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NEBLINE, January 2020

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2019 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
- Cropping & Water Systems
- Food, Nutrition & Health
- 4-H Youth Development
- Learning Child
- Beef Systems
- Community Vitality

Extension helps people solve real-world problems



Disaster response and recovery resources — After this year’s flooding and blizzard events, Nebraska Extension responded to individual and community needs statewide relaying information to the public, collaborating with partner agencies and organizations, and identifying solutions to help Nebraskans. Pictured is Extension Associate Soni Cochran (far right) with Winslow, Nebraska residents and UNL students enrolled in a Community and Regional Planning course. Students documented the layout of Winslow to assist as the village considered relocating to higher ground.

Benefit to People



Courtesy photo

“This has been the most difficult job I’ve ever had, and the most fulfilling. The impact I’ve seen has been not only on the Linoma Beach site, where our progress

is daily and concrete, but also within myself. I have developed a newfound appreciation for the mechanisms of disaster relief and those who operate at these areas.”

—Ben Rhodes, who participated in the University of Nebraska–Lincoln student flood recovery serviceship program



Weather and crops — Extension Educator Tyler Williams (pictured at left) helps producers manage the impact weather and climate have on agricultural production. Due to this year’s weather events, his expertise was in high demand. Tyler co-authored one of the most-viewed news articles on UNL Institute of Agriculture and Natural Resources’ CropWatch, “Nebraska’s Most Challenging 60 Days.” He was invited to present at 24 events to nearly 1,800 people. In addition, Tyler organized the Nebraska Climate Summit, where attendees learned from and engaged with experts in agriculture, human health, public policy and planning. 98% reported learning something new or making a new connection.



Early childhood trainings and resources — Last year, Extension Educator Jaci Foged (pictured far left) taught or coordinated 82 workshops for local child-care providers, including a training about Emergency Preparedness. In response to Nebraska’s flooding, Extension developed a program named Read For Resilience to support young children’s healing after a disaster and/or loss. Educators and specialists selected nine children’s books and developed accompanying storybook guides. Thanks to \$4,000 in donations, over 50 qualifying families received over 250 children’s books.



Dana Hardy

“The healthy cooking class [taught by the Nutrition Education Program] encouraged participants to eat healthy. It easily got them engaged and excited about healthy recipes and the cooking process. They became familiar with kitchen equipment and cooking technologies.”

—Lanetta Edison-Soe, Asian Community and Cultural Center Health Program Coordinator



ProHort Update — New this year, Extension Educator Sarah Browning offered a full-day workshop for nursery & green industry professionals, turf managers, public works employees, landscape managers, arborists and groundskeepers. Attendees learned how to create weather-ready landscapes, manage new insect pests, avoid tree risks and understand current turf fertilization recommendations. Participant evaluations indicated: 100% planned to change a tree management practice to improve tree health; 96% planned to use new practices to make the landscape they manage more weather resilient; 92% planned to use a new practice to positively identify insect pests.



Nutrition Education Program (NEP) — NEP provides nutrition education and food access resources through educational classes and policy, system and environmental (PSE) initiatives which help make the places people live, work and play healthier. Last year, NEP staff reached 142 families, 100 adults and 8,324 youth with direct education and 16,209 individuals with PSE approaches. Pictured is Extension Associate Dana Hardy (far left) at the Lincoln Public Schools’ McPhee Family Literacy Group. During the last class of the series, participants bring food to explore each others’ cultural cooking.



Morgan Hartman

“The recycling activities helped me learn about the environment and how important it is to not throw garbage everywhere. It was fun to learn about something we don’t learn in school every day, and it helped me understand how I can make my own environment better.”

—Zaniya Osborne, Campbell Elementary Community Learning Center afterschool youth who participated in 4-H Trash to Treasure activities



“Frustrated over the difference of opinion as to the cause of my corn crop’s poor health by my crop advisers, I turned to Tyler Williams at the County Extension office. He came out the same day and worked diligently until he correctly identified the problem.”

—Jerry Minchow, farmer

More impacts on next page

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Insect/pest programs — Extension Educator Jody Green offered several educational programs to a variety of audiences in the Lancaster community including bed bug prevention, attracting pollinators, identification of creatures in the garden, managing pests in multi-family housing and nature walks/programs for 4-H youth. Pictured is Jody (back center) showing youth tomato hornworm caterpillars at a 4-H Clover College insect-exploring workshop.

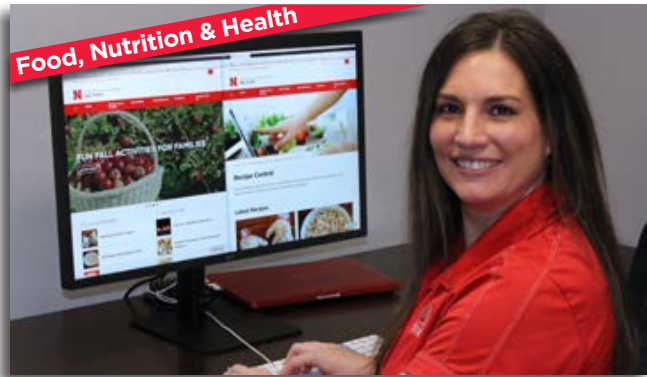


Domestic water and wastewater management program — Extension Associate Becky Schuerman (right front) serves as Extension's statewide water coordinator, whose duties include collaborating with other organizations, developing resources and teaching. Extension, through a funding agreement with the Nebraska Department of Environment & Energy, works closely with the Nebraska Onsite Wastewater Association, as well as the Nebraska Well Drillers Association, to provide professional development trainings across the state. Pictured is a hands-on training for installation of a mound septic system.

Photos by Vicki Jedlicka unless otherwise noted



Extension garden — The Nutrition Education Program (NEP) team installed a Growing Together Nebraska garden at the Lancaster County Extension office. Funding was provided by a Supplemental Nutrition Assistance Program—Education (SNAP—Ed) grant to increase healthy food access by growing and donating fresh produce to individuals and families experiencing food insecurity. Extension Master Gardeners and horticulture staff provided expertise and hands-on assistance. 355 total pounds of produce were harvested and donated to two local food pantries. Nutrition education, recipes and produce samples were offered to food recipients.



food.unl.edu — Extension Educator Kayla Colgrove coordinates and contributes to Extension's statewide website, which received over 2.4 million pageviews last year. The website provides educational resources and recipes to help and inspire people to make healthy food choices, safely prepare food and increase physical activity. This year, Kayla worked with Extension's Food Website team and UNL IANR (Institute of Agriculture and Natural Resources) Media to implement a major redesign.

Extension's Volunteers Worth Over \$800,000



In 2019, Extension's estimated 2,998 volunteers gave 33,323 total hours of service worth \$800,085* to our community! Nebraska Extension in Lancaster County benefits from these volunteers who help extend the reach of programs such as 4-H and Master Gardeners. In addition, many 4-H clubs and individual members give back to their community through service projects. Lancaster County 4-H'ers reported over 2,000 hours of community service. Pictured above are Master Gardeners answering horticulture questions from the public.

*Based on Independent Sector's estimate of Nebraska's value of a volunteer hour in 2018 as \$24.01.



Pictured are two- and three-generation 4-H families who helped with static exhibits at this year's Lancaster County Super Fair.

Resilience Makes Nebraska Strong

While Lancaster County may have avoided wide-spread disaster with the flooding and its aftermath experienced by many other counties in Nebraska, we have shared support and resources to our neighbors. The educational programming provided by Extension staff enables counties to better withstand these nature-related catastrophes. Accolades, however, are to be given to Nebraska residents for their ability to withstand adversity and come out on the other side stronger and better prepared for future happenings.

Resilience is the measure of the amount of disturbance a system can withstand before it collapses. Nebraskans bounce back from natural disasters time and time again. Resiliency is important for families and sustainability in our agriculture, landscapes and natural resources.

Working together, sharing expertise and planning for the future enable our cities, counties and state to continue to prosper and grow. This makes "Nebraska Strong!"

Karen Wobig

Extension Educator & Unit Leader



4-H Youth Development

35,312 Youth Engaged in 4-H Programs

including clubs, school enrichment, afterschools/out-of-schools and camps

4-H, America's largest youth development program, empowers young people with the skills to lead for a lifetime. Youth develop confidence, independence, resilience and compassion. Nebraska Extension 4-H emphasizes: science, citizenship, leadership, agricultural literacy, career development, college readiness and healthy lifestyles. Adult mentors provide guidance and encouragement.

4-H prepares youth for successful futures



4-H clubs — With 70 clubs ranging from 5 to 92 youth members, clubs are an important part of the Lancaster County 4-H program. 4-H clubs are led by adult volunteers, 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 a Clover Kids 4-H Club meeting in which youth learned computer coding concepts by resequencing the chicken dance.



4-H at Lancaster County Super Fair — At the 2019 Super Fair, over 780 4-H/FFA exhibitors showcased over 5,000 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 is sheep showmanship. In showmanship classes, exhibitors are judged on their ability to present their animal and enhance its best characteristics.



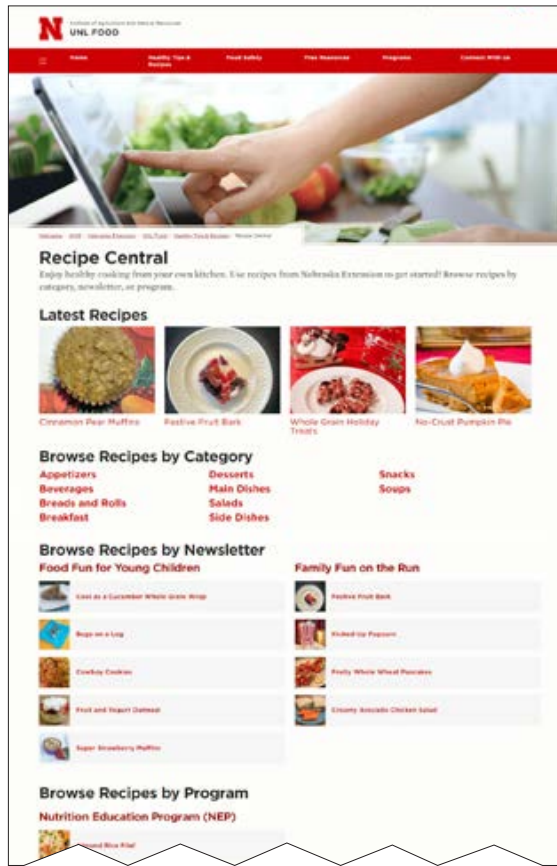
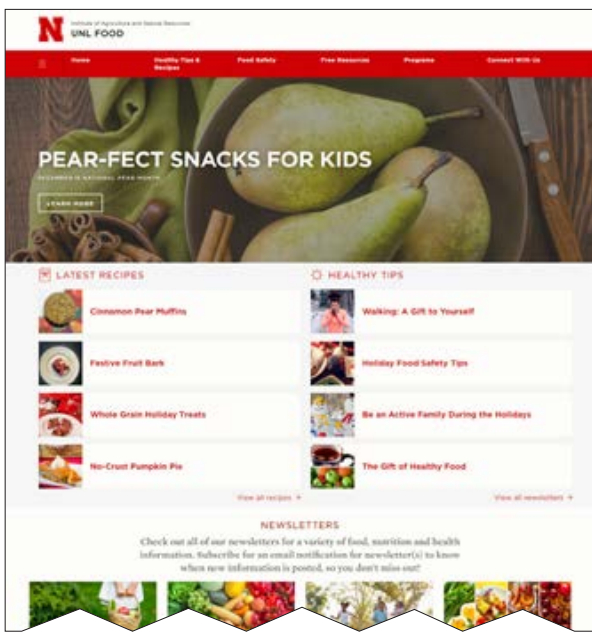
4-H school enrichment programs — Lancaster County 4-H presents several programs in local schools, including: Garbology (Kindergarten), Embryology (3rd grade), Ag Literacy Festival (4th grade), Earth Wellness Festival (5th grade) and Nutrition Kits (K-5th grades). These programs meet Lincoln Public Schools, Nebraska or national education standards. Pictured is Extension Educator Alyssa Havlovic leading a healthy snack activity at a Rousseau 1st grade classroom as part of the nutrition kit program. In the 2018-19 school year, nutrition education was provided to 41 schools, 800 classrooms and 16,700 students.



Afterschool programs — 4-H delivered 54 afterschool/out-of-school time programs focusing on hands-on STEM programs such as Trash to Treasure, coding and electronic circuits. In 2019, Lancaster County 4-H updated Trash to Treasure afterschool learning opportunities in partnership with the City of Lincoln Solid Waste Management Division. This program teaches youth the positive impact they can make on the environment through reducing, reusing and recycling. Pictured is Extension Educator Tracy Anderson (upper right) and 4-H intern Shemsa Ndahiro (upper left) teaching youth at The Salvation Army about electricity using circuit boards and laptops.

Find Tips and Recipes Easier at food.unl.edu

Check out the redesigned <http://food.unl.edu> to see Nebraska Extension's latest recipes, healthy tips, newsletters and explore our programs.



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

RECIPE OF THE MONTH

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

Celebrate national soup month with this easy soup recipe from Nebraska Extension's Nutrition Education Program (NEP). It is a great way to add more vegetables to your day.

SLOW COOKER CHICKEN TORTILLA SOUP

(Makes 8 servings)

- 3 chicken breasts, boneless, skinless
- 2 (14.5 oz.) cans diced tomatoes with mild green chilies
- 2 (15 oz.) cans black beans, rinsed and drained
- 1 (15 oz.) can tomato sauce, no salt added
- 1 (4 oz.) can green chilies
- 1 cup salsa
- 1 cup frozen corn (optional)
- Cheese, shredded (optional)
- Cooked rice or corn chips (optional)
- Fresh cilantro, gently rubbed under cold running water, chopped (optional)

1. Wash hands with soap and water. Spray slow cooker bowl with non-stick cooking spray.
2. Place chicken breasts in bottom of slow cooker. Wash hands with soap and water after handling uncooked chicken.
3. Add tomatoes, black beans, tomato sauce, green chilies, salsa and corn, if desired. Gently combine.
4. Cook on low for 8–10 hours or on high for 4–6 hours and until internal temperature of the chicken reaches 165°F as measured with a food thermometer.
5. 30 minutes before serving, remove chicken breast and shred. Return chicken to slow cooker and stir.
6. Serve over rice or top with cheese, tortilla chips or cilantro, if desired.

Nutrition Information: Calories 230, Total Fat 2g, Saturated Fat 0.5g, Sodium 845mg, Total Carbohydrates 32g, Fiber 10g



Craig Chendler, UNL Communications

UNL Food Processing Center Offers Assistance to Small Food Business Start-ups

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

The program begins with a one-day “Recipe to Reality” seminar. The seminar explores all the key issues in deciding to start a food business. Discussion includes business planning, labeling, product development and food safety, promotion, costs and pricing and many more topics.

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

Five “Recipe to Reality” seminars are sched-

uled for 2020 at the Food Innovation Center on Innovation Campus, Lincoln:

- Saturday, Jan. 25, 8 a.m.–5 p.m. — Registration deadline is Jan. 10.
- Saturday, March 28, 8 a.m.–5 p.m. — Registration deadline is March 15.
- Saturday, June 6, 8 a.m.–5 p.m. — Registration deadline is May 20.
- Saturday, Aug. 22, 8 a.m.–5 p.m. — Registration deadline is Aug. 5.
- Oct. 24, 8 a.m.–5 p.m. — Registration deadline is Oct. 10.

Pre-registration is required. More details are at www.fpc.unl.edu. To register for an upcoming seminar or to receive an information packet, contact Jill Gifford at: Food Processing Center, University of Nebraska–Lincoln, 228 Food Innovation Center, Lincoln, NE, 68588; 402-472-2819 or jgifford1@unl.edu.

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

Pesticide Applicator 2020 Training Dates

If you have a pesticide applicator license expiring April 2020 — 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 <https://go.unl.edu/pestedcom> 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 at 8:30 a.m. on:

- Tuesday, Feb. 4 (Initial)
- Thursday, Feb. 6 (Recertification)
- Thursday, Feb. 20 (Recertification)
- Thursday, Feb. 27 (Initial)
- Tuesday, Mar. 17 (Initial)
- Thursday, Mar. 26 (Recertification)
- Thursday, April 9 (Initial)

Cost is \$80 per online preregistration or \$90 per mail, fax and at-the-door registration. It is highly recommended you obtain and review the written study materials prior to attending an initial training. This will greatly improve your chances of passing the written examination. Study materials for all commercial categories must be purchased online at <https://go.unl.edu/pestedcom> (click on “Purchase 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 402-471-6852 for statewide dates, times and locations. Free.

Testing sessions at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln will be held Thursdays, April 16 & 30, May 14 & 28, June 11 & 25, July 9 & 23, Aug. 6 & 20, Sept. 10, Oct. 8 & 29, Nov. 19 and Dec. 10. Exams must start between 9 a.m. and 2 p.m.

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 https://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 for commercial applicators) — Categories Ag Plant, Regulatory or Demonstration/Research can use this option. See Crop Production Clinic information under Private Applicators below.

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 four ways to recertify or get a new license.

Traditional training classes — visit <https://go.unl.edu/2020pat> 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. 25 at 9 a.m. and at 1 p.m.
- Monday, March 9 at 6 p.m.
- Tuesday, March 10 at 9 a.m., followed by optional dicamba applicator training at 12 p.m.

Crop Production Clinics (initial and recertification for private applicators) — The Crop Production Clinics held in southeast Nebraska will be:

- Friday, Jan. 10 — Beatrice (Southeast Community College, Truman Center)
- Tuesday, Jan. 14 — York (Holthus Convention Center, 3130 Holen Ave.)
- Wednesday, Jan. 15 — Mead (Eastern Nebraska Research and Extension)

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. Cost \$80 per participant, includes lunch and training materials. 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% online, self-paced training with 10 modules.

There are questions within the modules and a score of 100% is needed to proceed to the next module. Cost is \$75.

Testing-only option

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

Successful Farmer Series Starts Jan. 10

The fifth annual “Successful Farmer Series,” will be held weekly starting Jan. 10 and ending Feb. 14 at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln. Multiple sessions and topics allow ag producers to pick the topics most relevant to them and their operation. Each session will also be streamed live online. All sessions will be 9–11:30 a.m. Scheduled topics are:

- Friday, Jan. 10 – Energy and Agriculture
- Friday, Jan. 17 – Insects and Diseases
- Friday, Jan. 24 – Ag Policy and Data
- Friday, Jan. 31 – Soil Management
- Friday, Feb. 7 – Resiliency and Diversification
- Friday, Feb. 14 – Weather and Markets

Each topic will feature two to three speakers from the University of Nebraska—

Lincoln or related agencies. We will also invite other experts to attend and address more specific questions or interact with attendees during the breaks. This is also a great opportunity to visit with other producers in the area.

The cost is \$5 per session or \$15 for the entire series. Refreshments will be provided. Registration at least two days before the workshops is appreciated by registering online at <https://lancaster.unl.edu/farmerseries> 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 livestreamed for free — register for a link. CEU credits will be available for certified crop advisors attending in person.

Landlord/Tenant Cash Rent Workshop, Feb. 3

Nebraska Extension in Lancaster County is hosting a Landlord/Tenant Cash Rent workshop on Monday, Feb. 3, 10:30 a.m.–2 p.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln. Check-in starts at 10:15 a.m. No cost to attend and lunch is provided free. Register by Jan. 31 by calling 402-441-7180 to ensure meal count.

Learn about:

- Agricultural finance and the real estate market.
- Current trends in ag finance across Nebraska.
- Negotiation skills for effectively managing land leases.
- Current considerations on lease provisions.
- Strategic farmland succession and communications.

“Landlords and tenants often struggle with land management questions,” said

Allan Vyhnaek, Extension Educator and workshop presenter. “Both are concerned with fair treatment, but it can be difficult to keep up with the current trends. Our workshop will provide participants with up-to-date information so they can be confident about their lease arrangements.”

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

Soil Health Conference, March 3

Save the date: the 2020 Southeast Nebraska Soil Health Conference will be held on Tuesday, March 3 at the Hickman Community Center,

115 Locust St., Hickman, Neb. While we are still in the planning stages, we expect the free program to have registration at 8:30 a.m., with the program

starting at 9 a.m. The program should conclude around 3:30 p.m. More details will be published in the February NEBLINE.

Upcoming Green Industry Conferences

NEBRASKA TURFGRASS CONFERENCE

JANUARY 7–9, 2020

NEBRASKA TURFGRASS ASSOCIATION

Location: La Vista Conference Center, 12520 Westport Pkwy, La Vista, Neb.

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



GREAT PLAINS GROWERS CONFERENCE

JANUARY 9–11, 2020

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. 9 workshops – Food safety, Industrial Hemp 101, Honey Bees & Beekeeping, Drip Irrigation, Cultivating Your Legally Resilient Farm
- Jan. 10–11 general tracks – Tree/small fruit, conventional & organic production, vegetable IPM, greenhouse & hydroponics, invasive species, business development, business financing and cut flowers

Keynote: “3 Steps to a Profitable Farm.” Charlotte Smith founded 3CowMarketing.com, an online marketing training company helping farmers learn the most current online marketing techniques to grow a successful business. Her book “Farm Marketing from the Heart” is an introduction to the in-depth concepts taught in her twice-annual marketing course. In 2016, Charlotte was named one of the Top 25 Most Influential Women in the World in Food and Agriculture by the non-profit, Food Tank. Charlotte and her husband, Marc Rott, own a farm in St. Paul, Oregon.

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

2020
GREAT PLAINS
Growers Conference

Extension's 2020 Master Gardener Trainings, Two Sites Available



Mary Jane Frogge
Extension Associate,
Lancaster County

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



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 2020 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 2020 training program, which 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. For additional information, contact Mary Jane Frogge at 402-441-7180. Application deadline is Jan. 17. Apply online at <http://lancaster.unl.edu/hort/othrlink.shtml>.

Nebraska Extension Campus-Based Master Gardener 2020 training program will begin in January. Training hours are 6–9 p.m. and the training sessions will be held at the University of Nebraska East Campus. Application deadline is Jan. 17. 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 with others in the community.

GARDEN GUIDE

THINGS TO DO THIS MONTH

Mary Jane Frogge, Extension Associate,
Lancaster County

January is a good time to 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.

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.

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

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

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

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

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

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

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

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

Childcare Professionals — Considering Outdoor Play in Winter?

Jaci Foged
Extension Educator,
Lancaster County

"I don't want to play outside," said no child ever.

Did you know watching the weather is part of a child care professional's job? If it is too hot or too cold outside, the children in their care could be in danger. The average temperature in Eastern Nebraska in January is a high of 33°F and a low of 13°F. According to the Iowa Department of Public Health wind chill and heat index charts, providers should use CAUTION when the air temperature is between 11°F and 39°F.

I know what you are thinking: "What does using CAUTION look like?" First of all, we need to inform parents and caregivers about our intentions when it comes to outdoor play including the time frame and temperature. This is best done at the time of enrollment. It is wonderful to have an outdoor play policy included in the child care hand-



Use caution when the air temperature is between 11°F and 39°F.

book. Families can then read about and appreciate this aspect of quality child care and why it is important in the program. If you need some help writing a policy on physical activity, you can contact your local Extension office. Know the facts about why outdoor play (rain or shine) is important for healthy growth and development of children. Ask parents and caregivers

to provide proper clothing for the weather. This should include: hats, gloves, a warm coat that zips or buttons, snow boots and snow pants when needed. It is a good idea to have a few extras around in case they are forgotten or misplaced. It is a good idea to ask caregivers to consider donating old clothing items like these to your child care program. Remember, toddlers and preschoolers should be attempting to dress themselves, but the child care provider must ensure they are properly dressed before heading out in the cold.

Is it OK for kids to take their gloves off outside when it is cold? The answer depends on the temperature, but for those of you working with young toddlers and preschoolers, you can count on this happening. You may have to spend the entire outside time putting little Suzie's gloves back on, but that is your job — so do it! Parents and caregivers have every right to be upset if you do

not. Parents are not there to help their child, thus they expect their child care provider will. This is a great teaching opportunity for the child as well. Talk with her about why we need to wear gloves and role model that you have yours on too. Make sure to communicate with families about the importance of the gloves and practice putting them on during an indoor activity, so the child can learn to help themselves.

Make sure you stay out only as long as the children are engaged and playing. Depending

on the temperature, you may spend three times as long dressing for outside time as you do actually participating in outside time — and that's OK! Getting dressed is a crucial part of every child's personal and social development.

Hand washing is the number one way to prevent the spread of illness. When you bring the children in from outside, make sure to have them wash their hands with warm soapy water for as long as it takes them to sing the ABC's (or about 20 seconds).

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://lancaster.unl.edu/family>.

Lincoln Early Childhood Conference — Saturday, Feb. 29, 8:45 a.m.–3 p.m. Registration begins at 8:15 a.m. This conference is sponsored by the Southeast Early Learning Connection. Cost is \$25. A light breakfast and lunch provided. 6 in-service hours. Register and pay online at www.esu6.org by Feb. 21. For more information, contact Cara Small at carasmall@esu6.org or 402-761-3341.

Look Who's Hatching — Wednesday, March 25, 6:15–8:15 p.m. Cost is \$10. 2 in-service hours. Register by March 16. Learn how to implement Nebraska Extension's curriculum, "Look Who's Hatching," in your program. Participants will have the opportunity to hatch chicks in their own program using an incubator on loan from Extension for an additional fee of \$50.



HEART OF 4-H VOLUNTEER AWARD

Jodi Freeman

Lancaster County 4-H is proud to announce Jodi Freeman of Lincoln as winner of the January "Heart of 4-H Award" in recognition of outstanding volunteer service.

A 4-H volunteer for three years, Jodi has served as:

- President of 4-H Council and ex officio member of the Lancaster County Extension Board.
- Leader of Bourne Equestrian 4-H club.
- A Superintendent of 4-H horse shows at the Lancaster County Super Fair.



She has also volunteered at Achievement Celebration, Information Night, 4-H food stand at Super Fair and with other 4-H Council fundraising activities.

"As long as I can remember, I have had a passion for youth and horses," Jodi says. "By pairing the two in 4-H, I have been able to fulfill that passion in a way that reaches youth who might not otherwise have opportunities or interest in 'traditional' sports or organizations. My favorite experience, so far, has been watching youth grow in their friendships. Between club and council participation, I have watched my own daughter and several other kids develop strong bonds through mutual interests. They all work together to build up each other and their community. The older youth encourage and support the younger ones. Regardless of the outcome of events, they all praise and celebrate each other. This is what true friendship means."

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

4-H/FFA Livestock Boosters Meeting Jan. 7

Are you interested in promoting and supporting 4-H within the livestock program? Consider joining the 4-H/FFA Livestock Boosters. The Livestock Boosters support the livestock program through fundraising efforts which help provide clinics, fair awards and the 4-H/FFA Livestock Premium Auction at the Lancaster County Super Fair. An informational meeting will be held Tuesday, Jan. 7 at 6:30 p.m. at the Lancaster Event Center, 4-H office, located by Pavilion 3. An evening meal will be catered. RSVP by Friday, Jan. 3 by contacting Calvin DeVries at 402-441-7180 or calvin.devries@unl.edu.

4-H Bicycle Contest Superintendent and Volunteers Needed!

Lancaster County 4-H is seeking a superintendent and volunteers to assist with the 2020 Bicycle Safety Contest. In this county-only contest, 4-H'ers test their riding and safety skills, take a multiple choice quiz and participate in a bicycle inspection. A superintendent and accompanying volunteers are needed to assist with the contest which will be held Saturday, June 6 at 9 a.m. at the Lancaster Extension Education Center. Volunteer responsibilities include managing check-in, quiz grading, judging and award distribution. To learn more, contact Morgan Hartman at mbattes@unl.edu or 402-441-7180.

Dog 4-H Club Starting Jan. 9

The 4 On The Floor dog 4-H club for youth ages 9-18 will start its second year on Thursday, Jan. 9, 2020 at the Lancaster Event Center - 4-H office located by Pavilion 3. Meetings will begin at 6:30 p.m. and last about an hour, generally held every Thursday. Summer schedule (after May) to be determined.

The club will focus on obedience through May with a formal graduation ceremony at that time. Through the summer months, obedience will be reinforced and reviewed with the addition of showmanship to prepare 4-H'ers for the Lancaster County Super Fair and, potentially, State Fair.

Youth should be able to maintain general control of their dog and their dog should not show aggressive behaviors before joining this club. A training collar (also known as a choke chain) will be required and a 6-foot leather leash. All dogs must have updated vaccination records and a copy must be provided to the club leader. The 4-H dog project is fun and fulfilling. Training a dog is also a lifelong skill!

For more information or to RSVP, contact club leader John Croghan at 402-957-3651 by Dec. 31.

Meet 2019-2020 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 to 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), Brenda Nepper (Treasurer) and Madelyn Kreifels (Secretary).

Members: Cathy Babcock, Samuel Babcock, Mary Ann Gabel, Nathan Gabel, Brandy Gunnerson, Kylie Hansen, Sara Hansen, Abigail Kreifels, Sheri Ramirez, John Sump, Mitch Sump and Phil Wharton.

4-H PASE/Livestock Judging Mock Contest & Meeting, Jan. 12

Lancaster County 4-H has teams which compete at the statewide Premier Animal Science Event (PASE) in June and other livestock-related competitions throughout the year. A livestock judging mock contest will be held on Saturday, Jan. 12, 7:30 a.m. at the Animal Science Complex on UNL East Campus. Youth will get to watch and practice in a contest setting. After the mock contest, information will be provided about other PASE competitions. 4-H'ers interested in joining a team or learning about Livestock Judging, Livestock Quiz Bowl, Livestock Skill-a-thon, Meats Judging or Poultry Judging are encouraged to attend. Please RSVP by Friday, Jan. 10 to Calvin DeVries at 402-441-7180 or calvin.devries@unl.edu.

New Capital Biz 4-H Club

This special-interest entrepreneurship club for youth ages 12 & up will meet monthly on Monday evenings through June and will partner with University of Nebraska's Engler Agri-Business Entrepreneurship Program. Learn what it takes to start a successful business through interactive and engaging hands-on activities, community tours and local experts. Spark your business passion by attending meetings on Jan. 13, 6:30 p.m. at the Extension Education Center and Jan. 27, 6:30 p.m. for a tour at Innovation Campus (meeting spot TBA). This club will inspire youth wherever they are on their entrepreneurship journey and provide resources to take the next step. Contact the club leader, Tammy Sheldon at tammy.j.sheldon@gmail.com or Kristin Geisert, 402-441-7180, kristin.geisert@unl.edu to join this club.

4-H Furniture Painting Workshop, Feb. 8

4-H youth ages 8 and up are invited to participate in a Furniture Painting workshop on Saturday, Feb. 8, 9 a.m. until about noon at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln. No cost to attend. Adults are welcome to attend to help youth. Must register by Wednesday, Feb. 5 by calling 402-441-7180 or emailing kristin.geisert@unl.edu. Bring a small piece of unpainted furniture, such as a shelf, stool or chair. These items can be found around your house, at craft stores, garage sales and thrift stores. Learn how to prepare new and used wood furniture by sanding, sealing, painting and finishing. All paints and finishes are provided. Wear old clothes appropriate for painting.

HORSE BITS

4-H Horse Incentive Program Begins Jan. 1

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 17. Please total your points on the summary sheet and submit it with the rest of your paperwork. 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. To be eligible for rewards, families must have paid annual \$20 family dues to Lancaster County Horse VIPs. Horse Incentive Program guidelines and forms are available online at <http://lancaster.unl.edu/4h/horse> 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 2020 group testings will be held at the Lancaster Event Center on the following Tuesday evenings at 5:30 p.m.: April 7, April 21, May 5, May 19, June 2 and June 23. Contact Kate Pulec at kpulec3@unl.edu or 402-441-7180 for questions or to sign-up for a testing date.

State 4-H Stampede Entries Due March 6

The annual 4-H Horse Stampede will be held Saturday, March 28 at the UNL Animal Science Complex 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-H'ers ages 8-18 enrolled in the 4-H horse project. Lancaster County 4-H Council will pay the contest entry fees for Lancaster County 4-H'ers. Entry forms are due to the Extension office no later than Friday, March 6. 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.

Seeking 4-H Achievement Award Photos by Jan. 28

4-H families and club leaders are encouraged to submit photos related to 4-H award application accomplishments to kpulec3@unl.edu by Tuesday, Jan. 28. These photos may be used in the Year in Review video and multimedia presentation at Achievement Celebration. We are seeking photos for Community Service, Achievement Application, Diamond Clover, National Leadership, Outstanding 4-H Member, Meritorious Service and Clubs of Excellence awards.

4-H Achievement Celebration, Feb. 11

Lancaster County 4-H and 4-H Council invite ALL 4-H'ers, 4-H families and volunteers to the 4-H Achievement Celebration on Tuesday, Feb. 11, 6:30 p.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln. Light snack provided. 4-H members, clubs and volunteers receiving awards, scholarships or pins will be mailed detailed information. The evening's theme is "4-H'ers Are Nebraska Strong." Part of Nebraska 4-H Month!

4-H Crocheting Workshop, Feb. 15

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. 15, 9 a.m. until about noon at the Lancaster Extension Education Center, 444 Cherrycreek Road. No cost — all supplies will be provided. Adults encouraged to attend to help youth. Must register by Monday, Feb. 10 by calling 402-441-7180 or emailing kristin.geisert@unl.edu.

4-H Companion Animal Challenge Entries Due Feb. 28

The 4-H Companion Animal Challenge will be held on Saturday, March 28 at the Animal Science Complex on UNL's East Campus (same date as 4-H Horse Stampede.) It provides youth a chance to participate in a variety of contests that do not require animals, but allow youth to learn more about their dog, cat, rabbit or other companion animals. Contests include:

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

Lancaster County 4-H Council will pay the contest entry fees for Lancaster County 4-H'ers. Entry forms are due to the Extension office no later than Feb. 28. T-shirts may be pre-ordered for \$10. More information is at <https://4h.unl.edu/companion-animal/challenge>.



2020 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
- 7 4-H Council Meeting 6 p.m.
- 7 Livestock Boosters Meeting, Lancaster Event Center - 4-H Office 6:30 p.m.
- 12 PASE/Livestock Judging Mock Contest & Meeting, UNL East Campus - Animal Science Complex 7:30 a.m.
- 12 Teen Council Meeting 3 p.m.
- 15 Deadline for Nebraska 4-H Foundation Scholarships
- 17-18 4th & 5th Grade Overnight Lock-In 8 p.m.-8 a.m.

February FEBRUARY IS NEBRASKA 4-H MONTH

- 4 4-H Council Meeting 6 p.m.
- 8 Furniture Painting Workshop 9 a.m.
- 9 Teen Council Meeting 3 p.m.
- 11 Achievement Celebration 6:30 p.m.
- 15 Crocheting Workshop 9 a.m.
- 28 Lancaster County Deadline for Companion Animal Challenge Entries

March

- 1 Deadline for Governor's Agricultural Excellence Awards (\$500)
- 3 4-H Council Meeting 6 p.m.
- 6 Lancaster County Deadline for Horse Stampede Entries
- 7 Pillow Sewing Workshop 9 a.m.
- 8 Teen Council Meeting 3 p.m.
- 10 Market Beef Weigh-In, Lancaster Event Center - Pav. 2 6-7 p.m.
- 10 Public Service Announcement (PSA) Contest Entries Due/ Register for Speech Contest
- 14 Chick Days, UNL East Campus - Animal Science Complex
- 15 Speech Contest Check-In 1 p.m./Contest 1:30 p.m.
- 28 Jammie Jamboree Sewing Workshop 9 a.m.
- 28 Horse Stampede, UNL East Campus - Animal Science Complex
- 28 Companion Animal Challenge, UNL East Campus - Animal Science Complex
- 28 Spring Rabbit Show, Lancaster Event Center - Exhibit Hall. 9 a.m.

April

- 7 4-H Council Meeting 6 p.m.
- 7 Horsemanship Level Testing, Lancaster Event Center 5:30 p.m.
- 12 Teen Council Meeting 3 p.m.
- 17 Kiwanis Karnival, Elliott School, 225 S. 25 Street 5:30-7:30 p.m.
- 21 Horsemanship Level Testing, Lancaster Event Center 5:30 p.m.
- 29 Leader Trainings 9 a.m. & 6:30 p.m.

May

- 1 Preference Given to 4-H Council Camp Scholarship Applications Submitted to Extension by this Date
- 2 Spring Fling Horse Dressage Schooling Show, Lancaster Event Center - Pav. 3
- 5 Horsemanship Level Testing, Lancaster Event Center 5:30 p.m.
- 5 4-H Council Meeting 6 p.m.
- 8 Lancaster County Deadline for District/State Horse Show Entries, ID, Level Tests
- 12 Sheep/Goat Weigh-In Day, Lancaster Event Center - Pav. 1 6-7 p.m.
- 19 Horsemanship Level Testing, Lancaster Event Center 5:30 p.m.
- 29 Horse Judging Contest, Lancaster Event Center 4:30 p.m.
- 30 Pre-District Horse Show Presented by 4-H Horse VIPS, Lancaster Event Center
- 30 County Life Challenge Contest 8:30 a.m.

June

- 1 Super Fair Horse ID's Due to Extension
- 2 Babysitter's Training for 5th-7th Graders 8:30 a.m.-4:30 p.m.
- 2 Horsemanship Level Testing, Lancaster Event Center 5:30 p.m.

4-H SUMMER CAMPS & TRIPS

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

BIG RED SUMMER ACADEMIC CAMPS

June 7-12 for high school youth • <http://bigredcamps.unl.edu>

- 2 4-H Council Meeting 6 p.m.
- 2 Livestock Identification Help Night 6-8 p.m.
- 4 Youth for the Quality Care of Animals Face-to-Face Training for Livestock Animal Exhibitors 6-7 p.m.
- 6 Bicycle Safety Contest 9 a.m.
- 9 Livestock Identification Help Night 6-8 p.m.
- 10 Plant Science Contests: Horticulture/Tree ID/Grass-Weed ID. 10 a.m.-1:30 p.m.
- 11 Youth for the Quality Care of Animals Face-to-Face Training for Livestock Animals 6-7 p.m.
- 13 Rabbit Tattooing & Fair-Prep Clinic 9-11 a.m.
- 15 Deadline to Enroll New 4-H Members/Volunteers and to Select Project Area(s) Planning to Enter at Super Fair — Must Use "4-H Online" at <https://ne.4honline.com>.
- 15 Deadline for Identification Requirements of 4-H & FFA Sheep/Goats/Swine/Beef/Bucket Calves/Dairy Cattle/Llamas & Alpacas/Rabbits
- 15 Deadline for Livestock Animal Exhibitors to Complete Requirements for Youth for Quality Care of Animals
- 15-19 Horse District Shows, Scottsbluff, Burwell, Columbus, McCook (June 18 — Lincoln, Lancaster Event Center - Pav. 4 Amy Countryman Arena)
- 16-19 Clover College
- 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.
- 22-23 Premier Animal Science Events (PASE)/State Life Challenge, UNL East Campus
- 23 Horsemanship Level Testing, Lancaster Event Center 5:30 p.m.

July

- 1 Deadline for All 4-H/FFA Super Fair Animal Online Entries
- 6 Livestock Booster Club Scholarship Deadline
- 11 Presentations Contest 8:30 a.m.
- 12-16 State 4-H Horse Show, Fonner Park, Grand Island
- 17 Horse Incentive Program Last Day to Log Hours/Points
- 21 Fashion Show Judging Day 8 a.m.
- 24 Horse Incentive Program Forms Due to Extension
- 28 4-H & FFA Static Exhibit Check-In for Lancaster County Super Fair, Lancaster Event Center - Lincoln Room 4-8 p.m.

July 30-Aug. 2 Lancaster County Super Fair (4-H Horse Show July 29-Aug. 2), Lancaster Event Center

31 4-H Council Camp Scholarship Applications Accepted Through This Date

August

10 Deadline for State Fair Animal Entries — Must Enter Online at <http://nebr.fairwire.com>

Aug. 28-Sept. 7 Nebraska State Fair, Fonner Park, Grand Island

September

- 1 4-H Council Meeting 6 p.m.
- 13 Teen Council Meeting 3 p.m.
- 20 4-H Council Golf Tournament Fundraiser, Woodland Hills Golf Course, Eagle 1 p.m.
- 30 4-H Council's Alumni Scholarship Deadline

October

- 1 Horse Awards Night 6:30 p.m.
- TBA 4-H Council Meeting 6 p.m.
- 6 4-H Information Night 6 p.m.
- 6-12 National 4-H Week
- 11 Teen Council Meeting 3 p.m.
- 29 Leader Trainings 9 a.m. & 6:30 p.m.

November

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

December

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



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 4-H Horse Incentive Program Begins
- 7 4-H Council Meeting6 p.m.
- 7 Livestock Boosters Meeting, Lancaster Event Center - 4-H Office...6:30 p.m.
- 9 4 On The Floor Dog 4-H Club First Meeting, Lancaster Event Center - 4-H Office.....6:30 p.m.
- 10 Extension Board Meeting8 a.m.
- 10 Successful Farmer Workshop Series..... 9-11:30 a.m.
- 12 4-H PASE/Livestock Judging Mock Contest & Meeting, Animal Science Complex on UNL East Campus7:30 a.m.
- 12 4-H Teen Council Meeting.....3 p.m.
- 13 Capital Biz 4-H Club Meeting.....6:30 p.m.
- 15 Deadline for Nebraska 4-H Foundation Scholarships
- 17 Successful Farmer Workshop Series..... 9-11:30 a.m.
- 17 Deadline for Master Gardener Applications
- 17-18 4-H Teen Council's 4th & 5th Grade Overnight Lock-In.... 8 p.m.-8 a.m.
- 20 Extension Office Closed for Martin Luther King Jr. Day
- 24 Successful Farmer Workshop Series..... 9-11:30 a.m.
- 27 Capital Biz 4-H Club Meeting, Innovation Campus.....6:30 p.m.
- 31 Successful Farmer Workshop Series..... 9-11:30 a.m.



Watch Chicks Hatch Live On 4-H EGG Cam!

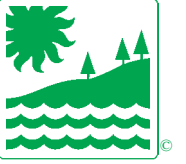
<http://go.unl.edu/eggcam>

Embryology resources include incubation, candling and more!



Earth Wellness Festival Needs Volunteers

Volunteers are needed for the 2020 Earth Wellness Festival on Wednesday, March 24 and Thursday March 25 at Southeast Community College in Lincoln. Register by Feb. 25 at <http://lancaster.unl.edu/ewf>. For more information, call 402-441-8023 or email pwisner@lincoln.ne.gov.



Riley Peterson Participated in National 4-H Film Festival

Lancaster County 4-H member Riley Peterson competed at the National 4-H Film Festival last August at Columbia, Missouri, which was attended by 4-H'ers from Missouri, Kansas, Nebraska, Illinois, Ohio, North Dakota and Texas. The goal of the festival is to inspire and empower young filmmakers by connecting them with film industry professionals and introducing them to new technology.

Riley earned 3rd place in the Narrative category for his film, "Game Changers." His fictional story is about a teenager who is very involved in baseball until he suffers from a concussion caused by his sister hitting him while they were practicing. He and his sister search for a solution to his boredom because he can no longer play ball and she is struggling with guilt.



Riley Peterson (center) earned 3rd place for his narrative video, "Game Changers."

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

OVERNIGHT LOCK-IN

for 4th & 5th graders (need not be enrolled in 4-H)

Fri. Jan. 17, 8 p.m. – Sat. Jan. 18, 8 a.m.

Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln

This year's theme is... **SAFARI 4-H STYLE**

Cost \$20/person
Registrations due by Jan. 15
No refunds

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

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. 15 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.)

EXTENSION NEWS

Outgoing Extension Board Members



Paula Peterson (center) with Nebraska Association of County Extension Boards Metro District representative Wes Daberkow (left) and Extension Board Vice President Chris Scow (right). Not pictured is Allen Blezek.

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

- Allen Blezek served two 3-year terms, including 1 year as vice-president and 1 year as president.
- Paula Peterson served two 3-year terms, including 2 years as secretary/treasurer.

Lancaster County Extension thanks them for their service, advocacy, guidance and leadership. Their countless volunteer hours to Extension-related activities is greatly appreciated! 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.

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 – Meaningful** award was presented to Extension Educator **Emily Gratopp**. Emily has been the Statewide Extension Educator for the Expanded Food & Nutrition Education Program (EFNEP) for two and a half years. She seeks to understand the meaning or purpose why something is being done and believes others need to know in order to have the biggest impact. Examples of her commitment to creating meaningful contributions to Extension, as well as the audiences she serves are:
 - ♦ Focus group work with immigrant families which she graciously shared as a training for those within and outside of Extension.
 - ♦ Commitment to streamline the new employee orientation process for Nutrition Education Program (NEP).
 - ♦ Efforts in hiring culturally diverse staff to fill a cultural and language barrier/gap in Lancaster County.
 - ♦ Efforts in leading the emerging work with improving the health outcomes within faith-based communities.
 - ♦ Applying for and receiving local grants to help support the low-income families in Lincoln.



Extension Educator Emily Gratopp (left) and Nebraska Extension Dean and Director Chuck Hibberd (right).

- **Excellence in Extension Team – Relevance** award was presented to the **Cultivating Healthy Intentional Mindful Educators (CHIME)** team which included Extension Educator **Jaci Foged**. The project team of 13 members created and implemented a mindfulness-based reflection program (CHIME) for early childhood teachers to reduce stress and burnout, and enhance mindfulness and reflective abilities. The handbooks and materials were designed by support staff members **Karen Wedding** with assistance by **Vicki Jedlicka**. The results of the pilot study suggest that a professional development training consisting of mindfulness and reflection is well-liked and deemed helpful by early childhood educators. CHIME is being offered statewide by Learning Child Educators and visibility is growing nationwide.



Cultivating Healthy Intentional Mindful Educators team members include Extension Educator Jaci Foged (center).