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HOLIDAY FOOD TIPS

By Kayla Colgrove, MS,
RDN, ACSM-CPT, Extension
Educator in Lancaster County

Holidays are usually filled with family and food. Each family has different traditions that create many memories over the years. One of my favorite holiday traditions is enjoying my Grandma's homemade dinner rolls. They have become a side dish tradition I absolutely love. Whatever traditions you enjoy, make sure you are serving food safely.

Cooking a Turkey

Whether you are cooking your first turkey or are an experienced cook, it is important to follow these steps to learn how to plan, cook, serve, store and reheat turkey.

Plan. You need to determine what size of turkey to buy. It is recommended to allow 1 pound of turkey per person. Then, decide if you are buying a fresh or frozen turkey. There is no difference in quality between a fresh or frozen turkey, but you need to keep a couple things in mind. If you buy a fresh turkey, be sure to purchase it only 1–2 days before cooking. You can buy a frozen turkey at any time as long as you have enough space in your freezer. Remember to cook a frozen turkey within 1 year for best quality.

The preferred method to thaw a turkey is in the refrigerator. Place the frozen turkey in a container to prevent juices from dripping on other foods and

EXTENSION'S "THANKSGIVING CENTRAL" WEB RESOURCES

Since food is the center of many activities during the holiday season, preparing a holiday meal can be overwhelming. There is a lot to think about, including cooking a turkey, food safety, health & wellness and recipes. Nebraska Extension has a wealth of information on all of these topics at

food.unl.edu/thanksgiving

put in a refrigerator set at 40°F or below. Allow approximately 24 hours for each 4–5 pounds to thaw turkey. For example, it will take about 4 days to thaw a 16 pound turkey. A thawed turkey can remain in the refrigerator for 1–2 days. You can start thawing the 16 pound turkey in your refrigerator on the Friday before Thanksgiving. Visit <https://food.unl.edu/article/turkey-101#thaw> for other safe thawing methods that are quicker, if needed.

Cook. There are a variety of ways to cook a turkey, but the most common is roasting. Use a food thermometer to check the internal temperature of the turkey even if it has a "pop-up" temperature indicator. A whole turkey is safe when cooked to a minimum internal temperature of 165°F. Check the internal temperature in the innermost part of the thigh and wing and the thickest part of the breast. For optimum safety, it is not recommended to stuff your turkey. Instead place stuffing in a casserole dish to cook. Use a food thermometer to check that the stuffing reaches an internal temperature of 165°F before serving.

Serve. Always wash your hands with soap and water for 20 seconds before and after handling food. Hot foods should be held at 140°F or warmer by using chafing dishes, slow cookers and warming trays. Throw out any turkey left at room temperature longer than 2 hours.

Store. If you have leftover turkey, cut it into smaller pieces and refrigerate. Keep turkey in the refrigerator and eat within 3–4 days or freeze. Use frozen turkey within 2–6 months for best quality.

Reheat. Cooked turkey may be eaten cold or reheated. To reheat cooked turkey in the oven, set the oven temperature no lower than 325°F and reheat turkey to an internal temperature of 165°F when measured with a food thermometer. To help keep the turkey moist, add a little broth or water and cover.

Food Safety Tips

Food safety is important all year-round, but don't let bacteria crash your holiday parties and make you or your family sick. There are four simple steps to food safety

continued on next page

SAFE COOKING TEMPERATURES

Food	Minimum Internal Temperature
Beef, Pork, Veal and Lamb (steaks, chops, roasts)	145°F and allow to rest for at least 3 minutes
Ground Meats (beef, pork, veal, lamb)	160°F
Ham, Fresh or Smoked (uncooked)	145°F and allow to rest for at least 3 minutes
Fully Cooked Ham (to reheat)	140°F for ham packaged in USDA plants, 165°F for all other hams
All Poultry (whole birds, parts, ground poultry and stuffing)	165°F
Eggs	160°F
Fish and Shellfish	145°F
Casseroles	165°F

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according to the USDA.

Clean: Wash hands and surfaces often. Always wash your hands with soap and water for at least 20 seconds before and after handling food. Keep your kitchen, dishes and utensils clean. Rinse fresh produce under water and use a small vegetable brush to remove surface dirt, if needed.

Separate: Don't cross-contaminate. Keep raw meat, poultry, eggs, seafood and their juices away from other food. Use one cutting board for fresh produce and a separate one for raw meat, poultry and seafood. After cutting raw meats, wash the cutting board, knife and countertops with hot, soapy water. Never place cooked food on a plate that previously held raw meat, poultry, seafood or eggs.

Cook: Use a food thermometer to cook food to proper temperatures. Color is not a good way to decide whether meat, poultry or fish has been cooked to a safe temperature. It's how much heat is in the middle of the meat that matters. The only way to know that meat has been cooked to a safe internal temperature is to use a food thermometer. See detailed cooking temperature chart on previous page.

Chill: Refrigerate promptly. Refrigerate or freeze perishable foods as soon as you get them home from the store. Never let raw meat, poultry, eggs, cooked food or cut fresh fruits or vegetables sit at room temperature more than two hours before putting them in the refrigerator or freezer. There are three ways to thaw food safely: in the refrigerator, in cold water and in the microwave. Never thaw food at room temperature. Divide large amounts of leftovers into shallow containers for quick cooling in the refrigerator. Eat leftovers within three to four days or freeze them.

Health & Wellness

The holiday season is often busy and stressful. Take time to care for yourself. Consider these tips for a healthier holiday:

Make healthier holiday choices. Prepare whole-grain crackers with hummus as an appetizer, use low-fat milk instead of heavy cream in casseroles and include fresh fruit at the dessert table. Choose turkey, roast beef or fresh ham as lean protein choices. Trim visible fat before cooking and go easy on sauces and gravies. Choose low-calorie drink options such as water with lemon or lime slices or seltzer water with a splash of 100% fruit juice. Use recipes with unsweetened applesauce or mashed ripe bananas instead of butter.

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

Give to others. Spend time providing food or preparing meals for those who may need a little help. Give food to a local food bank or volunteer to serve meals at a shelter during the holiday season.

Sources:

- *Turkey 101*, <https://food.unl.edu/article/turkey-101>
- *Food Safety Basics – The Core Four Practices*, www.fightbac.org/food-safety-basics/the-core-four-practices
- *Make Healthier Holiday Choices*, www.usda.gov/media/blog/2013/12/20/myplate-holiday-10-tips-make-healthier-holiday-choices



RECIPES OF THE MONTH

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

Try one of these recipes from Nebraska Extension if you need to bring an appetizer or side dish to a holiday gathering.

LOW-FAT SPINACH DIP

(Yield: 3 Servings)

- 6 ounces fresh spinach, gently rubbed under cold running water
- 1 teaspoon chili powder
- 1 teaspoon garlic powder
- 1/4 cup green onion, gently rubbed under cold running water, chopped
- 1 teaspoon lemon juice
- 1 cup plain non-fat Greek yogurt

1. Wash hands with soap and water.
2. Rinse and prepare produce.
3. Put fresh spinach in a skillet and sauté until wilted. Let cool.
4. Cut spinach into small pieces so it will distribute evenly throughout the dip.
5. Combine chili powder, garlic powder, green onion, lemon juice, yogurt and spinach.
6. Place in a serving dish; cover and refrigerate until ready to serve.
7. Serve with fresh vegetables or whole wheat crackers.

Note: Non-fat or low-fat sour cream can be substituted for Greek yogurt.

Nutrition Information: Serving Size (1/3 cup): Calories 70 Total Fat 0.5g Saturated Fat 0g Cholesterol 5mg Sodium 100mg Total Carbohydrates 7g Fiber 2g Total Sugars 3g, includes 0g Added Sugars Protein 10g Vitamin D 0% Calcium 10% Iron 10% Potassium 10% [Nutrition Software Used: ESHA Food Processor]

Source: Adapted from USDA Mixing Bowl



Photos by Craig Chandler, UNL Communications

BROCCOLI SLAW WITH CRANBERRIES

(Yield: 11 servings)

- 1 (12 ounce) package broccoli slaw
- 1/2 cup green onions, gently rubbed under cold running water, chopped
- 1/4 cup almonds, slivered
- 3/4 cup dried cranberries
- 2 Tablespoons vegetable oil
- 1/4 cup vinegar
- 1/2 Tablespoon soy sauce, low sodium
- 2 Tablespoons honey
- 1 teaspoon ginger, ground
- 1 teaspoon garlic powder
- 1 teaspoon pepper
- Salt to taste

1. Wash hands with soap and water.
2. In a large bowl, combine broccoli slaw, onions, almonds and dried cranberries.
3. In a separate bowl, mix oil, vinegar, soy sauce, honey, ginger, garlic powder, pepper and salt (optional).
4. Toss dressing with salad.
5. Cover and refrigerate for at least 1 hour before serving.

Nutrition Information: Calories 90 Total Fat 4g Sodium 25mg Total Carbohydrates 13g Fiber 2g Protein 1g

Source: Adapted slightly from Get Fresh! Chickasaw Nation Nutrition Services



Traditions, Rituals and Routines During a COVID-19 Holiday Season

By Kara Kohel, Extension Educator in Seward County

Traditions, rituals and routines are good for all of us. They contribute to a shared sense of meaning, increase our connection to others and can even support resilience in difficult or stressful times. The winter holiday season is one that is looked forward to by many families and young children. Various traditions bring family and friends of all ages together to share meals, exchange gifts and simply be in the presence of loved ones.

The 2021 holiday season is not exempt from the changes brought on by the COVID-19 pandemic. We know this

holiday season may be experienced differently by many of our readers, and we want to acknowledge any feelings of confusion, frustration, sadness or anger you may be experiencing. We hope this article provides encouragement and a few ideas for connecting with loved ones and making this a meaningful holiday season.

Young children are often more perceptive of adult emotions than we expect. They may not understand why the adults in their lives are upset, but they can sense that something is not quite right. As adults, it is important we model emotional awareness and self-regulation for young children and invite them

into conversations about emotions. Read for Resilience is a Nebraska Extension–Early Childhood program that is free and available to all through our website (<https://child.unl.edu/read4resilience>). This program aims to help adults and children share conversations about difficult topics through the process of reading and discussing storybooks.

If this holiday season is more difficult due to loss or feelings of grief, sadness and frustration, consider a ritual that acknowledges those feelings and helps your family share them together. For example, if you have lost a loved one this year, consider making a special ornament to hang on

your tree with their picture or a symbol that reminds you of their life. Use the hanging of this ornament as a special time to share memories of that person.

Although your traditions may look different this year, it is still important to connect with loved ones. If you are “gathering” with your family online, consider having a conversation with your children about why your traditions are important to you and your family. Ask older members of the family to share how some traditions have been passed down and others have changed over the years. Encourage older family members to reminisce about the holidays when they

were children, and have young children talk about how things are both the same and different than they used to be. Have all members take time to share what they are grateful for. These intentional conversations help build relationships among the many generations in your family.

Finally, many families and communities of different backgrounds, have special celebrations that occur throughout the year. In addition to celebrating your family’s treasured traditions — perhaps consider taking the time to learn about the traditions and holidays of others.

For more ideas, go to <https://learningchildblog.com>.

Wise Use of Private Water and Wastewater Systems Can Make the Holidays More Peaceful

By Becky Schuerman, Extension Domestic Water/Wastewater Associate

The holiday season is upon us and that often means a bustling house full of family, friends and preparation of tasty recipes in the kitchen. All of these things should make for joyful times, but they can potentially have a stressful impact on your private water well and onsite wastewater systems.

With the ownership of water well and wastewater systems, comes great responsibility. You oversee the upkeep of your water and wastewater systems, not a municipality. While your immediate family should be familiar with how to avoid

undue stress on these systems, your guests likely are not. It’s always good to have a refresher on the best daily practices when it comes to your private water and wastewater systems. With everyone in the know of the best daily practices, you will help each system perform efficiently despite the increased demands on both while having additional house guests.

Water conservation and staggering of higher water demands throughout the day can have a positive impact in reducing strain on both your well and wastewater systems.

- Check for and fix any leaky indoor or outdoor water fixtures such as faucets/hydrants, shower heads or continuously running toilets. Consider replacing older

water fixtures with new, low-water usage ones before having a house full of guests.

- Ask everyone to take quick showers and stagger water usage by having some take morning showers while the others take evening showers.
- Lessen wasted water going down the drain by reminding everyone to turn off the water while brushing teeth, washing hands/face or shaving.
- Combine smaller loads of laundry and only do one or two loads per day.
- Run the dishwasher and/or washing machine at night when water use is at its lowest.

Minimizing solids within your wastewater will improve your wastewater system’s performance. Solids add to the organic load in the system

and too much organic matter can produce an unbalanced system, resulting in inadequate treatment. Problems can include clogged pipes, clogged filter screens or a clogged and/or saturated drain field.

- When you have a house full of people, it’s wiser to choose composting or the trash over using the garbage disposal to get rid of items such as vegetable skins and trimmings.
- Do not dispose of cooking oils or grease from the cooking of meats by pouring them down the drain at any time; rather pour into a disposable container, refrigerate until solid and put in the trash.
- Avoid flushing items even if they say flushable, such as paper towels, napkins or facial

tissue, wet wipes/feminine hygiene items, baby/adult diapers, cotton balls/pads/swabs, dental floss, hair and cigarette butts.

By reminding your immediate family of these best daily practices and educating your guests about them, you help to ensure your water and wastewater systems will not be to blame for a potentially messy and costly disruption of your holiday festivities.

This article contains some content originally written by Meghan Sittler, former Extension Educator.

FOR MORE INFO

To find more information on maintaining your water well and wastewater systems, see Nebraska Extension’s resources at <https://water.unl.edu/residential-water-use>

DORMANT LAWN SEEDING

By Sarah Browning, Extension Educator in Lancaster County

Traditionally, we think of seeding lawns in either spring (April–May) or fall (August–September). Of these two planting times, fall is the most successful. With a fall seeding, there's less weed pressure than in spring, and late summer weather is less problematic (think rainy) during the soil preparation phase. Plus, the extended period of cool weather, usually with good rainfall, that occurs from September through late November is ideal for growth of cool season turfgrasses.

But increasingly, turf specialists are recommending a new option — dormant seeding. With this method, the area is prepared in fall but the seed is not distributed until after the growing season has ended. Seed remains in place, but does not begin to grow until soil temperatures are warm enough for germination in mid–April.

Dormant seeding has several benefits. First, soil preparation can be done at your leisure during dry fall conditions. There's no rush to get the work done in a short window of time in spring between frozen soil and wet soil. Dormant seeded turf grows well and fills in during cool spring weather, preventing much of the potential invasion by weeds. Finally, plants have more time to develop vigor and hardiness before hot summer conditions arrive, making them more able to tolerate summer stresses.

Soil Preparation Creates a Good Seedbed

The actual process of seedbed preparation is the same as other times of the year, but dormant seeding is most effective when soil preparation, such as core aeration, power–raking, tilling or some other form of cultivation is done in fall. Simply broadcasting seed and allowing it to work into the soil naturally through frost–heaving, might be effective; but having soil preparation done first to improve seed to soil contact,

is important for successful dormant seeding.

Prepare small areas by hand raking to remove excess dead top growth and loosen the soil surface. Aeration is the best technique for preparing larger areas. It opens up the soil and provides a good surface for seed germination. Seeds that fall into the aeration holes will germinate and grow well; there is no need to topdress or fill in the holes before seeding.

Power raking can also be used to prepare the site, but is more damaging to existing turf. The only benefit to power raking over aeration is it can help reduce excess thatch if more than a 1/2–inch thatch layer is present. If power raking is used, go over the turf lightly only deep enough to penetrate the top 1/4–inch of soil.

Seeding

Once seedbed preparation is done, dormant seeding can take place from mid–December through mid–February. Ideally soil temperatures should be 40°F or below to ensure seeds will not germinate. Since the seed needs to have good soil contact, don't apply seed over snow. Dormant seeding should be done no later than March 15.

The seeding rate for new, bare lawn areas is as follows: Kentucky bluegrass 2–3 pounds per 1,000 square feet and tall fescue 6–8 pounds per 1,000 square feet.

The amount of seed applied when overseeding into a thin lawn is usually half the amount used for bare ground. Kentucky bluegrass should be applied at 1–2 pounds per 1,000 square feet and tall fescue at 3–4 pounds of seed per 1,000 square feet. When working with small amounts of seed, mix sawdust, dry sand, organic fertilizer or any other suitable material with the seed to aid in obtaining uniform coverage.

Weed Control

Applying a pre–emergent herbicide for weed control can be done with new seedings, but use only the pre–emergent herbicides siduron, commonly sold as Tupersan, or mesotrione, sold as Tenacity. These herbicides will provide

good control of annual grassy weeds like crabgrass and foxtail, yet still allow the grass seed to germinate.

Apply pre–emergent herbicide between mid–April and the first week of May. Several days of soil temperatures 55°F or above are required for crabgrass and foxtail seeds to germinate. Be sure the pre–emergent herbicide is in place before that time. Monitor your local soil temperature at Nebraska Extension's Hort Update, <http://hortupdate.unl.edu>.

For new seedings, use the lower recommended rate and repeat the application one month later.

Watering

Don't rely solely on spring rain for germination of your new seeding. Begin watering the seeds 2–4 times per day in late April to ensure good germination. Base your watering schedule on weather conditions and how fast the soil dries. Water frequently enough to keep the top 1/2–1 inch of soil moist, but avoid over–watering and saturating the area.

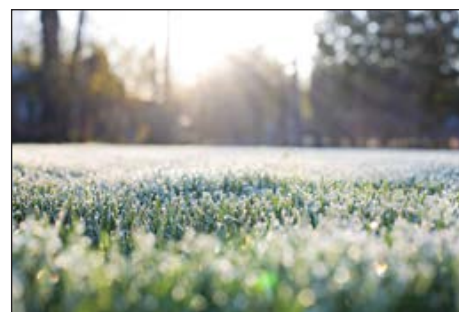


Photo by Pixabay

Stay off frozen or frosted turf when doing aeration or soil prep until the frost has melted.

Watch Winter Weather Conditions

One risk involved with dormant seeding is warm winter and early spring temperatures. If conditions cause seed to germinate and are followed by a cold period, seedlings may be killed. Continuous snow cover provides the best protection for seeds.

Monitor seeded areas in mid–spring for the need to do additional overseeding, but give the seeds plenty of time to germinate.

GARDEN GUIDE THINGS TO DO THIS MONTH

By Mary Jane Frogge, Extension Associate in Lancaster County

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

House plants with large leaves and smooth foliage such as philodendrons, dracaena and rubber plant, benefit if their leaves are washed with a damp cloth to remove dust.

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

Winter is a good time to start reviewing your garden notes to help with next year's plans.

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

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

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

Minimize traffic on a frozen lawn to reduce winter damage.

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

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

Place live Christmas trees away from fireplaces, radiators, heat vents and anything else that could dry the needles. Keep your Christmas tree well watered from the time it is brought home until it is discarded.

4-H Thanks 2021 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 2021 4-H year. This support enhances the educational experience of the 4-H youth. 4-H also thanks all of the volunteers who donate their time and talents to help enrich the lives of 4-H youth!

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Yarn Guild - Lincoln
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FARMLAND TRENDS AND LEASE CONSIDERATIONS FOR 2022 Workshop

Wednesday, Dec. 1, 10:30 a.m.—1:30 p.m.
Lancaster Extension Education Center,
444 Cherrycreek Road, Lincoln

Extension Educators Allan Vyhnaek & Jim Jansen will cover:

- Cash rental rates & land values
- Utilizing flex-lease arrangements
- Good communications and lease arrangements
- Agricultural land succession and transition
- Overview of Farm Service Agency Programs for landowners

Workshop is free, but please register by Monday, Nov. 29 by calling 402-441-7180.

Free lunch courtesy of United Farm and Ranch Management

Upcoming Early Childhood Trainings

The Early Childhood Team is currently offering a variety of free or low-cost VIRTUAL trainings for child care providers. To learn more about the trainings and to sign up, go to <http://go.unl.edu/onlinepd>.

- Monday, Nov. 1, 1 p.m. OR 7 p.m.: An Introduction to Observing and Assessing Young Children's Learning and Development
- Monday, Nov. 15, 1 p.m. OR 7 p.m.: Family Engagement Series - Communicating With Families
- Tuesday, Nov. 23, 1 p.m. OR 7 p.m.: Stress Less During the Holiday Hustle
- Monday, Dec. 13, 1 p.m. OR 7 p.m.: Family Engagement Series - Celebrating With Families

Ag Society Annual Election & Meeting

The Lancaster County Agricultural Society (which acts as the Fair Board) will hold its Annual Meeting and Board election on Thursday, Dec. 16 at the Lancaster Event Center Fairgrounds, 4100 N. 84th St, Lincoln NE 68507, in the Lincoln Room on west side of fairgrounds. Voting will take place 5:30-6:30 p.m. for three positions on the Lancaster Agricultural Society Board (three-year terms). Any registered voter in Lancaster County may vote. The Annual Meeting, starting at 6:45 p.m., is an opportunity for the public to learn more about the Super Fair and the Lancaster Event Center Fairgrounds and hear the election results.

Any Lancaster County resident interested in running for a position on the board must submit a short biography with a photo to arrive at the Lancaster Event Center office by Wednesday, Nov. 10 in order to be placed on the ballot.

For more information, visit www.LancasterEventCenter.org and click on "About Us/Public Notices" or contact Ag Society Board President Kendra Ronnau at 402-450-1711 or Pres@LECFairgrounds.org.



HEART OF 4-H VOLUNTEER AWARD

Jamie Wood

Lancaster County 4-H is proud to announce Jamie Wood of Waverly as winner of the November "Heart of 4-H Award" in recognition of outstanding volunteer service.

Jamie has volunteered about 15 years as a superintendent of the 4-H Food & Nutrition areas at the Lancaster County Super Fair. She first volunteered with her mother at the fair because her mother is a long-time friend of Barb Suing, the lead superintendent of the food areas. Helping at fair became an annual mother-daughter experience for them, and eventually, Jamie became a superintendent. This year, Jamie's son helped at the fair, so the "family affair" continues into the next generation. Jamie has also helped at 4-H Council's food stand at county fair.

"I like being a 4-H volunteer because I enjoy seeing how excited kids get when talking about their projects," Jamie says. "I've seen a lot of youth grow up over the years and have enjoyed getting to know them."

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



HEART OF 4-H VOLUNTEER AWARD

Julia Plugge

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

A parent volunteer for three years, Julia assists with the Happy Go Lucky and Country Pals 2.0 4-H clubs. She has taught several workshops at 4-H Clover College and is Superintendent of the 4-H Bucket Calf Show at the Lancaster County Super Fair. Active in the 4-H/FFA Livestock Booster Club, Julia helps organize the 4-H/FFA Purple Ribbon Livestock Premium Auction at the Super Fair.

She says, "I clearly remember volunteers who were influential when I was a 4-H'er myself. Volunteers are key in making youth successful not just at the fair, but year-round. As an adult, I now see it is my turn to make a positive impact on the program, while sharing my passion and talents. My favorite experience as a 4-H volunteer thus far, was seeing the smiling faces on the exhibitors' faces as they went through the Premium Auction. This year, the Livestock Boosters' volunteers did an amazing job collecting a record amount of donations before the fair and during the auction. Those dollars in return were awarded to the exhibitors for their hard work."



Slime, Jelly Worms & Goo: Food Science 4-H Workshop, Dec. 4

All youth ages 8–18 are invited to slip into their lab coat and be a scientist at the Slime, Jelly Worms & Goo: 4-H Food Science Workshop to be held Saturday, Dec. 4, 9–11:30 a.m. at the Extension Education Center, 444 Cherrycreek Road, Lincoln. Workshop will be taught by Trevor Kauer, a University of Nebraska–Lincoln graduate student, who taught last year's 4-H Food Science workshop.

Lab coats and personalized lanyards will be provided as well as the supplies for the fun experiments. No registration fee. Register by Monday, Nov. 15 by calling 402-441-7180 or emailing kristin.geisert@unl.edu. Please give your shirt size when registering. Please indicate if your child has a lab coat from last year that still fits, so another coat is not ordered.

Note early registration deadline so lab coats can be ordered. Current directed health measures will be followed.

Finger Knit 4-H Workshop, Dec. 11

All youth ages 8–18 are invited to learn how to finger knit a scarf at the Finger Knit & Fiber Arts 4-H Workshop on Saturday, Dec. 11, 1:30–3 p.m. at the Extension Education Center, 444 Cherrycreek Road, Lincoln. Explore how to drop spindle yarn and other fiber arts concepts. Guest presenter is Pennsylvania 4-H Alum and UNL Textile Science student, Alyssa Neff. Register by Monday, Dec. 6 by calling 402-441-7180 or emailing Kristin at kristin.geisert@unl.edu. No registration fee. All supplies will be provided. Parents/adults are encouraged to attend to help younger youth. Current directed health measures will be followed.

4-H Specialty Clubs Invite New Members

Several Lancaster County specialty 4-H clubs are looking for new 4-H members. For more information about these clubs, go to <https://go.unl.edu/specialty> or call 402-441-7180.

4-H TEEN COUNCIL LEADERSHIP ORGANIZATION — for youth in 7th–12th grade. Meetings are held the second Sunday of each month, September through April, at 3 p.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road.

4 ON THE FLOOR DOG CLUB — for youth ages 9–18 will start on Monday, Jan. 10 at the Lancaster Event Center Fairgrounds, 4-H office located by Pavilion 3. Meetings will be held every Monday at 6:15 p.m.

RABBITS R US & SOUTH PRAIRIE RABBIT CLUBS — two Lancaster County 4-H clubs focus on rabbits, as well as a variety of other projects. Open to all youth ages 8–18.

PET PALS — for youth ages 8–18 and their small animals! Meetings to be arranged.

CAT CLUB — new Lancaster County cat club with new leaders. Meetings to be arranged.

LINCOLN SHOOTING STARS — open to all youth ages 8–18. Club meetings are Wednesday evenings 5:30–8 p.m. at the Nebraska Game & Parks Outdoor Education Center, 4703 N. 44th St., Lincoln.

2021 4-H Horse Awards Night

The 2021 4-H Horse Awards Night, held Sept. 30, recognized top achievements at the Lancaster County Super Fair and other accomplishments throughout the past year. Congratulations to all Lancaster 4-H equestrians for your outstanding accomplishments! Additional results, video and photos are online at <https://lancaster.unl.edu/4h/horseawards>.

HORSEMANSHIP ADVANCEMENT LEVELS

The Nebraska 4-H Horsemanship Advancement Levels program is designed to serve as a guide for instruction and evaluation of each member's progress. The correct handling of horses is emphasized from the beginning level to the most advanced level.

Level I Ground/In-Hand — Hannah Chevalier, Quinn Reid, Emma Riley, Collin Schepers

Level I Walk/Trot — Maria Polk, Hollynn Hudson, Meg LaPlante, Mia Manning, Stella Pederson, Ozzie Pederson, Paige Schepers, Paige Schmickrath, Aylviona Sigowa

Level I — Avery Black, Thaxton Bourek, Xayver Bourek, Easton Byrne, Gemma Bunz, Lilee Chevalier, Lillie Dixon, Brogen Frink, Isabella Garrett, Maxl Gorham, Sloane Gorham, Violet Green, Lena Gropp, Claire Heinze, Lauren Johnson, Kamree Leader, Mia Maranville, Mary Miranda, Emma Miranda, Hannah Munk, Tinsley Perry, Claire Polk, Taeva Taylor, Ava Wharton

Level II — Lillie Dixon, Sydnee Fijolek, Maxl Gorham, Sloane Gorham, Violet Green, Cayleigh Harre, Kayla Isaacs, Zoey Jamison, Mia Maranville, Addi Morgan, Savannah Wubbels

Level III — Sidney Froistad, Addison Gropp, Josie Johnson, Addi Morgan, MaKenna Morgan, Savannah Wubbels

INCENTIVE AWARDS

4-H'ers logged the hours they spent working with or learning about horses. The more hours invested, the more valuable the reward!

Silver (minimum of 225 hours or points) — Vyvian Alstrom, Brooklyn Blunt, Liz Boshart, Gemma Bunz, Lola Bunz, Kaiah Colson, Makena Colson, Lillie Dixon, Sidney Fijolek, Brogen Frink, Shea Frink, Lena Gropp, Lyra Krutak, Tinsley Perry, Ameila Proffitt, Max Roberts

Gold (minimum of 390 hours or points, and completed horse record book) — Scarlett Battles, Ellie Bunz, Michaela Bunz, Easton Byrne, Kaitlyn Dumler, Kiara Eppenbach, Addison Gropp, Natalie Plautz, Morgan Richert, Callahn Robinson, Morgan Roof, Ava Smith, Julia Soukup, Claire Tucker, Ava Wharton, Ella Wiczorek, Lily Woolledge

SPECIAL RECOGNITION AWARDS

Top Horsemanship Levels — Lillie Dixon, Violet Green, Mia Maranville, Addi Morgan, Savannah Wubbels

Top Incentive Stories — Scarlett Battles, Liz Boshart, Ellie Bunz, Lola Bunz, Lena Gropp, Natalie Plautz

Top Incentive Notebooks — Kiara Eppenbach, Lena Gropp

TOP AWARDS

Bluestem All-Around Miniature Horse Award for high point 4-H miniature horse and youth pair in two age divisions at the Lancaster County Super Fair, sponsored by the Bluestem Miniature Horse Club — Senior: Ava Wharton (horse "D.M. King Chipette"); Junior: Kiara Eppenbach (horse "Lit Bit O Country Levi")

High Score Dressage Rider Awards for high score riders in the 4-H Dressage Show in both the dressage classes and the western dressage classes at the Lancaster County Super Fair, sponsored by Nebraska Dressage Association — high score dressage riders: Alexa Starnier (champion) and Skylar Frisbie (reserve champion); high score western riders: Lyra Krutak (champion) and Sidney Froistad (reserve champion)

Lowell Boomer High Point Jumping Award for the all-around champion in the 4-H jumping classes at the Lancaster County Super Fair — Anne Cashmere



Horse Incentive Silver (above) and Gold (below) award recipients.



Top NRHA Reining Awards for highest NRHA pattern score in each age division at the Lancaster County Super Fair 4-H Reining competition, sponsored by Dr. Kelly Stich (this year, two age divisions qualified) — Senior: Sidney Froistad; Junior: Scarlett Battles

Top Trail Award for all-around champion of the Lancaster County Super Fair 4-H Trail obstacle class, sponsored by Dick and the late Cookie Confer — Caroline Higgins

Franklyn Manning All-Around Barrels Award for fastest time in the Lancaster County Super Fair 4-H Barrel Racing competition, sponsored by Capital City Horse and Pony Club — Lillie Beach

All-Around Cowboy/Cowgirl Award — age division awards for most total points scored from specified classes at the Lancaster County Super Fair — Senior: Clara Bradbury; Junior: Natalie Plautz; Elementary: Violet Green

All-Around Ranch Horse Awards — age division awards for All-Around Ranch Horse at the Super Fair are sponsored by Olive Creek Acres Performance Horses — Brian and Shannon Vogler (this year, only one age division winner used the same horse in all three events) — Senior: Natalie Plautz (horse "Poco's Lucky Kandi")

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

JUDGING CONTEST

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

Senior Division: Rayley Burnside (champion), Ellie Bunz (reserve champion), Erin Oldemeyer (3rd), Emmi Dearmont (4th), Julia Soukup (5th), Kali Maytum (6th), Lilee Chevalier (7th), Emily Kerbs (8th), Emma Miranda (9th), Samantha Fox (10th)

Junior Division: Faith Oldemeyer (champion), Sydney Docter (reserve champion), Taylor Root (3rd), Caroline Higgins (4th), Lily Woolledge (5th), Elizabeth Funk (6th), Bailey Docter (7th), Ava Smith (8th), Tayler Docter (9th), Sydnee Fijolek (10th)

Elementary Division: Lola Bunz (champion), Kiara Eppenbach (reserve champion), Lena Gropp (3rd), Easton Byrne (4th), Greta Rogers (5th), Maria Polk (6th), Hannah Chevalier (7th), Meg LaPlante (8th)

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

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

PAPER BASKET WORKSHOP, NOV. 6

4-H youth ages 8 and up are invited to engineer and construct a woven paper basket using recycled newspapers and wire on Saturday, Nov. 6 from 9 a.m.–12 p.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln. No cost to attend. Learn paper weaving techniques to make a home décor basket. Adults are encouraged to attend to help, especially if their child is 8 or 9 years old. Register by Monday, Nov. 1 by calling 402-441-7180 or emailing kristin.geisert@unl.edu. Bring a needle-nose wire cutter for cutting wire. All other supplies will be provided.

LIVESTOCK BETTER FAIR MEETING, NOV. 9

All Lancaster County 4-H/FFA beef, bucket calf, poultry, sheep, swine, goat, dairy and llama/alpaca members, families and volunteers are invited to a 4-H/FFA Livestock Better Fair Meeting on Tuesday, Nov. 9, 6 p.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln. This is an opportunity to discuss changes for the 2022 Lancaster County Super Fair livestock shows. Please bring any changes, concerns or constructive resolutions which will make next year's fair better! Please RSVP by Monday, Nov. 8 by emailing calvin.devries@unl.edu or calling 402-441-7180.

4-H AWARDS & SCHOLARSHIP FORMS DUE JAN. 3

Many Lancaster County 4-H award forms and college scholarship applications are due Jan. 3. Recipients will be announced at Lancaster County 4-H Achievement Celebration on Tuesday, Feb. 15, 2022. Forms are available at <http://go.unl.edu/4has> and the Extension office. Families and club leaders are encouraged to submit photos related to award application accomplishments to <http://go.unl.edu/Lan4HPic> by Jan. 3. These photos may be used in the Year in Review video and multimedia presentation at Achievement Celebration.

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

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Super Fair 2022 Dates

Save the dates! The 2022 Lancaster County Super Fair is scheduled for Thursday, July 28–Saturday, Aug. 6 at the Lancaster Event Center Fairgrounds. 4-H/FFA exhibits and events will be Thursday, July 28–Sunday, July 31. 4-H Horse Shows are planned for Wednesday, July 27–Sunday, July 31.



EXTENSION CALENDAR

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

October

23 Composting Demonstration, Pioneers Park Nature Center's backyard
composting demonstration area **10–11 a.m.**

November

2 Youth Science Day for Homeschooled Youth 9–11:30 a.m.
2 4-H Council Meeting 6 p.m.
4 Pesticide Applicator Nebraska Department of Agriculture
Walk-In Testing Session 9 a.m.–2 p.m.
6 4-H Basket Making Workshop 9 a.m.
9 4-H/FFA Livestock Better Fair Meeting 6 p.m.
11 Extension Office Closed for Veterans Day
12 Extension Board Meeting 8 a.m.
14 4-H Teen Council Meeting 3 p.m.
25–26 Extension Office Closed for Thanksgiving Holiday

December

1 Farmland Trends and Lease Considerations for 2022
Workshop 10:30 a.m.–1:30 p.m.
2 Pesticide Applicator Nebraska Department of Agriculture
Walk-In Testing Session 9 a.m.–2 p.m.
4 Slime, Jelly Worms & Goo: 4-H Food Science Workshop 9–11:30 a.m.
10 Extension Board Meeting 8 a.m.
11 Finger Knit & Fiber Arts 4-H Workshop 1:30–3 p.m.
12 4-H Teen Council Meeting 3 p.m.
24 Extension Office Closed for Christmas Holiday
31 Extension Office Closed for New Year's Day Holiday

EXTENSION NEWS

Two Extension Staff Named Finalists for Inspire Awards

The Lincoln Journal Star's 2021 Inspire Awards: Celebrating Women Leaders were recently announced. The awards honor outstanding women in 11 different categories who have excelled, not only in their professional lives, but as leaders and role models. There were over 200 nominations this year. Two staff members at Nebraska Extension in Lancaster County were finalists!

Extension Educator **Jaci Foged** was one of five finalists for Excellence in Education. Jaci is on Extension's statewide Early Childhood Team. She provides training and coaching to local childcare providers and families of children birth to 8 years of age. Some of the statewide programs Jaci contributes to are Cultivating Healthy Intentional Mindful Educators (CHIME), Look Who's Hatching and Read for Resilience.

Extension Associate **Brie Frickenstein** was one of five finalists for Excellence in Philanthropy. Brie is part of the Supplemental Nutrition Assistance Program Education (SNAP-Ed) and her outreach includes youth at Title 1 LPS elementary schools and adults at various homeless shelters, substance abuse treatment centers and farmers markets. Brie is passionate about increasing equitable healthy food access to those in need.



(L-R) Jaci Foged and Brie Frickenstein

New Extension Staff Member

Nebraska Extension in Lancaster County recently hired a new staff member who will help support Extension's local programs.

Erin Laïs began working as a county Clerk Typist II in September. Erin will mainly assist with administrative duties and support the Early Childhood and Food, Nutrition & Health programs. Erin has spent the last 2-1/2 years in administrative/clerical roles and is currently pursuing a degree from Southeast Community College in Criminal Justice.



Erin Laïs