “Successful Farmer Series,” will be held weekly starting Jan. 4 and ending Feb. 8. Multiple sessions and topics allow ag producers to pick the topics most relevant to them and their operation. All sessions will be 9–11:30 a.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln. Refreshments will be provided. Attendees at last year’s series estimated a \$16 per acre value gained by participating.

Scheduled topics are:

- Friday, Jan. 4 – Cover Cropping 2.0

- Friday, Jan. 11 – Alternative Crops
- Friday, Jan. 18 – Spray Drift Management (featuring a mobile lab)
- Friday, Jan. 25 – Changes in Ag
- Friday, Feb. 1 – Diseases and Nutrient Deficiency ID
- Friday, Feb. 8 – Ag Marketing (attendees will be given access to a computer to follow along)

All topics will feature expert presenters from the University of Nebraska–Lincoln. Other experts will be available to 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.

Registrations are not required, but are appreciated two days prior to the session(s) you want to attend by contacting Karen Wedding at kwedding2@unl.edu or 402-441-7180, or going to <https://lanaster.unl.edu/ag>. The cost is \$5 per session or \$15 for all six sessions. Pay at the door with cash or check. Debit/credit card payment available for an additional fee.

CCA credits available for certified crop advisors. The series will be livestreamed for free — to watch, register online.

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



Extension's 2019 Master Gardener trainings, two sites available



A Master Gardener 2018 training at the Lancaster Extension Education Center.

Mary Jane Frogge
Extension Associate,
Lancaster Co.

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

This program will increase your knowledge and understanding of horticultural topics such as:

- Best cultural practices for growing flowers, vegetables and turf.
- Plant disease and insect pest identification.
- Control methods.
- Much more.

Instructors are Extension specialists, educators, associates and horticulture professionals.

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

N
EXTENSION
Master Gardener

Extension educational programming. Volunteer opportunities include answering gardening questions from the public, teaching 4-H youth gardening, assisting at the county or state fair, and assisting community garden participants, among many others.

Training class size is limited. Those participating in the 2019 training class must pay a \$190 materials fee. There are two options for Master Gardener Training in Lincoln.

Nebraska Extension in Lancaster County Master Gardener 2019 training program will begin in February. Training hours are 9 a.m.–4 p.m.

and the training sessions will be held at the Lancaster Extension Education Center, 444 Cherrycreek Road. Application deadline is Jan. 18. For additional information, call Mary Jane Frogge at 402-441-7180. Apply online at, <http://lanaster.unl.edu/hort/othrlink.shtml>

University of Nebraska Extension—Lincoln Campus-Based Master Gardener 2019 training program will begin in January. Training hours are 6–9 p.m. and the training sessions will be held at UNL East Campus. Application deadline is Jan. 11. For more information, contact Terri James at 402-472-8973. Apply online at <http://mastergardener.unl.edu/master-gardener-application>

Do not miss this opportunity to increase your gardening knowledge and the chance to share them with others in the community.

GARDEN GUIDE

THINGS TO DO THIS MONTH

Mary Jane Frogge, Extension Associate,
Lancaster Co.

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

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

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

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

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

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

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

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

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

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

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

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

Check all house plants closely for insect infestations. Quarantine gift plants until you determine they are not harboring any pests.

House plants with large leaves and smooth foliage, such as philodendrons, dracaena and rubber plant benefit if their leaves are washed at intervals to remove dust and grime, helping keep the leaf pores open.

Sticky situation: Using glue boards to monitor pests

Jody Green, PhD
Extension Educator,
Lancaster Co.

Now that it is winter, some may think the critters that bugged us through the spring, summer and fall are gone due to the cold weather. Unfortunately for homeowners and apartment residents, many insects and other arthropods remain quite active indoors during this time, where they become unwelcomed house pests.

Protecting your home

There are simple, non-toxic and cost-effective tools that can be purchased to monitor the presence of pests in your home. If something is caught, it should be identified to determine whether it is of concern and whether control measures are required. It is important to understand that while these monitors may catch pests in your home, they may not be enough to control or eliminate them completely.

Trapping

Sticky traps, glue traps or glue boards are inexpensive, disposable, non-toxic cardboard or plastic trays with special glue on one side to capture pests.

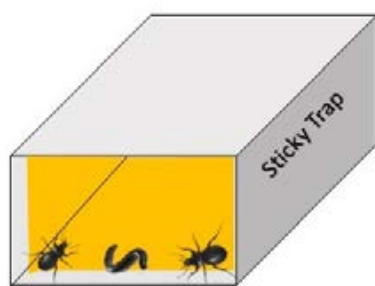


Illustration of an insect monitor

These can be purchased at local hardware and grocery stores and may be labeled for insects, spiders and/or rodents, but a variety of crawling pests are likely to get caught on these traps if pests are present.

Some sticky traps are designed to attract and catch a specific type of insects, either crawling or flying. These traps may have special instructions for trap placement within the home and can be of a certain shape or color. An example of this are the yellow sticky traps placed close to the soil of indoor potted plants to catch sap-feeding insects such as fungus gnats and whiteflies.

Other traps, like those used to catch pantry moths (i.e. Indianmeal moth), contain a pheromone, which is a species-specific chemical compound that lures male moths to the trap while they search for a female.



Oriental cockroach and over 12 silverfish captured on a sticky trap indicates a moisture issue nearby.

Both of these examples will catch flying pests in their adult stages, but it is important to locate the source of the infestation, where eggs and immature stages develop, and break the life cycle in order to provide long-term management.

Monitoring

Cardboard sticky traps are useful as monitors because they are easy to use and much information can be gained from the trap catches. Placement of sticky traps will depend on the indoor environment and layout of the residence.

It is best to place monitors where they are likely to catch pests such as under sinks, dark corners of the room, beneath storage shelves, along walls, next

to windows and exterior doors. Do not place them where they will get wet and destroyed, stuck to people or pets or where it is too difficult to reach.

Check traps each month and make note of what critters you are catching, when you are catching them and where they are numerous. For example, heavy catches of ground beetles on sticky traps next to doors indicate the need for weather stripping to close the threshold under the door.

Action

Some common insects and arthropods found on sticky traps include spiders, beetles, millipedes, centipedes, crickets, pill bugs, springtails, small flies, ants and cockroaches. Some of them

— especially in low numbers — may not be considered pests and will not require control, and others may be a symptom of a larger problem like a plumbing issue or structural deficiency.

An integrated approach to pest management is always recommended, where multiple methods used to manage pests below acceptable levels. IPM (Integrated Pest Management) should include the following:

- Proper identification of the pest.
- Sanitation to reduce food, water and pest harborage.
- Exclusion techniques to block entryways that allow pests to get into buildings.
- Reduction of conducive conditions that allow pests to thrive indoors (i.e. dense vegetation, high humidity, condensation).
- Judicious use of chemical applications which are toxic to pests, yet low-risk for people, pets and children.
- The solution to each situation will vary and depend on the type of pest, size of the pest population, type of damage and needs of the individual family or client. Keep track of what works and what does not, and continue to monitor so you know when to practice your IPM skills.



HEART OF 4-H VOLUNTEER AWARD

Susan Bulling

Lancaster County 4-H is proud to announce Susan Bulling of the Waverly area as winner of the January "Heart of 4-H Award" in recognition of outstanding volunteer service.

She was a 4-H club leader for several years when her children were in 4-H. Since

2002, Susan has worked at the Lancaster Event Center, currently as Senior Events Coordinator. She goes above and beyond to help schedule and plan 4-H events held at the facility. There are numerous 4-H events at the Lancaster County Super Fair and 4-H events throughout the year, such as clinics and shows.

4-H staff member Kate Pulec says, "Sue is always amazing to work with when planning our 4-H events. You can tell she genuinely cares about making it a great experience for the youth no matter how big or small the event."

4-H staff member Kristin Geisert says, "Sue always has a helpful, 'can-do' attitude. She minimizes challenges while offering solutions."

Susan says, "One of my favorite parts of the Super Fair is entry day. The 4-Hers smiles and excitement show how proud they are of their projects. Several 4-Hers tell me all about their projects and how they did. Watching Pee Wee Showmanship is one of my favorite events. Little upcoming 4-Hers are so excited when they leave the arena. I hand them Dilly Bars for participating."

Lancaster County 4-H thanks Susan 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). New members and fair projects may be updated through June 15.

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, contact Heather Odoski at heather.odoski@unl.edu or 402-441-7180.

INDEPENDENT MEMBERS: 4-H members enrolling as independent need to select "Lancaster Independent" under "club."

FFA MEMBERS: FFA members need to select 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.

Meet 2018–2019 4-H Council



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

Officers: Jodi Freeman (President and ex officio Extension Board representative), Ellie Babcock (Vice-President), Cathy Babcock (Treasurer) and Madi Hall (Secretary).

Members: Heather Daxon, Mary Ann Gabel, Nathan Gabel, Brandy Gunnerson, Sara Hansen, Abigail Kreifels, Madelyn Kreifels, Brenda Nepper, Katie Nepper, Sheri Ramirez, Sydney Schnase, Mitch Sump and David Swotek.

Corrections to 4-H top results

The Super Fair 4-H/FFA Top Animal Exhibits in the September NEBLINE should have listed Jaisah Huber as Rabbit Best 4 Class.

The State Fair 4-H Top Results in the October NEBLINE should have listed Martha Wilkinson as reserve champion in the Swine Carcass Contest.

Aksarben 4-H livestock results

The 91st annual Aksarben 4-H Stock Show was held Sept. 27–30 at Fonner Park in Grand Island. Below are the Lancaster County 4-H livestock purple ribbon winners. Complete Aksarben results are at www.akentry.com/akentry/results.

Cole Cooper **Market Lamb, Market Lamb,**
Sarah Dilley **Market Beef**
 Senior Breeding Goat
 Showmanship



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

Overnight Lock-In for 4th & 5th Graders

This year's theme is... **Journey to the Stars**

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

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

Friday, Jan. 25, 8 p.m. – Saturday, Jan. 26, 8 a.m.

Lancaster Extension Education Center
444 Cherrycreek Road
For more information, call 402-441-7180.
(After hours lobby phone is 402-441-7170)

Cost \$20/person
Registrations due by Jan. 18
No refunds

To register: Make check payable to Lancaster County 4-H Teen Council and mail with "NEBRASKA 4-H PARTICIPANT PERMISSION AND HEALTH FORM" (available at the Extension office and at <https://4h.unl.edu/documents/healthpermissionform.pdf>) BY JAN. 16 to: Tracy Anderson, Nebraska Extension in Lancaster County, 444 Cherrycreek Rd., Suite A, Lincoln, NE 68528

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

HORSE BITS

4-H Horse Incentive Program

Any Lancaster County 4-H'er can participate in the Lancaster County 4-H Horse Incentive Program and log hours/points by participating in various horse-related activities Jan. 1–July 19. Please total your points on the summary sheet and submit it with the rest of your paperwork. Forms due July 26. 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 testing dates

Now is a good time to start thinking about new 4-H horsemanship level goals! The 2019 group testings will be held at the Lancaster Event Center – Pavilion 4, Amy Countryman Arena on the following Tuesday evenings: April 9, April 23, May 7, May 21, June 4 and June 25. Contact Kate Pulec at kpulec3@unl.edu or 402-441-7180 for questions or to sign-up for a testing date.

State 4-H Horse Stampede entries due March 1

The annual 4-H Horse Stampede will be held Saturday, March 30 at the UNL Animal Science Building on East Campus. Stampede includes the 4-H state horse-related competitions which do not require a horse: Horse Bowl, Public Speaking, Demonstration and Art and Photography Contest. Open to 4-Hers ages 10–14 enrolled in the 4-H horse project (with the exception of the Art and Photography Contest).

Lancaster County 4-H Council will pay the contest entry fees for Lancaster County 4-Hers. Entry forms are due to the Extension office no later than March 1.

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/FFA market beef weigh-in, Jan. 29

4-H and FFA exhibitors showing market steers or heifers at the Lancaster County Super Fair and/or Nebraska State Fair must identify and weigh-in their projects at the 4-H/FFA Market Beef Weigh-In on Tuesday, Jan. 29, 6–7 p.m. at the Lancaster Event Center – Pavilion 3. Exhibitors planning on exhibiting market beef at State Fair must have DNA sampled. It is strongly encouraged to have DNA pulled and EID tagged at the time of weigh-in.

4-H crocheting workshop, Feb. 2

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. 2, 9 a.m. until about noon at the Lancaster Extension Education Center, 444 Cherrycreek Road. No cost to attend — all supplies will be provided. Parents/adults are encouraged to attend to help 4-H’ers especially if they are younger. Must register by Jan. 28 by calling 402-441-7180 or emailing Kristin at kristin.geisert@unl.edu.

4-H pillow sewing workshop, Feb. 9

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. 9, 9 a.m. until about noon at the Lancaster Extension Education Center, 444 Cherrycreek Road. No cost to attend. Must register by Feb. 4 by calling 402-441-7180 or emailing kristin.geisert@unl.edu. Bring your sewing machine and basic sewing equipment (scissors, pins, measuring tape, etc.). Also bring a 1/2 yard each of two coordinating/contrasting woven fabrics, pre-washed, 100% cotton (NO PLAIDS, NO KNITS, NO FLANNELS) and matching thread. Pillow forms will be provided. A few office sewing machines are available for use upon request. Parents/adults are encouraged to attend to help their 4-H’er.

4-H Companion Animal Challenge

The fourth 4-H Companion Animal Challenge will be held on Saturday, March 30 at the Animal Science Complex on UNL’s East Campus (same date as 4-H Horse Stampede). It provides youth a chance to learn more about their dog, cat, rabbit or other companion animals. Contests include: • Demonstrations (a presentation where youth demonstrate how to complete a task or related to the care of their companion animal) • Photography and art contests (open to all companion animal projects) • Dog quiz bowl • Dog skill-a-thon Lancaster County 4-H Council will pay the contest entry fees for Lancaster County 4-H’ers. Entry forms are due to the Extension office no later than March 1. T-shirts may be pre-ordered for \$5. Box lunches will be available for \$8 and must be pre-ordered. More information is available at <https://4h.unl.edu/companion-animal/challenge>.



2019 4-H Calendar



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

January

- 1 Horse Incentive Program Begins
- 8 4-H Council Meeting 6 p.m.
- 13 Teen Council Meeting 3 p.m.
- 15 Deadline for Nebraska 4-H Foundation Scholarships
- 25–26 4th & 5th Grade Overnight Lock-In 8 p.m.–8 a.m.
- 29 Market Beef Weigh-In, Lancaster Event Center – Pav. 1 6–7 p.m.

February FEBRUARY IS NEBRASKA 4-H MONTH

- 2 Crocheting Workshop 9 a.m.
- 5 4-H Council Meeting 6 p.m.
- 9 Pillow Party Sewing Workshop 9 a.m.
- 10 Teen Council Meeting 3 p.m.
- 12 Achievement Celebration 6:30 p.m.

March

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

April

- 2–4 Ag Literacy Festival (for 4th Grade), Lancaster Event Center
- 2 4-H Council Meeting 6 p.m.
- 9 Horsemanship Level Testing, Lancaster Event Center - Pav. 4, Amy Countryman Arena 5:30 p.m.
- 12 Kiwanis Karnival, Elliott School, 225 S. 25 Street 5:30–7:30 p.m.
- 14 Teen Council Meeting 3 p.m.
- 15 All 4-H/FFA Market Beef ID’s/DNA Due
- 23 Horsemanship Level Testing, Lancaster Event Center - Pav. 4, Amy Countryman Arena 5:30 p.m.
- 27 Spring Rabbit Show, Lancaster Event Center – Exhibit Hall 9 a.m.

May

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

June

- 1 Super Fair Horse ID’s Due to Extension
- 1 Pre-District Horse Show Presented by 4-H Horse VIPS, Lancaster Event Center - Pav. 3
- 1 County Life Challenge Contest 8:30 a.m.
- 4 Horsemanship Level Testing, Lancaster Event Center – Pav. 4, Amy Countryman Arena 5:30 p.m.
- 4 4-H Council Meeting 6 p.m.
- 5 Plant Science Contests: Horticulture/Tree ID/ Grass-Weed ID 10 a.m.–1:30 p.m.
- 6 Youth for the Quality Care of Animals (Quality Assurance) Face-to-Face Training for Livestock Animals 6–7 p.m.
- 8 Rabbit Tattooing & Fair-Prep Clinic 9–11 a.m.
- 8 Bicycle Safety Contest 9 a.m.
- 10–14 Horse District Shows, Bloomfield, Elkhorn, Ord, Ogallala, McCook
- 15 Deadline to Enroll New 4-H Members/Volunteers and to Select Project Area(s) Planning to Enter at Super Fair — Must Use “4-H Online” at <https://ne.4honline.com>.
- 15 Deadline for Sheep/Goats/Swine/Breeding Beef/Bucket Calves/ Dairy Cattle/Llamas & Alpacas/Rabbits Identification
- 15 Deadline for Livestock Animal Exhibitors to Complete Requirements for Youth for Quality Care of Animals
- 17 Babysitter’s Training for 5th–7th Graders. 8:30 a.m.–4:30 p.m.
- 17–18 Premiere Animal Science Events (PASE)/State Life Challenge, UNL East Campus
- June 18–July 1 Animal Entries for the Lancaster County Super Fair Must be Submitted Online at <https://lancaster.fairmanager.com> Between June 18 and July 1, 11:59 p.m.
- 25 Horsemanship Level Testing, Lancaster Event Center – Pav. 4, Amy Countryman Arena 5:30 p.m.
- 25–28 Clover College

July

- 1 Deadline for All 4-H/FFA Super Fair Animal Online Entries
- 6 Livestock Booster Club Scholarship Deadline
- 13 Presentations Contest 8:30 a.m.
- 14–18 State 4-H Horse Show, Fonner Park, Grand Island
- 19 Horse Incentive Program Last Day to Log Hours/Points
- 23 Fashion Show Judging Day 8 a.m.
- 26 Horse Incentive Program Forms Due to Extension
- 30 4-H & FFA Static Exhibit Check-In for Lancaster County Super Fair, Lancaster Event Center - Lincoln Room 4–8 p.m.
- 31 4-H Council Camp Scholarship Applications Accepted Through This Date

August

- 1–4 Lancaster County Super Fair, Lancaster Event Center
- 3 Horse Judging Contest, Lancaster Event Center – Pav. 3. TBA
- 10 Deadline for State Fair Animal Entries — Must Enter Online at <http://nebr.fairwire.com>
- Aug. 23–Sept. 2 Nebraska State Fair, Fonner Park, Grand Island

September

- 3 4-H Council Meeting 6 p.m.
- 8 Teen Council Meeting 3 p.m.
- 30 4-H Council’s Alumni Scholarship Deadline

October

- 1 4-H Council Meeting 6 p.m.
- 3 Horse Awards Night 6:30 p.m.
- 6–12 National 4-H Week
- 8 4-H Information Night. 6 p.m.
- 13 Teen Council Meeting 3 p.m.
- 24 Leader Trainings 9 a.m. & 6:30 p.m.

November

- 5 4-H Council Meeting 6 p.m.
- 9 Basket Making Workshop 9 a.m.
- 10 Teen Council Meeting 3 p.m.

December

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

4-H SUMMER CAMPS & TRIPS
Late May–August

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

BIG RED SUMMER ACADEMIC
CAMPS • June 9–14

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

10% Off Before
April 15!

Discount
Before April 15!



EXTENSION CALENDAR

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

December

31 4-H Award and Scholarship Applications Due to Extension

January

1 Extension Office Closed for New Years Day
1 Horse Incentive Program Begins
4 Successful Farmer Workshop Series 9–11:30 a.m.
8 4-H Council Meeting..... 6 p.m.
10 Emergency Preparedness for Child Care Providers..... 6:30–9:30 p.m.
11 Extension Board Meeting 8 a.m.
11 Successful Farmer Workshop Series 9–11:30 a.m.
13 Teen Council Meeting..... 3 p.m.
15 Deadline for Nebraska 4-H Foundation Scholarships
17 Co-Parenting for Successful Kids Class..... 9 a.m.–12:30 p.m.
17 Emergency Preparedness for Child Care Providers..... 6:30–9:30 p.m.
18 Successful Farmer Workshop Series 9–11:30 a.m.
18 Deadline for Master Gardener Applications
21 Extension Office Closed for Martin Luther King Jr. Day
23 Ag Estate & Succession Planning Workshop 9:30 a.m.–3:30 p.m.
25 Successful Farmer Workshop Series 9–11:30 a.m.
25–26 4th & 5th Grade Overnight Lock-In 8 p.m.–8 a.m.
29 Market Beef Weigh-In, Lancaster Event Center – Pav. 1..... 6–7 p.m.
30 Introduction to Cultivating Healthy Intentional Mindful Educators (CHIME) Program for Childcare Providers 6:30–8:30 p.m.

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.
- 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.

Earth Wellness Festival needs volunteers

Volunteers are needed for the 2019 Earth Wellness Festival on Wednesday, March 20 and Thursday March 21 at Southeast Community College in Lincoln. For more information, call 402-441-8023 or email pwismer@lincoln.ne.gov by Feb. 25. Register at <http://lanaster.unl.edu/ewf>.



EXTENSION NEWS

MyPI receives ServeNebraska's Disaster Volunteer Award



Lancaster County MyPI Instructors (L to R): Wilma Gerena, Leo Larkin, Joy Mace, Tom Guilford and Soni Cochran. Ashley Mueller (far right) is Nebraska Extension's statewide Disaster Education Coordinator.

ServeNebraska, the Nebraska Volunteer Service Commission, coordinates and supports community involvement by Nebraskans that address the needs of our communities. ServeNebraska's annual Step Forward Awards recognize outstanding volunteers for their time and service. Nine categories celebrate volunteers throughout the state. The 2018 Step Forward Awards presentation was held in October. The Lancaster County My Youth Preparedness Initiative (MyPI) Instructors were the winner in the disaster volunteer category. Lancaster County was one of the counties piloting Nebraska Extension's MyPI. Nebraska Extension partnered with the 155th Composite Squadron Civil Air Patrol, which provided the instructors. Instructors were Soni Cochran (of Nebraska Extension in Lancaster County), Joy Mace, Wilma Gerena, Tom Guilford, Leo Larkin and Bruce Marxsen (awarded posthumously).

Outgoing Extension Board member

The December Lancaster County Extension Board meeting marked the final meeting for outgoing board member Jim Bauman. Jim has served on the Board since 2013, holding offices of vice president and president throughout his entire tenure.

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



Jim Bauman and Extension Unit Leader Karen Wobig

Staff earn statewide Extension awards

At Nebraska Extension's annual conference in November, several Nebraska Extension in Lancaster County staff earned statewide Extension awards.

- **Excellence in Extension Team** award in the area of "innovation" was presented to the **Hail Know team** which included Extension Educator **Tyler Williams**. The project team of 12 educators and specialists received \$41,000 from USDA National Institute of Food and Agriculture to develop Extension resources to help crop producers and agricultural stakeholders prepare for and respond to hail. The project team identified resource gaps and developed a hail resource package consisting of a new website (cropwatch.unl.edu/hail-know), an infographic series and a video series. Focus was on hail events, crop damage assessment, crop insurance, replanting, managing a recovering crop and cover crops.
- **Excellence in Extension Team** award in the area of "exceptional teaching and learning" was presented to the **Healthy Habits team** which included Extension Educators **Kayla Colgrove** and **Emily Gratopp**. The 4-H Healthy Habits statewide grant, sponsored by National 4-H Council and Walmart Foundation, mobilized youth to take action around healthy food and physical activity choices. Thirty-six Extension professionals from 28 counties developed over 75 partnerships. More than 2,700 K–12th grade youth received at least six hours of nutrition, physical activity and food preparation education. Extension professionals mentored 54 volunteer teen ambassadors as part of the grant.
- **Excellence in Extension Team** award in the area of "engagement" was presented to the **Double Up Food Bucks team** which includes Extension Assistants **Kyleah Bowder**, **Brie Frickenstein** and **Meredith Hein**. The Double Up Food Bucks program provides SNAP participants with a one-to-one match to purchase fresh fruits and vegetables at specific grocery stores and farmers markets. In Nebraska, the program is implemented in Lincoln, Beatrice and Omaha by Nebraska Extension and funded by CHI Health, Children's Hospital & Medical Center and Community Health Endowment. The match makes it easier for low-income Nebraskans to eat healthier, supports family farmers and grows local economies. At a Lincoln farmers market from January to October 2018, participants spent an average \$33.26 each visit, a 57 percent increase from the program's start in 2016.
- **Epsilon Sigma Phi's Early-Career** service award for the Nebraska chapter was presented to Extension Educator **Tyler Williams**. Epsilon Sigma Phi is a national Extension professionals' organization. The award pays tribute to a new Extension professional who has exhibited the potential for leadership and excellence in Extension program planning, delivery, evaluation and/or administration during the first 10 years of their career. Since 2015, Tyler has served Lancaster, Cass and Otoe counties, providing climate and agriculture education to more than 4,000 Nebraskans. Prior to that, he was an Extension Educator in Phelps and Gosper Counties for six years. Tyler's overall focus is on enhancing cropping system resiliency to climate variability, helping producers manage the impact weather and climate have on agricultural production.



Double Up Food Bucks team members include Lancaster County Extension Assistants Kyleah Bowder (far left), Meredith Hein (second from left) and Brie Frickenstein (third from left).

Cochran earns MyPI National award

At Nebraska Extension's annual conference in November, the **Bruce Marxsen Memorial Excellence in Instruction Award** was presented to Extension Associate **Soni Cochran**. This was the 1st annual national award presented by My Youth Preparedness Initiative (MyPI) National for unwavering dedication and superior instruction while achieving the mission of MyPI. Each year, one MyPI instructor is chosen from all MyPI instructors nationwide. Bruce Marxsen was a Lancaster County MyPI instructor who passed away this year. Soni is the Lancaster County MyPI coordinator and one of the instructors for the program.

Backyard Farmer team earns IANR award

University of Nebraska–Lincoln's Institute of Agriculture and Natural Resources honored several faculty and staff at an awards luncheon in November. Two Nebraska Extension in Lancaster County staff members were part of a team award.

The **Omtvedt Innovation Award for Team** was awarded to **Nebraska Extension's Backyard Farmer Team**. The award recognizes areas of strength and promise within the Institute, as well as innovation and excellence in teaching, research, extension and teamwork. The team includes Extension Educators **Sarah Browning** and **Jody Green**. Backyard Farmer is the longest-running, non-syndicated education television show on air, with an astounding 55 years of providing entertaining, science-based answers to viewer questions. Going beyond the reach of traditional television, Backyard Farmer's use of multiple social media platforms has expanded its reach nationally.