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4-H Horse Program Grows Youth for Life

Kate Pulec

Extension Assistant, Lancaster County

The horse is an animal that has provided people with many different services throughout history, from transportation, to agriculture, to recreation. A 2017 economic impact study of the United States horse industry estimated there are about 7.2 million horses in the U.S. and 180,000 of those horses reside in Nebraska. The horse industry currently contributes approximately \$50 billion in direct economic impact to the U.S. economy and roughly 988,394 jobs (American Horse Council Foundation, 2018).

Horses in the 4-H program provide youth with an even more important opportunity: the opportunity to gain life skills and lifelong friendships.

About the 4-H Horse Program

The mission of Nebraska 4-H is to empower youth to reach their full potential, working and learning in partnership with caring adults. Young people learn best when they are involved in their learning. The Lancaster County 4-H horse program does just that. Participation in the 4-H horse project and non-riding competitive horse-related contests are tools for youth to develop life skills such as leadership, sportsmanship and handling pressure while simultaneously enhancing their horse knowledge (Anderson and Karr-Lilienthal, 2011).

Lancaster County's 4-H horse program is the largest in the state, with over 165 youth from ages 8–18 enrolled in the horse project. These youth have the opportunity to participate in many riding and non-riding horse events throughout the 4-H year on a county, state and national level. Some events include district



and state horse shows, horse judging and hippology contests, horsemanship advancement level testings, hands-on learning clinics and shows.

This year, youth participated in the Lancaster County horse program by joining one of the 21 horse clubs or participating as an independent member. Youth are required to provide their own horse. Raising an animal develops life skills such as goal setting, discipline, problem solving and a sense of responsibility. By working with their peers, caring adult volunteers and leaders in the horse program and community, youth develop positive learning experiences, teamwork skills and improve communication skills.

Learning/Growing Opportunities

The 4-H horse program begins by offering youth the opportunity to learn basic horsemanship knowledge, safety and skills, and then be tested on it. Youth use research-based curriculum created by Nebraska Extension which is broken down into four horsemanship advancement levels. As the levels increase, so does the knowledge and skill required to pass.

Youth can showcase the skills they have learned from level testing and clinics at local 4-H shows, including

the Lancaster County Super Fair. The Lancaster County Super Fair holds the longest county fair horse show in the state. In 2019, the Super Fair 4-H horse show featured 44 events spanning six days, with 109 horse exhibitors competing in 1,046 total entries. Each of the classes require different levels of horsemanship skills and ability along with different riding disciplines. Some of the shows include Dressage, Hunter Jumper, Roping, Western, English, Miniature Horse, Trail and Games (speed events). Youth are encouraged to educate fairgoers about their 4-H horse project.

Lancaster County also offers a horse incentive program that allows youth to track the hours they spend doing horse-related activities. The goal is for the youth to learn organizational and record keeping skills, set goals, provide community service and show dedication to their project.

Growing Life Skills

It is through all of these efforts that youth in the 4-H horse program have the opportunity to become true leaders and inspire others in our community. Youth who excel in horsemanship skills demonstrate a positive relationship in developing life skills such as decision making, thinking, communicating, goal setting

and problem solving (Smith et al, 2006).

Hannah Ronnau, a former 4-H horse program youth member, says, "Lancaster County's horse program gave me numerous valuable opportunities to improve my skills as an academic and an equestrian. Through district, state and national competitions, I learned how to study effectively, communicate to different audiences and manage time. It taught me how to successfully be part of a team."

Ivy Dearmont, a former 4-H horse program youth member, says, "Everyday I find myself being grateful that I was a part of Lancaster County's horse program. I am often reminded that this program helped me learn responsibility, perseverance and sportsmanship. It even helped guide me to the career path that I am in today!"

References:

- American Horse Council Foundation (2018). *Economic Impact of the U.S. Horse Industry*. Available at www.horsecouncil.org/resources/economics.
- Anderson, K. P. Karr-Lilienthal, L (2011). *Influence of 4-H Horse Project Involvement on Development of Life Skills*. *Journal of Extension*. [On-line], 49, 5 Article 5LAW2. Available at www.joe.org/joe/2011october/iw2.php.
- Smith, C. E. Swinker, A. M, Comerford, P. M, Radhakrishna, R. B., & Scheidt-Hoover, T. S. (2006). *Horsemanship and life skills of youth in horse programs*. *The Professional Animal Scientist*. 22(1):89-93.

National-Level Horse Knowledge

Lancaster County 4-H has had over 49 youth compete at the Western National Roundup contest in Denver, Colorado. Lancaster County youth have competed every year at nationals since 2011 in contests such as horse quiz bowl, horse judging, public speaking, demonstration and hippology. Once again, in January of 2020, a team of four Lancaster County youth will compete in the national hippology (horse knowledge) contest.

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Nebraska Extension in Lancaster County
444 Cherrycreek Road, Suite A
Lincoln, NE 68528
402-441-7180
<http://lancaster.unl.edu>



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Lincoln, NE 68528
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UNIT LEADER & EXTENSION EDUCATOR

Karen Wobig

ADMINISTRATIVE SERVICES OFFICER

Jenny DeBuhr

EXTENSION EDUCATORS

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

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NEBLINE

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Thanksgiving Food Safety

Cindy Brison, MS, RDN
Extension Educator,
Douglas-Sarpy Counties

Thanksgiving is a time for families to gather and enjoy each other — not suffer from food poisoning! Here are a few tips to keep your family healthy:

- The United States Department of Agriculture (USDA) recommends thawing the turkey in the refrigerator. It takes 24 hours for every 5 pounds of turkey, not including the day you cook it. Therefore, a 20–24 pound turkey would take 6 days to thaw.
- Do not stuff your turkey. Place stuffing in a separate bowl to cook.
- USDA recommends an oven temperature no lower than 325°F for cooking a turkey along with using a thermometer to make sure the thickest part of the turkey reads 165°F. A 20–24 pound turkey may take about 5 hours to cook.
- Avoid cross-contamination by using separate cutting boards, plates and utensils when handling raw turkey. Wash items that have touched raw meat with warm soap and water, or place them in a dishwasher.
- Refrigerate leftovers within



two hours to prevent bacteria from growing on the food. Eat leftovers in the refrigerator within 3–4 days. Use the freezer to store leftovers for longer periods.

- Do not over-fill your refrigerator as it causes it to work too hard and may not keep it at 40°F or below.

Healthy Holiday Safety Tips

- Frequently wash your hands with warm water and soap for 20 seconds.
- Use a calibrated food thermometer.
- Clean out your refrigerator the week before Thanksgiving to make room for thawing items and storing leftovers.
- Store leftovers in shallow containers to decrease cooling time. This prevents food from spending too much time at

unsafe temperatures.

- Do not prepare food when you are ill.
- Simplify the day by preparing foods the day before.
- Keep leftovers in a cooler with ice or frozen gel packs if the food is traveling home with a guest who lives more than two hours away.

Sources:

1. *Thanksgiving Food Preparation and Food Safety Tips*, Nebraska Extension
2. *Turkey*, [Foodsafety.gov](http://foodsafety.gov)
3. *Thanksgiving*, [Foodsafety.gov](http://foodsafety.gov)

This article has been peer-reviewed.

FOR MORE INFORMATION

Nebraska Extension has compiled numerous resources on Thanksgiving food preparation and food safety tips at <http://go.unl.edu/thanksgivingtips>



RECIPE OF THE MONTH

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

I'm highlighting this recipe by Cami Wells, Extension Educator in Hall County, because it is a quick and tasty recipe to enjoy at breakfast or as a snack. Make them anytime and freeze to enjoy on Thanksgiving without extra prep work during the holiday.

PUMPKIN WHOLE WHEAT PANCAKES

(Makes 10–12 pancakes)

- 2 eggs
- 2 tablespoons vegetable oil
- 1-1/2 cups low-fat milk
- 3/4 cup canned pumpkin or pumpkin puree (not pumpkin pie filling)
- 2 tablespoons brown sugar
- 1 cup all-purpose flour
- 1 cup white whole-wheat flour
- 2 tablespoons baking powder
- 1/2 teaspoon pumpkin pie spice
- 1 teaspoon cinnamon

1. Wash hands with soap and water.
2. Break eggs into a clean, medium bowl and beat with a fork. Wash hands with soap and water after cracking raw eggs.
3. Add the oil, milk, pumpkin and brown sugar to the bowl with the eggs. Combine all-purpose flour, whole wheat flour, baking powder and spices in a small bowl.
4. Add dry ingredients to pumpkin mixture. Stir until combined. Pour 1/4 cup of batter for each pancake on a lightly oiled and heated griddle or skillet.
5. Cook until the pancakes are full of bubbles and the under-surface is lightly browned. Use a spatula and flip. Lightly brown the other side. Refrigerate leftovers.

Each pancake contains 128 calories, 3.5 g total fat, .7 g saturated fat, 21 g carbohydrate, 4.4 g sugars, 2 g fiber, 270 mg sodium, 4.7 g protein.

Notes:

- These pancakes are soft and moist — perfect finger-food for little ones when cut into bite-sized pieces.
- You can substitute regular whole wheat flour for the white whole wheat flour listed in the recipe.
- Try freezing leftover pancakes by simply placing in a freezer bag and popping in your freezer. The frozen pancakes can be heated in the microwave or placed in the toaster for a quick breakfast or snack.



Cami Wells, Nebraska Extension in Hall County

Successful Farmer Series Starts Jan. 10

Mark your calendars for the 2020 Successful Farmer Series, which will be held weekly on Fridays starting Jan. 10 and ending Feb. 14. All sessions will be 9–11:30 a.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln.

This is the fifth year for the series and there is another excellent lineup of presentations. Topics will include ag policy, markets, pests, weather, cover crop programs and more. The multiple topics and events allow you to pick the topics most relevant to you and your operation. This is a great opportunity to learn from University of Nebraska–Lincoln experts and visit with other producers in the area.

The cost is \$5 per session or \$15 for the entire series. Refreshments will be provided.



A panel discussion at a 2019 Successful Farmer Series workshop.

Registration at least two days before the workshops is appreciated by registering online at <https://lancaster.unl.edu/ag> or contacting Karen Wedding at kwedding2@unl.edu or 402-441-7180. Pay at the door, check or cash. Debit/credit

card payment is available for an additional fee.

The series will be live-streamed for free — register for a link. CEU credits will be available for certified crop advisors attending in person.

Produce Safety Workshop, Nov. 19

The Nebraska Department of Agriculture, in cooperation with Nebraska Extension in Lancaster County, will present Practical Applications of FSMA on the Farm: A Produce Safety Workshop at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln on Tuesday, Nov. 19 at 8:30 a.m. This workshop is for everyone: produce growers, Extension staff, inspectors and industry.

Seating is limited. Register online at <http://bit.ly/PSWorkshopRegistration>. Cost is \$15 per person and includes lunch. Please bring cash or

check with you or send a check to: Nebraska Department of Agriculture, P.O. Box 94757, Lincoln, NE 68509-4757.

Join the discussion and learn about:

- Motivating workers to make safer choices.
- Collecting water samples and understanding the results.
- Unique approaches to pest and wildlife management.
- Water well structures — maintenance, contamination prevention, proper backflow devices.
- Individualized farm food safety plans.

A block of rooms has been reserved at the Graduate hotel in Lincoln. Attendees can make reservations at <http://bit.ly/PSW-Block> or by contacting the Graduate hotel at 402-475-4011 and obtain a room under the room block FSMA workshop.

This workshop DOES NOT meet the requirements for participants to receive a Produce Safety Alliance (PSA) grower certificate.

If you have questions, contact Caitlyn Andrews, NDA Produce Safety Specialist at 402-471-2537 or email caitlyn.andrews@nebraska.gov.

Upcoming Green Industry Conferences

NEBRASKA TURFGRASS CONFERENCE

JANUARY 7–9, 2020

NEBRASKA TURFGRASS ASSOCIATION

Location: La Vista Conference Center,

12520 Westport Pkwy, La Vista, NE 68128

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



GREAT PLAINS GROWERS CONFERENCE

JANUARY 9–11, 2020

A CONFERENCE FOR BEGINNING & SEASONED GROWERS

Hosted by University Extension from Mo., Kan., Neb. and Iowa

Location: Missouri Western State University, 4525 Downs Dr., St Joseph, Mo.

The conference will focus on a wide range of topics for both fruit and/or vegetable growers.

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

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

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



EXTENSION RESOURCES

flood.unl.edu

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Pesticide Applicator Trainings

If you have a pesticide applicators license — 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.

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. Cost is \$80 per online preregistration or \$90 per mail, fax and at-the-door registration. Trainings at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln will be:

- Initial trainings starting at 8:30 a.m. — Feb. 4, Feb. 27, March 17 and April 9.
- Recertification trainings starting at 9 a.m. — Feb. 6, Feb. 20 and March 26.

Testing-only option — Take a written, closed-book exam given by the Nebraska Department of Agriculture. Visit www.nda.nebraska.gov/pesticide/applicator_testing.html for dates, times and locations. Free.

Pearson VUE testing — Take a computer-based test provided by the Nebraska Department of Agriculture. No training is given with this option; testing only. Not all categories are offered, so visit www.nda.nebraska.gov/pesticide/pearson_vue_testing.html for categories, dates, locations and registration. Cost \$55 per exam. (Multiple categories are each charged the full fee.)

Crop Production clinics (recertification only) — Categories Ag Plant, Regulatory or Demonstration/Research can use this option. Visit <http://agronomy.unl.edu/cpc> for a clinic listing and registration. Cost \$80 per participant, includes lunch and training materials.

Private Applicators

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

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

Crop Production Clinics — Receive initial or recertification training. Visit <http://agronomy.unl.edu/cpc> for a clinic listing and registration. Crop Production Clinics held in southeast Nebraska will be Friday, Jan. 10 in Beatrice; Tuesday, Jan. 14 in York and Wednesday, Jan. 15 near Mead. Cost \$80 per participant, includes lunch and training materials.

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

Testing-only option — Take a written, closed-book exam given by the Nebraska Department of Agriculture. Visit www.nda.nebraska.gov/pesticide/applicator_testing.html, then scroll down to NDA Walk-In “Testing Only” Sessions for locations and dates. Times are 9 a.m.–2 p.m. Free.

A New Can of Worms: Asian Jumping Worms

Jody Green, PhD
Extension Educator

It is often debated whether worms are friends or foes. It depends on the specific context and number of worms in a given environment. Vegetable gardeners may welcome the benefits of worms in the soil, while golf course managers and some homeowners may want worms out of their turf.

Where Did They Come From? Where Are They Now?

Meet Nebraska's newest invasive species, the Asian jumping worm (*Amyntas* species and *Metaphire* species). Its native range is East Asia, but was found in Wisconsin in 2013. Today, approximately 17 species of jumping worms have been found in North America, and they have been reported throughout the eastern and southern United States, parts of the Midwest and Oregon.

What Damage Do They Cause?

Jumping worms feed in large numbers at the soil surface, rather than the layers beneath like European earthworms (we do not have native earthworms). They readily consume organic material, including mulch and fallen leaves. Jumping worms replace soil with their worm castings, which are small, loose, hard pellets, resembling spent coffee grounds. This material is not conducive for plant growth as the soil structure has changed and lacks water-holding capacity. Without organic matter in the soil, plant roots have a hard time staying rooted.

Asian jumping worms outcompete, outnumber and out-consume other worms in the landscape, and therefore have a significant impact on the ecosystem. Instead of mixing nutrients in



Jumping worm adult with characteristic clitellum, which is light colored, flush with body and encircles the entire body.

the soil, nutrients are released quickly and ultimately get washed out of the soil by irrigation and heavy rains.

How Do I Identify Invasive Jumping Worms?

Without looking at the worm, a sign of a jumping worm infestation is the change in the texture of the soil. Rather than create a casting pile or middens like European earthworms and night crawlers, jumping worms will leave loose, granular soil particles with the same consistency as spent coffee grounds. Jumping worms are present in the topsoil, so if your mulch is being consumed at a faster rate than normal, you may have jumping worms.

Sometimes called "snake worms" or "crazy worms," they thrash about wildly when disturbed, moving side-to-side in a snake-like motion and break off tail segments to escape.

Out of the soil, jumping worms appear smooth and glossy and are rubbery to the touch, rather than slimy and squishy. Another way to confirm identity includes examining the clitellum

(light band) on mature worms. If the clitellum is a cloudy-white color, completely encircles and is flush with the body, you have an invasive jumping worm.

What is the Life Cycle of the Jumping Worm?

Invasive jumping worms have an annual life cycle. Adults die each winter, but not before they produce (without needing to mate) multiple cocoons in the fall. Cocoons are about the size, shape and color of mustard seeds and cannot be easily detected in the soil. Cocoons survive the winter in the soil and hatch in the spring, developing rapidly to adulthood (60 days) by the end of the summer. Discovery of jumping worms is usually in August and September when worms are at their largest.

How Are Worms Spread?

The spread of jumping worms may be from a number of avenues, all of which involve the transport by human activities. Some worms may have originated as fishing bait, while others were purchased as composting worms for vermiculture. The most common means of spread is by the movement of infested soil, mulch or compost used for gardening and transferring plants into the landscape. Many people obtain plants and seedlings from community sales, friends and neighbors. The soil that comes with the plants may contain tiny cocoons, which hatch the following spring.

Do I Have Asian Jumping Worms?

If you are curious whether you have invasive jumping worms, you can perform a mustard pour on a portion of your soil:

1. Mix 1/3 cup of ground yellow mustard seed with 1 gallon of water.
2. Clear a bare patch of soil and pour slowly over the soil.
3. Worms will move to the surface and

you can determine whether they are invasive jumping worms or common worms.

What Do I Do if I Find Asian Jumping Worms?

If you find jumping worms, please report to <https://neinvasives.com/species/insects/asian-jumping-worm>.

Reduce the movement of soil to stop the spread of cocoons from one place to another. Clean equipment, garden tools and personal gear like the treads of footwear between work sites. A good motto is "Arrive clean, leave clean."

For some infested open areas, it may be possible to use a treatment called solarization, which consists of laying a clear plastic sheet over the affected area to heat the soil for a couple weeks and kill jumping worm cocoons. Current research out of the University of Wisconsin-Madison Arboretum showed that 104°F killed cocoons after three days.

What Can I Do to Control Them?

There are no EPA-registered chemicals labeled for the control of jumping worms once they are in the landscape. Some products, like Early Bird Fertilizer and tea seed pellets have been tested, but additional research is needed to determine application rates and long-term effectiveness.

What Are the Ways to Prevent the Spread of Jumping Worms?

- Educate others about Asian jumping worms and how to identify them.
- Buy plants from seed or bare-root (triple-rinsing roots will remove cocoons).
- Do not buy fishing worms advertised as "snake worms," "Alabama jumpers" or "crazy worms" for fishing or composting.
- Do not dispose of unused worms in the environment.
- Any collected worms should be killed.

Use Caution to Avoid Deer-Vehicle Collisions

*Nebraska Game and Parks,
Deer-Vehicle Collision
Information Kit*

Deer become more active in the fall and because of it, drivers should be more alert than ever when out on the road.

Deer pose a potentially dangerous threat to themselves and the occupants of vehicles traveling Nebraska's highways and country roads, especially during mid-late fall.

As the harvest begins, crop and cover patterns will change quickly and daylight hours will become shorter. As the deer breeding season approaches, deer will have a lot of things to distract them. Deer activity increases and movement peaks each day near dawn and just after dusk. Here are some things drivers can do to try to avoid deer-vehicle accidents:

- When driving near shelterbelts, woodlots, creeks or where crops are still standing, especially during evening or early morning, reduce your speed

and watch for deer.

- When you spot a deer, assume there will be others in the same area, either ahead of or behind the one you have seen.
- Be prepared to stop suddenly.
- Many places where deer are known to travel are posted with deer crossing signs, but the absence of a sign does not mean a deer will not unexpectedly appear.
- Deer often seem to be disoriented or confused by headlights. Some react by freezing in the light, some dart into the path of the vehicle, others bolt away in the opposite direction. Sometimes deer that have just crossed the road ahead of the vehicle suddenly change direction and run back into the path of a vehicle or collide with it.
- Honk your horn and flash your headlights to frighten deer away from the side of the road. If there is other traffic on the road, you can activate your emergency flashers and tap your brakes to alert other drivers to the potential danger.

- Anticipate the possibility of a deer unexpectedly crossing in front of you and plan ahead to avoid swerving, turning or braking the vehicle too sharply if a deer suddenly appears.

If a deer is struck and the driver wants to salvage it, the driver may possess the deer but must contact a Nebraska Game and Parks Commission conservation officer within 24 hours to obtain a salvage tag.

Tips for Avoiding Deer-Vehicle Collisions

- Be alert for deer at all times, especially during dusk and dawn and especially when driving near shelterbelts, woodlots, creeks or where crops still are standing.
- Reduce your speed at night and be prepared to stop suddenly.
- If you see one deer, expect to see others.
- Stay on the road and strike the animal; do not swerve or leave the roadway and collide with a roadside object and do not



- cross the centerline.
- Expect more deer near deer crossing signs because they should be installed where this is true.
- Honk your horn or flash your headlights to frighten the deer away.
- Search and scan the roadway and roadside ahead.
- Keep your windshield clean.
- Buckle your seatbelt.
- Stay sober.
- Keep your headlights properly adjusted.
- Use your high beams where possible.

Reuse Your Fresh Cut Christmas Tree for Wildlife

After the holidays, take your fresh cut Christmas tree outside and prop it up and tie it securely against a post or fence. Your Christmas tree will provide winter protection for birds.

If you feed the birds, position the tree several feet from the feeders. You want to make sure the tree isn't too close or predators, like neighborhood cats, could use it to prey on the birds.

Enlist the help of your children or grandchildren to make homemade fruit and nut garland and pinecones rolled in suet on the tree. Be sure to hang your garland and suet pinecones out of the reach of pets.

—Soni Cochran,
Extension Associate

Gifts For The Gardener

Mary Jane Frogge
Extension Associate,
Lancaster County

Need an original or unique gift idea? Here are some gift suggestions for the gardener in the family or someone who just appreciates the outdoors.

Holiday plants are always a welcome gift to any home. They add color and holiday accents to interior surroundings. The traditional red poinsettias are popular, as are the newer flower colors of pink, blue, white and yellow. Other possibilities are Christmas cactus, red gloxinia and kalanchoe.

The outdoor gardener might like to receive a certain tool to make the job of spring gardening easier. Pruning tools, like hand shears and small saws, are easier to wrap and may be needed later this winter.

Do not overlook the possibility of a gardening magazine or plant book as a gift. Many larger book stores have well stocked sections on these and related topics. Garden centers and nurseries also offer a variety of titles on individual plants as well as cultural practices. Someone with a new home might like a book on plant selection and landscaping, while people with

a well-established garden and landscape might better use information on maintenance and pruning practices.

Children love to garden and be outside too. Child-sized tools and gloves are available for them to use. Other items to consider are fairy garden items, flower press, worm composting bin, stepping stone kit and seeds of their favorite vegetables or flowers to plant in a garden just for them.

If you have a non-gardening friend or relative you want to introduce to gardening, consider a total package with plant, container and growing media, along with a book on plant care. Gardening kits are available too. A unique gift would be a Bonsai rock garden or a culinary herb garden kit.

There are many gift ideas for people who like to spend their time at the many state parks in the area. To make their adventure more enjoyable, consider giving them a 2020 state park car pass to get into the park, a compass and identification books on wild flowers, birds, insects, butterflies, trees, tracks or mammals. Other useful items would include binoculars to look for things far away, pocket magnifier to see small things close up, sports or explorer's



watch, water bottle for refreshment, hiking boots, sun screen and insect repellent.

Gifts for people who appreciate the outdoors in their own back yard might like bird feeders with birdseed or a compost bin. Water features have also become very popular. Consider giving a water garden kit with a fountain. Other gifts might be a bird bath, bird or bat house, butterfly raise/release kit, outdoor thermometer, rain gauge, wild flower or native grass seed.

Some people may just wish to sit back, relax and enjoy the outdoors. Gifts for them may include a porch swing, garden bench, hammock and a subscription to NEBRASKAland magazine.



GARDEN GUIDE THINGS TO DO THIS MONTH

Mary Jane Frogge, Extension Associate,
Lancaster County

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

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.

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

Minimize traffic on a frozen lawn to reduce winter damage.

Winter is a good time to inspect trees and shrubs for bagworm capsules. Remove and destroy them to reduce next year's pest population.

A home weather station that includes a minimum-maximum thermometer, a rain gauge and a weather log is a good gift for a gardener.

Remove all mummified fruit from fruit trees and rake up and destroy those on the ground. Also, rake and dispose of apple and cherry leaves. Good sanitation practices reduce insects and diseases the following season.

Be sure not to store apples or pears with vegetables. The fruits give off ethylene gas which speeds up the breakdown of vegetables and will cause them to develop off-flavors.

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.

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

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

High-Quality Child Care Depends on Effective Family Engagement

Lynn DeVries, MS
Extension Educator, Adams County

Creating Opportunities for Parent Partnerships

Opening the doors to meaningful contacts and connections with parents is a fundamental piece in building relationships with families. Early childhood professionals who insure this is done well and in accordance with best practices are getting to know their families well. They understand the backgrounds and special talents and skills that their family clientele bring with them and they work to incorporate these gifts into activities and learning in their child care homes and centers.

The National Association for the Education of Young Children (NAEYC) outlines six principles of and also gives insight to specific ways early childhood programs can meet this standard of excellence in their day-to-day practices.

Six Principles of Family Engagement Recognized by NAEYC

- 1. Families participate in decisions and goal setting** — Invite families to participate in decision making and goal setting for their child. This can be done through initial intake questionnaires, regular parent teacher conferences and a consistent staff person to follow the family throughout the program.
- 2. Teachers and programs engage families in two way communication** — Face to face, written and online communication that is both school and family initiated (and in

the family's preferred language), invites a dialogue about the child's educational experiences as well as what is happening in the early childhood center.

- 3. Reciprocal relationships** — Staff are connecting with families to learn about their lives, communities and cultures, and work to intentionally integrate this into the curriculum and instruction. Child care programs work to help families share some of their own special skills, talents and knowledge and invite them to take an active role in the school environment.
- 4. Learning activities at home and the community** — Programs are educating families about child growth and development and connecting families to other services available in the community to support their child's education. Many times communities have free or low cost events for families with young children.
- 5. Families are involved in Program decision making** — Family members are asked to serve on committees and boards that help make decisions to shape the policies of the program. Families have input on hiring of personnel, admission policies and menus, to name a few. These committee members can also lead the way in raising funds for special projects.
- 6. Programs implement a comprehensive program-level system for family engagement** — Programs are intentional in reaching out to families in a variety of ways (newsletters, email, etc.). Teachers are given support and training in effective family engagement strategies including



gave this advice on creating parent partnerships:

Listening Conferences

— Prior to the start of school, invite parents to do the talking at a special parent-teacher conference. The idea is to engage the family before school starts to gain valuable new information about the child and family, which can be incorporated into the learning environment.

Conference Artifact

Activity — Another helpful strategy to learn about children at conferences is to invite the parents to share one artifact or item that has

a special meaning to their child. When parents share their story about the item, it gives them a voice in the meeting, and provides the teacher with important insight into who the child is.

The Buffett Institute is dedicated to research, practice, policy and outreach initiatives to improve the early life experiences of children from birth to age 8. Check out their website at <http://buffettinstitute.nebraska.edu>.

What strategies are you using to engage families in your early childhood care and education programs?

having a diverse staff that mirrors the community. Programs ensure curriculum serves as the foundation for educational experiences. The environment is anti-bias and inclusive for all participants.

Check out the full article from NAEYC Principles of Effective Practice at www.naeyc.org/familyengagement/principles.

Advice on Creating Parent Partnerships

At a recent early childhood conference, the Buffet Early Childhood Institute

Upcoming Early Childhood Trainings

Nebraska Extension teaches several early childhood development classes for child care providers. Listed are upcoming classes held at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln (unless location otherwise noted). For additional information or to sign up, contact Jaci Foged at jfoged2@unl.edu or 402-441-7180.

Emergency Preparedness for Child Care Providers — Mondays, Nov. 25 and Dec. 2, 5:30–8:30 p.m. Cost is \$10. Must attend both sessions. Register online at <https://erecords.education.ne.gov/Calendar.aspx>.



HEART OF 4-H VOLUNTEER AWARD

Beverlee Keller

Lancaster County 4-H is proud to announce Beverlee Keller of Lincoln as winner of the November "Heart of 4-H Award" in recognition of outstanding volunteer service.

A 4-H volunteer for four years, Beverlee is a superintendent of the 4-H Home Environment areas at the Lancaster County Super Fair. She also helps at the Bicycle Safety Contest, Fashion Show judging, Furniture Painting workshop and many Clover College workshops.

"4-H is such a great program for kids," Beverlee says. "With all of the different projects, there is something for each of them. It introduces them to new areas of learning. My favorite experience as a 4-H volunteer is the one-on-one with the kids during Clover College sessions. Watching them trying their hand at the project they are learning about and then to see their excitement with their finished product. It's fun to see the growth in, not only their abilities from year to year, but also leadership skills growing as well."

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



4-H Video Companion Animal Showmanship Contest Results

The Nebraska 4-H Video Companion Animal Showmanship Contest is a state wide contest which provides youth an opportunity to showcase their knowledge and skills they have developed in their 4-H companion animal project. This year, Lancaster County 4-H'er Andrew Frain received reserve champion with a blue ribbon in the intermediate division.

State Fair Results Correction

Cole Cooper was awarded Grand Champion Market Lamb, in addition to Champion Division II: Hampshire Market Lambs and Champion Division VII: Crossbred Market Lambs.

Outgoing 4-H Council Members



The October 4-H Council meeting marked the final meeting for three outgoing 4-H Council members. Madi Hall, Katie Nepper, and Sydney Schnase each served two years. Madi Hall served one year as secretary. Lancaster County 4-H thanks them for their leadership, time and expertise! Adult 4-H Council members can serve two consecutive terms of three years each. Teen 4-H Council members can serve two consecutive terms of two years each.

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 2019–2020 4-H year (even if you just enrolled in August or September). New members and fair projects may be updated through June 15.

The website to enroll or re-enroll is <https://ne.4honline.com>.

The process is easy and only takes a few minutes per member or volunteer. Only parents/guardians may enroll 4-H members. Each 4-H household will need to initially set up a profile in which the 4-H youth and/or volunteers in the household will be added. There is no fee to enroll in 4-H in Lancaster County.

More details and step-by-step instruction guides with pictures are at <http://lancaster.unl.edu/4h/club>. If you have questions about the process or need access to a computer, call Heather Odoski at 402-441-7180.

PROJECTS: When signing up for individual projects — note the abbreviations for the project areas. We have added the abbreviations to the 4-H Project List at <http://lancaster.unl.edu/4h/club/ProjectList.pdf> to help you locate an individual project. For example, you will find "Sketchbook Crossroads" under C&FS which stands for Consumer and Family Science instead of under 'S' or under 'Art.'

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

FFA MEMBERS: FFA members need to select TCA FFA, Crete FFA, Norris FFA, Raymond Central FFA or Waverly FFA under "club."

VOLUNTEERS: 4-H leaders need to re-enroll. 4-H club organizational leaders are now able to view their 4-H club's roster online, but must be enrolled for the current year and must contact Heather Odoski to set up a password.

For enrollment to be complete, at least one project needs to be selected as well as choosing a club (or "Lancaster Independent").

NOTE: Health information is optional. You DO NOT need to complete this portion of the online form unless your child is planning to attend an overnight camp or campus event.

Volunteers are needed to help lead 4-H clubs. If you would like to learn more about 4-H volunteer opportunities, call 402-441-7180.



HEART OF 4-H VOLUNTEER AWARD

Dave Hattan

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

Since the county fair moved to the Lancaster Event Center in 2001, Dave has helped set-up the 4-H Home Environment, Heritage and Human Development areas. He tracks down the exhibit components and puts them in place. Dave is able to move the heavier tables and displays many other volunteers cannot lift. He also pitches in helping set up other static exhibit areas.

"I like being a 4-H volunteer because I enjoy being part of something big," Dave says. "There is tremendous satisfaction in giving ones' time for a cause that so many in Lincoln and Lancaster County enjoy. My favorite experience as a 4-H volunteer is being around the kids in their creative endeavors, including my own children as they grew up and now my grandchildren."

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



4-H Awards & Scholarships

Lancaster County 4-H award forms and college scholarship applications are due Dec. 31. Recipients will be announced at Lancaster County Achievement Celebration on Tuesday, Feb. 11, 2020. Forms are available at <http://go.unl.edu/4has> and the Extension office. If you have questions, contact Heather at heather.odoski@unl.edu or 402-441-7180.

This year, families and club leaders are encouraged to submit photos related to award application accomplishments to kpulec3@unl.edu by Dec. 31. These photos may be used in the Year in Review video and multimedia presentation at Achievement Celebration.

Awards

Community Service Awards — based on number of hours of community service through 4-H.

National Leadership Award — recognizes youth ages 15–18 who strive to be their personal best.

Outstanding 4-H Member Award — an individual 14 years of age or older who has excelled in their involvement with the 4-H program.

Meritorious Service Award — individual or organization who has strongly supported 4-H.

Nebraska 4-H Achievement Application — this new form may be used as a record of 4-H activities. There are two versions, junior for ages 8–14 (county only) and senior for ages 15–18 (county and state).

Nebraska 4-H Diamond Clover Program — recognizes the accomplishments of 4-H'ers ages 8–18, youth can progress from Level 1–6.

Nebraska 4-H Gives Back — a 4-H member or team completes a major service-learning project (over 100 hours of service).

Nebraska 4-H Club of Excellence — meet criteria outlined by the state 4-H office.

College Scholarships

For graduating high school seniors enrolled in the Lancaster County 4-H program.

4-H Council — up to twelve \$700 scholarships.

4-H Teen Council — two \$300 scholarships.

Lincoln Center Kiwanis — one \$1,000 scholarship.

Dick Fleming Leadership & Communication Scholarship — one \$250 scholarship to a 4-H'er who has excelled in leadership and communication through 4-H.

Lane Community 4-H Scholarship — one \$200 scholarship to a 4-H'er attending Raymond Central High School.

Nebraska Association of Fair Managers Martha & Don Romeo Scholarship — Note: Deadline is Dec. 1.

Nebraska 4-H Foundation Scholarships — Information will be posted at <http://ne4hfoundation.org/recognition> — deadline is March 15.

Paper Basket Workshop, Nov. 9

4-H youth ages 8 and up are invited to a "Design My Place" workshop to engineer and construct a woven paper basket using recycled newspapers and wire on Saturday, Nov. 9, 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 Oct. 28 by calling 402-441-7180. Bring a needle-nose wire cutter for cutting wire. All other supplies will be provided.

Livestock Better Fair Meeting, Nov. 19

All Lancaster County 4-H/FFA beef, bucket calf, 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. 19, 6 p.m. at the Lancaster Event Center – 4-H office located by Pavilion 3. This is an opportunity to discuss changes for the 2020 Lancaster County Super Fair livestock shows. Please bring any changes, concerns or constructive resolutions which will make next year's fair better! This meeting is meant to be a positive conversation. If you cannot make it but would like to send your comments, email Calvin at calvin.devries@unl.edu.

Dog 4-H Club Starting in January

The 4 On The Floor dog 4-H club for youth ages 9–18 will start its second year on Thursday, Jan. 9, 2020 at the Lancaster Event Center – 4-H office located by Pavilion 3. Meetings will begin at 6:30 p.m. and last about an hour, generally held every Thursday. Summer schedule to be determined. The club will focus on obedience through May with a formal graduation ceremony at that time. Through the summer months, obedience will be reinforced and reviewed with the addition of showmanship to prepare 4-H'ers for the Lancaster County Super Fair and, potentially, State Fair. For more information or to RSVP, contact club leader John Croghan at 402-957-3651 by Dec. 31.

4th & 5th Grade Lock-In, Jan. 17–18

All 4th and 5th graders are invited to 4-H Teen Council's annual overnight Lock-In, which will be held Friday, Jan. 17, 8 p.m.–Saturday, Jan. 18, 8 a.m. More information will be in the January NEBLINE.

2020 Super Fair

2020 marks the 150th year of the Lancaster County Fair! The Lancaster County Super Fair will run 10 days, Thursday, July 30–Saturday, Aug. 8. 4-H/FFA Exhibits and Events will run Thursday, July 30–Sunday, Aug. 2. 4-H horse show dates to be determined.

HORSE BITS

2019 Horse Awards

The 2019 4-H Horse Awards Night, held Oct. 3, recognized top achievements at the Lancaster County Super Fair and other accomplishments throughout the past year. 4-H Extension Assistant Calvin DeVries was Master of Ceremonies. Cornerstone Equestrian 4-H Club distributed programs and led the Pledge of Allegiance and 4-H Pledge. Additional results and photos are online at <http://lancaster.unl.edu/4h/horse/AwardsNite.shtml>

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 received a buckle.

Elementary Division — Lola Bunz (Champion), Shea Frink (Reserve Champion), Amelia Proffitt (3rd), Elizabeth Funk (4th), Paisley McMillan (5th), Lily Woledge (6th), Max Roberts (7th), Turner Wilkie (8th)

Junior Division — Paris Flores (Champion), Michalea Bunz (Reserve Champion), Skylar Frisbie (3rd), Kali Maytum (4th), Olympia Gegg (5th), Caraline Higgins (6th), Morgan Roof (7th), Ella Wiczorek (8th), Liz Boshart (9th), Natalie Plautz (10th)

Senior Division — Sidney Froistad (Champion), Ellie Bunz (Reserve Champion), Judson Tietjen (3rd), Julia Soukup (4th), Samantha Fox (5th)

HORSEMANSHIP ADVANCEMENT LEVELS

The Nebraska 4-H Horse Project advancement levels are designed to serve as guides 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. Each level is a huge accomplishment.

Level I Ground/In-Hand — Savannah Hill

Level I Walk/Trot — Layton Brauckmuller, Mya Keller, Morgan Roof, Lily Woledge

Level I — Liliana Abele, Hope Baumert, Lola Bunz, Afton Byelick, Paris Flores, Olympia Gegg, Addison Gropp, Ella Guerra, Cayleigh Harre, Cora Hoeft, Zoey Jamison, Maria LaPlante, Paisley McMillan, Kendra Miller, MaKenna Morgan, Drake Plautz, Morgan Richert, Ava Smith, Bridget Smith, Mercy Thies, Ella Wiczorek, Turner Wilkie, Mackenzie Wilkinson

Level II — Scarlett Battles, Madison Blair, Michalea Bunz, Paris Flores, Shea Frink, Elizabeth Funk, Addison Gropp, Isabella Grosskopf, Carson Jurgens, Katie Marsh, Tanner McInteer, Kendra Miller, Todd Munk, Natalie Plautz, Morgan Richert, Sidney Schlesiger, Mercy Thies

Level III In-Hand — Sarina Kyhn

Level III — Ellie Bunz, Skylar Frisbie, Chase McInteer

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! The Horse Incentive Awards are sponsored by the Lancaster County 4-H Horse Volunteers in Program Service (VIPS) Committee.

Bronze (minimum of 100 hours or points) — Savannah Hill, Todd Munk, Amelia Proffitt, Max Roberts, Ava Smith

Silver (minimum of 225 hours or points) — Vyvian Alstrom, Scarlett Battles, Lillie Beach, Madison Blair, Liz Boshart, Lola Bunz, Shea Frink, Elizabeth Funk, Ella Guerra, Bailey Hampton, Lyra Krutak, Paisley McMillan, Katie Nepper, Drake Plautz, Natalie Plautz, Ally Quinn, Taylor Root, Josie Soukup, Ella Wiczorek, Mackenzie Wilkinson, Lily Woledge

Gold (minimum of 390 hours or points, and completed horse record book) — Ellie Bunz, Michalea Bunz, Kaitlyn Dumler, Samantha Fox, Skylar Frisbie, Addison Gropp, Isabella Grosskopf, Madi Hall, Caraline Higgins, Madelanie Polk, Morgan Roof, Sidney Schlesiger, Shyann Severson, Julia Soukup, Mercy Thies, Avery Tonniges, Bethany Wachter, Ava Wharton, Timothy White, Cadi Wilbeck

TOP AWARDS

Bluestem All-Around Miniature Horse Award for high point 4-H miniature horse at the Lancaster County Super Fair, sponsored by the Bluestem Miniature Horse Club — Shyann Severson (horse "Doc")

Nebraska Dressage Association High Score Dressage Rider Awards for high score riders in the 4-H Dressage Show in both the traditional dressage classes and the western dressage classes at the Lancaster County Super Fair, sponsored by Nebraska Dressage Association — high score traditional dressage riders – Sidney Froistad (champion) and Anne Cashmere (reserve champion) and high score western riders – Madi Brandt (champion) and Ally Quinn (reserve champion)

Dr. Kelly Stich Top NRHA Reining Awards sponsored by Dr. Kelly Stich – Elementary — Tanner McInteer; Junior — Clara Bradbury; Senior — Aubrey Hayes

Dick and Cookie Confer Top Trail Award for all-around champion of the Lancaster County Super Fair 4-H Trail obstacle class — Tanner McInteer

Franklyn Manning All-Around Barrels Award for fastest time in the Lancaster County Super Fair 4-H Barrel Racing competition — Clara Bradbury

All-Around Cowboy/Cowgirl Award — Two age divisions qualified for the All-Around Cowboy/Cowgirl at the Lancaster County Super Fair to receive a buckle. Elementary — Addison Gropp, Junior — Natalie Plautz

All-Around Ranch Horse Awards — Age division awards for All-Around Ranch Horse at the Lancaster County Super Fair are sponsored by Olive Creek Acres Performance Horses – Brian and Shannon Vogler. Senior — Rayley Burnside (horse "High Society Dun It")

Lowell Boomer High Point Jumping Award for the all-around champion in the 4-H jumping classes at the Lancaster County Super Fair, sponsored by Hunter's Pride 4-H Club — Shea Frink

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 — Lillie Beach



Horsemanship Advancement Level I



Horsemanship Advancement Level II



Horsemanship Advancement Level III



All-Around Cowboy/Cowgirl Award



Incentive Awards Silver Level



Incentive Awards Gold Level



Top NRHA Reining Award (presented by Dr. Kelly Stich)



Wilhelmina Wittstruck Memorial All-Around Champion Award (pictured with Extension Assistant Kate Pulec)



EXTENSION CALENDAR

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

November

- 5 Homeschool Youth Science Field Day 9–11:30 a.m./1–3:30 p.m.
- 5 4-H Council Meeting 6 p.m.
- 7 Pesticide Applicator NDA Walk-in “Testing Only” Session . 9 a.m.–2 p.m.
- 8 Extension Board Meeting 8 a.m.
- 9 4-H Paper Basket Making Workshop 9 a.m.
- 10 4-H Teen Council Meeting 3 p.m.
- 19 Produce Safety Workshop 8:30 a.m.
- 19 4-H/FFA Livestock Better Fair Meeting, Lancaster Event Center 4-H Office . 6 p.m.
- 25 Emergency Preparedness for Child Care Providers . 5:30 p.m.–8:30 p.m.
- 28–29 Extension Office Closed for Thanksgiving Holiday

December

- 2 Emergency Preparedness for Child Care Providers . 5:30 p.m.–8:30 p.m.
- 8 4-H Teen Council Meeting 3 p.m.
- 12 Pesticide Applicator NDA Walk-in “Testing Only” Session . 9 a.m.–2 p.m.
- 13 Extension Board Meeting 8 a.m.
- 25 Extension Office Closed for Christmas Holiday
- 31 4-H Award and Scholarship Applications Due to Extension

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 2019 4-H year. This support enhances the educational experience of the 4-H youth.

- 9 South CharGrill
- Tracy Anderson
- Anonymous
- Deborah Arends
- Arends Interiors, Inc
- Matt & Connie Arnold
- Arrow Pest Control
- Artisan Custom Builders
- Chet Axthelm Memorial
- Jason & Cathy Babcock
- Jim & Cindy Bauman
- Beach Family
- Belmont Husky
- Gary Bergman
- BigShots Indoor Range
- The Bike Rack
- Black Label Photography
- Blazing Saddles, S & L Stables & Purdum Family
- Bluestem Miniature Horse Club
- Bluestem Valley Farms
- Bowen Family
- Paula Brandt
- Sher & Randy Brophy
- Bunz Family
- Mary Burroughs
- Casey's General Store
- Cattlemen's Nutrition Services LLC
- Capital City Horse & Pony Club
- Captain's Chair
- Champions Fun Center
- Ellen Chapelle Memorial
- Warren Cheney Family
- Chipolte (60th & O)
- The City of Lincoln
- Cliff's Smoke Shop
- Colby Ridge Popcorn
- Shirley Condon
- Mike & Kath Conroy
- Cooper Specialty Feeds
- Cornerstone Stables – Heidi Wubbels
- Cornhusker Pony Club
- Costco
- Craft Axe Throwing – Lincoln
- Crawford Family Shorthorns
- Crooked Creek
- Cultiva Coffee
- Culvers (4121 Pioneer Woods Dr.)
- Custom Pallet Makers, Inc.
- Shane & Pam Cuttlers
- Dairy Queen Grill & Chill (760 W. O St.)
- Danley Family
- Danny's Downtown Deli
- Emalea Dean
- Suzi Dearmont
- Diamond T Livestock
- Dick & Cookie Confer
- Alice & the late Ted Doane
- Donlan Family
- Lynn & Carleen Dowding
- Ron & Arlene Dowding
- Dowding Shorthorns
- Duffers Golf League
- East Campus Staars
- East Park Cinema – Marcus Theatres
- The Eatery
- Edward Jones – Matt Mullendore
- Ehlers Animal Care
- Empyrean, Lazlo's & Fireworks
- Mark & Sarah Fahleson
- Famous Dave's Bar-B-Que
- Farm Credit Services of America
- Farmer's Cooperative
- First State Bank Nebraska (2701 Grainger Pkwy)
- Fitch Trucking, Inc.
- Five Alarm Farm
- Five Star 4-H'ers 4-H Club

- Shirley Flynn
- The Fort
- Jodi Freeman
- Joe & Lois French
- Frink Family & Hard Knock Horse Shoe'N
- Four Winds Farms
- Gana/Nisley Show Cattle
- Melvin & Linda Gagner
- GameSchool Volunteers
- Garr Creek Farms
- Gate 25 Bar & Restaurant
- General Fire & Safety
- Blayne Glissman Family
- Gossin Agency
- Greater Lincoln Obedience Club
- Griess Family
- The Groom Room
- Kris & Emily Haack
- Cody & Karen Hanson
- Patricia Heather
- Dee & Walt Hemgren
- Tari Hendrickson
- Lyle & Theresa Hepsen
- Hidden Valley
- Higgins Family
- Hillcrest Animal Clinic & Kelly Stich, DVM
- HL Muhlbach Construction
- Mark & Karen Hoffman
- Hollman Angus Farms
- Holthus Family
- The Home Agency
- Fred & Julie Hoppe
- Larry & Carol Hudkins
- Hunter's Pride 4-H Club
- Husker Rehabilitation & Wellness Centers PC
- Hy-Line Hatchery
- IGA Market Place
- Jake's Cigars & Spirits
- James Arthur Vineyards
- Jimmy John's
- Jeff & Anne Johnson Family
- Johnson Family Livestock
- Doug & Cheryl Johnson
- JT Home Solutions
- Amanda Kaiser
- Kansas City Royals
- Steve & Deanna Karmazin
- Joe & Lisa Kerrigan
- Deborah Kinney
- Kiwanis – Lincoln Center
- Kiwanis – Northeast
- Kubicek Club Lambs
- Lancaster County Agricultural Society
- Lancaster County Engineers
- Lancaster County Farm Bureau
- Lancaster County 4-H Council
- Lancaster County 4-H Dog VIPS
- Lancaster County 4-H Horse VIPS
- Lancaster County 4-H Livestock Booster Club
- Lancaster County 4-H Rabbit VIPS
- Lancaster County 4-H Teen Council
- Lancaster Event Center
- Lienetics Ranch
- Lincoln Children's Zoo
- Lincoln Escape Room
- Lincoln Stars Hockey
- Lincoln Women's Chamber of Commerce
- Mike & Dana Lockee
- Scott & Cheryl Lorensen
- Lost in Float
- Mac's Creek Winery & Vineyards
- Cole & Kylea Meador
- Meier's Cork & Bottle
- Denise & Kevin Meyer
- Midwest Farmers Cooperative (Martell Branch) – Jim Bauman
- Midwest Bank
- Angela Mittan
- Jerry & Shirley Morris
- Mueller Farms
- N Street Liquor
- Nebraska 4-H Foundation
- Nebraska Dressage Association
- Nebraska Game & Parks
- Nebraska Lottery
- Nebraska Realty – Heidi Wubbels
- Steven & Stephanie Nelson
- Neemann Refuse, Inc
- Greg & Brenda Nepper Family
- Corey Neukirch
- New Victorian Inn
- Nore Acres

- Norris FFA
 - Olive Creek Acres Performance Horses
 - Omaha Storm Chasers
 - Diane Ossenkop
 - Orscheln Farm & Store
 - Outback Steakhouse
 - Oxbow Animal Health
 - Parrott & Walbrecht Cattle
 - Larry Pershing
 - Tom & Paula Peterson Family
 - Tom Peterson Farms
 - PILLAR Restaurant Group
 - Pioneer Greens Dentistry
 - Pitts Veterinary Hospital
 - Plautz Family
 - Tim Powers Memorial
 - Pulec Family
 - Purdum Family
 - Quilts of Valor Foundation – Lincoln & Adams County Chapters
 - R & J Angus Farm
 - Rainbow Ends
 - Raising Cane's
 - Sheri Ramirez
 - Rasby Family
 - Rauert Family
 - Raymond Grange #391
 - Bill & Barb Rishell
 - Rixstine Recognition
 - Runza (South 33rd)
 - Sampson Construction
 - Cary & Becki Sandell
 - Scheels
 - Schlesiger Family
 - Schoettger Orthodontics
 - Calvin & Rochelle Schrock
 - Brent & Sarah Sexton
 - Sid Dillon
 - Sieck Show Cattle
 - Erica Siemek
 - Joyce Furry-Sievers
 - Slim Chickens
 - Jennifer Smith
 - Sobotka Family
 - SP Group, P.C, Certified Public Accountants
 - State Farm – Vinnie Krikac
 - Juanita Stell
 - Dale & Marilyn Stertz
 - The Still
 - Ron & Barb Suing
 - Mitch & Kathy Sump (Bermel Memorial)
 - Marrilee Sump
 - Super Saver (Fallbrook)
 - The Swotek Family
 - Sysco
 - T.D. Angus
 - T & T Ranch & Sondgeroth Family
 - James & Jennifer Tietjen
 - Judy Terwilliger
 - Texas Roadhouse
 - Tractor Supply (North Store)
 - Tractor Supply (South Store)
 - Tractor Supply (Waverly)
 - Tredas
 - Triple RRR Farms
 - UNL College of Engineering
 - UNL Department of Entomology
 - UNL Federal Credit Union
 - Urijah Schnell
 - Wachal Pet Health Center
 - Walbrecht Family
 - Waverly Grange #369
 - Westgate Bank
 - West Plains LLC
 - Charles & Dorothy Wiechert
 - Wilhelm Auto Repair
 - Jay Wilkinson
 - Wilkinson Sheep Farm
 - Jim Wissel Memorial
 - Joan & the late Dwayne Wittstruck
 - Karen Wobig
 - Woodland Hills Golf Course
 - The Yarn Guild – Lincoln
- If you notice any corrections, please call 402-441-7180.

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.

EXTENSION NEWS

Tracy Anderson Receives Journal Star's Inspire Award for Education

The Lincoln Journal Star's 2019 Inspire: Celebrating Women's Leadership Awards ceremony was held in September at Pinnacle Bank Arena. The awards honor outstanding women in 11 different categories who have excelled, not only in their professional lives, but as leaders and role models.



Extension Educator Tracy Anderson was the winner for Excellence in Education. Tracy inspires countless 4-H youth and adult volunteers, as well as 4-H interns and her co-workers. She mentors many teens through 4-H Teen Council, 4-H Council and more. Tracy works tirelessly to maximize hands-on learning opportunities for youth in a wide-variety of settings, including clubs, Lancaster County Super Fair, school enrichment and afterschool programs.

Sarah Browning Receives Nebraska Forest Service's Educator Award

Each year, the Nebraska Forest Service recognizes outstanding programs and projects in community forestry. These awards are intended to distinguish those who have had a positive impact on the tree resources that make Nebraska a better place to live, work and play. The 2019 awards ceremony was held in August during the Nebraska Arborists Association's Summer Field Day at Carol Joy Holling Center.

Extension Educator Sarah Browning received the Educator Award, which goes to an individual, school or organization educating Nebraskans about the importance of trees and the history of Arbor Day. Sarah, a certified arborist with the International Society of Arboriculture, provides education through a weekly news column that goes out to several media outlets, social media, classroom programs and one-on-one consultations.

Kristen Houska and Extension Receive FCS Teachers Award

The Family and Consumer Sciences Teachers of Nebraska (FCSTN) held its annual Recognition Banquet in June during the Nebraska Career Education Conference in Kearney.

Extension Educator Kristen Houska and Nebraska Extension was awarded the 2019 Partnership Award which recognizes individuals or groups who help support family and consumer sciences (FCS) education in Nebraska schools. The recognition honors Kristen and other food, nutrition and health Extension educators. They held monthly webinars and in-person professional development experiences for FCS teachers, sharing research-based food and nutrition resources. FCSTN also recognized their continued partnership with Nebraska Extension and Extension's efforts following this year's devastating flooding across the state.

2019 UNL Service Awards

Recently, University of Nebraska–Lincoln staff reaching an anniversary year of employment were honored for their years of service to the university. The following Nebraska Extension in Lancaster County staff were recognized:

- **Karen Wobig**, Extension Educator — 20 years
- **Dana Hardy**, Extension Associate — 15 years
- **Jaci Foged**, Extension Educator — 10 years
- **Tyler Williams**, Extension Educator — 10 years
- **Emily Gratopp**, Extension Educator — 5 years

Ag Society Annual Meeting, Dec. 10

The Lancaster County Agricultural Society (which acts as the Fair Board) will hold its Annual Meeting and Board election on Tuesday, Dec. 10 at the Lancaster Event Center, 84th & Havelock, in meeting room to be announced (see signs when you arrive). 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.

Any Lancaster County resident interested in running for a position on the board must submit a short biography with a photo to arrive by Wednesday, Nov. 13 in order to be placed on the ballot. Send the biography to: ATTN Jamie Bauman, LCAS Secretary; Lancaster Event Center; 4100 N. 84th St; Lincoln, NE 68507. Biographies/photos can also be sent by email to SuperFair@LancasterEventCenter.org

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. The regular monthly meeting of the Ag Society will follow the annual meeting. Regular monthly meetings are usually held the third Thursday of every month at 7 p.m. (November–March) or 7:30 p.m. (April–October) and are open to the public. For more information, including monthly agendas, contact Lancaster Event Center Managing Director Amy Dickerson at 402-441-1810 or adickerson@LancasterEventCenter.org, or visit <http://LancasterEventCenter.org> and click on “About Us.”