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### NEBLINE, March 2020

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## Nutrition Education Program Fosters Healthy Families and Communities

Emily Gratopp, MS  
Extension Educator,  
Lancaster County

### Lancaster County's Health Status

According to the County Health Rankings and Road Maps<sup>1</sup>, Lancaster County is healthy overall. Lancaster County ranks 10th of 79 counties (of Nebraska's 93 counties, 79 of them were assessed for health) in Health Outcomes, measuring how long people live and how healthy they feel while alive. However, Lancaster County is 24th of 79 counties in Health Factors, which measures health behaviors, clinical care, social and economic factors, and physical environment.

Thanks to Lincoln's Community Health Endowment, there are maps of specific Lincoln neighborhoods based upon Census tracts with new 2019 maps<sup>2</sup>. These maps show that though Lincoln is healthy overall, certain neighborhoods have health inequities. The maps indicate poverty in Lincoln is growing and localized to specific neighborhoods. They also show that physical activity and food access are correlated to poverty: areas with higher poverty have lower physical fitness among youth and lower access to



NEP staff member Dana Hardy (second from right) with an English Language Learner class after they received cookware items.

healthy food.

The Nutrition Education Program (NEP) in Lancaster County, part of Nebraska Extension, works to address these issues and other social determinants of health (the conditions in which people live that impact health such as, neighborhood, employment, physical environment and education) through direct education and broader community health initiatives.

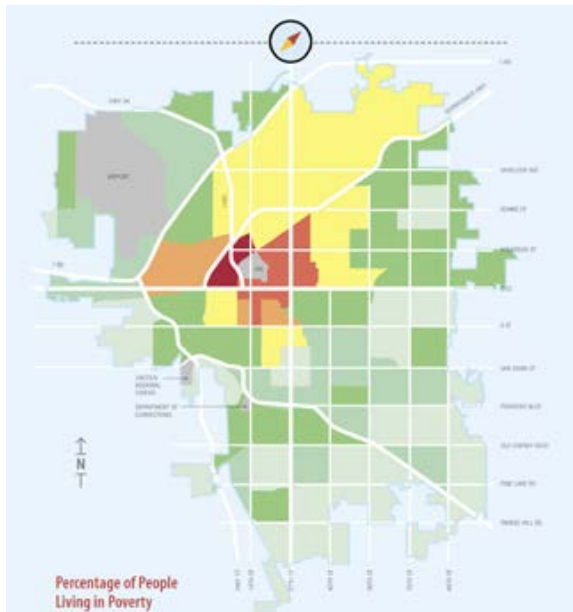
### NEP Teaches Limited-Income Families

Research has shown that income and education affect health<sup>3</sup>. Those with limited income and low educational levels are at the highest risk for chronic diseases such as diabetes, heart disease and obesity.



Parents and children prepare a meal together during a NEP family-based class.

see *NUTRITION EDUCATION PROGRAM* on back page



Maps of poverty in Lincoln from 1980 (left) and 2017 (right). The yellow, orange and red census tracts represent increasing levels of poverty. Find these maps and more at [www.chelincoln.org/placematters](http://www.chelincoln.org/placematters).

## Everyone counts.

Completing the census is required: it's a way to participate in our democracy and say "I COUNT!"



United States  
Census  
Bureau

## 2020 Census

Census results affect your voice in government, how much funding your community receives and how your community plans for the future. In 2020, for the first time ever, the U.S. Census Bureau will accept responses online, but you can still respond by phone or mail if you prefer. Multiple languages are available.

### Confidential and Secure

By law, your information is confidential! No law enforcement agency (not the DHS, ICE, FBI or CIA) can access or use your personal information at any time.

### 4 Ways to Respond

- Secure internet:** New and quick, respond online at <http://2020census.gov> starting March 23. It's user-friendly — offering you help screens and the ability to review your answers.
- Respond by phone:** Number will be listed on invitation. (some households will also receive paper questionnaires).
- Respond by mail:** If you haven't responded online by early April, a paper questionnaire will be mailed to you.
- In-person interview:** If you have not responded by May, a census worker will follow up in person.

### Timeline

When you respond to the census, use the address where you live as of April 1, 2020.

On or between:	You'll receive in the mail:
March 12-20	An invitation to respond online (some households will also receive paper questionnaires).
March 16-24	A reminder letter.
<b>If you haven't responded yet:</b>	
March 26-April 3	A reminder postcard.
April 8-16	A reminder letter and paper questionnaire.
April 20-27	A final reminder postcard before census workers follow up in person.

For more information:  
**2020CENSUS.GOV**

Follow on social media:  
**@uscensusbureau**

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## NEBLINE

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NEBLINE

# FOOD & HEALTH

March 2020 • Page 2



## RECIPES OF THE MONTH

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

Frozen foods are convenient to enjoy all year round. Celebrate Frozen Food Month by stocking up on frozen broccoli and making these recipes from Choose MyPlate. Broccoli helps brighten your plate and provides nutrients such as dietary fiber, folate (folic acid) and vitamin C.

### MAGIC CRUST QUICHE

(Makes 6 servings)

**1 tablespoon vegetable oil**  
**1/2 cup onion (chopped)**  
**2 cups vegetables\* (frozen or fresh)**  
**1 cup cheddar cheese, low-fat (shredded)**  
**3 eggs**  
**1-1/2 cup milk, 1%**  
**3/4 cup baking mix (like Bisquick)**

1. Cook onion in oil (or cook with vegetables).
2. Cook vegetables (or use leftovers). Drain well.
3. Grease round pie pan or 8 x 8 inch baking dish.
4. Spread cooked vegetables in pan. Spread cheese on top of vegetables.
5. Mix milk, eggs and baking mix. Pour over vegetables and cheese.
6. Bake at 350°F for 35 minutes, until a safe internal temperature of 160°F has been reached and a knife inserted into the middle comes out clean.

\*Notes: Suggest preparing with frozen broccoli (shown) or spinach

*Nutrition Information: Calories 215, Total Fat 8g, Saturated Fat 3g, Sodium 407mg, Total Carbohydrates 22g, Fiber 4g, Total Sugars 8g, Protein 13g*



Photos: USDA Choose MyPlate

### CREAM OF BROCCOLI SOUP

(Makes 4 servings)

**1-1/2 cups chicken broth**  
**1/2 cups onion (chopped)**  
**2 cups broccoli (cut, frozen or fresh)**  
**1/2 teaspoon thyme (dried, crushed)**  
**2 bay leaves (small)**  
**2 tablespoons vegetable oil**  
**2 tablespoons flour**  
**1/4 teaspoon salt**  
**1/8 teaspoon pepper (optional)**  
**1 cup non-fat milk**  
**1/8 teaspoon garlic powder (optional)**

1. In a saucepan combine chicken broth, chopped onion, broccoli, thyme, bay leaf and garlic powder. Bring mixture to boiling. Reduce heat; cover and simmer for 10 minutes or until vegetables are tender. Remove bay leaf.
2. Place half of the mixture in a blender or food processor, cover and blend 30–60 seconds or until smooth. Pour into a bowl; repeat with remaining vegetable mixture, set all aside.
3. In the same saucepan warm the oil. Stir in flour, salt and pepper. Add the milk all at once, stirring rapidly with a wire whisk. Cook and stir until mixture is thickened and bubbly. Stir in the blended broccoli mixture. Cook and stir until soup is heated through. Season to taste with additional salt and pepper.

*Nutrition Information: Calories 123, Total Fat 7g, Saturated Fat 1g, Sodium 509mg, Total Carbohydrates 11g, Fiber 2g, Total Sugars 5g, Protein 4g*



### BRAG ABOUT IT BREAD BAKE

(Makes 6 servings)

**6 slices bread (cubed, approximately 6 cups)**  
**1-1/2 cups broccoli (frozen, chopped and cooked)**  
**1 cup cheddar cheese, low-fat shredded**  
**1 tablespoon onion minced, optional (used in analysis)**  
**1 cup chicken, skinless (diced, cooked)**  
**3 eggs**  
**4 egg whites**  
**2 cup milk, non-fat**

1. Place half the bread in a well greased 9x9 inch pan.
2. Top with broccoli, cheese, onion and meat.
3. Place remaining bread on top.
4. In a bowl, mix eggs and milk.
5. Pour egg mixture over bread in pan.
6. Cover. Refrigerate overnight or at least 1 hour.
7. Bake uncovered at 325°F for 1 to 1-1/4 hours or until center is firm and lightly browned.

*Nutrition Information: Calories 220, Total Fat 6g, Saturated Fat 2g, Sodium 467mg, Total Carbohydrates 19g, Fiber 1g, Total Sugars 6g, Protein 23g*



### BROCCOLI AND CORN BAKE

(Makes 6 servings)

**1 can cream-style corn (14.75 ounce)**  
**3-3/4 cup broccoli (frozen, cooked)**  
**1 egg (beaten)**  
**1/2 cup cracker crumbs (crushed)**  
**1/4 cup vegetable oil**  
**6 saltine crackers (crushed)**  
**1 tablespoon tub margarine (or butter) (melted)**

1. Mix corn, broccoli, egg, cracker crumbs and oil together in greased 1-1/2 quart casserole.
2. Mix topping ingredients together in small bowl. Sprinkle over corn mixture.
3. Bake at 350°F for 40 minutes.

*Nutrition Information: Calories 214, Total Fat 13g, Saturated Fat 2g, Sodium 135mg, Total Carbohydrates 23g, Fiber 3g, Total Sugars 3g, Protein 5g*





## Private Applicator Trainings, March 9 & 10

Private pesticide applicators are farmers or producers raising an agricultural commodity on land they own or rent. Or an employee making pesticide applications on their employer's farm. Private applicators have four ways to recertify or get a new license. Traditional training classes — visit <https://go.unl.edu/2020pat> for dates and locations. Cost is \$40 per participant collected at

the door. No pre-registration required. Trainings at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln will be held:

- Monday, March 9 at 6 p.m.
- Tuesday, March 10 at 9 a.m., followed by optional dicamba applicator training at 12 p.m.

More options for private pesticide training can be found at <http://pested.unl.edu>.

## Recent Workshop Recordings Online

Video recordings of Nebraska Extension's recent "Successful Farmer Series" and "Managing Agricultural Land in 2020 and Beyond" (aka "Landlord/Tenant Cash Rent") workshops are archived online. Links are at <https://lancaster.unl.edu/ag>

## Southeast Nebraska Soil Health Conference, March 3

Nebraska Extension's annual Southeast Nebraska Soil Health Conference will be held on Tuesday, March 3 from 9 a.m. until 3:30 p.m. at the Hickman Community Center, 115 Locust St., Hickman. This year's focus will be: "Feeding the Underground and Above Ground Livestock." This conference is for producers or landowners who have an interest in soil health, grazing cover crops

or no-till farming practices.

Speakers will include:

- Dwayne Beck, South Dakota State University
- Paul Jasa, UNL Extension Engineer
- Ray Ward, Ward Laboratories
- Gary Lesoing, UNL Extension Educator
- Mary Drewnoski, UNL Extension Ruminant Nutritionist
- Farmer Panel

There is no cost to attend the conference and lunch will be provided, thanks to our sponsors. Please pre-register by Friday, Feb. 28 by going to <https://lancaster.unl.edu/ag> or by calling the Extension office at 402-441-7180.

If you would like to set up a booth or display (cost \$100) or be a program sponsor, contact Randy Pryor at 402-450-6058.

## Dicamba Training, March 10

The EPA has extended the registrations for three restricted-use pesticide dicamba products (XtendiMax®, Engenia®, FeXapan™) until Dec. 20, 2020. You must hold a valid applicator's license AND receive annual, state-authorized, dicamba- or auxin-specific training to use these products. There are many options to receive this Dicamba label-required training.

University of Nebraska–Lincoln offers in-person trainings and has developed an online dicamba training program. The schedule and online training can be found at <http://pested.unl.edu>.

Nebraska Extension in Lancaster County will host an in-person training on Tuesday, March 10 at 12 p.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road,

Lincoln. There is no cost to attend and no pre-registration needed. Please arrive on time and bring your certified applicator license. For questions on the training, contact Tyler Williams at 402-441-7180. For dicamba-specific questions, contact the Nebraska Department of Agriculture at 402-471-2351.

# Pruning to Create Strength and Good Structure in Young Trees

**Sarah Browning**

*Extension Educator, Lancaster County*

Trees are an essential part of any landscape, providing a wealth of benefits. However, there is also risk associated with trees either from a large tree falling, splitting, or branches breaking. When trees are located near homes, businesses or in areas with a lot of human activity, the potential for damage or injury when a tree fails or branches break is high.

Unfortunately, risk of branch or tree failure is often increased by improper pruning — or no pruning at all — starting when trees are young. Left unpruned, trees often don't create good structure on their own; some tree species have more inherent problems with poor structure than others.

We can minimize risk with regular pruning, using proper pruning techniques, throughout a tree's life. The ultimate goal is to create good tree structure and strong branch-to-trunk connections. And now — late winter — is an excellent time to prune shade trees. Branches are easier to remove when not weighed down by leaves and the tree's branching structure is easy to see.

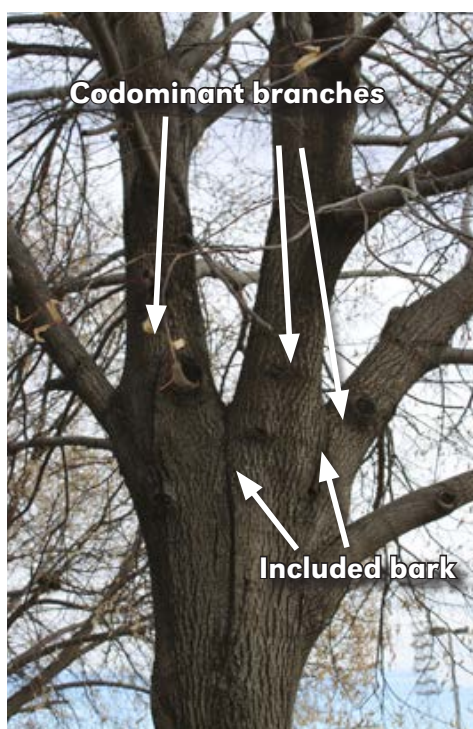
### Structural Defects to Avoid

Several common problems occur in trees and can easily be corrected through pruning, especially if you address them when the tree is young. These problems are:

- Codominant branches.
- Included bark.
- Lack of pruning in young trees requiring removal of large branches later on.

Looking for these problems in your trees and developing a management plan is the best thing you can do to maintain the health and strength of your trees as they get large and mature.

**Codominant branches** are stems of approximately equal girth and height that originate from the same location on the tree. They create a weak



**Ideally, lower branches should be removed gradually during the first 25 years of a tree's life to prevent the need for removal of very large branches.**

union at that point on the trunk, because the branches do not develop a proper branch collar. A branch collar is an area at the base of a branch where new growth of trunk wood wraps around that year's new branch wood. This creates an interconnected, overlapping pattern of growth and creates a strong branch/trunk union.

A frequent problem resulting from codominant branches is splitting of the trunk when the tree is older and under extreme load, such as a heavy snow or ice, or during very high winds. This type of failure is very common in older Bradford pears due to their strong natural tendency to form codominant branching. Almost any shade tree can develop codominant branches and, unfortunately, many homeowners unknowingly create codominant branching in their trees by pruning young trees incorrectly.

What can be done to manage codominant branches? Ideally they are pruned

out when their branches and foliage make up only a small percent of the tree's total canopy. Shortening is another method that works well, especially if the branch has been allowed to get large and makes up a higher percentage of the tree's canopy. Remove some of the codominant branch's height, making it several feet shorter than the main leader, cutting back to a secondary branch or shoot to redirect growth.

Why does shortening work? Growth hormone movement in trees is determined by shoot height. The main leader should always be the tallest shoot in the tree so it continues to receive the most growth hormones. Once you've shortened it, over the next few years, the shortened codominant branch will receive fewer growth hormones than the main leader, growing slower and allowing the main leader to develop. Eventually the codominant branch can be removed completely, or left in the tree as a secondary branch.

**Included bark** often develops at the junction of codominant branches. Bark is pinched between these competing branches, so there is no physical connection between them. Instead, at their base, is bark pressed against more bark. Often a trunk split will begin at this weak union point and once a split or crack begins to develop, it only gets worse over time.

Lower branches in trees are commonly removed to create better clearance beneath the tree for equipment and people. **Removal of large limbs** usually happens when tree pruning maintenance is not done on a regular basis, allowing branches to get very large before they are removed. The resulting large wound creates a perfect opening for wood rot fungi, since the wound is slow to close. Ideally, lower branches should be removed gradually during the first 25 years of a tree's life to prevent the need for removal of very large branches. Ideally, if a branch needs to be removed, it should be done before the branch diameter is more than 2–3 inches, especially on decay-prone trees like silver maple, red maple, willow, apple, cherry and hackberry.

### Pruning Young Trees

Focus on creating good structure in your trees with the following strategies.

Develop and maintain a central trunk by shortening or removing any secondary leaders, which are branches originating from the trunk, grow very upright and approach the height of the main trunk.

Shorten or remove competing codominant branches so that only one main branch originates from any point on the trunk. Long-term structural branches should be spaced around the trunk like spokes in a wheel and up the trunk at alternating levels.

Slow the growth of lower, temporary branches by shortening them and remove them completely before they reach more than 1/3 the trunk's diameter.

### How Much Can Be Removed?

One method used to determine how much live wood can be removed safely during one annual pruning is based on the tree's growth rate. Examine 6–12 twigs randomly around the tree's canopy to determine an average growth rate. Keep in mind if a large amount of pruning is needed, it may need to be spaced out over the course of several years.

For trees putting on very little growth, limit pruning to address codominant branches.

For trees putting on an average of 6–12 inches of new growth, 10% of the canopy can be removed.

For trees putting on an average of 12–24 inches of new growth, 10–15% of the canopy can be removed.

Trees putting on higher amounts of growth, on average, may tolerate 25% or more canopy removal. But, ideally, trees should be pruned annually, removing smaller amounts of live growth each time.

### FOR MORE INFORMATION

University of Florida publication "Developing a Preventive Pruning Program: Young Trees," (ENH1062) available at <http://go.unl.edu/youngtreep pruning>



Bug Word Search

As spring approaches, we should expect to see some common arthropods in and around our homes and landscapes. This list contains a small sample of this diverse group; which includes insects and spiders, pollinators and pests, invasive and native species. *Answer key will be in the April NEBLINE.*

L A T M O U E T F O D O R O U S H O U S E A N T O F E R A  
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C R B O X E L D E R B U G I Y N T I G E R B E E T L E D R

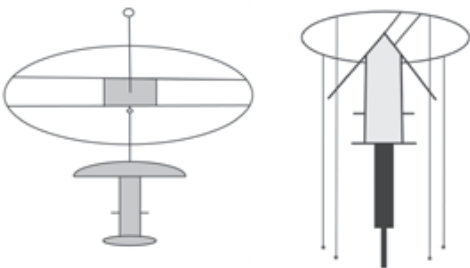
- American Dog Tick
- Antlion
- Bagworm
- Bed Bug
- Boxelder Bug
- Brown Marmorated Stink Bug
- Bumble Bee
- Carpenter Ant
- Carpet Beetle
- Carolina Praying Mantis
- Cat Flea
- Chigger
- Cicada
- Clover Mite
- Cricket
- Dragonfly
- Earwig
- Emerald Ash Borer
- Grasshopper
- Head Lice
- House Centipede
- House Fly
- Katydid
- Leafcutter Bee
- Lone Star Tick
- Luna Moth
- Mason Bee
- Monarch Butterfly
- Mosquito
- Millipede
- Multicolored Asian Lady Beetle
- Odorous House Ant
- Oriental Cockroach
- Painted Lady Butterfly
- Scale
- Silverfish
- Sowbug
- Springtail
- Stag Beetle
- Subterranean Termite
- Swallowtail Butterfly
- Tiger Beetle
- Tomato Hornworm
- Western Conifer Seed Bug
- Wolf Spider
- Woolly Bear Caterpillar

Avoid Unwanted Guests at Your Bird Feeders

Soni Cochran  
Extension Associate, Lancaster County

Bird feeders are attractive not only to birds, but also to nuisance animals. From starlings to cats and hawks to deer, the seed we provide to bring birds together is like ringing a dinner bell. So what can you do to discourage unwanted seed gobblers and predators of your feathered friends? Discouraging nuisance wildlife is an art and a science. Experts remind us that the tips and tricks we try might work today, but may fail tomorrow. Your best defense is persistence and using a variety of techniques to discourage nuisance animals from your feeders.

- Non-native birds: Starlings, English house sparrows, pigeons:**
- Use caged feeders designed to keep out squirrels. These feeders also discourage nuisance birds.
  - Try tube feeders with small perches to discourage larger birds.
  - Use feeders which require birds to cling to them or hang upside down.
  - For English House Sparrows, a wire hoop around the feeder with monofilament lines draped over the hoop have been shown to discourage feeding of sparrows by up to 99%.
  - Never feed food scraps, cereals, bread and popcorn at your feeders.
- Birds of Prey (raptors):** Some hawks prey on smaller birds. These hawks have adaptations allowing them to fly



The Magic Halo device was invented by Dr. Ron Johnson, Emeritus, University of Nebraska-Lincoln. Dr. Johnson found English House Sparrows do not like anything above their heads.

- through trees and shrubs as they chase down their next meal. Bird feeders make perfect hunting grounds for raptors. Only 10% of attempts by raptors to capture their prey are successful. You can enjoy witnessing predator-prey behavior or take a few steps to protect songbirds:
- Avoid feeding birds on the ground.
  - Place your feeders 10 feet from dense shrubbery. This is close enough for them to get away from raptors but far enough away to prevent an ambush by cats.
  - Hang feeders under obstructions like an awning or the eaves of your home.
  - Use caged and hanging feeders.
  - If a hawk has targeted your backyard as a hunting ground, avoid feeding the birds for a week or two. This should encourage the hawk to move on to a new area.
- Deer:** Deer will eat birdseed. Here are some tips to protect your feeders from deer:

- Feeders should be at least 6 feet high.
  - If deer are butting the feeder or pole to knock the seed out, install a rigid wire fence at least 3 feet away from the pole and 4 feet high.
  - Bring your feeders in at night or suspend it on a wire between two trees.
- Cats:** It does not matter if your cat is your favorite pet or the neighborhood feral cat, both will ambush and kill birds.
- Keep your cat(s) indoors — always.
  - Contact your local wildlife control officer to catch and permanently remove feral cats.
  - Place feeders 10 feet away from locations where cats can lie in ambush (shrubs, brush piles, trees with low-hanging branches).
  - Avoid feeding birds on the ground. Hang feeders high enough cats can't leap up to get the birds.
- Ground-feeding animals: mice, voles, opossums and skunks:** By reducing the amount of seed and waste reaching the ground, you can make your bird feeding area less attractive to nuisance pests.
- Use seed preferred by birds you want to attract so you have less waste. Avoid seed with fillers like milo.
  - Use seed without their shells (hulls). You can purchase “no-mess” bird seed without hulls at stores that sell bird seed.
  - Do not feed wildlife food scraps including bread, popcorn and more.
  - Attach trays under bird feeders to catch falling seed.
  - When filling your feeders, be especially

Soni Cochran, Nebraska Extension in Lancaster County



Animals like opossums are attracted to birdseed on the ground or within easy reach.

- careful not to spill seed near your home to avoid attracting rodents.
- Regularly sweep up seed that has fallen to the ground. Not only do layers of fallen seed and hulls attract pests, but this waste also encourages mold growth.
  - If you struggle with keeping animal pests away from your feeding area, empty and remove the feeders, sweep up any fallen seed waste, and initiate any control methods. Nebraska Extension's pest management resources are available at <https://wildlife.unl.edu>.
- Squirrels:** See April NEBLINE for information how to discourage squirrels at your bird feeders.

**FOR MORE INFORMATION**  
Nebraska Extension publication, *Selective Bird Feeding: Deterring Nuisance Wildlife from Bird Feeders (EC1783)* available at <https://wildlife.unl.edu/pdfs/selective-bird-feeding.pdf>



# 2020 All-America Selections Vegetable Winners



Photos courtesy of All-America Selections



## Pumpkin 'Blue Prince'

For any vegetable entry to become an AAS Winner, it must outperform the comparisons and Blue Prince Pumpkin scored high in the areas of maturity, yield, fruit size, uniformity, color, taste and texture. Vigorous trailing vines produce 7–9 pound, beautiful, blue flattened pumpkins with non-stringy, deep orange flesh with savory sweetness. These pumpkins are as pretty as they are delicious. Of all the varieties trialed, Blue Prince was first to flower and fruit, which is beneficial for gardeners with a shorter growing season.

## Cucumber 'Green Light'

This award winner is an excellent mini cucumber, said many of the AAS Judges. The yield was higher than the comparison varieties with more attractive fruit, earlier maturity and superior eating quality. Grow Green Light on stakes or poles for a productive, easy-to-harvest vertical garden that will yield 40 or more spineless cucumbers per plant. Pick them when they are small, approximately 3–4 inches long and be rewarded with great tasting cucumbers that do not need to be peeled.

## Tomato 'Chef's Choice Bicolor'

The first bicolor tomato in the Chef's Choice series is here. Indeterminate plants produce large 7–8 ounce flattened beefsteak tomatoes with beautiful pinkish-red internal stripes within a yellow flesh. These heirloom looking tomatoes are as sweet as they are beautiful with a better flavor and texture than the comparisons. Gardeners will enjoy earlier maturity and more uniform fruits that hold up all season long, producing well into fall.

Source: All-America Selections



## GARDEN GUIDE

### THINGS TO DO THIS MONTH

Mary Jane Frogge, Extension Associate,  
Lancaster County

Complete the pruning of shrubs, ornamental trees before growth starts, except for spring flowering shrubs like lilac. Prune those which bloom in spring as soon as they finish flowering.

March is a good time to start transplants indoors of tomatoes, peppers and eggplant.

How are your houseplants doing? Check all five growing factors if your house plants are not growing well. Light, temperature, nutrients, moisture and humidity must be favorable to provide good growth.

Buy a notebook and use it to keep all your gardening information. List what you plant in the garden. Include the name of seed companies, plant name, variety, planting date and harvest date. During the growing season, keep notes on how well the plant does. If the variety is susceptible to disease, record what was used to treat any problems. All this information will be helpful in planning future gardens.

Turn the compost pile.

Some annuals, such as verbenas, snapdragons and petunias, take 70–90 days to bloom. They should be started indoors in early spring.

Buy some new perennials for your flower border. Spring is a good time to renew and add variety to your landscape.

Finish repairing and painting of window boxes, lawn furniture, tools and other items in preparation for outdoor gardening and recreational use.

Do not plow your garden when the soil is wet. It will form clods which are difficult to break up and interfere with cultivation during the summer.

Rake the lawn to remove leaves and twigs.

If you have not done it already, check stored tools and outdoor furniture for signs of rust. Remove any surface rust with steel wool and paint with rust-preventing paint.

# Look Who's Hatching Program for Childcare Centers "Incubates" Imagination

Jaci Foged

Extension Educator,  
Lancaster County

Look Who's Hatching is a program available from Nebraska Extension for childcare centers and family childcare programs with preschool-age children. Each spring, a childcare workshop is offered at the Extension office to support early childhood teachers in learning to use an emergent curriculum in their classrooms. Emergent curriculum is a process where teachers plan activities based on the specific group of children they are working with, taking into account their skills, needs and interests.

The workshop, Look Who's Hatching: Exploring Oviparous (Egg Laying) Animals with Young Children, focuses on using the Experiential Learning Model (see chart below) to support children's learning. In the workshop, participants

learn that rather than provide children with the answer to what is inside the eggs, teachers should instead follow the child's lead and explore all of the possibilities by asking questions that provoke children's thinking. This helps the children think about and process their ideas.

The Look Who's Hatching program starts with the concept of "What could be inside of the eggs?" A children's story about oviparous animals is read to the group, and children begin to wonder about what could hatch from their eggs — turtles, crocodiles, snakes and even dragons are some of the ideas children have. Children use magical thinking as a way of figuring out how things work.

When we provide children with an opportunity to think outside the box, magic happens. Suddenly it is more than just a simple egg, like the eggs they might have seen in their refrigerator. The simple provocation of what COULD be in the egg creates many days of exploration and learning — for the children, their parents and their teachers too! The program lasts approximately four weeks, but depending on the children's interests, classrooms might explore oviparous (egg laying) animals for many weeks after the chicks have hatched and left the classroom.

## What to Expect

Week 1: Extension staff drop off incubators in participating classrooms. The following day, educators bring a variety of chicken eggs to the program. Shhh, don't tell the children they are chicken eggs! Extension staff will read a book to the children which discusses a variety of animals which hatch from eggs. Children then brainstorm what they believe will



Molly Holloway

Youth at childcare centers participating in Look Who's Hatching can experience chicks hatching.

hatch from the eggs. Throughout the week, teachers observe the children and document what they see to identify areas of interest to build on — practicing using an emergent curriculum.

Weeks 2 and 3: Classroom teachers continue the discussion about what could be in the eggs and provide a variety of books and activities relating to the type of animals children think will hatch out of the eggs.

Week 4: The eggs typically hatch between Monday and Wednesday. Suzanne Schneider, a former childcare and preschool director in Lincoln, said, "The children couldn't even talk (as they watched the baby chicks hatch) they were just in awe. The way they hatched (over several days and times) allowed different children different opportunities to watch the process." Once the baby chicks hatch, children typically show interest in learning more about baby chickens.

Teachers are encouraged to follow the children's interests and provide opportunities to further learn around this new concept.

## How to Participate

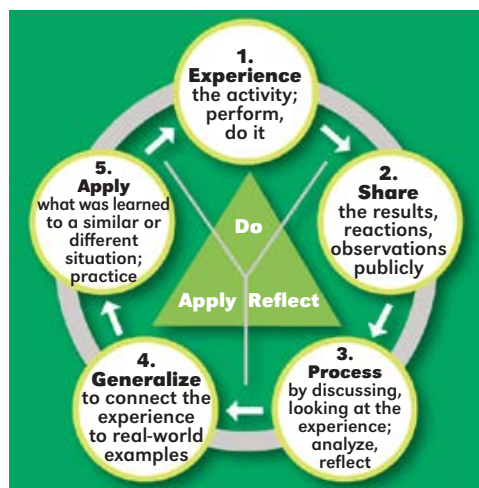
Participation is fairly easy — attend the workshop (see box below) and sign-up to bring the program to your classroom (for a small fee). Extension staff will deliver the necessary items (incubator, chicken eggs and brooder box) and Extension will pick everything up after the program is over. Hatched chicks are delivered back to the farm we received the eggs from, which can create a wide range of potential interests for children to explore even after the program is over.

Peer reviewed by Katie Krause and Leanne Manning.

## Upcoming Training

Nebraska Extension teaches several early childhood development classes for child care providers. Listed is an upcoming class at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln. For more information, contact Jaci Foged at [jfoged2@unl.edu](mailto:jfoged2@unl.edu) or 402-441-7180. Registration form is at <http://lanaster.unl.edu/family>.

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



Experiential Learning Model





## HEART OF 4-H VOLUNTEER AWARD

### Clayton Haman

Lancaster County 4-H is proud to announce Clayton Haman of Denton as winner of the March "Heart of 4-H Award" in recognition of outstanding volunteer service.

For about 15 years, Clayton has helped provide fertile chicken eggs for the Lancaster County Embryology 4-H school enrichment program. Third grade students hatch chicks in classrooms as they learn about the development of embryos. 4-H EGG Cam allows viewers around the world to witness the amazing process of chicks hatching. After the chicks hatch and spend about 5 days in classrooms or on EGG Cam, Clayton then provides a home for some of them. He once provided turkey eggs to hatch on 4-H EGG Cam!

"I like helping young people enjoy experiences they would otherwise never have had the opportunity to have. This is my way of paying back to the 4-H program that helped me grow as a person. My favorite experience as a 4-H volunteer was having eggs on the EGG cam and my son's ag class in Mullen watched the chickens hatch."

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



## 4-H Members and Leaders — Please Re-Enroll by April 1!

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. **You are strongly encouraged to re-enroll by April 1 or you may miss out on communications such as Neblines, email reminders, etc.!** 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://lanaster.unl.edu/4h/club>. If you have questions about the process, 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://lanaster.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:** All 4-H volunteers — youth and adults — need to re-enroll. 4-H club organizational leaders are 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.

### State 4-H Horse Stampede Entries Due March 6

The annual 4-H Horse Stampede will be held Saturday, March 28 at the UNL Animal Science Complex on East Campus. Stampede includes the 4-H state horse-related competitions which do not require a horse: Horse Bowl, Public Speaking, Demonstration and Art and Photography Contest. Open to 4-H'ers ages 8–18 enrolled in the 4-H horse project. Lancaster County 4-H Council will pay the contest entry fees for Lancaster County 4-H'ers. Entry forms are due to the Extension office no later than Friday, March 6. Additional information on the individual competitions and entry forms are online at <http://4h.unl.edu/horse/stampede>. Stampede T-shirts will be available to participants for \$5, if pre-ordered. There will be no concession stand on-site. Box lunches will be available for \$8 and must be pre-ordered. If you have questions or want to sponsor a trophy, contact the Extension office at 402-441-7180.

### 4-H Pillow Sewing Workshop, March 7

4-H youth ages 8 and up are invited to learn beginning sewing skills while constructing a pillow at the "Pillow Party" sewing workshop on Saturday, March 7, 9 a.m. until about noon at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln. No registration fee. Must register by Monday, March 2 by calling 402-441-7180 or emailing [kristin.geisert@unl.edu](mailto:kristin.geisert@unl.edu).

Bring your sewing machine, basic sewing equipment (scissors, pins, measuring tape), etc. Also bring 3/8 yard each of 2 coordinating/contrasting woven fabrics, pre-washed, 100% cotton (NO PLAIDS, NO KNITS, NO FLANNELS) and matching thread. Pillow forms will be provided. A few office sewing machines are available for use upon request. Parents/adults are encouraged to attend to help their 4-H'er.

### 4-H/FFA Market Beef Weigh-in, March 10

4-H and FFA exhibitors showing market steers or heifers at the Lancaster County Super Fair and/or Nebraska State Fair must identify and weigh-in their projects at the 4-H/FFA Market Beef Weigh-In on Tuesday, March 10, 6–7 p.m. at the Lancaster Event Center – Pavilion 2. Exhibitors planning on exhibiting market beef at State Fair must have DNA sampled. It is strongly encouraged to have DNA pulled and EID tagged at the time of weigh-in.

### 4-H Chick Days, March 14

Nebraska 4-H is EGG-cited to announce the NEW Nebraska 4-H Chick Days event!

The 4-H Chick Days event will be held on Saturday, March 14 at the UNL Animal Science Complex in Lincoln. The event offers a variety of 4-H poultry and food science contests, including poultry quiz bowl, omelet cookery, speech, egg decorating and photography contests. The event is designed to encourage youth to explore what poultry and food science industries have to offer. The winning quiz bowl team receives a \$2,000 scholarship! \$50 cash prize to winners of other contests. Entry forms must be submitted by March 1.

If you are interested in forming a Lancaster 4-H Poultry Quiz Bowl team, contact Calvin DeVries at 402-441-7180 or [calvin.devries@unl.edu](mailto:calvin.devries@unl.edu). Learn more at <https://4h.unl.edu/chick-days>.

### Pick-A-Pig Club

The Pick-A-Pig 4-H club is accepting new members for anyone who wants to learn about pork production and show a pig at the Lancaster County Super Fair. The club is open to all city and rural youth ages 8–18. If you are interested, contact Harry Muhlback at 402-430-7304 by March 15.

### Rabbit Show, March 28

The 4-H Spring Rabbit Show will be held Saturday, March 28, 9 a.m. at the Lancaster Event Center – Exhibit Hall. Open to all youth ages 8–18. Show flyer is at <https://lanaster.unl.edu/4h/rabbit/RabbitShowSpring20.pdf>. For more information, call Bob at 402-525-8263 or the Extension office at 402-441-7180.

### 4-H Jammie Sewing Workshop, March 28

4-H youth ages 8 and up are invited to practice their basic sewing skills and make pajama or lounge wear pants or shorts at the "Jammie Jamboree" sewing workshop on Saturday, March 28, 9 a.m. until about 12:30 p.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln. No registration fee. Register by Wednesday, March 25 by calling 402-441-7180 or emailing Kristin at [kristin.geisert@unl.edu](mailto:kristin.geisert@unl.edu).

Bring your sewing machine, basic sewing equipment (scissors, pins, measuring tape, etc.), simple pull-on pajama bottom pattern in appropriate size, pre-washed flannel or 100% cotton fabric — see yardage requirement on pattern envelope — (no one-way design fabrics or plaids — if you choose flannel, purchase an additional 1/2 yard as it is not as wide), elastic as recommended by pattern and matching thread.

To avoid mistakes, do NOT cut out pants/shorts ahead of class time! Adults are needed to attend to help their 4-H'ers.

### Providing Carnival-Type Games at Kiwanis Karnival is a Fun Community Service Opportunity for 4-H Clubs

The annual Kiwanis Karnival, a FREE family event, is sponsored by the Lincoln Center Kiwanis. This year, it will be held Friday, April 17, 5:30–7:30 p.m. at Elliott Elementary School, 225 S. 25th St., Lincoln. The Karnival features carnival-type games for youth, bingo for adults, prizes, snacks, fun and fellowship. 4-H clubs are needed to provide carnival-type booths. This is a great community service and leadership activity. For more information, call Lorene at 402-423-7541 or 402-310-3481, or email [lbartos1@unl.edu](mailto:lbartos1@unl.edu). Come join the fun!

## 4-H Speech & PSA

4-H Speech & PSA Contests are open to all 4-H'ers — need not be enrolled in a specific project. Youth may choose to participate in either or both the Speech and PSA contests. For rules, helpful resources and examples, go to <http://lanaster.unl.edu/4h/speech>. If you have questions, contact Kate Pulec at [kpulec3@unl.edu](mailto:kpulec3@unl.edu) or 402-441-7180.

### PSA Contest, Due March 10

In the Public Service Announcement (PSA) Contest, 4-H'ers submit a 60-second "radio commercial" promoting 4-H. Submit a PSA as a .wav, .mp3 or m4a file electronically to [kpulec3@unl.edu](mailto:kpulec3@unl.edu) or on a CD to the Extension office by Tuesday, March 10. If you do not have the capabilities to record a PSA, contact Vicki Jedlicka at 402-441-7180 to set up a recording time. Results and comment sheets will be handed out at the 4-H Speech Contest. The 2020 PSA theme is "Inspire Kids to Do."

### Speech Contest, March 15, Due March 10

The 4-H Speech Contest will be held Sunday, March 15 at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln. Check-in between 1–1:30 p.m., contest begins at 1:30 p.m. Register by Tuesday, March 10 by calling 402-441-7180 or emailing [kpulec3@unl.edu](mailto:kpulec3@unl.edu) with your name, speech title and age division.



# 4-H Achievement Celebration

Nebraska Extension in Lancaster County and 4-H Council presented the Lancaster County 4-H Achievement Celebration on Feb. 11. 4-H'ers, 4-H clubs and 4-H leaders were recognized for their 2019 achievements. Lancaster County 4-H congratulates all 4-H youth who commit themselves to excellence! 4-H thanks all volunteers whose time teaching youth represents a valuable investment in our community's future! The Lancaster County Board of Commissioners proclaimed Feb. 11 as "4-H Achievement Day." For a complete list of award, scholarship and pin recipients (as well as additional photos) go to <https://lancaster.unl.edu/4h/achievement>.



## DIAMOND CLOVER

*The Nebraska 4-H Diamond Clover Program is a statewide program which encourages 4-H members to engage in a variety of projects and activities. At the beginning of the 4-H year, youth choose goals from a provided list, and at the end of the 4-H year, complete a report which documents their accomplishments.*



**Level 1 – Amethyst:** Anna Bals, Ellie Bonenberger, Josiah Boysen, Joey Branch, Reagan Burklund, Ellie Carpenter, Maggie Carpenter, Collette Essay, Frankie Fendrick, Adam Gabel, Stacia Grosserode, Audrina Hance, Giselle Hance, Parker Hansen, Sydney Kruse, Grace Mentze, Bailey Petersen, Maria Polk, Gianna Russman, Carson Schultze, Mabel Sobansky, Eva Thompson, Mya Thompson, Reagan Tonkin, Anastasia Yallaly, Cecilia Yallaly, Isabel Yallaly

**Level 2 – Aquamarine:** Vyvian Alstrom, Isaac Baehr, Emily Bauman, Brooklyn Blunt, Bethany Budell, Isabel Buss, Elise Chadwick, Khloe Cuttlers, Kate Diederich, Rosalyn Frese, Scarlett Fulkerson, Kaitlyn Giles, Dailee Guthrie, Isabella Hytrek, Josie Johnson, Abby Kruse, Kennedy McCarville, Elizabeth Moje, Vanessa Peterson, Catherine Polk, Susannah Schulte, Jacalyn Srb, Julia Srb, Lily Woolledge

**Level 3 – Ruby:** Jacob Bauman, Kaylee Boysen, Gracie Czyz, Grace Diederich, Andrew Frain, Morgan Gabel, Sarah Lange, Claire Polk, Lily Russman, Preston Smith, Emma Thomson, Kamryn Wanser

**Level 4 – Sapphire:** Clare Bauman, Aleyna Cuttlers, Celia Faith, Ethan Gabel, Kylie Hansen, Parker Smith, Hannah Thomson

**Level 5 – Emerald:** Clara Johnson, Riley Peterson, Eliese Schwinck, Pearce Smith, Avery Tonniges

**Level 6 – Diamond:** Ella Hendricksen, Abigail Kreifels, John Sump

## COMMUNITY SERVICE AWARDS

*Presented to 4-H'ers who have completed the most hours of community service.*



**Age 13 and under:** Samuel Babcock, Brooklyn Blunt, Jonathan Cook, Aleyna Cuttlers, Khloe Cuttlers, Andrew Frain, Dailee Guthrie, Kylie Hansen, Mischa Lunquist, Nettie Lunquist, Vanessa Peterson, Alexa Smith, Hannah Thomson, Reagan Tonkin, Ava Vogel, Conner Vogel, Kamryn Wanser, Lily Woolledge



**Age 14 and over:** Mindy Bartels, Thomas Cook, Nathan Gabel, Abigail Kreifels, Madelyn Kreifels, Katie Nepper, Eliese Schwinck, David Swotek, Elena Thomson, Avery Tonniges

## NEBRASKA 4-H ANNUAL ACHIEVEMENT AWARD

*The Nebraska 4-H Annual Achievement Award is a record of a 4-H member's annual achievements in 4-H, including accomplishments, leadership experiences, community service and career exploration.*



**Completed a Junior Application:** Noah Babcock, Samuel Babcock, Clare Bauman, Reagan Breuer, Aleyna Cuttlers, Khloe Cuttlers, Adam Gabel, Ethan Gabel, Morgan Gabel, Kylie Hansen, Vanessa Peterson, Micah Pracheil, Parker Smith, Pearce Smith, Preston Smith

**Completed a Senior application:** Ellie Babcock, Madelyn Kreifels, Riley Peterson, Taylor Yakel

## NATIONAL LEADERSHIP AWARD

*Awarded on behalf of the American Youth Foundation to youth ages 15–18 who strive to achieve their personal best and make a positive difference in their schools, youth groups, 4-H clubs and communities.*



Nathan Gabel, John Sump, David Swotek, John Swotek

## OUTSTANDING 4-H MEMBERS



**Ellie Babcock** has had a truly amazing 10-year 4-H career. She has been a member of the Shamtastic Clovers club (serving as secretary for 1 year and president for 2 years), Teen Council and 4-H Council (serving as vice president for 2 years). Ellie has modeled original garments at Omaha Fashion Week two years in a row and attended National 4-H Congress. She has helped organize and present many 4-H workshops, including at Clover College.

**Sidney Froistad** has been very involved in 4-H for 7 years as a member of Lucky Lopers and Prairie Star 4-H horse clubs (serving as president of Prairie Star for 6 years). She competed at the Western National Roundup two years in a row. Sidney has helped present at many 4-H horse clinics and at Clover College, as well as helping organize a mock horse judging contest.

## 4-H CLUBS OF EXCELLENCE

*Nebraska 4-H Clubs of Excellence have met criteria outlined by the State 4-H office.*

**Clever Clovers, Cornerstone Equestrian, Fantastic 4, Five Star 4-H'ers, Fusion 4-H'ers, Go Go Goat Getters, Joe's Clover Knights, JP2 Crew, MoPac 4-H Club, Rabbits R Us, Teen Council**

## OUTSTANDING 4-H CLUBS

*The Lincoln Center Kiwanis Club presents Outstanding 4-H Club Awards to the top 4-H clubs participating in the Lancaster County Super Fair. Clubs receive points based on all members' total fair exhibit and contest placings. The following clubs were also recognized at a recent Lincoln Center Kiwanis club meeting.*

**BOOTS N' HOOVES** of the Lincoln and Waverly area is the winner of Category I, (5–10 members). The club's 10 members were enrolled in horse and dog project areas and entered 143 total exhibits at the fair. This is the club's first year as an outstanding 4-H club. Teresa Brandt and Sheri Hampton are the leaders.

**FUSION 4-H'ERS** of Lincoln is the winner of Category II (11–20 members) and winner of the Wayne C. Farmer trophy as overall Outstanding 4-H Club. The club's 12 members were enrolled in approximately 15 project areas and entered 186 total exhibits at fair. This is the club's third year as an outstanding 4-H club and Wayne C. Farmer trophy winner. Marsha Prior and Analisa Peterson are the leaders.

**JOE'S CLOVER KNIGHTS** of the Lincoln area is the winner of Category III (21 or more members). The club's approximately 100 members were enrolled in at least 15 project areas and entered approximately 320 total exhibits at fair. This is the club's second year as an outstanding 4-H club. Anne Johnson is the leader.

## COLLEGE SCHOLARSHIPS

**LANCASTER COUNTY 4-H COUNCIL — \$700:** Ellie Babcock, Kali Burnham, Thomas Cook, Sarah Dilley, Catherine Hytrek, Delaney Meyer, John Swotek

**4-H TEEN COUNCIL — \$300:** Ellie Babcock, Thomas Cook, Delaney Meyer, John Swotek

**LINCOLN CENTER KIWANIS — \$1,000:** Bailey Donner

**DICK FLEMING LEADERSHIP & COMMUNICATION — \$250:** Ellie Babcock

## MERITORIOUS SERVICE



**Shirley Condon and Sheri Ramirez** have served together nearly 20 years as leaders of the Pet Pals 4-H club and superintendents of the 4-H Household Pets Show at the Lancaster County Super Fair. Shirley has given 38 years of service to 4-H as a member of 4-H Council, Clover College instructor, 4-H recruiter, key leader, county fair 4-H judge and record-book awards judge. Sheri has given 25 years of service to 4-H as leader of the Flamingos 4-H club, volunteer with Character Counts, Clover College helper and is currently on 4-H Council.





# EXTENSION CALENDAR

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

## February FEBRUARY IS NEBRASKA 4-H MONTH

- 24 Capital Biz 4-H Club Meeting. . . . . 6:30 p.m.
- 25 Private Pesticide Applicator Training. . . . . 9 a.m. & 1 p.m.
- 27 Commercial/Noncommercial Pesticide Applicator Initial Training . . . . . 8:30 a.m.
- 28 Lancaster County 4-H Deadline for Companion Animal Challenge Entries
- 29 Lincoln Early Childhood Conference . . . . . 8:45 a.m.–3 p.m.

## March

- 1 Deadline for Governor's Agricultural Excellence Awards (\$500)
- 3 Southeast Nebraska Soil Health Conference, Hickman Community Center, 115 Locust St., Hickman . . . . . 9 a.m.–3:30 p.m.
- 3 4-H Council Meeting. . . . . 6 p.m.
- 5 ProHort Lawn & Landscape Update. . . . . 8:30 a.m.–3:30 p.m.
- 6 Lancaster County 4-H Deadline for Horse Stampede Entries
- 7 4-H Pillow Sewing Workshop. . . . . 9 a.m.
- 8 4-H Teen Council Meeting . . . . . 3 p.m.
- 9 Private Pesticide Applicator Training. . . . . 6 p.m.
- 10 Private Pesticide Applicator Training. . . . . 9 a.m.
- 10 Dicamba Applicator Training . . . . . 12 p.m.
- 10 4-H/FFA Market Beef Weigh-In, Lancaster Event Center – Pav. 2. . . . . 6–7 p.m.
- 10 4-H Public Service Announcement (PSA) Contest Entries Due/ Register for Speech Contest
- 13 Extension Board Meeting . . . . . 8 a.m.
- 14 4-H Chick Days, UNL East Campus - Animal Science Complex
- 15 4-H Speech Contest . . . . . Check-In 1 p.m./Contest 1:30 p.m.
- 17 Commercial/Noncommercial Pesticide Applicator Initial Training . . . . . 8:30 a.m.
- 23 Capital Biz 4-H Club Meeting, Southeast Community College Entrepreneurship Center, 285 S. 68th St. Place. . . . . 6:30 p.m.
- 25 Looks Who's Hatching Workshop . . . . . 6:15–8:15 p.m.
- 26 Commercial/Noncommercial Pesticide Applicator Recertification Training . . . . . 8:30 a.m.
- 28 4-H Jammie Jamboree Sewing Workshop. . . . . 9 a.m.
- 28 4-H Horse Stampede, UNL East Campus - Animal Science Complex
- 28 4-H Companion Animal Challenge, UNL East Campus - Animal Science Complex
- 28 4-H Spring Rabbit Show, Lancaster Event Center – Exhibit Hall . . . . . 9 a.m.

## Nutrition Education Program

continued from page 1

Similarly, underrepresented minority populations experience greater health adversities<sup>4</sup>. For these reasons, NEP teaches adults and youth, focusing on minority populations, who are living at or near the U.S. poverty level (i.e., a family of four living on \$26,200 annually) about how to increase their food security and health<sup>5</sup>.

In Lancaster County, two of NEP's most impactful classes include those for New Americans and those taught in family-style. NEP in Lancaster County partners with three culture centers and Lincoln Public Schools' English Language Learner program to teach health and food security lessons to parents who are rather new to America.

Last year, NEP also embarked on family-based classes where parents and their children learn together. Several families gather (school-aged children and their parents) to cook, learn about MyPlate, plan meals and engage in physical activity. These classes are a win-win because they build family connections and allow families to embark on health practices together, increasing the chances that healthy changes will last.

Thanks to grants from Partnership for a Healthy Lincoln and Wellcare, NEP sends these families home with basic cooking supplies such as pots and pans, a blender or a skillet. One mother who attended a

NEP class through a partnership with Circle of Security parenting classes at Region V Services, received a blender and exclaimed how excited she was that her and her daughter have been making fruit and vegetable smoothies for their after school snack. Some new Americans are just learning the convenience of microwaves and refrigerators and are happy to also learn to use a slow cooker or skillet. Gifting small kitchen appliances has made healthy, convenient cooking equitable for all audiences.

### NEP Increases Food Access

In addition to education, NEP coordinates efforts to increase food access in specific neighborhoods which lack grocery stores, markets or pantries that supply healthy food through three initiatives: Double Up Food Bucks, Choose Healthy Here and Growing Together Nebraska gardening.

NEP helps secure funds to supply food-insecure individuals utilizing SNAP with Double Up Food Bucks vouchers to double their purchase of fruits and vegetables at no additional cost to them.

Through Choose Healthy Here, local grocery store and convenience store owners increase their offerings of healthy foods. In 2019, NEP assisted two Middle Eastern-affiliated markets on 27th street to increase their offering of fresh produce and low-fat dairy products.

NEP also embarks in gardening adventures (along with Extension Master

Gardeners) through Growing Together Nebraska to grow healthy, fresh foods which are donated to food pantries.

For more information about Choose Healthy Here and Double Up Food Bucks, see the March 2019 NEBLINE at <https://lancaster.unl.edu/nebline/2019/mar19>.

NEP is financed by two federal funding sources: the Expanded Food and Nutrition Education Program (EFNEP) and the Supplemental Nutrition Education Program-Education (SNAP-Ed).

If you are interested in volunteering with NEP, please contact Emily Gratopp at [emily.gratopp@unl.edu](mailto:emily.gratopp@unl.edu) or 402-441-7180.

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## 4-H Horse Hippology Team Place 2nd; Team Nebraska Earns National Champion!



The Lancaster County Horse Hippology Team.

Several Nebraska Youth attended the Western National Roundup Jan. 8–12 in Denver, Colo. The conference, now in its 100th year, is held annually in early January, coinciding with the National Western Stock Show. This year's theme was "Celebrating a Century of Leaders."

In order to qualify, each team and individual were required to win their state competition.

The Lancaster County Horse Hippology Team of **Emmi Dearmont, Sidney Froistad, Katherine Moyer and Sidney Schlesiger** (coached by Andy Dearmont) earned overall 2nd place as a team in the Hippology Contest. In addition, they received

2nd team problem, 3rd in team stations, 4th in team exam/slides and 5th in team judging. Individually, Emmi Dearmont received 9th in high individual judging. Sidney Froistad received 7th in high individual stations and 9th in high individual overall. Sidney Schlesiger received 6th in high individual stations, 10th in the high individual written exam/slides and 7th in high individual overall.

Other Nebraska contestants placed 1st in Horse Presentations, 3rd in Horse Bowl, 5th in Horse Public Speaking and 9th in Horse Judging. Team Nebraska earned High Overall State Award 1st place — National Champions!

### Capital Biz 4-H Club

This special interest entrepreneurship club for youth ages 10 and up will meet monthly on Monday evenings through June and will partner with University of Nebraska's Engler Agri-Business Entrepreneurship Program. Learn what it takes to start a successful business through interactive and engaging hands-on activities, community tours and local experts.

Spark your business passion by attending the upcoming tour on Monday, March 23, 6:30 p.m. at Southeast Community College, 285 S. 68th Street Place, Lincoln. The next meeting will be on Monday, April 13, 6:30 p.m. at Turbine Flats, 2124 Y St., Lincoln.

This club inspires youth wherever they are on their entrepreneurship journey and provide resources to take the next step. Contact the club leader, Tammy Sheldon, at [tammy.j.sheldon@gmail.com](mailto:tammy.j.sheldon@gmail.com) to attend and join.

### 4-H/FFA Fair Books Will be Mailed in March

The Lancaster County Super Fair will be July 30–Aug. 8. 4-H & FFA exhibits and events will be July 30–Aug. 2. 4-H Horse Show will be July 29–Aug. 2. The Lancaster County 4-H & FFA Fair Book contains entry information for 4-H & FFA members exhibiting in 4-H/FFA. Fair Books are scheduled to be mailed on March 16 to all 4-H & FFA families who have enrolled through <https://ne.4honline.com>. The Fair Book will also be available at the Extension office and at <http://lancaster.unl.edu/4h/Fair>.

In honor of the Lancaster County Fair's 150th Anniversary, there will be special 150 theme 4-H static exhibit opportunities and 150 theme 4-H/FFA live-stock tack stall/poultry table decorations. A compiled list of what's new in the Fair Book will be published in the April NEBLINE.



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

Embryology resources include incubation, candling and more!

