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Building Health Equity in Lincoln

Extension Launches Health Equity Coalition

By Emily Gratopp, MS,
Extension Educator in
Lancaster County

Lincoln has many wonderful qualities as a community — one of them being the interconnectedness of a lot of the organizations in Lincoln. In fact, I've heard often that Lincoln feels like a "big small town." Amongst all of the strengths and assets [see sidebar at right, "Lincoln's Strengths and Assets"], Lincoln also has some opportunities for improvement.

Lincoln has both quantitative and qualitative data showing that access to health care is not equal for all Lincolniters. Did you know that there is up to a 20-year life expectancy gap between the downtown Lincoln neighborhood and the Southeast Lincoln neighborhood? Did you know that neighborhoods in Lincoln with the lower life expectancy are the same areas where poverty rates are the highest? Did you also know that those same areas where poverty is high, are also areas with higher numbers of Lincolniters who are considered people of minority?

Clearly, there are associations that can be made between neighborhood, poverty, minority status and health care. These are big opportunity gaps in Lincoln. The good news is that Lincoln, likewise, has many strengths and assets. There are a lot of interconnected people who are ready and willing to take a hard look at these oppor-



An example of equity in contrast to equality. One size does not fit all. Equity recognizes the different contexts (from societal to personal) in which people live, and allocates resources accordingly (i.e.: the different styles and sizes of bicycles).

tunity gaps, and take action to make a difference.

Health Equity Coalition

Nebraska Extension in Lancaster County, with funding and resources from the Robert Wood Johnson Foundation and National 4-H Council Well Connected Communities grant, has helped initiate a new effort to build health for all community members — equitably — by convening a Health Equity Coalition. The Coalition started in January with the spark and ingenuity of two Master Health Volunteers — one each from the adult and youth Master Health Volunteer cohorts from 2020.

The mission of the Health Equity Coalition is to take intentional, collective action — alongside all community members, adults and youth together — to achieve health

equity for all and eliminate the 20-year life expectancy gap between neighborhoods in Lincoln.

There are over a dozen community sectors (ie: health-care, housing, schools, social services, high education, parks and recreation, etc.) represented on the Health Equity Coalition, including youth. The Coalition has started by seeking a deeper understanding of health disparities by hosting focus groups with community members impacted by health inequities in Lincoln. The Coalition will take this deepened understanding and an assets-based approach to complete a strategic planning process and form task forces that will focus on making systemic, environmental and policy changes that increase health equitably for all Lincoln residents.

see HEALTH on next page

Lincoln's Strengths and Assets

I asked adult and youth Lincolniters what the strengths and assets of Lincoln are. Here are a few of their responses:

- Community and Culture Centers
- Community Learning Centers
- Youth sports
- Collaborations between nonprofits
- Community garden programs
- Ethnic markets and access to healthy foods
- Markets and stores that accept SNAP and WIC
- Double Up Food Bucks
- Agencies like Bluestem, Health360, Clinic with a Heart, Aging Partners and Milkworks
- Lancaster County Health Department
- Community Health Endowment
- Tightly knit resident communities
- Case managers and family engagement coordinators who connect and advocate for others

Comments from youth Master Health Volunteers include:

- "Everyone is really polite, friendly, nice ... and everyone always waves at me while I'm running on the trails. Overall, the sense of community is really strong and I love being in the environment of Lincoln."
- "I like that Lincoln is diverse. There are a lot of people who are working together that are from different ethnicity and race. There are a lot of help programs where people can get help when needed."

Tell us about YOUR favorite strengths and assets in Lincoln by taking the survey at <https://go.unl.edu/LNKstr>.



from previous page

What does it mean to provide health equity? A few definitions can help provide clarity.

What Is Equity?

Equity is defined by the World Health Organization as, “The absence of avoidable or remediable differences among groups of people, whether those groups are defined socially, economically, demographically or geographically.” (www.who.int/healthsystems/topics/equity/en)

What Does it Mean To Be Healthy?

Health is defined by the World Health Organization as, “a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.” (www.who.int/about/who-we-are/constitution)

What Does Health Equity Mean?

We can put the two definitions for “equity” and “health” together to help us define health equity. The Robert Wood Johnson Foundation summarizes health equity well in their statement: “Health equity means that everyone has a fair and just opportunity to be as healthy as possible. This requires removing obstacles to health such as poverty, discrimination, and their consequences, including powerlessness and lack of access to good jobs with fair pay, quality education and housing, safe environments, and health care.”

The image of the bicycles provided by the Robert Wood Johnson Foundation (see previous page) is an excellent depiction of equity — especially equity in contrast to equality. As you can see from the image, it is not one-size-fits all-when it comes to a community making health accessible and achievable for all. Equity recognizes the different contexts (from societal

to personal) in which people live and allocates resources accordingly.

A great resource on the differences between equity and equality is the article, “Equity vs. Equality: What’s the Difference?” provided by the Milken Institute School of Public Health at The George Washington University (<https://onlinepublichealth.gwu.edu/resources/equity-vs-equality>).

Let’s consider a tangible example of equity in a community. I think the Lincoln City Public Libraries are a wonderful resource. Equality in the libraries may mean that the libraries are equally distributed throughout the city boundaries, all libraries have the same hours, and the same books, computers and internet resources. Equity within the libraries in Lincoln would look different: perhaps there would be more libraries in neighborhoods with higher poverty rates. Those libraries would have longer hours, more books and computers, and faster internet than the other libraries in town — because the libraries located in the areas of higher household poverty are probably one of the few sources of internet for families and students.

Similar to the example of building on the strengths of the current library system, the Health Equity Coalition is choosing to see health equity work through an asset-based lens. That means the coalition is asking “what is working well?” and attempting to then build on those strengths and resources and expand on them into the opportunity gaps.

Get Involved

Everyone is part of the solution and everyone brings strengths to offer in building health equity in Lincoln. Even you, reader, have strengths to offer in building health equity in Lincoln.

You are invited to join the

Health Equity Coalition in the work of building health equity. There are many roles and ways to be involved, which may or may not involve attending the monthly Coalition meeting. Being involved means you will use your personal strengths and assets to bring health equitably to fellow Lincolniters. This work is everyone’s work. Find out how to get involved, learn more, ask questions or join the Health Equity Coalition meetings

at <https://lancaster.unl.edu/wellconnectedcommunities> or by emailing Emily Gratopp at emily.gratopp@unl.edu.

One great way to get involved in health equity work is by becoming an Extension Master Health Volunteers (MHV). Nebraska Extension in Lancaster County is seeking new applicants for adults and youth who want to become MHV. Youth must be in high school. MHV receive robust

education in the areas of health equity, mental health, nutrition, physical activity, health marketing and leadership development. Previous adult MHV are finding ways to incorporate health equity into work they are already doing. Being a MHV has helped some youth get accepted to colleges and health programs. Email emily.gratopp@unl.edu with interests and inquiries.



RECIPE OF THE MONTH

By Emily Gratopp, MS, Extension Educator in Lancaster County

May is the month to get delicious, local asparagus! I visit the Saturday or Sunday Farmers markets and buy it by the bunch. Typically, I just add olive oil and pepper to asparagus to keep it simple. The recipe below offers a more robust seasoning option. Pro tip: I season the asparagus and then cook it on a preheated countertop grill for 5–6 minutes versus boiling it. Grilling softens it, but still keeps a bit of crunch. I call asparagus “little trees” when I offer it to my children. This keeps asparagus fun and now my 4-year-olds successfully eat and enjoy it. My 1.5 year-old does not like asparagus yet, but in keeping with best practices, we continue to offer it. Tastes change and it can take up to 16 offerings of foods before children will decide they like it. Try the recipe below to see if you like it!

ASPARAGUS WITH MUSTARD VINAIGRETTE

(Yield: 3 servings)

- 1.5 pounds asparagus, gently rubbed under cold running water, trimmed**
- 2 tablespoons vinegar (apple cider, red wine or balsamic)**
- 1 tablespoon vegetable oil**
- 1 tablespoon mustard (Dijon or other)**
- 1 teaspoon garlic powder**
- 1/2 teaspoon dried basil**
- 1/2 teaspoon dried oregano**
- 1/8 teaspoon nutmeg (optional)**

1. Wash hands with soap and water.
2. Rinse produce.
3. In a large saucepan, bring 8 cups of water to a boil and cook asparagus for 3-4 minutes or until tender.
4. Strain asparagus and place in a bowl of cold water.
5. Mix vinegar, oil, mustard, garlic powder, basil, oregano and nutmeg (optional) together in a separate bowl.
6. Strain asparagus again once cool and coat in the mustard vinaigrette dressing. Serve.

Note: Instead of boiling or grilling asparagus, asparagus can be tossed with the vinegar and oil mixture and eaten raw.

Nutrition Information: Serving Size (1 cup): Calories 90 Total Fat 5g Saturated Fat 1g Cholesterol 0mg Sodium 120mg Total Carbohydrates 10g Fiber 5g Total Sugars 3g, includes 0g Added Sugars Protein 6g Vitamin D 0% Calcium 4% Iron 10% Potassium 10% [Nutrition Software Used: ESHA Food Processor]

Source: Adapted from Maine SNAP-Ed



INTENSIVE GARDENING TECHNIQUES

By Sarah Browning, Extension Educator in Lancaster County

Do you want to make the very best use of your vegetable garden this year? Or maybe you only have a small space available for the vegetable garden? There are several ways to practice intensive gardening, making every inch of garden space count.

Square Foot Gardening

With this technique, the garden is divided into a series of 1 foot by 1 foot squares. Each square holds a different vegetable or herb. How many plants are placed in each square depends on the vegetable cultivar chosen and how far apart they are planted.

In general, seeds or transplants are placed the same distance apart as normal in-row recommendations. But instead of using wider between-row spacing, the spacing is the same in all directions filling the square. Check the publication below "Planting a Home Vegetable Garden" for recommended plant spacing.

One of the advantages of a square-foot garden is it's easy to maintain. Since the amount of space is limited, the time needed to maintain the garden is small, too. But you can still grow large plants, like zucchini, tomatoes



Follow an early-season planting of cabbage by heat-loving crops, such as Swiss chard, summer squash or beans.

or melons, in a square-foot garden. Use vertical structures to save ground space and make harvesting easier.

Double-Cropping

Also called succession planting, this technique involves growing two or more different vegetable crops in one garden space during the summer season. An early crop is planted and harvested then the area is cleared and replanted for a second harvest. Sometimes there's even time for a third crop in one season.

For example, a spring crop of peas, lettuce, cauliflower or broccoli is planted and harvested in early summer. After harvest, the ground is cleared and additional fertilizer incorporated into the soil. Then a second crop of warm-season vegetables, such as summer squash, beans, Swiss chard or carrots, is planted.

Also consider staggered plantings with quick maturing crops like radishes, green onions or lettuce, to avoid being swamped with too much for a few days and then not any for a period of time. By simply planting a little seed every 7 to

10 days you can ensure a continuous harvest. As the earlier plantings are harvested, they can be removed and replanted.

Intercropping

Successful intercropping requires combining plants in a logical pattern. To select the right combination, think about balancing the benefits of mixing crops and the possible competition between those crops for space, sunlight, nutrients and water. Good combinations include mixing:

- Quick- and slow-maturing vegetables.
 - Sheltering cool-loving plants in the shade of larger plants.
- One example of intercropping is planting radishes in a row of carrots.

Radishes germinate quickly and mark the carrot row, which are slower to germinate. When the carrots finally begin to grow, the radishes have already developed leaves and are maturing quickly. After the radishes are harvested, usually in about 25–30 days, extra space is available for the carrots to develop. This results in a natural thinning process that promotes good carrot root growth.

Here are more ideas for intercropping in your vegetable garden.

- Beets, lettuce, spinach and Swiss chard can be interplanted with broccoli or cauliflower. The larger plants shade the leafy vegetables, which in turn, thrive in the cool, moist soil.
- Tall-stemmed broccoli can be interplanted among thin-leaved, upright onion plants.
- Quick-maturing lettuce can be planted among slow-growing Brussels sprouts. The lettuce will be cleared from the bed by the time the Brussels sprouts have spread to cut off the light.

FOR MORE INFORMATION

- "Planting a Home Vegetable Garden," Iowa State University, <http://go.unl.edu/homegarden>
- "Selected Vegetable Cultivars for Nebraska," Nebraska Extension, <http://go.unl.edu/vegselection>

GARDEN GUIDE THINGS TO DO THIS MONTH

By Mary Jane Frogge, Extension Associate in Lancaster County

In May, plant marigold, petunia, ageratum and begonia transplants. All are good border plants.

Cabbage loopers and imported cabbage worms are green caterpillars. They eat large holes in the leaves of plants in the cabbage family. For control, caterpillars can be picked off by hand or sprayed with *Bacillus thuringiensis* (Bt), a natural, non-toxic preparation available by various trade names.

Harvest rhubarb by cutting or by grasping the stalk and pulling up and gently to one side.

To grow annuals in containers on the patio, use a lightweight soil mixture. Keep the plants well watered, because the soil dries out fast. Apply a water-soluble fertilizer according to package directions every two weeks.

Lawns maintained at the correct height are less likely to have disease and weed infestation. Kentucky bluegrass and tall fescue should be mowed at approximately 3-inches in height. Mow frequently, removing no more than one-third of the blade at each cutting.

Watering roses with soaker hoses or drip irrigation will reduce the spread of black spot disease.

Plant ground covers under shade trees that do not allow enough sunlight to grow grass. Vinca minor or English ivy are ground cover plants that grow well in shade.

Plan a landscaping project on paper first. Do not over plant. Be sure you know the mature size of each plant and allow for growth.

Grass clippings can be used as a mulch in flower beds and vegetable gardens if allowed to dry well before use. Never use clippings from a lawn that has been treated with a herbicide.

Mulch around newly planted trees and shrubs. This practice reduces weeds, controls fluctuations in soil temperature, retains moisture, prevents damage from lawn mowers and looks attractive.



Wide-row planting of tomatoes makes more efficient use of garden space, than single hill plantings.

Naturally Occurring Elements in Groundwater

Part 3 of a Series – Fluoride

By Becky Schuerman,
Extension Domestic Water/
Wastewater Associate

In last month's Iron and Manganese article, the concentration that can cause taste, appearance and staining was incorrect, it should have read 300 micrograms per liter (µg/L) or parts per billion (ppb).

There are naturally occurring elements and minerals within Nebraska geology, and with that, it is not uncommon to find them in Nebraska's groundwater. This month, the spotlight series continues with fluoride.

FLUORIDE

Some naturally occurring fluoride exists in much of Nebraska's groundwater from the erosion of natural deposits. Fluoride is colorless, odorless and tasteless and the only way it can be detected is by submitting a water sample for laboratory testing. Fluoride is also found in discharge from fertilizer and aluminum factories.

Private-well owners should have their water tested for fluoride and share the results with their dentist. The amount of fluoride contained in groundwater is usually small, but can vary among locations. It is important to consult with your dentist and/or physician about your water test results, the current fluoride-containing products you use and the possible need for topical fluoride treatments or supplements.

BENEFITS

The reduction of tooth decay is a well-documented

dental benefit of drinking water that contains the optimum level of fluoride. The American Dental Association recommends an optimum-level of 1.0 milligrams per liter (mg/L) or parts per million (ppm). This optimum level of 1.0 mg/L has also been approved by the U.S. Public Health Service and the Centers for Disease Control and Prevention to minimize or eliminate potential health risks, while ensuring the potential benefits.

Fluoride provides benefits for both children and adults. In children whose teeth haven't erupted (broken through the gums), fluoride is taken in through the consumption of food, drink and/or other dietary supplements. It strengthens the tooth enamel which helps prevent tooth decay. We call this a "systemic" benefit. After the teeth have erupted, fluoride helps to rebuild weakened tooth enamel and can reverse some early signs of tooth decay. One gains the "topical" benefits of fluoride when you brush your teeth with fluoride toothpaste or use fluoride mouth rinse. The topical benefit is also realized when you consume foods and/or drinks that contain fluoride because it becomes a part of your saliva. This helps keep a small amount of fluoride surrounding your teeth for continuous strengthening and rebuilding of tooth enamel.

HEALTH EFFECTS

There are potential health effects directly related to the concentrations found in drinking water. Potential health effects from long-term exposure to high levels of fluoride (above

4.0 mg/L) include bone disease (painful/tender/brittle bones) primarily in adults and mottled teeth (fluorosis) which is yellow/brown discoloration and pitting of the teeth in children. The most common treatment methods to remove fluoride from drinking water include: activated alumina filters, anion exchange, distillation and reverse osmosis.

FLUORIDATION

Since 2008, when the Nebraska Unicameral passed LB 245, public water systems of Nebraska communities with populations over 1,000 have had to fluoridate the water they serve. This can be voted down by the voters of a community, just as smaller communities hold a vote to begin or not begin fluoridation. Once fluoridation is approved, it has to continue. The State of Nebraska Public Drinking Water Program fluoridation regulations state that public water systems that fluoridate shall maintain fluoride levels of 0.8 to 1.5 mg/L or ppm. The recommended optimal level is 1.0 to 1.3 mg/L or ppm. No fluoride need be added to water systems whose source water is at 0.7 ppm fluoride naturally. For Nebraska's community water systems fluoride data, go to https://nccd.cdc.gov/DOH_MWF/Default/Default.aspx.

FOR MORE INFORMATION

For further information about fluoride and other drinking water topics, see Nebraska Extension's NebGuides at <https://water.unl.edu/article/drinking-water/nebguides>.

Cash Rent Survey

The University of Nebraska–Lincoln Department of Agricultural Economics annually surveys land industry professionals across Nebraska including appraisers, farm and ranch managers, agricultural bankers and related industry professionals. Preliminary results from the survey are divided by land class and summarized by the eight Agricultural Statistic Districts of Nebraska.

Land industry professionals responding to the annual survey attributed the rise in Nebraska farm real estate values to current interest rate levels, crop prices and COVID-19 disaster assistance payments provided to operators across the state. These forces substantially impacted farm and ranch

finances across Nebraska. Operators faced an exceptional amount of risk and uncertainty when navigating production decisions during the height of the COVID-19 pandemic. Lower interest rates and disaster assistance payments provided stability to an industry facing an unprecedented economic shutdown and disruptions of supply chains.

Source: Mar. 10, 2021 Cornhusker Economics.

FOR MORE INFORMATION

Be sure to catch the full article at <https://go.unl.edu/cashrentsurvey>. For questions regarding this survey, contact Jim Jansen at 402-261-7572 or jjansen4@unl.edu.

Table 2. Reported **cash rental rates for various types of Nebraska farmland and pasture**: 2021 averages, percent change from 2020 and quality ranges by Agricultural Statistics District ^a

TYPE OF LAND		AGRICULTURAL STATISTICS DISTRICT	
		EAST	SOUTHEAST
Dryland Cropland	Average	\$220/acre 7% change	\$170/acre 3% change
	High Third Quality	\$240/acre	\$195/acre
	Low Third Quality	\$175/acre	\$135/acre
Gravity Irrigated Cropland	Average	\$260/acre 2% change	\$240/acre 4% change
	High Third Quality	\$280/acre	\$285/acre
	Low Third Quality	\$230/acre	\$210/acre
Center Pivot Irrigated Cropland ^b	Average	\$290/acre 4% change	\$280/acre 6% change
	High Third Quality	\$330/acre	\$310/acre
	Low Third Quality	\$250/acre	\$240/acre
Pasture	Average	\$53/acre 3% change	\$49/acre 1% change
	High Third Quality	\$72/acre	\$59/acre
	Low Third Quality	\$40/acre	\$40/acre
Cow-Calf Pair Rates ^c	Average	\$55.20/pair 7% change	\$54.80/pair 9% change
	High Third Quality	\$65.90/pair	\$64.20/pair
	Low Third Quality	\$45.50/pair	\$38.45/pair

^a Source: Reporters' estimated cash rental rates (both averages and ranges) from the UNL Nebraska Farm Real Estate Market Survey, 2020 and 2021.

^b Cash rents on center pivot land, assumes landowners own total irrigation system.

^c A cow-calf pair is typically considered to be 1.25 to 1.30 animal units (animal unit being 1,000 lb. animal) for a five-month grazing season. However, this can vary depending on weight of cow and age of calf.

Preparing for the Inevitable: Japanese Beetles

By Kait Chapman, Extension Educator in Lancaster County

Every year, Nebraska Extension receives many calls from people across the state on one of the most problematic plant pests: Japanese beetles. The invasive beetle feeds on the leaves, flowers or fruit of over 300 species of plants, from agricultural commodities such as soybean and corn, to trees like linden, cherry and apple, to horticultural favorites like roses, marigolds and basil. In Nebraska, now is the time to treat to get an early handle on management of these pests.

Grub Management

Japanese beetle grubs are C-shaped and creamy-white in color. These grubs are found in soil and feed on the roots of turf grass, causing browning and dead patches. To prevent grubs in the lawn, turf can be treated with an insecticide containing chlorantranilprole in May and June.



Adult Management

Adult Japanese beetles are approximately 1/2-inch long with metallic green bodies and copper-colored, hardened forewings. Each beetle has a row of white hair tufts on either side of their abdomen. Beetles skeletonize leaves by feeding on tissue between major leaf veins. While the damage may appear alarming, most damage is superficial and will not kill older, established plants. Damage can be prevented by using a systemic insecticide treatment, like imidacloprid, in May. Systemic insecticides are taken up by the plant's vascular system to provide it protection



Photos by Jody Green, Ext. Educator in Douglas/Sarpy Co.

from pests feeding on foliage. It's important to note, however, that systemic insecticides cannot be used on Linden trees due to potential risk to pollinators.

Throughout June, July

and August, the easiest way to deal with the beetles that arrive, is simply picking them off plants and placing them in a bucket of soapy water. For larger infestations, insecticidal products containing carbaryl, bifenthrin, neem oil or pyrethrins may also provide some relief from Japanese beetle feeding. Many of these insecticides are toxic to pollinators and should not be applied to blooming plants. Always follow the pesticide label directions.

Japanese beetle traps are NOT recommended as they attract more beetles than they're able to capture.

CHALLENGE ACCEPTED! CHILDREN THRIVE OUTSIDE

By Jaci Foged, Extension Educator in Lancaster County

It seems like everywhere I go I see young children glued to a screen. In the car, at the baseball game, waiting for their food to arrive at the restaurant. Of course, often the adults are just as guilty — myself included. Likely, people are unaware of how much time they are spending on their phones — after all, in the past, a phone was just a phone. Have you thought about all the uses for a phone today? Now we use our phones for watching movies, driving directions, gaming, a camera and more.

SO WHAT'S THE BIG DEAL?

Gone are the days of children leaving the house at dawn and returning at dusk covered in dirt with windblown hair. Some of my most unforgettable childhood memories involve my time spent outside in nature with my siblings and close friends. I fondly remember my childhood activities of peeling corn kernels from the cob, tossing cow pies in the field, swimming in the ditch, under umbrellas in the rain, cartwheels

in the grass, a basketball game of P.I.G., climbing trees and making mud potions.

There is an amazing opportunity for learning and development — it is just outside the front door, all you have to do is open it. The best part is, the only thing it will cost you is your time. The Children and Nature Network has developed some amazing resources about the wide-range of health benefits we receive simply by going outside. For example, spending time in the bright sunlight is healthy for our bodies (vitamin D) and our eyes (reduces nearsightedness). Spending time in nature can help children focus their attention, improve academic performance and decreases problem behaviors. There are ample opportunities when we spend time outside for decision-making, increased scientific knowledge and even building a sense of community as children learn about their neighborhood, town and beyond!

My friend and colleague, Katie Krause was sharing a concept with me earlier this year named 1000 Hours Outside. The purpose for this concept is to help families try to match the number

of hours their children play outside with the number of hours their children may be utilizing some type of screen (phone, computer, tablet, etc.). 1000 hours inspired us to create the Children Thrive Outside Challenge.

WHO'S UP FOR A CHALLENGE?

Nebraska Extension's The Learning Child Team is excited to bring you the Children Thrive Outside Challenge. Childcare providers and teachers can sign their program or classroom up for the challenge here: <https://go.unl.edu/ctochallenge>. To help show you have accepted the challenge and are committed to getting children outside, Nebraska Extension will send you a window cling and trackers to count and keep track of your outside hours. We also invite families to join the challenge! The goal for the program is to work toward 1000 hours outside. That might seem like a BIG number, so we

are creating mini challenges of 50–100 hours at a time.

Meet with us quarterly to discuss how you are engaging families in the challenge and how you are tracking your hours! For more information on the challenge, sign up for our Outdoor Learning Environments training on May 10 at either 1 p.m. or 7 p.m. CST. You can sign up for the class here: <https://go.unl.edu/onlinepd>. In this class, we will talk about the many benefits children receive when they spend time outdoors and about the barriers we experience in getting children outdoors more often. We will also take time to think about our own outdoor spaces and brainstorm ideas to make them more natural, comfortable and engaging for children.

The challenge launches on May 15. Follow us on Facebook @UNLExtensionthelearningchild or Twitter @UNLExtensionTLC #kidsthroveoutside.

FOR MORE INFORMATION

Learn more about 1000 Hours Outside, download a tracker sheet and sign-up at <https://1000hoursoutside.com>.





HEART OF 4-H VOLUNTEER AWARD

Rusty & Heidi Hanley

Lancaster County 4-H is proud to announce Rusty and Heidi Hanley of Lincoln as co-winners of the May "Heart of 4-H Award" in recognition of outstanding volunteer service.

They have volunteered as project leaders for 10 years with the Lincoln Shooting Stars, a 4-H shooting sports club. Rusty and Heidi coach youth in archery, rifle and muzzleloader. They have helped at several local and state matches for all disciplines, as well as the 4-H Shooting Sports National Championships, which are currently held in Grand Island.

They said, "We like being 4-H volunteers because we get to see youth progress from a sometimes bashful and shy youth, to a confident and proud individual. They build thinking and organizing skills. The shooting sports world is fun and exciting, and we like teaching youth the safe handling of firearms and archery equipment. Our favorite experience is seeing the smiles on the kids faces after a successful match when the hard work they put in has paid off."

Lancaster County 4-H thanks Rusty and Heidi for donating their time and talents. People like them are indeed the heart of 4-H!



YOUTH LEADERSHIP CONFERENCE

Nebraska 4-H is presenting a Youth Leadership Conference July 1-3 at the Nebraska State 4-H Camp in Halsey, Neb. This is an opportunity for High School students (ages 14-18) to develop and practice leadership skills while exploring camp activities. Register by June 1 at <https://go.unl.edu/yhc2021>.

PRE-DISTRICTS HORSE CLINIC/SHOW, MAY 22

The Lancaster County 4-H Horse VIPs Committee is sponsoring a 4-H Pre-Districts Clinic/Show on Saturday, May 22, 8:30 a.m. at the Lancaster Event Center Fairgrounds - Pavilion 3. Youth ages 8-18 are welcome; need not be in 4-H! Contact Kate at 402-441-7180 by May 14 to reserve stalls and shavings. Show flyer is at <https://lancaster.unl.edu/4h/horse/HorseVIPSPre-DistrictsShow21.pdf>.



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

See the 4-H e-newsletter at <https://go.unl.edu/Lan4Henews> for complete 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.

HORSEMANSHIP TESTINGS, MAY 4 & 18

A 4-H horsemanship advancement level group testing will be held on Tuesday, May 4, at the Lancaster Event Center Fairgrounds - Pavilion 4, Amy Countryman Arena. An additional level testing will be held on Tuesday, May 18 at the same location. Anyone wishing to test, must sign up by April 27 for May 4 and by May 11 for May 18 by contacting Kate at kpulec3@unl.edu.

DISTRICT/STATE HORSE ENTRIES, MAY 7

4-H'ers competing in 4-H District and State horse shows must be 10 years of age by Jan. 1 and meet level requirements listed on the entry form. NEW: All Lancaster County 4-H'ers participating in District/State horse shows must submit online entries. For instructions, visit <https://4h.unl.edu/state-horse-expo-entry>. Horse identification forms, 2- & 3-year-old affidavits and completed horsemanship levels must be submitted to the Lancaster County Extension office by Friday, May 7.

SHEEP & MEAT GOAT WEIGH-IN, MAY 11

4-H/FFA market sheep or market meat goat exhibitors planning to participate in the performance class based on rate of gain at the Lancaster County Super Fair, must have their lambs and goats weighed on Tuesday, May 11, 6-7 p.m. at the Lancaster Event Center Fairgrounds - Pavilion 1 (east side).

HORSE JUDGING CONTEST, MAY 21

The 4-H Horse Judging Contest will be held on Friday, May 21 at the Lancaster Event Center Fairgrounds - Pavilion 3. This is a Lancaster County Super Fair contest held before the fair. Registration is 4:30-5:30 p.m. Start time is 5:30 p.m.

YQCA DUE JUNE 15

4-H/FFA members enrolled in any of the following animal projects need to complete Youth for the Quality Care of Animals (YQCA) training: Beef, dairy cattle, goat, poultry, rabbit, sheep and swine. In Lancaster County, youth may choose one of two options to complete their YQCA requirements:

- Complete online training at <https://yqca.learnrow.io>. Cost is \$12. For directions and more information, visit <https://4h.unl.edu/yqca>.
- Attend a face-to-face training held Thursdays, May 13 or June 10, 6-7 p.m. at the Lancaster Extension Education Center, 444 Cherrycreek Rd., Lincoln. To sign up for face-to-face trainings, you must go to <https://learnrow.io> before the training. The training will cost \$3 payable by credit or debit card on the website. **Each training will be limited to 35 youth.**

Deadline to complete YQCA and submit certificates of completion is June 15.

NEW — LIVESTOCK PARENT/LEADER TRAINING & ID HELP NIGHTS

New this year, two Livestock Parent/Leader Training & Identification Help nights will be held at the same time as the YQCA face-to-face trainings on Thursdays, May 13 or June 10, 6-7 p.m. at the Lancaster Extension Education Center. 4-H leaders, parents and volunteers may receive leader training, share ideas and get assistance from 4-H staff with identification paperwork and online entries. **Each Help Night will be limited to 15 adults. This training will also be offered over Zoom for those unable to attend in person. Please send your RSVP or to request to attend over Zoom to Calvin at calvin.devries@unl.edu.**

HORSE IDENTIFICATIONS DUE JUNE 1

Each horse which will be shown at Super Fair must be identified on form "4-H Horse Identification Certificate" and submitted to Nebraska Extension in Lancaster County office by June 1. Form is available at the office as a carbon copy form. Form is online at <https://go.unl.edu/horseid>.

LIFE CHALLENGE CONTESTS

4-H Life Challenge judging contests help youth learn more about issues related to family and consumer science and entrepreneurship. For more information, contact Kristin at kristin.geisert@unl.edu or 402-441-7180.

- County-level Junior (for ages 8-11) AND Senior Life Challenge (for ages 12-18) will be held on Saturday, June 5, 8:30 a.m. at the Lancaster Extension Education Center. Preregister by Wednesday, May 26 by calling 402-441-7180.
- Statewide Life Challenge (for ages 10 and up) will be held Monday, June 28 and Tuesday, June 29 on UNL East Campus. To participate, contact Kristin by Wednesday, May 26. Information is at <http://4h.unl.edu/life-challenge>.

PREMIER ANIMAL SCIENCE EVENT

The Premier Animal Science Event (PASE) will be held June 28-29 at UNL East Campus. For more information, visit <https://4h.unl.edu/pase>. 4-H volunteer Roger Bell will be coaching this year's Lancaster County 4-H livestock judging teams. If you are interested in participating in PASE or attending a practice, please contact Calvin DeVries at calvin.devries@unl.edu or 402-441-7180.

PLANT SCIENCE CONTESTS, JUNE 9

Three Plant Science Contests will be held Wednesday, June 9, 10 a.m.-12 noon. at the Lancaster Extension Education Center, 444 Cherrycreek Road. Registration is required by Monday, June 7 by calling 402-441-7180. Open to 4-H'ers from all counties, ages 10-18.

Clover College

June 15–18, 2021

Lancaster Extension Education Center, 444 Cherrycreek Road

Lancaster County 4-H Clover College is four days of in-person, "hands-on" workshops full of fun and a sense of belonging. Learning topics include STEAM concepts of science, technology, engineering, art and math which can spark career interests. Youth must be currently at least 8 years old (as of June 15) to attend most workshops — some workshops have older age requirements.

Current DHMs will be followed. Special health guideline notes:

- All participants will be required to wear face coverings.
- There will NOT be Clover Kids Day Camp for 6–7 year olds.
- There will be reduced seating and physical distancing. We can only seat at 50% capacity.
- There will be NO food consumption during the workshops.

If you have questions, contact Kristin at kristin.geisert@unl.edu.

	TUE, JUNE 15	WED, JUNE 16	THU, JUNE 17	FRI, JUNE 18
8:00–10:00	1 ROCKETRY 4 HORSE COURSE A 5 CLUCK, CLUCK, QUACK! 6 LOOM WEAVING	1 ROCKETRY 3 DERBY CARS 17 ORIGAMI 18 REAL WORLD GPS/GIS	1 ROCKETRY 29 BACKYARD BUG HUNT 30 ALL ABOUT DNA 31 ON THE BIKE PATH	1 ROCKETRY 3 DERBY CARS 41 HUNT, CATCH, PIN 42 VIRTUAL REALITY BLDG A
10:15–12:15	7 HORSE COURSE B 8 BUILD A BUDDY 9 TERRIFIC TABLE SETTING 10 CRITTER SCENE	19 H ₂ O JUNGLE 20 LLEAPING LLAMA 101 21 CRAFTY KIDS 22 BIG MACHINES	32 BUSY BEES 33 FOOD & SPORTS 34 POWERFUL POLYMERS 35 OUTDOOR EXPLORERS	43 RED WIGGLERS 44 SEWING 101 45 VIRTUAL REALITY BLDG B 46 CSI DISCOVERY
12:45–2:45	2 KICKSTART CHESS! 11 CARE BLANKETS 12 GAME ON! 13 CROSS-STITCH	2 KICKSTART CHESS! 23 ESCAPE ROOM A 24 WATERCOLOR WONDERS 25 BRIDGES & ROADS	2 KICKSTART CHESS! 36 MASON JAR CREATIONS 37 STEAK SCIENCE 38 UPCYCLED FUN	2 KICKSTART CHESS! 47 DECORATIVE COUCHING 48 POP CAN CASTING 49 SCIENCE KIDS
3:00–5:00	14 DISCOVER KUMIHIMO 15 OZOBOT ROBOTS 16 ANIMAL INSIDER	26 ESCAPE ROOM B 27 BE ART SMART! 28 MICRO:BITS	39 BABYSITTING KIT 40 IMPRESSIVE LEAVES	NO CLASSES

Workshop descriptions, instructors and online registration details are at <http://lancaster.unl.edu/cc>

4-Day Workshops

1 Rocketry

Only for youth who have not previously taken this class.
TUE-FRI, JUNE 15-18; 8-10AM
AGES 8-12 • FEE \$20

2 Kickstart Chess!

TUE-FRI, JUNE 15-18;
12:45-2:45PM
AGES 8 & up • FEE \$12

2-Day Workshop

3 Derby Cars

WED, JUNE 16; 8-10AM
FRI, JUNE 18; 8-10AM
AGES 8 & up • FEE \$15

1-Day (2-Hour) Workshops

4 Horse Course – A

Same as Horse Course – B.
TUE, JUNE 15; 8-10AM
AGES 8 & up • FEE \$6

5 Cluck, Cluck, Quack!!

TUE, JUNE 15; 8-10AM
AGES: 8 & up • FEE: \$6

6 Loom Weaving

TUE, JUN 15; 8-10AM
AGES 12 and up • FEE \$10

7 Horse Course – B

Same as Horse Course – A.
TUE, JUNE 15; 10:15AM-12:15PM
AGES 8 & up • FEE \$6

8 Build a Buddy

TUE, JUNE 15; 10:15AM-12:15PM
AGES 8 & up • FEE \$5

9 Terrific Table Setting

TUE, JUNE 15; 10:15AM-12:15PM
AGES 8 & up • FEE \$6

10 Critter Scene Investigation

TUE, JUNE 15; 10:15AM-12:15PM
AGES 8 & up • FEE \$5

11 Care Blankets

TUE, JUNE 15; 12:45-2:45PM
AGES 8 & up • FEE \$8

12 Game On!

TUE, JUNE 15; 12:45-2:45PM
AGES 8 & up • FEE \$5

13 Counted Cross-stitch

TUE, JUNE 15; 12:45-2:45PM
AGES 8 & up • FEE \$10

14 Discover Kumihimo

TUE, JUNE 15; 3-5PM
AGES 8 & up • FEE \$6

15 Ozobot Robots

TUE, JUNE 15; 3-5PM
AGES 8 & up • FEE \$6

16 Animal Insider

TUE, JUNE 15; 3-5PM
AGES 8 & up • FEE \$6

17 Origami

WED, JUNE 16; 8-10AM
AGES 10 & up • FEE \$5

18 Real World GPS & GIS

WED, JUNE 16; 8-10AM
AGES 8 & up • FEE \$6

19 H₂O Jungle

WED, JUNE 16; 10:15AM-12:15PM
AGES 8 & up • FEE \$5

20 Lleaping Llama 101

WED, JUNE 16; 10:15AM-12:15PM
AGES 8 & up • FEE \$6

21 Crafty Kids

WED, JUNE 16; 10:15AM-12:15PM
AGES 8 & up • FEE \$6

22 Big Power Machines

WED, JUNE 16; 10:15AM-12:15PM
AGES 8 & up • FEE \$6

23 Escape Room - A

Same as Escape Room - B.
WED, JUNE 16; 12:45-2:45PM
AGES 8 & up • FEE \$5

24 Watercolor Wonders

WED, JUNE 16; 12:45-2:45PM
AGES 8 & up • FEE \$8

25 Bridges & Roads

WED, JUNE 16; 12:45-2:45PM
AGES 8 & up • FEE \$6

26 Escape Room - B

Same as Escape Room - A.
WED, JUNE 16; 3-5PM
AGES 8 & up • FEE \$5

27 Be Art Smart!

WED, JUNE 16; 3-5PM
AGES 8 & up • FEE \$6

28 Micro:bits

WED, JUNE 16; 3-5PM
AGES 8 & up • FEE \$10

29 Backyard Bug Hunt

THU, JUNE 17; 8-10AM
AGES 8 & up • FEE \$10

30 All About DNA

THU, JUNE 17; 8-10AM
AGES 8 & up • FEE \$6

31 On the Bike Path

THU, JUNE 17; 8-10AM
AGES 8 & up • FEE \$5

32 Busy Bees

THU, JUNE 17; 10:15AM-12:15PM
AGES 10 & up • FEE \$8

33 Food & Sports

THU, JUNE 17; 10:15AM-12:15PM
AGES 8 & up • FEE \$8

34 Powerful Polymers

THU, JUNE 17; 10:15AM-12:15PM
AGES 8 & up • FEE \$8

35 Outdoor Explorers

THU, JUNE 17; 10:15AM-12:15PM
AGES 8 & up • FEE \$10

36 Mason Jar Creations

THU, JUNE 17; 12:45-2:45PM
AGES 8 & up • FEE \$5

37 Steak Science

THU, JUNE 17; 12:45-2:45PM
AGES 10 & up • FEE \$5

38 Upcycled Fun

THU, JUNE 17; 12:45-2:45PM
AGES 8 & up • FEE \$5

39 Babysitting Kit

THU, JUNE 17; 3-5PM
AGES 8 & up • FEE \$8

40 Impressive Leaves

THU, JUNE 17; 3-5PM
AGES 8 & up • FEE \$5

41 Hunt, Catch, Pin

FRI, JUNE 18; 8-10AM
AGES 8 & up • FEE \$10

42 Virtual Reality Bldg - A

Same as Virtual Reality Building - B.
FRI, JUNE 18; 8-10AM
AGES 8 & up • FEE \$10

43 Red Wiggles

FRI, JUNE 18; 10:15AM-12:15PM
AGES 8 & up • FEE \$10

44 Sewing 101

FRI, JUNE 18; 10:15AM-12:15PM
AGES 8 & up • FEE \$5

45 Virtual Reality Bldg - B

Same as Virtual Reality Building - A.
FRI, JUNE 18; 10:15AM-12:15PM
AGES 8 & up • FEE \$10

46 CSI Discovery

FRI, JUNE 18; 10:15AM-12:15PM
AGES 8 & up • FEE \$6

47 Decorative Couching

FRI, JUNE 18; 12:45-2:45PM
AGES 10 & up • FEE \$8

48 Pop Can Casting

FRI, JUNE 18; 12:45-2:45PM
AGES 8 & up • FEE \$8

49 Science Kids

FRI, JUNE 18; 12:45-2:45PM
AGES 8 & up • FEE \$8

Registration will ONLY be available online! Walk-in or mail-in registrations will NOT be accepted at the Extension office.

Registration opens Wednesday, May 5 at noon for currently enrolled 4-H members.

By May 1, enrolled 4-H families will be emailed an online link and access code to register, which will activate on May 5 at noon.

Registration opens Wednesday, May 12 at noon for non-4-H youth.

Registration link will be posted at <http://lancaster.unl.edu/cc>

With our reduced capacity, we expect classes to fill up very quickly!

Nebraska Extension in Lancaster County
 & Lancaster Extension Education Center Conference Facilities
444 Cherrycreek Road, Ste. A, Lincoln, NE 68528
402-441-7180 • lancaster.unl.edu

Extension is a Division of the Institute of Agriculture and Natural Resources at the University of Nebraska–Lincoln cooperating with the Counties and the United States Department of Agriculture.

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NEBLINE

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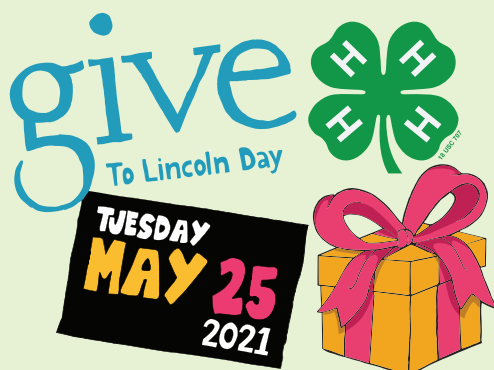
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Support Local 4-H Youth During “Give to Lincoln Day”

Lancaster County 4-H Council is one of the nonprofits the community can give donations to during “Give to Lincoln Day” hosted by Lincoln Community Foundation. Your donation on May 25 is increased by a proportional share of a \$500,000 challenge match fund!

For more information or to make a tax-deductible donation, go to <http://go.unl.edu/giveto4hcouncil>



Watch Ducks Hatch on EGG Cam



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

UPCOMING DATES

Eggs set in incubator: May 13
 Ducks hatch date: June 10–11



EXTENSION CALENDAR

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

May

- 1 **Preference Given to 4-H Council Camp Scholarship Applications Submitted to Extension by this Date**
- 1 **Spring Fling Horse Dressage Schooling Show, Lancaster Event Center Fairgrounds - Pav. 3**
- 4 **4-H Horsemanship Level Testing, Lancaster Event Center Fairgrounds**
- 4 **4-H Council Meeting 6 p.m.**
- 4 **Early Childhood Training for Childcare Providers — VIRTUAL: Embracing a Growth Mindset 1–2:30 p.m. OR 7–8:30 p.m.**
- 6 **Pesticide Applicator Nebraska Department of Agriculture Testing Session 9 a.m.–2 p.m.**
- 7 **Deadline for District/State Horse Show Entries, ID, Level Tests**
- 10 **Early Childhood Training for Childcare Providers — VIRTUAL: Children Thrive Outside Challenge..... 1 OR 7 p.m.**
- 11 **4-H & FFA Sheep/Goat Weigh-In Day, Lancaster Event Center – Pav. 1 (east side) 6–7 p.m.**
- 13 **4-H/FFA Youth for the Quality Care of Animals Face-to-Face Training; Livestock Parent/Leader Training & ID Help 6–7 p.m.**
- 14 **Extension Board Meeting..... 8 a.m.**
- 18 **4-H Horsemanship Level Testing, Lancaster Event Center Fairgrounds**
- 21 **4-H Horse Judging Contest, Lancaster Event Center Fairgrounds – Pav. 3 4:30 p.m.**
- 22 **4-H Pre-District Horse Show Presented by 4-H Horse VIPS, Lancaster Event Center Fairgrounds – Pav. 3 8:30 a.m.**
- 20 **Pesticide Applicator Nebraska Department of Agriculture Testing Session 9 a.m.–2 p.m.**
- 20 **Early Childhood Training for Childcare Providers — VIRTUAL: Intergenerational Connections in ECE Settings 1 OR 7 p.m.**
- 31 **Extension Office Closed for Memorial Day**

4-H'ers Qualify for State Speech & PSA Contest

The Lancaster County 4-H Speech and Public Service Announcement (PSA) contest was held on March 14. More than 51 Lancaster County 4-H youth competed in this year's communication events. The following top winners will have the opportunity to represent Lancaster County at the State Speech & PSA contest on June 30 at University of Nebraska–Lincoln East Campus.

SPEECH CONTEST:

- Intermediate (11–12 years): Holly Bowen, Morgan Gabel, Kamryn Wanser, Melanie Wiggins
- Senior (13–18 years): Acacia Carlson, John Donlan, Kylie Hansen, Sarah Lange

PUBLIC SERVICE ANNOUNCEMENT (PSA) CONTEST:

- Intermediate (11–12 years): Mia Crawford, Ian Lorensen, Vanessa Peterson, Melanie Wiggins
- Senior (13–18 years): Mindy Bartels, Ella Hendricksen, Riley Peterson, Eliese Schwinck

4-H Horse Stampede Results

The 4-H Stampede was held March 27 at UNL's East Campus. 71 youth from across the state competed in contests including photography, art, demonstration, public speaking and horse quiz bowl. Complete results are at <https://4h.unl.edu/horse/stampede>. Here are the Lancaster County purple ribbon winners.

- Art Contest Senior Division: Sidney Schlesiger (champion)
- Photography Contest Senior Division: Ruby Molini (champion)
- Photography Contest Junior Division: Sydnee Fijolek (champion), Lily Woledge, Ryan Reeves
- Photography Contest Elementary Division: Easton Byrne (champion), Drake Plautz (reserve champion)