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Holiday Wellness Tips

By Alyssa Havlovic, MS, RDN, ACSM EP-C, Extension Educator in Lancaster County

During the hustle and bustle of the holiday season, it's easy to fall out of our normal routines and set our wellness and self-care aside. But in all reality, it is even more important to focus on your mental health and wellness during this busy time of year. Read on for tips to help you focus on your wellness this holiday season.

Make Time for Movement

Even a few minutes of physical activity can lead to health benefits. Staying active helps adults reduce short-term feelings of anxiety and leads to better sleep. Here are some ideas for adding more movement this holiday season:

- When gathering with family and friends, **go for a group walk**, or play an active game together in the yard or at a nearby park.
- **Take the stairs** at every opportunity. Those extra steps can add up!
- Don't let the cooler temperatures keep you from getting outside. **Bundle up and go for a walk**. Maybe even consider walking around the neighborhood to look at holiday light displays rather than driving in your car.
- When shopping for holiday meals or gifts, **park farther away** instead of driving around searching for the closest spot.

- **Choose an exercise program** to follow that fits your schedule and join an accountability group to keep yourself on track.

Maintain a Healthy Eating Pattern

Healthy eating helps us maintain a healthy weight, boosts our immune system, regulates our digestive system, supports bone and muscle strength, and reduces our risk of developing chronic disease. Healthy eating during the holidays doesn't mean giving up all your favorite foods and traditions, but finding balance is important.

- **Consider making simple swaps** in some of your favorite recipes such as:
 - Using fat-free yogurt in place of sour cream or mayonnaise in dips and sauces.
 - Substitute applesauce for oil, margarine or butter in muffins and quick breads.
 - Try low-sodium vegetable broth in your mashed potatoes to add flavor and cut back on butter or margarine.
- At home or at gatherings, **fill half your plate with fruits and vegetables first** to ensure your body gets the nutrients it needs.



Image created on Canva

- **Take up winter hiking or try ice skating** for a way to stay active throughout the cooler months of the year.

Organize a craft night

with friends. Door signs and other painting crafts have gained popularity in recent years. Some craft stores offer kits you can purchase, or you can visit your local store to custom-create a piece that honors the holiday(s) you celebrate in your household.

Manage Your Stress Level

The holidays are meant to be a joyous time but can cause a lot of stress for many people. Follow these tips to stay joyful and energized:

- When dining on foods higher in calories, saturated fats and added sugars, choose smaller portions or eat them less often. Try to **prioritize healthier foods** most of the time.

Consider Building New Traditions

Many holiday activities and gatherings tend to revolve around food. Consider one of these options to shift the focus away from food:

- **Sign up to volunteer** for an event in your community. Volunteer at your local food bank or serve a meal at a soup kitchen.

- Make sure you **get enough sleep**. Getting 7 or more hours of sleep can help maintain healthy stress levels. Set an alarm to remind yourself it's time for bed, turn off the electronics, and get the rest you need.

- **Prioritize your time**. The holiday season can sometimes be overwhelming with so many gatherings and social events. Acknowledge that it is OK to not attend every event, and give yourself permission to say "no" when you need to.
- When feeling stressed, try to **focus on gratitude**. Ask yourself, "What is one thing I am grateful for today?"
- Finances can also cause stress this time of year. **Be realistic about your holiday budget** and stick to it. Meaningful gifts don't have to come at a high price point.

Sources:

- "Healthier Holidays in 1 - 2 - 3!" at www.cdc.gov/nccdphp/dnpao/features/stay-active/index.html
- "Finding Time for Fitness Over the Holidays," at <https://food.unl.edu/article/finding-time-fitness-over-holidays>

Holiday Food Safety Quiz

By Alyssa Havlovic, MS, RDN, ACSM EP-C, Extension Educator in Lancaster County

Before you host or attend your next holiday gathering, take this quiz to test your food safety knowledge to keep yourself and loved ones free from foodborne illness this holiday season.

QUESTIONS

1) Approximately how long should you allow for thawing a frozen turkey in the refrigerator?

- 24 hours per each 1–2 pounds of turkey
- 24 hours per each 4–5 pounds of turkey
- 24 hours per each 6–7 pounds of turkey

2) What is a safe internal temperature for cooking a whole turkey?

- 145°F
- 155°F
- 165°F

3) Which of the following are important practices to follow if stuffing a turkey?

- Do not mix wet and dry ingredients for a stuffing until just before stuffing the bird.
- Stuff the turkey loosely.
- Cook a stuffed turkey immediately.
- Use a food thermometer.
- b, c and d
- All of the above

4) What is the longest time perishable food should sit out at room temperature on a buffet table?

- 2 hours
- 3 hours
- 4 hours

5) If you are serving 20 people at a holiday party, what size of turkey should you buy?

- 10 pounds
- 15 pounds
- 20 pounds
- 25 pounds

6) It is not recommended to wash your turkey before cooking it.

- True
- False

7) Is a pop-up thermometer in a turkey reliable?

- Yes
- No

8) When should you buy a fresh turkey before cooking?

- 1–2 days
- 2–3 days
- 3–4 days
- 4–5 days

9) Which of the following are important practices to follow if traveling with food?

- Keep hot foods hot by wrapping them in foil and then in heavy towels.
- Keep cold foods cold by placing them in a cooler with ice or freezer packs.
- Perishable foods such as meat, poultry, eggs and casseroles kept at room temperature for longer than 2 hours should be thrown out.
- All of the above.

10) If you have leftover turkey in the refrigerator, you should eat it within how many days?

- 1–2 days
- 2–3 days
- 3–4 days
- 4–5 days

ANSWER KEY

- 1) B 2) C 3) F 4) A 5) C
6) A 7) B 8) A 9) D 10) C

Visit <https://food.unl.edu/free-resource/holiday-food-safety-quiz> for a full explanation of each answer.

Source: USDA



RECIPE OF THE MONTH

By Alyssa Havlovic, MS, RDN, ACSM-EP-C, Extension Educator in Lancaster Co.

Enjoy seasonal fall flavors in this nutrient-dense side dish. Recipe from food.unl.edu.

ACORN SQUASH CRANBERRY KALE SALAD

(Yield: 8 Servings)

- 1 cup brown rice, uncooked
- 2 cups no salt added vegetable broth
- 1 acorn squash, scrubbed with clean vegetable brush under running water, cubed
- 2 Tablespoons vegetable oil
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 2 Tablespoons balsamic vinegar
- 1/4 cup vegetable oil
- 1 Tablespoon maple syrup
- 1 teaspoon mustard (Dijon or other)
- 4 cups kale leaves, gently rubbed under cold running water, chopped
- 1/2 cup dried cranberries
- 1/4 cup pumpkin seeds
- 1/2 cup crumbled feta cheese (optional)

- Wash hands with soap and water.
- Wash and prepare vegetables.
- Preheat the oven to 375°F.
- Cook rice in broth according to package directions.
- Mix cubed squash with vegetable oil, salt and pepper. Place squash in a baking dish. Roast squash for 20 minutes or until fork tender.
- Combine vinegar, vegetable oil, maple syrup and mustard in a small bowl until well combined.
- Place kale in a large bowl, and pour half the dressing over the top. Massage leaves for about 2–3 minutes until softened. Add cooked rice, squash, dried cranberries, pumpkin seeds and feta cheese (if using). Mix until combined.
- Pour desired amount of remaining dressing and mix.
- Store leftovers in a sealed container in the refrigerator for up to 4 days.

Nutrition Information: Serving Size (1 cup): Calories 280, Total Fat 15g, Saturated Fat 3.5g, Cholesterol 10mg, Sodium 210mg, Total Carbohydrates 34g, Fiber 2g, Total Sugars 8g (includes 5g Added Sugars), Protein 5g, Vitamin D 0%, Calcium 6%, Iron 6%, Potassium 8%

Nutrition Software Used: ESHA Food Processor



Photo by Marusa Cernjul, Nutrition Education Program

Winter Protection for Potted Trees and Shrubs

By Sarah Browning, Extension Educator in Lancaster County

Many homes have patios and decks complete with large pots containing shrubs or trees. These containers provide a feeling of permanence and beauty to the area. We see pictures in garden magazines — from more temperate parts of the county — of beautiful winter containers with boxwood, yew, arborvitae or holly. But unfortunately, containerized plants usually die during Nebraska winters if not provided with good winter protection.

What Causes Winter Damage?

In containers, the roots of plants are exposed to below-freezing temperatures on all sides. Containers lack the temperature buffering and insulating effect soil provides to plant roots in ground plantings.

Winter soil temperature inside an above-ground container can be very close to air temperature, meaning the soil can freeze solid and your plant roots along with it. This will kill your plants.

Finally, sudden temperature changes can also damage the container itself, causing it to crack, especially clay and ceramic containers.

Providing Winter Protection

Small plants can easily be moved into a cool garage or basement. Temperatures should be in the upper 30's or lower 40's, but not below freezing. Woody evergreen plants do need sunlight, and all plants require periodic watering. Check the soil as you would in summer and water when it gets dry.

Protecting large plants is a bigger challenge, but it can be done. Covering the plant and the container thoroughly can help protect the plant. However, if



Pop-up Plant Protector

Shrub Jacket Protector

Photos provided by Gardeners Supply, gardeners.com

New products in the garden market make winter protection a little easier. Gardeners Supply, <http://gardeners.com>, now offers a Pop-up Plant Protector or Shrub Jacket. Both can be used for multiple years and stuffed with leaves or straw to provide the extra winter protection container plants need to survive. Similar products are available from other companies also. Just make sure the outer covering material is thick enough to offer a good level of temperature protection.

“Planting” An Outdoor Container

Another good method of winter protection is to bury the decorative container in the ground. This method takes advantage of the soil's temperature buffering abilities to protect your plant.

In fall, before the soil freezes, dig a hole large enough to accommodate the entire container all the way to the upper lip. When daytime temperatures drop into the 30s, place the container in the soil and backfill around the edges with more soil. Apply a thick 6–12 inch layer of wood chips, leaves or straw over the soil surface of the container and the surrounding area. If winter conditions are dry, periodically check soil moisture in the container and water as needed. In spring, the container can be lifted from the soil, washed and returned to its location for another summer.

Reference to commercial products or trade names is made with the understanding that no discrimination is intended and no endorsement by Nebraska Extension is implied. Use of commercial and trade names does not imply approval or constitute endorsement by Nebraska Extension. Nor does it imply discrimination against other similar products.

the plant is too tender for our climate or if the winter is unusually harsh, even these measures may not be adequate.

Two methods to provide winter protection for containers, includes wrapping and “planting” them.

Wrapping the Container

After the first hard frost, water the plant thoroughly and mulch the top of the soil with several inches of straw or leaves.

Next, make a cylinder around the outside of the container with chicken wire. The cage should be tall enough to enclose the entire plant, down to the base of the container — remember, you need to protect the roots, too. Fill the cage with straw or leaves, working carefully so no branches are broken in the process.

Finally, wrap the outside of the cage with burlap or shade cloth and secure it with twine. Leave yourself a way to check soil moisture throughout winter. You'll need to water whenever the soil is dry to prevent plant desiccation.

Once the danger of late spring freeze is past, remove the burlap or shade cloth wrap and the cage. Prune broken or damaged branches, and remove any other unnecessary growth. Select a cloudy day to remove coverings so the tree can acclimate gradually.

GARDEN GUIDE THINGS TO DO THIS MONTH

By Mary Jane Frogge, Extension Associate in Lancaster County

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

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

Minimize traffic on a frozen lawn to reduce winter damage.

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

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.

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

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

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

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

What's the Deal with Smelly Well Water?

By Becky Schuerman, Extension Educator in Lancaster County

Odors that are comparable to that of rotten eggs are not ideal in your home or coming from your drinking water faucet. Sulfate, which is a combination of sulfur and oxygen, is a naturally occurring mineral. It is found in some soil and rock formations where groundwater is stored. Bacteria that feed on sulfur can produce hydrogen sulfide gas which is the primary offender when it comes to odor.

Sulfate and hydrogen sulfide gas in drinking water are generally considered “nuisance contaminants,” meaning they do not pose serious risks to human health but are aesthetically displeasing.

Sulfate is considered a secondary contaminant in the Environmental Protection Agency’s (EPA) current drinking water standards. Elevated concentrations of sulfate above 250ppm can impart a bitter taste, cause dehydration (especially in small children) or act

as a mild laxative. However, most people become acclimated to those levels and any issues tend to be minimized.

Hydrogen sulfide is not currently considered a primary or secondary drinking water contaminant by the EPA. Elevated concentrations above 0.5ppm emits the rotten egg odor, and at extremely high concentrations, can cause people to become light headed if they are exposed to the gas for extended periods of time in a small confined area (e.g. a shower). However, those instances are extremely rare. Additionally, elevated concentrations may also corrode metal plumbing and fixtures alter the taste and appearance of beverages and cooked foods. Occasionally, the odor can come from a hot water heater if the magnesium corrosion control rod interacts with sulfates in the water to form hydrogen sulfide gas.

Perhaps the largest challenge with these nuisance elements for the majority of people is that they can cause black sludge to form in pipes, water softeners

and water fixtures in your home. This can also result in stains on clothes or other light colored linens in your home.

If you suspect you may have sulfate or hydrogen sulfide in your private water supply, the first steps are to request a sample kit from an accredited laboratory and submit a water sample for testing to determine the concentration of both elements in your water supply.

Treatment options for each contaminant are a bit different. To address naturally occurring sulfates, use point-of-use distillation or reverse osmosis. If the sulfate concentrations are very high, a whole house ion exchange system that removes iron and manganese along with hardness, may be appropriate. For hydrogen sulfide issues, if the smell comes when using hot water, replacing the water heater’s magnesium rod should be considered. Other forms of treatment for hydrogen sulfide include: distillation, reverse osmosis, granular activated carbon filtration that is designated for treating hydrogen sulfide, oxidizing



filters and de-aeration.

It is important to remember that a treatment system is only as good as its maintenance. Filtration replacement intervals should be determined based on the contaminant(s) being removed and daily water flow through the filter. If you are not comfortable doing this yourself, contact a reputable water quality company in your area about your treatment equipment needs and if a maintenance contract is an option.

FOR MORE INFORMATION

Nebraska Extension has several resources about sulfates and hydrogen sulfide, each of the treatment options listed above and water testing, go to <https://water.unl.edu/article/drinking-water/nebguides>.

Cover Crop Grazing Conference, Nov. 1

Nebraska beef producers and corn growers — explore ways to enhance your operations. Nebraska Extension is presenting a 2022 Cover Crop Grazing Conference on Tuesday, Nov. 1, 9 a.m.–2:45 p.m. at the Eastern Nebraska Research Extension and Education Center near Mead in the August N. Christenson Building. This expo will help first-time or experienced farmers looking to fine-tune their cover crop grazing management, utilizing cover crops as an alternative forage source.

A \$10 registration fee covers lunch and refreshments throughout the day. Please register by Friday,



Oct. 28 at <https://enrec.unl.edu/covercropgrazingconference>. Agenda, details and map/directions are also on the website. Fee is payable at the conference via cash or check (payable to

University of Nebraska–Lincoln).

The conference kicks off with refreshments and a trade show. Educational programs include a producer panel session, small group

discussion and live field demonstrations. Featured presentations include “Rotational/Strip Grazing” by Extension Educator Ben Beckman and “Grazing of Perennial and Annual Forages” presented by Extension Educator Brad Schick.

Nebraska Extension is uniquely suited to bring farmers unbiased and research-based information that will be shared at this conference.

Agribusiness stakeholders are being sought as sponsors and trade show exhibitors. Please contact Connor Biehler at cbiehler2@unl.edu or 402-624-8007.

Pantry Pests

By Kait Chapman, Extension Educator in Lancaster County

There are a number of different insects that can infest homes and wreak some form of havoc, whether they bite you or your pets, damage your home or belongings or are simply a nuisance. A common category of household insects, called “pantry pests,” are insects that infest dried food, most

often found in the pantry.

Pantry pests are most often encountered when they wander away from infested food items. Because they can contaminate food, they should be properly identified and managed. There

are a number of different types of pantry pests,

including flour, drugstore and cigarette beetles and grain and bean weevils. The two most common pantry pests reported to our office are carpet beetles and Indian meal moths.

The only way to eliminate a pantry pest infestation is to discard contaminated and infested items and protect and properly store non-infested food. Common food products that can be infested by insects include:

- Flour, cereals and cake mixes.
- Crackers, cookies and chocolate.
- Nuts, dried beans, popcorn and rice.
- Powdered milk and creamers.
- Spices and tea.

Some infestation sources are less obvious but should also be examined, including all pet food, bird seed and even rodent baits. Rodent baits, which contain seeds, are often placed in

inconspicuous areas like attics and forgotten about until moths and beetles begin to show up around the home. Regardless of what type of item it is, all infested items should be bagged and discarded. Bagged items can be frozen for at least four days to kill any lingering insects before being thrown out. Shelves, cupboards and other surfaces should also be thoroughly cleaned and wiped down. The use of insecticides is not recommended for pantry pests.

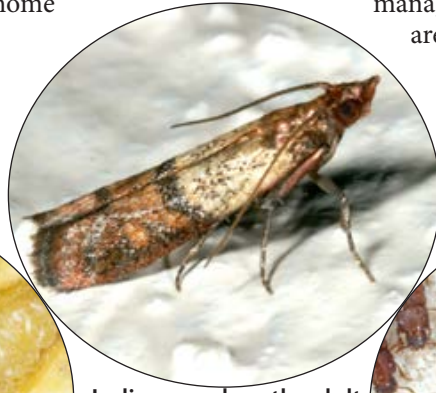
Preventing re-infestation is another important step in the management process. Dried food items that could potentially be infested should be stored in air-tight, insect-proof containers. Food can also be stored in the refrigerator or freezer until the home is pest-free.

FOR MORE INFORMATION

Nebraska Extension publication, “Insect and Mite Pests in the Kitchen and Pantry” (EC3049), is at <https://go.unl.edu/pantrypests>.



Indian meal moth caterpillar



Indian meal moth adult



Red flour beetles

Photos by UNL Entomology

Bedtime Blues for Young Children

By Hayley Jackson, Extension Educator in Lancaster County

Sleep is an important aspect of the health and well-being of young children (American Academy of Pediatrics, 2016). The American Association of Pediatrics (AAP) recommends children get enough sleep or they are at risk for a number of negative health outcomes including obesity, social-emotional challenges and academic difficulties. The amount of sleep children need varies based on age, with the AAP recommending the following (see chart).

Unfortunately, sometimes getting children to bed can be a challenge. If you’ve ever

struggled with getting your child to bed or have had difficulty setting up a nap time routine, here are some strategies that can help.

Create a Consistent Schedule. Children are better able to navigate the world around them when they know what to expect. Doing the

“getting ready” tasks for bedtime in the same order every night will help your child know what is coming and prepare them for an easier transition to sleep. One way to start this is to first identify the tasks that need to be completed before sleeping. Things like putting on pajamas, taking a bath, brushing our

teeth and reading a bedtime story are all things you may need to do before going to sleep. Decide on these tasks, and then decide which order they will be done in. Depending on the age of the child, you can involve them in this process.

Teach The Routine. Once you and your child have established the routine, you’ll want to create a visual to help reinforce what comes next in your bedtime routine. Having pictures of each task is a great way to do this. Put the pictures of the task in the order you will complete them, and then use this each night as you are completing the routine.

Calm Down Strategies.

Another aspect of helping children get to sleep easier is to help them calm their bodies after a period of being active and alert. Things such as taking deep breaths is one way to help children calm down. One way to teach children to take deep breaths is to ask them to visualize first smelling a flower (so they breathe in through their nose), and then asking them to blow out the candle (so they breathe out through their mouth).

AAP Recommended Hours of Sleep Each Day

- Ages 4-12 months: 12-16 hours (including naps)
- Ages 1-2 years: 11-14 hours (including naps)
- Ages 3-5 years: 10-13 hours (including naps)
- Age 6-12 years: 9-12 hours
- Age 13-18 years: 8-10 hours



HEART OF 4-H VOLUNTEER AWARD

Beatrice 77 Livestock



(L-R) Ryan Sommerhalder, Dennis Henrichs and Rick Jurgens. Not pictured is Gale Hardin.

Lancaster County 4-H is proud to announce Beatrice 77 Livestock of Beatrice as winner of the November “Heart of 4-H Award” in recognition of outstanding volunteer service.

Dennis Henrichs and Rick Jurgens of Beatrice 77 Livestock have been involved with 4-H since they started auctioneering 46 years ago. Ryan Sommerhalder and Gale Hardin are newer members of the team. They donate their time and services as auctioneers at 4-H livestock premium auctions in Lancaster, Gage, Saline, Johnson, Pawnee, Jefferson and Otoe counties.

In Lancaster County, Beatrice 77 Livestock has been the auctioneers for the 4-H/FFA Market Livestock Premium Auction since it started in 2010 at the Lancaster County Super Fair. At the auction, sponsors bid on an exhibitor’s animal to serve as a premium to help offset youth’s costs in raising their livestock — live animals are not sold. The Lancaster County 4-H/FFA Livestock Boosters coordinate this event and a portion of the proceeds fund college scholarships to 4-H’ers.

Beatrice 77 Livestock has also been involved with other 4-H fundraisers, such as the Hoffman-Ideus auction for three Gage County 4-H boys who lost their parents to COVID. Dennis served 5 years on the Gage County Fair Board and has acted as Master of Ceremonies of Gage County 4-H’s Parade of Champions and Row of Champions during county fair.

“We like being a 4-H volunteer because it’s our youth and the youth is our future,” Dennis Henrichs says. “Our favorite experience as 4-H volunteers is seeing the response of those young 4-H’ers when we are involved with the many 4-H families that are so giving to help in 4-H. Our small part, along with giving hands, can be so big when it comes to 4-H and county fairs. I have witnessed it so many times.”

Scott Heinrich, longtime president of Lancaster County 4-H Livestock Boosters, says, “Since the beginning, Beatrice 77 has supported the youth in both their time and monetary gifts. Denny and his crew have always been there for the boosters, and I thank them for their efforts throughout the years and look forward to many more.”



HEART OF 4-H VOLUNTEER AWARD

Lon and Carol Bohling

Lancaster County 4-H is proud to announce Lon and Carol Bohling of North Bend as winner of the December “Heart of 4-H Award” in recognition of outstanding volunteer service.

They have volunteered with 4-H for over 40 years! In Dodge County, Carol was a 20-year club leader, and they both served on 4-H Council and in various other roles. In Lancaster County, they have helped for 10 years in a variety of ways:

- Leading project activities and assisting with community service projects for the Clever Clovers 4-H club.
- Helping staff shifts at Lancaster County 4-H Council’s food stand at the Lancaster County Super Fair.
- Working with Lancaster County 4-H Council’s Chicken Dinner and Silent Auction fundraisers at Super Fair.

Lon and Carol said, “We love seeing the potential in each child. 4-H gives them the opportunity to grow and learn life skills. It is rewarding to see them progress through projects and enhance their skills. Our favorite experience is seeing the excitement of a 4-H’er when they succeed at a project and are awarded a ribbon at the county fair or a contest. We grew up in a 4-H family and are giving back what someone provided for us. Carol’s mother and dad were each 4-H leaders.”

They are parents of Lancaster County 4-H Council’s current president, Sara Hansen, and grandparents of two members of the Clever Clovers club.

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



State 4-H Archery Outdoor Results

The 2022 Nebraska State 4-H Archery Outdoor Championships were held Sept. 17–18 at the Heartland Public Shooting Park in Grand Island. Three Lancaster County 4-H’ers participated and placed!

3D TOURNAMENT

- Lilly Hanley — Bowhunter Freestyle (BHFS) Young Adult 2nd place
- Suzy Hanley — Olympic Recurve (OR) Youth 5th place

OUTDOOR 600 TARGET TOURNAMENT:

- Kamryn Wanser — Basic Bow (BB) Youth 2nd place
- Suzy Hanley — Olympic Recurve (OR) Youth 3rd place
- Lilly Hanley — Bowhunter Freestyle (BHFS) Young Adult 3rd place



Olympic Recurve Youth 3D 5th place and Target 3rd place winner



Basic Bow Youth Target 2nd place winner (right) with Coach Rachel Carlson

20 Years of Heart of 4-H Award!

Lancaster County 4-H began awarding a monthly Heart of 4-H Award 20 years ago in January 2003 and have recognized 240 volunteers to date (mostly individuals, but some couples and groups)! Read more about each of these remarkable volunteers at <https://lanaster.unl.edu/4h/heartaward>.



2003 Pat Heather Terri Whisler Ken Majors Ruth Lantis Sara Morton Gary & Rhonda Chubbuck Sheri Ramirez Merlin Dana Paula Peterson Marilyn Schepers Trudy Pedley Tonya Beach	2007 Justy Hagan Becky McHenry Linda Hanigan Roberta Sandhorst Chris Scow Chris Stephenson Jay Wilkinson Larry Pershing Lynn Albin Kristy Hattan Mike & Lanna Shrader Greg Crawford	2011 Brandy Gunnerson Trina Brown Peg Fairfield-Bixby & Sherm Bixby Cheri Truax Jill Greff Stephanie Wachter Roger Bell Tammy Wollen Carol Wolf Jodi Cooper Marian Hanigan Katie Cruickshank	2015 Mary Ann Gabel John & Karen Cooper Jill White Dwayne & Joan Wittstruck Rhonda Griess Jill Hattan Lynn Becker Angie McClelland Michelle Huber Cathy Babcock Sherry Wolf Drbal Nate Dowding	2019 Susan Bulling Travis Hodtwalker Lois Muhlbach Megan Starner Susan Martin Glenda Willnerd Kylee Yakel (Schirmer) Susan Holland Brenda Nepper Kelsey Ebke Beverlee Keller Dave Hattan
2004 Franklyn Manning Judy Fitzgerald Gene Veburg Keith Dey Lisa Burham Cheryl Landon Ellen Chapelle Shirley Condon Julie Thomson & James Walla Cindy Fiala Kala Ball Jo Fujan	2008 Amber Nore Eunice Cernohlavek Kendra Ronnau Stephenie Doeschot Karol Swotek Sandy Talbert Debbie Brandt Susan Frobish Harry Muhlbach Martin Dye Becky Grimes Leia Noel	2012 Tammy Miner Peggy & Kenny Steward Ann Pickrel Bob Dresser Mark Hurt Cindy Zimmer Andy & Suzi Dearthmont Janet Anderson Shari Becker Shari Green Jhoni Kucera Ted & Alice Doane	2016 Darwin Eucker Diane Usher Carl Cedarberg Doug Malone Stephanie Polk Lower Platte South Natural Resources District Pam Cuttlers Lincoln Center Kiwanis Rachel Carlson Marlo Yaker Sara Hansen Tammy Sheldon	2020 Jodi Freeman Karen Hanson Clayton Haman Mike Conroy Mary Burroughs Grace Kim Greater Lincoln Obedience Club Jim & Nita Stell Tracy Pracheil Amy Vander Woude Jodi Gabel Sarah Lanik-Frain & Mike Frain
2005 Kelly & Colleen Warner Leah Spencer Shelly Everett Cathy Hurdle Denise Farley Donna Bundy Dick Hollman Myron & Barb Smith John & Lori Bruss Karen Rutt Sandi Kroll Kirk Gunnerson	2009 Brenda Wilkinson John Krueger Jim Bauman Carin Sandman Elaine Simpson Quentin Farley Linda Meyer Deb Badeer Pat & Kim Wiseman Jennifer Rawlinson Danetta Jensen Mindy Leach	2013 Kent Frobish Laurie Bellinghausen Rod Hollman Ann Johnson Brian & Shannon Vogler Tony & Nicole Scott Holly Steinbach Mike & Tracie Lloyd Ben Walbrecht Nicole Schmidt Steward & Kris Spath Maralee Sobotka	2017 Diane Ossenkop Amber Herrick Nickie Casburn Shane Krause Chas Skillett Mitch Sump Rachel Hanigan Megan Bauman Analisa Peterson Kate Rawlinson Bridget Bogle Kaiya Green	2021 Emalea Dean Laura Cook Whitney Lehn James Blake Rusty & Heidi Hanley Jen & Jesse Metcalf Marti Thomson John Croghan Tim & Jenny Higgins JJ & Amy Frink Jamie Wood Julia Plugge
2006 Tom & Brenda Messick Jim & Bonnie Henshaw Barb & Ron Suing Kitt Saathoff Jane Dowd Ron Dowding Jean Pedersen Kay Clinch Karen & Joel Armstrong Sheila Scheideler Lynnette Nelson Joyce & Jim Aqena	2010 Marcia Claesson Jen Smith Kathy Wiegand Deb DeWald Kath Conroy Rodney Lilestrand Steve Muhlbach Laura Hardesty Elva Janak Kelly Brown Gordon Maahs Scott Heinrich	2014 Connie Kreikemeier Jean Nabity Teresa Brandt Marsha Prior Cathy Plager Shar Sieck Virginia Prey Lianne Garza KayCee Wanser Scott & Rita Sieck Kari Price Sue Stanoszek	2018 Troy Bernadt Jenny Schnase Northeast Kiwanis Sally Schedlock Chris Hansen Tabetha Burnham Kylee Plager Nichole Jelinek Brandy Wollen Erica Peterson Kristyn Jones	2022 Phil Wharton Jenny DeBuhr Sherry Kubicek Angie Root Rick Waldren Jamie Greenlee UNL Bee Lab Sonja Moore Lancaster County Engineers Capital City Horse and Pony Club Beatrice Livestock 77 Lon & Carol Bohling

4-H Announcements FOR ENROLLED 4-H'ERS OR 4-H VOLUNTEERS

The 4-H Youth Development Program is open to all youth ages 5-18 and free to join in Lancaster County. If interested in joining or volunteering, find out more at <http://lanaster.unl.edu/join4H> or call 402-441-7180.

HORSE AWARDS NIGHT, OCT. 27 — The annual Lancaster County 4-H Horse Awards Night will be Thursday, Oct. 27, 6:30 p.m. at the Nebraska Extension in Lancaster County conference rooms, 444 Cherrycreek Road, Suite A, Lincoln. Awards presentation includes Incentive Awards, Horsemanship Levels, All-Around Awards, Herdsmanship, Top Judging buckles and ribbons, as well as a few surprise awards! Come help celebrate the outstanding accomplishments of the 2022 Lancaster County 4-H Equestrians!

PAPER BASKET WORKSHOP, NOV. 5 — 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. 5 from 9 a.m.-12 p.m. at the Nebraska Extension in Lancaster County conference rooms, 444 Cherrycreek Road, Suite A, Lincoln. No cost to attend. Learn paper weaving techniques to make a home décor basket that may be exhibited at the Super Fair. Adults are encouraged to attend to help, especially if their child is 8 or 9 years old. Register by Monday, Oct. 31 by calling 402-441-7180 or emailing Kristin Geisert at kristin.geisert@unl.edu. Bring a needle nose wire cutter for cutting wire. All other supplies will be provided.

LIVESTOCK BETTER FAIR MEETING, NOV. 8 — All Lancaster County 4-H/FFA beef, bucket calf, poultry, sheep, swine, goat, dairy and llama/alpaca members, families and volunteers are invited to a 4-H/FFA Livestock Better Fair Meeting on Tuesday, Nov. 8, 6 p.m. at the Nebraska Extension in Lancaster County conference rooms, 444 Cherrycreek Road, Suite A, Lincoln. This is an opportunity to discuss changes for the 2023 Lancaster County Super Fair livestock shows. Please bring any changes, concerns or constructive resolutions which will make next year's fair better! Please RSVP by Monday, Nov. 7 by emailing Calvin DeVries at calvin.devries@unl.edu or calling 402-441-7180.

4-H PILLOW SEWING WORKSHOP, DEC. 3 — 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, Dec. 3, 9 a.m. until about 12 p.m. at the Nebraska Extension in Lancaster County conference rooms, 444 Cherrycreek Road, Suite A, Lincoln. No registration fee. Must register by Monday, Nov. 21 by calling 402-441-7180 or emailing Kristin at kristin.geisert@unl.edu. This early deadline is needed to order pillow forms. Bring your sewing machine, basic sewing equipment (scissors, pins, measuring tape), etc. Also bring 3/4 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 AWARDS & SCHOLARSHIP FORMS DUE JAN. 3 — Many Lancaster County 4-H award forms and college scholarship applications are due Jan. 3. Forms are available at <http://go.unl.edu/4has> and the Extension office. Recipients will be announced at Lancaster County 4-H Achievement Celebration on Thursday, Feb. 16, 2023. Families and club leaders are encouraged to submit photos related to award application accomplishments to <http://go.unl.edu/Lan4HPic> by Jan. 3. These photos may be used in the multimedia presentation at Achievement Celebration.

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

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

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Additions to State 4-H Horse Expo Top Results

The following purple ribbon winners and top 10 winners should have been listed in the State 4-H Horse Expo Top Results printed in the October NEBLINE.

- Makenna Coe: Senior Ranch Riding (10th place, blue ribbon)
- Caraline Higgins: 3–5 Year Old Halter Mares (7th place), Senior Showmanship (4th place, blue ribbon)

Ag Society Annual Election & Meeting

The Lancaster County Agricultural Society (which acts as the Fair Board) will hold its Annual Meeting and Board election on Thursday, Dec. 15 at the Lancaster Event Center Fairgrounds, 4100 N. 84th St, Lincoln NE 68507, in the Lancaster Room on west side of fairgrounds. Voting will take place 5:30–6:30 p.m. for three positions on the Lancaster Agricultural Society Board (three-year terms). Any registered voter in Lancaster County may vote. The Ag Society Annual Meeting, starting at 6:45 p.m., is an opportunity for the public to learn more about the Super Fair and the Lancaster Event Center Fairgrounds, as well as hear the election results.

Any Lancaster County resident interested in running for a position on the board must submit a short biography with a photo to arrive at the Lancaster Event Center office by Wednesday, Nov. 16 in order to be placed on the ballot.

For more information, visit www.LancasterEventCenter.org and click on “About Us” or contact Lancaster County Ag Society Board President Kendra Ronnau by leaving a message at 402-441-6545, option 0, during regular business hours.

Super Fair 2023 Dates

Save the dates! The 2023 Lancaster County Super Fair is scheduled for Thursday, Aug. 3–Saturday, Aug. 12 at the Lancaster Event Center Fairgrounds. 4-H/FFA exhibits and events are planned for Thursday, Aug. 3–Sunday, Aug. 6. 4-H Horse Shows are planned for Wednesday, Aug. 2–Sunday, Aug. 6.



EXTENSION CALENDAR

All events held at the Nebraska Extension in Lancaster County conference rooms, 444 Cherrycreek Road, Suite A, Lincoln, unless otherwise noted.

October

- 24–25 Chicks Hatch on 4-H EGG Cam (Live Cam), go.unl.edu/eggcam
 27 4-H Horse Awards Night 6:30 p.m.

November

- 1 Youth Science Day for Homeschooled Youth 9–11:30 a.m.
 1 Cover Crop Grazing Conference, Eastern Nebraska Research Extension and Education Center near Mead, NE in the August N. Christenson Bldg 9 a.m.–2:45 p.m.
 1 4-H Council Meeting 6 p.m.
 5 4-H Basket Making Workshop 9 a.m.
 8 4-H/FFA Livestock Better Fair Meeting 6 p.m.
 10 Pesticide Applicator Nebraska Dept. of Ag. Walk-In Testing 9 a.m.–2 p.m.
 11 Extension Office Closed for Veterans Day Holiday
 13 4-H Teen Council Meeting 3 p.m.
 18 Extension Board Meeting 8 a.m.
 24–25 Extension Office Closed for Thanksgiving Holiday

December

- 1 Solar Electric for Farms, Homes and Businesses Workshop 6–8 p.m.
 3 4-H Pillow Party Sewing Workshop 9 a.m.–12 p.m.
 8 Pesticide Applicator Nebraska Dept. of Ag. Walk-In Testing 9 a.m.–2 p.m.
 9 Extension Board Meeting 8 a.m.
 11 4-H Teen Council Meeting 3 p.m.
 26 Extension Office Closed for Christmas Holiday

Solar Electric for Farms, Homes and Businesses Workshop, Dec. 1



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Are you interested in exploring solar photovoltaic (PV) systems? Nebraska Extension is presenting a Solar Electric for Farms, Homes and Businesses workshop at several locations across the state. The speaker will be Extension Educator F. John Hay, who has 10 years experience doing solar economic analysis and installed solar at his home in 2017.

A workshop will be held on Thursday, Dec. 1, 6–8 p.m. at the Nebraska Extension in Lancaster County conference rooms, 444 Cherrycreek Road, Suite A, Lincoln. Cost is \$10. Register online at <https://go.unl.edu/solarworkshops2022>.



This workshop will review the function, feasibility and economic return of solar electric systems for farms, homes and businesses. Each solar installation is unique, and individuals have their own reasons for exploring solar installations. This workshop will help you decide if solar is right for you by learning about how systems work, safety, the value of electricity, value of incentives and how to evaluate quotes from installers.



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