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2020 Extension Highlights Responding as Local Needs Changed

Gardening Increases in Popularity

Many people spent more time outside during the COVID-19 pandemic, noticing their landscape or starting gardens. Nebraska Extension horticulture staff, including Extension Educator Sarah Browning, created the GROBigRed Virtual Learning Series. The series of 12 programs was attended by **1,100 participants**.

Extension Associate Mary Jane Frogge partnered with Extension in Douglas-Sarpy Counties to present a new virtual Lunch and Learn series to engage Extension's Master Gardener volunteers. Master Gardener Nance Harris said, "Knowledgeable presenters, relevant topics and good questions from participants with equally good answers from the pros. Appreciated the chance to learn more."

Stretching Food Dollars

Food security issues dramatically increased during the pandemic. Extension's Nutrition Education Program (NEP) staff used virtual teaching methods, including Facebook, recorded videos and interactive virtual classrooms to educate limited-resource families on topics such as:

- Feeding the whole family while children were home during school closures.
- Managing food budgets during financially trying times.
- Utilizing community resources available to families.

NEP **doubled youth reach** this summer, engaging over **2,300 people** and teaching over 40 virtual lessons.



GROBigRed program on Tree Care



Extension Educator Emily Gratopp presenting a virtual nutrition lesson



Soccer for Success program

sport, enjoyed outdoor play and participated in 60 minutes of physical activity. Due to the program's success, Extension received a **\$7,500 grant** from 4-H Healthy Habits to purchase equipment to teach Soccer for Success in Lincoln and Grand Island.

- Extension Educators Kayla Colgrove and Alyssa Havlovic helped present a virtual Husker Performance lecture series teaching sports nutrition to high school athletes. This research-based curriculum included six statewide sessions and had 138 participants. According to survey respondents: **98% learned something new** as a result of this program, **81% planned to make at least one change** based on what they learned.

Benefiting Childcare Providers

One of Extension's on-going priority programs

is professional development trainings for childcare providers, because quality childcare affects entire communities. Since many childcare programs temporarily closed due to COVID-19, Extension began offering virtual trainings at no cost. Participation dramatically increased and feedback indicates the trainings made a positive impact, such as, "The online

"This is what we were talking about that we needed! Cooperative Extension for the win!!!!"
—Facebook user who shared a nutrition video lesson

Promoting Well-Being

Nutrition, fitness and well-being became critical issues during the pandemic. Extension responded with new programs:

- NEP staff, along with City Impact, piloted the U.S. Soccer Foundation's Soccer for Success program for limited-resource youth. Youth learned a new

Helping People Solve Real-World Problems

Creating.
Adapting.
Responding.
Extension answered the call to help communities during the COVID-19 pandemic.



Extension not only pivoted how we taught, but changed programs to meet people's needs. This 2020 highlights report shows examples of how we responded using research-based information. The community exhibited resilience and grit during this unprecedented time. We will continue working together to solve emerging issues. To find out how Extension can help you, connect with us by calling, visiting <https://lancaster.unl.edu> or via Facebook and Twitter.

Karen Wobig,
Extension Educator & Unit Leader

trainings have been such a blessing and great resource!" and "Thank you for offering free classes as our preschool budget took a big hit!" From April 7 to Oct. 24, Extension Educator Jaci Foged delivered or co-delivered **63 virtual programs** to **2,657 participants** with **in-kind savings of \$18,147**.

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- 20,311 Youth Engaged in 4-H Programs
- Extension's Volunteers Worth \$461,545
- Other Extension Highlights

20,311 Youth Engaged in 4-H Programs

Lancaster County 4-H brings life-changing opportunities to youth wherever they are: clubs, schools, after-schools/summer sites, camps and homes.

Resources For Youth at Home

When schools closed in March, 4-H staff compiled and created research-based, experiential online resources which youth and families could use at home. Resources at <http://lancaster.unl.edu/4Hathome> included activity handouts, contest study materials and horse judging lessons — this webpage has received over **1,000 pageviews**. Staff developed 17 Clover Kid Fun Pack hands-on activity lessons for the Nebraska 4-H website, <http://4h.unl.edu/fun-pack>, which has received nearly **900 pageviews**. Lancaster County 4-H staff also presented four statewide Zoom experiences (Living Room Learning and Boredom Busters), engaging **219 participants/archived video views**.

Schools Adapt to Remote Learning

Extension coordinates several school enrichment programs, including Embryology for 3rd graders and Nutrition Kits for K-5th graders. These two programs quickly adapted to remote learning with videos, web-based resources (including EGG Cam), Zoom presentations and YouTube live sessions. The Embryology online resources were used by **93 schools, including 44 out-of-state**. Malcolm 3rd grade teacher Morgan Lemkau said, "The virtual presentations were great and still interactive as if they were in person!" Lincoln Public Schools requested handwashing videos as a key part of the nutrition kit remote learning. Since their release in August, the videos have been viewed 707 times.



Embryology going live during a "Living Room Learning" virtual experience

Super Fair Focuses on Youth

This year's Lancaster County Super Fair focused solely on 4-H & FFA youth participation, and was a blend of virtual and in-person exhibits and events at the Lancaster Event Center Fairgrounds. Over **400 4-H/FFA exhibitors** showcased over **2,700 exhibits** (including static exhibits, Clover Kids, animals and contest entries). Static exhibits and many contest entries were submitted, judged and showcased online. Livestock and horse shows were held in-person with many modifications to accommodate health guidelines. Lancaster County 4-H livestreamed nearly all in-person events.



Lancaster County has the largest county fair 4-H horse show in the state

Sewing for Hospitals

4-H coordinated three community-service sewing projects to meet the need for protective gear for hospital staff in Lincoln. During the initial phase called "Hats for Hospitals," 4-H youth and community adult volunteers spent over 543 volunteer sewing hours producing **778 cotton surgeon hats**. During the "Sewing for Hospitals" phase, volunteers gave over 352 hours constructing **1,011 cotton face coverings**. Due to a continued need for face coverings, a third phase resulted in an additional **700 cotton face coverings** being sewn by volunteers who spent over 90 hours making the items.



4-H youth sewing surgical hats

Other Extension Highlights

Wellness in Tough Times Chat Café

Nebraska Extension's statewide Wellness in Tough Times team — which includes Extension Associate Soni Cochran — partnered with the University of Nebraska-Lincoln's Department of Child, Youth, and Family Studies (UNL-CYF) to pilot a Chat Café help line. Staffed by UNL-CYF therapists, the Chat Café gave rural residents the opportunity to work through challenges connected to natural disaster recovery and gain skills to improve lives. The eight-week pilot focused on topics such as coping after a disaster and the pandemic, finances, resolving conflict, self-care and personal relationships.



Extension Associate Becky Schuerman teaching the hydrologic cycle

Teaching Water Stewardship

Associate Becky Schuerman is Extension's statewide expert on domestic water and wastewater issues — assisting the public and industry professionals. This fall, Becky taught a STEM activity to homeschooled youth on being good stewards of our natural resources. Students:

- Created a water-cycle storyboard.
- Discovered how water is pumped from the aquifer.
- Learned the importance of keeping our groundwater clean.
- Built terrariums to take home to watch the water cycle in action.



Extension Educator Kait Chapman demonstrating an insect's strength during Sunday With a Scientist

Solving Insect Problems

Bed bugs, termites, ticks, spiders and many other arthropods can cause nuisance problems, economic impact and public health concerns. Despite the challenges of the pandemic, Nebraska Extension in Lancaster County continued to offer insect and spider identification and consultation services. Urban entomology Extension Educator Kait Chapman answered nearly 300 emails and phone calls over the summer months. This fall, Kait partnered with the University of Nebraska State Museum to present Sunday With A Scientist program: Arthropods Got Talent. The virtual program was broadcast from Morrill Hall to over 40 families on Facebook live and Zoom.

Extension's Volunteers Worth Over \$460,000

Extension's estimated **1,023 volunteers gave 18,484 total hours of service worth \$461,545.48*** 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. Volunteers also serve on the Extension Board and 4-H Council. In addition, many 4-H youth give back to their community through service projects, reporting over 1,800 hours of community service.

*Based on Independent Sector's estimate of Nebraska's value of a volunteer hour in 2019 as \$24.97



"4-H gives meaning and purpose to our young people in their daily lives. The pride of accomplishment and success continues to grow our 4-H'ers into future leaders. The pandemic certainly changed our world, but not the value of 4-H for our members!"

— Marsha Prior, leader of the Fusion 4-H'ers club

Make Your New Year's Resolutions Stick

By *Emily Gratopp, MS, ACSM-CPT, Extension Educator in Lancaster County*

January is a month when many people reflect on the year behind and set goals or “resolutions” for habits they wish to change in the year ahead. The past year of 2020 was certainly a year with unexpected events. Reflection on last year and looking ahead to 2021 may look different than most years.

Many New Year's resolutions include health-related goals like “eating healthy” or “exercising more.” Perhaps upon reflection of this past year, we changed health habits we were not expecting to change, like hand washing, mask wearing and online grocery shopping.

Achieving Healthy Habit Change

Achieving health and happiness can be difficult and often requires intentionality. Everyday actions that lead to health and happiness are simply “habits.” Habits are repeated actions we do everyday that define our life. Changing habits is tricky due to their very nature — habits are actions repeated so often they seem to occur naturally.

The necessary elements to change and pursue healthier habits are (based on Beckhard-Harris Change Equation):

- Dissatisfaction with the status quo.
- Strong vision for possibility of change.
- Sound goals/action steps.
- Support.

Regardless of the difficulty, most people do attempt to set and achieve health-related goals at New Years — a noble pursuit! As you reflect on the year that has passed and make resolutions for the year ahead,

consider what “being healthy” means to you right now. Which “status quo” of your health are you dissatisfied with enough to change?

Before jumping to the obvious “eating healthier” and “exercising more,” consider the toll this past year may have taken on your mental and social health. Perhaps consider health changes in the areas of self-compassion, positive self-talk and gratitude. (If you're interested in assessing your self-care habits, I recommend this short Mindful Self-Care Assessment from the University of Buffalo, www.surveygizmo.com/s3/5556058/mssc).

Tips and Tricks to Change Habits

Consider these tips and tricks to make your New Year's resolutions into habits that stick:

- **Find your motivation.** Dig deep for this one. Keep asking yourself “why?” until you get to the root of why you want to change a habit.
- **Focus on the fun/enjoyment.**
 - Make fruits and vegetables craveable. Find healthy foods you love. We have several healthy recipe suggestions at <https://food.unl.edu>.
 - Make exercise your favorite part of the day. Pick physical activity you actually enjoy. If you hate doing burpees and push-ups, then don't do them! There are many ways to be active — dance, Tai Chi and walks with friends, to name a few — find the ones you love.
 - Make your self-care moments feel like spa retreats built into your day.
- **Get clear goals and take it one small step at a time.** Make SMART goals (Specific, Measurable, Attainable, Realistic and Timely). Consider “Tiny Habits: The Small Changes that Change

Everything” by BJ Fogg, which emphasizes just how tiny some of these habit changes need to be.

- **Keep your eye on the prize.** Visualize success. Find a way to track the habit change so progress can easily be seen.
- **Celebrate small successes.** Once you have determined how to measure your habit

change, take time to relish in small successes along the way. These successes can be one positive self-talk comment or losing two pounds. No matter the size of the benchmark (make them easy and set lots of little ones) — take a moment to celebrate each success. Tell yourself you're amazing. Post how successful

you've been on Facebook. Do a happy dance. Let yourself smile and relish in one small victory.

Best of luck with pursuing your New Year's resolutions. Please consider sharing your habit-change story with us via email at emily.gratopp@unl.edu or phone 402-441-7180, ask for Emily.



RECIPE OF THE MONTH

By *Emily Gratopp, MS, ACSM-CPT, Extension Educator in Lancaster County*

My favorite way to consume fruits and vegetables is the all-too-easy MyPlate Snack Platter. Load up a large plate or tray with your favorite fruits, vegetables and dips and enjoy until your hunger is satisfied. Note: a healthy, yummy fruit dip is vanilla greek yogurt and a deliciously healthy vegetable dip is plain greek yogurt with a little dry Ranch Dips powder mixed in. Find the Ranch Dips mix in the salad dressing aisle — add about 1 teaspoon per cup of plain yogurt.

MYPLATE SNACK PLATTER

(Makes 6 servings)

3 cups assorted vegetables, such as: bell pepper slices, broccoli florets, carrot sticks, cauliflower florets, celery sticks, cherry tomatoes, cucumber slices, snap peas, zucchini slices

3 cups assorted fruits, such as: apple slices, blueberries, raspberries, strawberries, cherries, dried fruit, grapes, kiwi slices, mandarin orange slices, cantaloupe, watermelon, pineapple chunks

6–12 ounces grains, such as: pita chips, pretzels, tortilla chips, whole grain bread or crackers

4–8 ounces protein, such as: 1 cup hummus, 1/2 cup almonds, cashews or peanuts, 8 ounces sliced chicken, ham or turkey or 8 ounces tofu

8 ounces dairy, such as: cheese cubes or slices, Greek yogurt

1. Wash hands with soap and water.
2. Wash fresh fruits and vegetables by gently rubbing soft fruits or vegetables under cold running water or scrub firmer fruits or vegetables with clean vegetable brush under running water.
3. On a platter, baking sheet or plate, arrange desired vegetables, fruits, grains, protein and dairy options to create a delicious snack platter*.
4. Feel free to include other foods not listed.
5. Store leftovers in a sealed container in the refrigerator for up to four days.

*Note: This snack platter could also serve as a great picnic option. Make a smaller serving for one on a plate. Dip selections could include your choice of: fruit dip, guacamole, ranch or salsa.

Nutrition Information per Serving Size (1/6 of recipe): Calories 390, Total Fat 21g, Saturated Fat 8g, Sodium 620mg, Total Carbohydrates 40g, Fiber 5g, Total Sugars 10g, includes 0g Added Sugars, Protein 16g

Source: Nutrition Education Program



Craig Chancellor, UNL Communication

Crop Production Clinics, Jan. 7, 14 and 21

In January 2021, the Crop Production Clinics sponsored by Nebraska Extension will be presented “live” online. They offer practical, profitable, environmentally sound, high-impact training for agricultural professionals and producers. The clinics will highlight research updates and information customized to regional crop issues and producers’ interests. Topics covered will include crop production, soil and water management, pesticide and environmental safety, pest management, pesticide application technology, cover crops, forages and agricultural technology.

These clinics will be held via Zoom on nine days throughout January and include pesticide applicator recertification trainings. The eastern-Nebraska focused clinics will be held on Thursdays, Jan. 7, 14 and 21 from 9 a.m. to 4 p.m., with check-in beginning at 8 a.m.

Due to the uncertainty related to COVID-19, the clinics will be offered virtually, with a limited opportunity for in-person viewing at select county locations. The Nebraska Extension in Lancaster County office will be a viewing site for these presentations with limited capacity. For agendas and to register, visit <http://agronomy.unl.edu/cpc>. Please note the availability of in-person viewing will depend on current COVID-19-directed health measures — visit the clinic website for the most up-to-date information.

Registration is required at least one day before date of event, or max capacity is reached at a cost of \$80/person.

Certified Crop Advisor credits will be available for: nutrient management, integrated pest management, water management, crop production and professional development.

Pesticide Applicator Trainings

If you have a pesticide applicators license expiring in April, 2021 — either private or commercial, or you need to get a new license — classes begin soon. Make plans now to attend the training option that fits your needs.

Trainings will be held only if current COVID-19 conditions permit. **Pre-registration will be required due to room capacity limitations for COVID-19.** Attendees will be required to wear masks at the trainings.

Commercial/Noncommercial Applicators

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

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

Traditional training classes — visit <http://pested.unl.edu> for dates, locations and registration.

Preregistration is required! Cost is \$80 per online registration, or \$90 per mail or fax registration. Trainings are planned to be held at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln:

- Initial trainings starting at 8:30 a.m. — Feb. 2, Feb. 25, March 16 and April 6.
- Recertification trainings starting at 8:30 a.m. — Jan. 27, Feb. 4, Feb. 9, March 11, March 25, March 30 and April 8.

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 <https://pested.unl.edu> (click on “Classes & Study Materials”).

Testing-Only sessions — Take a written, closed-book exam given by the Nebraska Department of Agriculture (NDA). All walk-in testing sessions are currently being held by appointment only. Starting Jan. 1, 2021, applicators should visit <https://pested.unl.edu>, for a list of available test-only dates, times, locations and to register. Upcoming dates at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln include Jan. 6 and 20, 9 a.m. – 2 p.m. **Cost \$5.**

Pearson VUE testing — Take a computer-based test provided by the NDA. 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 a list of testing sites, categories available, dates, locations and registration information. Cost \$55 per exam. (Multiple categories are each charged the full fee.)

Crop Production Clinics (recertification only) — Commercial and non-commercial pesticide applicators can renew their licenses by participating in one of the Crop Production Clinics. See related article at left. Categories are ag plant and demonstration/research. **Pre-registration is required.** Cost is \$80/person.

Private Applicators

A private pesticide applicator is a person who uses or supervises the use of restricted-use pesticides in the production of agricultural commodities on land owned or rented by them or their employer. You are not eligible to purchase or apply restricted-use pesticides until you are both certified and licensed. Private applicators have five options to be certified this year: NEW online self-study, in-person trainings, crop production clinics, hard copy home self-study and direct exam-only option through the

NDA. Please read all options below as modifications have been made to the certification process this year for COVID-19.

Online private self-study — A new online training can be found at <https://pested.unl.edu/certification-and-training/>. The online option only takes 3–4 hours and allows for a test-out option at the beginning, and if passed (70% or better score), the rest of the online training is not required. You are highly encouraged to consider this option due to evolving COVID-19 directed health measures. This option is flexible to fit your schedule. The cost is \$50/person.

Traditional training classes — Register at <https://croptechcafe.org/training>. Trainings at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln will be on Wednesdays, Feb. 10, Feb. 17 and Mar. 3 from 1–4 p.m. Cost is \$50/person by check (University of Nebraska-Lincoln) or cash.

Crop Production Clinics (recertification only) — Private pesticide applicators can renew their licenses by participating in one of the Crop Production clinics. See related article at left. **Pre-registration is required.** Cost is \$80/person.

Hard copy home self-study — This option is for those with limited access to internet and a computer. Please contact the UNL Pesticide Safety Education office at 402-472-1632 to arrange for a hard copy to be mailed to you. Cost is \$75/person.

Testing-only option — Take a written, closed-book exam given by the Nebraska Department of Agriculture (NDA). All walk-in testing sessions are currently being held by appointment only. Starting Jan. 1, 2021 applicators should visit <https://pested.unl.edu>, for a list of available test-only dates, times, locations and to register. Upcoming dates at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln include Jan. 6 and 20, 9 a.m. – 2 p.m. **Cost \$5.**

Extension's 2021 Master Gardener Trainings, Two Sites Available

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 2021 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 2021 training program, which will begin in February. Training hours are during the day and this year will be virtual by Zoom. For additional information, contact Mary Jane Frogge at 402-441-7180.

Application deadline is Jan. 15. Apply online at <http://lancaster.unl.edu/yard-garden>.

Nebraska Extension Campus-Based

Master Gardener 2021 training program will begin in January. Training will be in the evening and the training sessions will be online. Application deadline is Jan. 15. For more information, contact Terri James at 402-472-8973. Apply online at <http://mastgardener.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

By Mary Jane Frogge, Extension
Associate in Lancaster County

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

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.

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.

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

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

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

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

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

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.

Upcoming Green Industry Conferences

NEBRASKA TURFGRASS CONFERENCE • JAN. 5 | LIVE CONFERENCE CANCELLED

Pesticide applicator recertification for the Ornamental & Turf category (04) will be offered virtually on Tuesday, Jan. 5. For more information and registration go to <https://nebraskaturfgrass.com/recertification>.



Nebraska Turfgrass Association is planning other ways for those in the turfgrass industry to get together in 2021 through a combination of locally-hosted events, videos and live-streamed content. They will share details in the coming months.

GREAT PLAINS GROWERS CONFERENCE • FEB. 12-13

The 2021 Great Plains Growers Conference is going virtual! Stay home and avoid winter driving conditions, while sharpening your production and marketing skills. All you need is a computer and internet access.



Friday Keynote — Liz Graznak, farmer & owner of Happy Hollow Farm in Jamestown, Missouri

Saturday Keynote — Vaughn Hammond, Agriculture & Orchard Manager at Valla's Pumpkin Patch & Apple Orchard in Gretna, Nebraska

Program tracks will focus on tree and small fruits, conventional and organic vegetable production, marketing in the new normalcy, controlled environment production, SARE Farmer Forum. Talk with exhibitors at our Virtual Trade Show. Each will be available at a specific time to talk with growers, answer questions and showcase current product offerings; including the latest seeds, supplies, equipment and grower information. Registration and more information at <https://www.greatplainsgrowersconference.org>.

NEBRASKA SPECIALTY CROP CONFERENCE • FEB. 22-26

Helping Nebraska producers gain knowledge, grow their businesses and expand markets. More information at <https://nsccl.unl.edu>.





HEART OF 4-H VOLUNTEER AWARD

Emalea Dean

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

For five years, Emalea has contributed to Lancaster County 4-H. She helps the following 4-H clubs as a parent volunteer:

- Clever Clovers — helping with meetings and 4-H projects, as well as hosting club parties.
- Rabbits R Us — hosting meetings and helping with service projects such as the dunk tank fundraiser.
- 4 On The Floor dog club — she plans to contribute more when meetings resume.

"I like being a 4-H volunteer because I love to watch the 4-H'ers learn and grow with new skills and talents. Many of the skills that kids learn from 4-H are lifetime skills. I think about my three girls learning beginning cooking and sewing skills, and know that they will use those skills for the rest of their lives. As a 4-H volunteer, you encourage 4-H'ers to lead meetings and projects, and in turn, that teaches them the skills of leadership and public speaking. Finally, the best part of being a 4-H volunteer is walking around the fair and seeing the projects on display or watching the 4-H'ers present their project or animal in front of a judge and audience. I have a couple of favorite experiences:

- Working the food booth at the county fair and seeing the kids excited to help others and thanking customers for supporting 4-H.
- Working service projects — Planting flowers at a local nursing home in the springtime so that the residences had beautiful planters to enjoy by summertime."

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



Dog Club Accepting New Members, Starts Up in January

The 4 On the Floor 4-H dog club for youth ages 9–18 will tentatively start on Monday, Jan. 4, 2021. Current directed health measures will be followed. Meetings will be held every Monday at 6:30 p.m. and last about an hour. Summer schedule (after May) to be determined.

The 4-H dog project is fun and fulfilling. Training a dog is a lifelong skill! 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.

If you are interested in joining this club, for more information or to RSVP, contact club leader John Croghan at 402-957-3651 by Jan. 4, 2021.

4-H Council is Now Part of AmazonSmile!

AmazonSmile is a simple and automatic way for you to support Lancaster County 4-H when you shop, at no cost to you. AmazonSmile is available on your web browser at <http://smile.amazon.com> and can be activated in the Amazon Shopping app for iOS and Android phones. Set up Lancaster County 4-H Council as your current charity by going to <http://go.unl.edu/amazonlan4h>.

When you shop at <http://smile.amazon.com>, Amazon will donate 0.5% of your eligible purchases to Lancaster County 4-H Council, which provides support for Lancaster County 4-H. Thank you for helping support 4-H!

PASE Results

In September, the Nebraska 4-H statewide Premier Animal Science Events (PASE) was held at University of Nebraska–



Lancaster County 4-H Livestock Judging Senior Team

Lincoln East Campus. PASE was postponed from June and modified to only seniors competing in the Livestock Judging Contest. The contest consisted of placing classes of four animals from the most to least desirable. Classes included market and breeding beef, sheep, meat goats and swine. Youth also gave oral reasons to judges to defend their reasons for placing the animals. The Lancaster County 4-H senior team of Tayden Bell, Lilian Bogle, Sarah Dilley, John Sump and Olivia Vanderford placed 7th overall and 5th in sheep/goats. Individual highs included: Sarah Dilley (4th in sheep/goats, 12th in oral reasons and 14th individual overall) and Olivia Vanderford (9th in swine). Roger Bell helped coach the team. Complete results are at <https://go.unl.edu/pase20>.

Dairy Cattle Judging Results

The 2020 Nebraska State 4-H/FFA Dairy Cattle Judging Contest was held virtually in October. Contestants placed classes of multiple dairy cattle species, along with tie-breakers. Two 4-H'ers represented Lancaster County in the senior division, earning blue ribbons. Lilee Chevalier placed 6th, and Noah Jelinek placed 9th overall. Complete results are at <https://go.unl.edu/dairy20>.

COVID-19 Jeopardy Game

Try a fun Jeopardy-style game at home or at your next virtual club meeting while learning more about COVID-19. PowerPoint game created by Nebraska 4-H staff is at <https://extension.unl.edu/statewide/merrick/covid-19-jeopardy>. You must follow the instructions in order for the game to work properly.

The link to this and other 4-H resources you may use at home are at <https://lancaster.unl.edu/4Hathome>.

4-H Lock-In Canceled

4-H Teen Council's annual overnight Lock-In for 4th and 5th graders has been canceled for 2021.



Watch Chicks Hatch
Live On 4-H EGG Cam!
<http://go.unl.edu/eggcam>

Embryology resources include incubation, candling and more!



4-H Thanks Sponsors

The Lancaster County 4-H program — a partnership between Nebraska Extension and the Lancaster County government — would like to thank all of the businesses, organizations and individuals who sponsored 4-H events, activities, programs and trophies during the 2020 4-H year. This support enhances the educational experience of the 4-H youth.

| | | |
|-------------------------------|-------------------------------|------------------------------|
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4-H Thanks Volunteers

Nebraska Extension in Lancaster County thanks all of the people who donate their time and talents to help enrich the lives of the youth in the Lancaster County 4-H youth development program.

4-H Announcements FOR 4-H'ERS AND VOLUNTEERS

See the 4-H e-newsletter at <https://go.unl.edu/Lan4Hnews> for details. The 4-H Youth Development Program is open to all youth ages 5-18 and free to join in Lancaster County. If interested in joining or volunteering, call 402-441-7180.

4-H AWARDS & SCHOLARSHIPS DUE DEC. 31

Lancaster County 4-H award forms and college scholarship applications are due Dec. 31. Recipients will be announced at Lancaster County 4-H Achievement Virtual Celebration on Tuesday, Feb. 23. Forms are available at <http://go.unl.edu/4has>.

2021 4-H CALENDARS

Lancaster County 4-H has compiled three handouts of events planned for 2021:

- Overall 4-H Calendar at <https://go.unl.edu/4hcal>
- Horse Calendar at <https://go.unl.edu/horcal>
- Rabbit Calendar at <https://go.unl.edu/rabcal>
- Note: all Extension and 4-H local events are listed on the web calendar at <https://events.unl.edu/lancaster>

4-H HORSE INCENTIVE PROGRAM BEGINS JAN. 1

Any Lancaster County 4-H'er may participate in the horse incentive program and earn points by participating in horse-related activities. The more points you earn, the more valuable the reward! Log hours/points by participating in various horse-related activities Jan. 1-July 16. To be eligible for rewards, families must have paid annual \$20 family dues to Lancaster County Horse VIPs. Instructions and forms are available online at <http://lancaster.unl.edu/4h/horse> and at the Extension office.

4-H HORSE LEADER VIRTUAL TRAINING, JAN. 21

All 4-H leaders and volunteers helping with clubs and independent members working on the 4-H horse project are encouraged to attend the 4-H Horse Leader Virtual Training on Thursday, Jan. 21 at 6:30 p.m. via Zoom. Training will focus on brand new updates to the horse project for 2021 (including the new "Showing and Judging Guidelines" book), 4-H club organization, opportunities for your 4-H members and more. You MUST register by Monday, Jan. 18 by emailing Kate at kpulec3@unl.edu.

4-H QUILT BLOCKS SEWING VIRTUAL WORKSHOP, FEB. 13

4-H youth ages 8 and up are invited to learn beginning quilting skills while constructing quilt blocks at the Quilt Blocks sewing virtual workshop on Saturday, Feb. 13, 9 a.m. via Zoom. No registration fee. Must register by Monday, Feb. 1 by calling 402-441-7180 or emailing Kristin at kristin.geisert@unl.edu. You will need a sewing machine, thread and basic sewing equipment (scissors, pins, measuring tape). Kit bags including pre-cut fabric pieces and sewing instructions will be available for pick up from the Extension office prior to the workshop.

4-H ACHIEVEMENT VIRTUAL CELEBRATION, FEB. 23

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. 23, 6:30 p.m. This year's celebration will be VIRTUAL ONLY. More details will be published later.

4-H PILLOW SEWING VIRTUAL WORKSHOP, FEB. 27

4-H youth ages 8 and up are invited to learn beginning sewing skills while constructing a pillow at the "Pillow Party" sewing virtual workshop on Saturday, Feb. 27, 9 a.m. via Zoom. No registration fee. Must register by Monday, Feb. 15 by calling 402-441-7180 or emailing Kristin at kristin.geisert@unl.edu. You will need a sewing machine, basic sewing equipment (scissors, pins, measuring tape), etc. along with 3/4 yard each of 2 coordinating/contrasting woven fabrics, pre-washed, 100% cotton and matching thread. Kit bags including the pillow forms and sewing instructions will be available for pick up from the Extension office prior to the workshop.

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 2020-2021 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>.

*If you notice any corrections,
please call 402-441-7180.*

Nebraska Extension in Lancaster County
 & Lancaster Extension Education Center Conference Facilities
 444 Cherrycreek Road, Ste. A, Lincoln, NE 68528
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EXTENSION CALENDAR

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

January

- 1 Extension Office Closed for New Year’s Day
- 1 4-H Horse Incentive Program Begins
- 4 4 On The Floor Dog 4-H Club First Meeting,
Lancaster Event Center - 4-H Office 6:30 p.m.
- 5 4-H Council Meeting 6 p.m.
- 6 Pesticide Applicator Nebraska Department of Agriculture
“Appointment Only” Testing Session 9 a.m.–2 p.m.
- 7 Nebraska Crop Production Clinic – Virtual and In-Person .9 a.m.–4 p.m.
- 8 Extension Board Meeting – Virtual 8 a.m.
- 10 4-H Teen Council Meeting 3 p.m.
- 14 Nebraska Crop Production Clinic – Virtual and In-Person .9 a.m.–4 p.m.
- 15 Deadline for Master Gardener Applications
- 15 Deadline for Nebraska 4-H Foundation Scholarships
- 18 Extension Office Closed for Martin Luther King Jr. Day
- 20 Pesticide Applicator Nebraska Department of Agriculture
“Appointment Only” Testing Session 9 a.m.–2 p.m.
- 21 Nebraska Crop Production Clinic – Virtual and In-Person .9 a.m.–4 p.m.
- 21 4-H Horse Leader Virtual Training 6:30 p.m.
- 27 Commercial/Noncommercial Pesticide Applicator Recertification
Training 9 a.m.

EXTENSION NEWS

Outgoing Extension Board Member

The December Lancaster County Extension Board meeting marked the final meeting for outgoing board member Angelina Stovall-Amos. She served on the board since 2018.



Angelina Stovall-Amos

Lancaster County Extension thanks Angelina for her 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.

Staff Earn Statewide Extension Awards

At Nebraska Extension’s annual conference, held virtually in November, several Nebraska Extension in Lancaster County staff earned statewide Extension awards!

- **Chester I. Walters “Extra Mile” Award** was presented to Extension Educator **Karen Wobig**. The Chester I. Walters “Extra Mile” Award is intended to recognize staff members who show evidence of “going beyond the call of duty” in carrying out the responsibilities of their particular assignment. As Unit Leader for Nebraska Extension in Lancaster County, Karen oversees the office of 30–40 staff members (interns join staff in summer). She was nominated by Administrative Services Officer Jenny DeBuhr who wrote, “Karen always goes above and beyond to work with everyone in the office and make sure things are going smoothly, which is no small task given how many people and areas there are to cover.”
- **Excellence in Extension – Engagement** team award was presented to the Growing Together Nebraska statewide team which included Extension Educator **Emily Gratopp**, Extension Educator **Kristen Houska**, Extension Associate **Brie Frickenstein**, Extension Assistant **Kyleah Bowder**, Extension Assistant **Courtney Eitzmann**, Extension Assistant **Meredith Kuca**, and Administrative Assistant **Konnie Robertson**. Extension staff increased access to healthy food by coordinating with Extension Master Gardener volunteers to grow produce to donate to local food distribution sites.
- **Excellence in Extension – Impactful** team award was presented to the Child Care Providers Virtual Professional Development statewide team which included Extension Educator **Jaci Foged**. This year, Extension staff presented professional development virtual trainings for childcare providers at no cost.
- **Excellence in Extension – Diversity** team award was presented to the Reaching One, Reaching All statewide team which included Extension Educator **Jaci Foged**. This team has been working on developing and presenting diversity and inclusion training and resources (see <https://culturalcompetence.unl.edu>).
- **Excellence in Extension – Relevance** team award was presented to the Ag Literacy Festivals statewide team which included Extension Assistant **Calvin DeVries**. Extension staff present Ag Literacy festivals across the state to teach 4th graders about farm to fork.