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Youth-Led Photovoice Project Gives Refugees Opportunity to Explore Mental Health

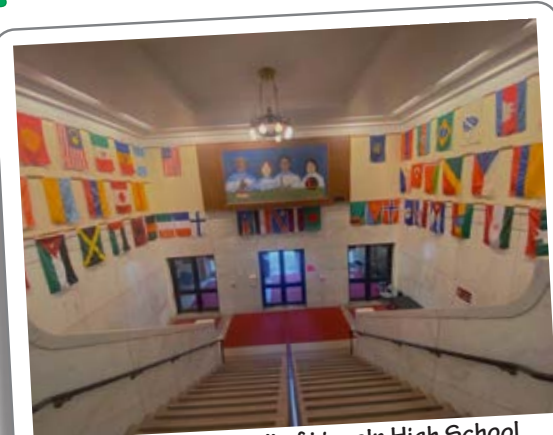
By **Emily Gratopp, MS,**
 ACSM-CPT, Extension
 Educator in Lancaster County

Nebraska Extension in Lancaster County and professors from the University of Nebraska-Lincoln have engaged youth in two Photovoice projects to better understand youth's perspectives and foster youth-centric community development. These projects are part of Well Connected Communities, a national initiative which includes training Master Health Volunteers to be community leaders, implementers and advocates for health so that life-long health and well-being are within everyone's reach.

Photovoice is what it sounds like: the use of photography to give voice to participants' perceptions and ideas regarding community's strengths and concerns (Wang & Burris, 1997). With the goal of participant-empowerment, Photovoice typically engages with participants whose voices are rarely heard in the community. This opportunity to "speak" through photographs about issues that bother them allows participants to promote dialogue about community issues and advocate for change.

Health-Focused Photovoice

Nebraska Extension recruited immigrant and refugee (I/R) youth to become Master Health Volunteers, which eventually led to



Flags in the stairwell of Lincoln High School captured by a Photovoice participant to emphasize diversity and acceptance.



Image of a refugee camp in Iraq captured by a Photovoice participant to showcase mental health in camps versus the United States.

the youth's involvement in Photovoice. This first Photovoice project in 2021 was led by Extension Educator Emily Gratopp and focused on defining a healthy community from the youth's perspective. The results of that Photovoice project are online at <http://lancaster.unl.edu/wcc>.

Youth-Led Photovoice Project

Three youth leaders from the original project decided to lead a Photovoice project of their own. Two of the three youth attended the True Leaders in Equity Summit hosted by the National 4-H Council, along with Extension Educator Tracy Anderson and community partner Natalie Wieblehaus from the Asian Community and Culture Center. The youth then qualified and applied for a 4-H mini-grant to put their True Leaders in Equity skills to action in the form of

Photovoice.

The three youth leaders are all refugees. Thus, they chose to focus their Photovoice project on young adult refugees, particularly the mental health impacts of dual navigation — which is the immigration of oneself while also assisting one's family in the immigration process.

The refugee project leaders hypothesized that other I/R young adults experience negative impacts on mental health from dual navigation and desired to give them a process to gain awareness and verbalize their dual navigation and mental health experiences through Photovoice.

The project engaged seven young adults in five sessions and explored these questions:

- What does mental health mean to you?
- How has being an I/R impacted your mental health?
- How has dual navigation

impacted your mental health?

- What supports your mental health as an I/R youth?

- What does access to mental health mean to you?

What the Youth Say

These young adult participants have had profound life experiences in their immigration journeys.

For example, one youth, in reflecting on mental health supports, compares life in refugee camps (**see photo at left**) to life here in the U.S. The participant emphasizes the importance of safety and amenities for mental health support, "A lot of them don't feel safe in these places, and being there made me anxious because it didn't have a lot of

continued on next page

Upcoming Photovoice Exhibits

The youth's perspectives and experiences will be displayed in upcoming Photovoice exhibits in Lincoln. For details, go to <http://lancaster.unl.edu/wcc>.

- April 17–28: Gere Branch Library, 2400 S. 56th St.
- Sunday, April 30, 1–5 p.m.: Asian American and Pacific Islander Heritage Celebration at the Lancaster Event Center Fairgrounds, 84th & Havelock
- May dates TBA: Lux Center for the Arts, 2601 N. 48th St.

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security ... there are a lot of fires there and if one tent catches on fire, the whole row would be on fire and they would lose their money, their passports or everything they have, all their belongings, which isn't much, but still, it's all they have, all their life savings. ... It's dangerous there too because there were some houses that were bombed ... once you open the door ... a bomb could happen. That's very dangerous."

This participant also expressed ambivalence when reflecting upon the simplicity of the refugee camp, "Life is easier in America, honestly, well, not work wise. It's more stressful in America."

Overall, the participant expressed gratitude as something that supports mental health, "I feel so thankful to be here. ... I'm very thankful to be here and to have all these opportunities and have things that they don't have and be able to speak two languages. ... I'm happy to have all these opportunities being in the U.S. ... a lot of opportunities they won't be able to have."

Another participant reflected on the mental health impacts of engaging in a diverse and supportive environment as well as the need to be heard and understood, "Being a refugee and an immigrant, you don't really get to experience different kinds of traditions in your home country because you're used to one culture and that's your culture, but coming to a new country with so much diversity. ... It really impacts mostly your social well being because of the new people you're meeting and the new culture and traditions you're experiencing. ... Being a refugee, you have to feel that we may not be accepted here and we don't really get to share those feelings with other people ...

because they don't really know what it's like. We can share this with other people, like people of color, and people of different cultures and traditions because they actually know what it's like ... they experience the hardship."

Conversely, a participant reflected on the impacts of being "non-native" to a country and the mental health impacts of feeling unaccepted. "I took this photo mainly because of the text, 'native plants.' (See photo below.) It correlates

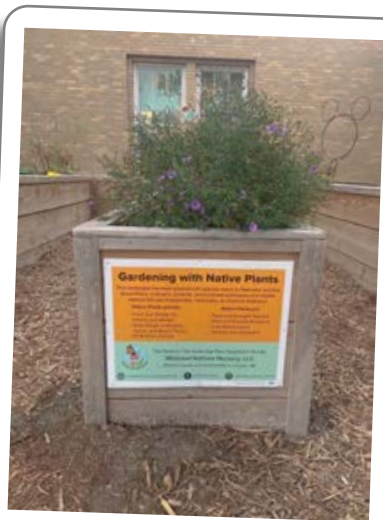


Photo of a raised garden bed with a sign description of native plants captured by a Photovoice participant as a metaphor for being "native" to a country.

with being an I/R because you're from a foreign land and coming to a different country with all these native people that know the language, that know how to navigate through the world. You just feel like an outcast. ... The people here think you're trying to steal stuff from them. Like, on the news, people say, 'Oh, I/R are stealing our jobs in America' while they think of themselves as superior ... they think of us as 'oh, look at these evil people illegally trying to come here' ... they want to deport us, you know? Before coming [here], you're really hopeful of the idea of getting an education, a new

opportunity, freedom, but when you actually come here, your whole expectation drops and you become hopeless because all these people are trying to bring you down, and you're just confused about everything because you don't know the language, you don't really know how to navigate through the world because everything is so much different. You have trouble speaking the language and processing everything. And the workload is stressful, too, because you're working all these jobs ... my parents, when they came here, they had to work hours and hours of shifts just to make a living, and people don't really appreciate those efforts. A lot of people need to see the I/R side of view so they know what we go through, what our

parents go through, just to come and settle here."

A fourth participant commented on the pressures of being an I/R while helping their families navigate a new culture, "I took a photo of this letter because sometimes I have to translate for my mom or sister, and it gets stressful because sometimes you forget certain words, and you don't know how to translate it. (See photo at right.) It puts a lot of pressure on you, and it gets hurtful, and then you might feel like you're not good enough."

This article contains only a small sample of the Photovoice project results. View the full

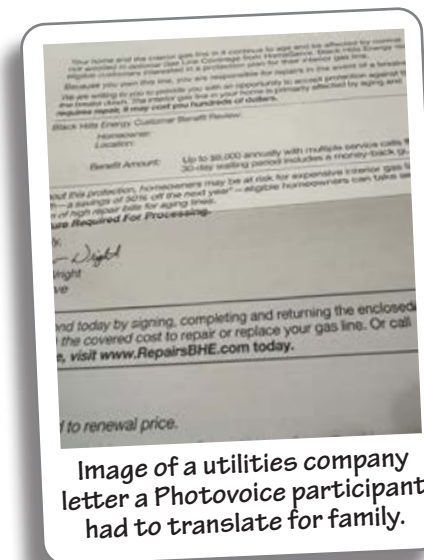


Image of a utilities company letter a Photovoice participant had to translate for family.

display at one of the upcoming Photovoice Exhibits (see sidebar on previous page). A virtual exhibit will be posted at <http://lancaster.unl.edu/wcc>.



RECIPE OF THE MONTH

By Emily Gratopp, MS, ACSM-CPT, Extension Educator in Lancaster County

In honor of sharing cultural diversities, this recipe originates from Middle Eastern cuisine. Baharat is a Middle Eastern spice blend. The spice blend can be used on meats, rice and in many dishes, including tilapia (see the Baharat Spiced Tilapia recipe online at <https://food.unl.edu/recipe/baharat-spiced-tilapia>). These Middle Eastern recipes are sure to be a treat for the palate.

BAHARAT (MIDDLE EASTERN SPICE BLEND)

(Yield: 20 Servings)

- 2 Tablespoons black peppercorns
- 2 Tablespoons cumin seeds
- 2 Tablespoons coriander seeds
- 2 teaspoons whole cloves
- 2 teaspoons cardamom seeds
- 2 Tablespoons paprika
- 2 teaspoons ground cinnamon
- 1/2 teaspoon ground nutmeg

1. Wash hands with soap and water.
2. Heat a medium skillet over medium-high heat. Add black peppercorns, cumin seeds, coriander seeds, whole cloves and cardamom seeds. Toast for 3–5 minutes, or until fragrant, while stirring continuously to avoid burning.
3. Transfer to a small bowl and let cool for 5 minutes.
4. Combine with the rest of the spices and grind into a fine powder. You can use a spice or coffee grinder, blender, food processor, or mortar and pestle.
5. Store in an airtight container in a cool, dark place for up to 1 year.

Nutrition Information: Serving Size (1 teaspoon): Calories 10; Total Fat 0g; Saturated Fat 0g; Cholesterol 0mg; Sodium 0mg; Total Carbohydrates 2g; Fiber 1g; Total Sugars 0g includes 0g Added Sugars; Protein 0g; Vitamin D 0%; Calcium 2%; Iron 6%; Potassium 2%

Nutrition Software Used: ESHA Food Processor



Marusa Jonas, Nutrition Education Program

Early Season Disease Control in the Home Orchard

By Sarah Browning, Extension Educator in Lancaster County

Fruit trees will soon be blooming, marking the beginning of another growing season. Many diseases become active during blooming, so it's time to prepare to protect your trees and ensure a good harvest. If your trees have a history of these common disease problems, start preparing now for control.

Organic Fruit Disease Control

Organic fruit disease control includes the following practices:

- Prune out cankered branches ASAP. Ideal pruning time for fruits is late February into March.
- Rake up and discard any infected leaves and mummies from last year.
- Remove mummies in the tree as they appear during the growing season.
- For peach brown rot control, after harvest, immediately cool and refrigerate or process fruits to prevent fungal infection from causing fruit rot.
- Plant resistant varieties.

Disease Control Resources

- Nebraska Extension NebGuide, "Fruit Tree Cultivars for Nebraska," (G1005) at <https://go.unl.edu/fruittrees>
- Nebraska Extension NebGuide, "Brown Rot on Apricot and Other Stone Fruits" (G1965) at <https://go.unl.edu/brown-rot-on-apricots>
- Purdue Extension publication "Disease Susceptibility of Common Apple Cultivars" (BP-132-W) at <https://bit.ly/applecultivars>.

Spray Schedule for All Fruits

For a complete spray schedule for all home fruits, refer to the University of Missouri's publication "Fruit Spray Schedules for the Homeowner" (g6010) at <https://extension.missouri.edu/g6010>. Always read and follow all label directions and precautions.

DISEASE	HOST	SYMPTOMS
Peach leaf curl/plum pockets	Peach, nectarine, plum	Curled, thickened red or pink leaf lesions.
	Control: Apply fungicide when tree is dormant, before bud swell. Recommended fungicides: chlorothalonil, copper.	
Brown rot	Apricot, peach, cherry or plum	Soft brown fuzzy rot of fruits. Infected fruits deteriorate quickly after harvest. See "Brown Rot on Apricot and Other Stone Fruit" referenced in this article.
	Control: 1st application when 25% flowers are open. Two additional applications: 10 days after shuck fall and a final application 10 days later. Applications to prevent the fruit rot disease stage should begin one month before harvest and continue on 7- to 10-day intervals until harvest is complete. <i>Note: shuck fall occurs when papery coverings over the expanding young fruits have split open and fallen from a majority of fruits.</i> Recommended fungicides: captan, myclobutanil, thiophanate-methyl and propiconazole.	
Cherry leaf spot	Sour & sweet cherries; plum	Tiny purple leaf spots. Leaves prematurely turn yellow and fall, leading to defoliation. Fruit stems may also be girdled, causing early fruit drop. Resistant cultivars: North Star, Meteor.
	Control: Preventive fungicides are recommended at petal fall, shuck fall and two weeks later. Recommended fungicides include myclobutanil, thiophanate-methyl and propiconazole.	
Cedar-apple rust; cedar-hawthorn rust	Apple, crabapple, hawthorn, serviceberry	Bright yellowish-orange leaf and fruit spots, often with a band of red or yellow margin. Resistant cultivars: See "Disease Susceptibility of Common Apple Cultivars" referenced in this article.
	Control: 1st application at bud break; repeat as directed by the fungicide label. Three to four fungicide applications made 7-14 days apart are required for good control. Recommended fungicides: chlorothalonil, thiophanate-methyl, myclobutanil, mancozeb or propiconazole.	
Apple scab	Apple, crabapple, pear	Olive to greenish-black leaf spots; defoliation. Similar cracked, scabby spots appear on the fruits with heavily infected fruits becoming misshapen. Resistant cultivars – see box below.
	Control: same as cedar-apple rust.	

Fungicides Commonly Available at Garden Centers

- Captan: Bonide Captan
- Chlorothalonil: Daconil, Bonide Fung-onil, Ortho Garden Disease Control
- Copper: Bonide Liquid Copper Fungicide
- Thiophanate-methyl: Cleary's 3336
- Myclobutanil: Spectracide Immunox
- Mancozeb: Bonide Mancozeb Flowable with Zinc
- Propiconazole: Bonide Infuse (Labeled for use on fruit-bearing apricot, cherry, nectarine, peach, plum and prune trees. Can only be used on non-fruit-bearing apple trees; those trees from which no fruits will be harvested for a year.)

Note: Reference to commercial products or trade names is made with the understanding that no discrimination is intended. These products are listed as examples only. No endorsement by the Nebraska Extension is implied.



By Mary Jane Frogge, Extension Associate in Lancaster County

Buy a notebook and use it to keep all your gardening information. List what you plant in the garden. Include the name of seed company, 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.

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.

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

Consider planting native perennials beneficial to native pollinators like solitary bees, bumblebees and butterflies. Native plants include coreopsis, coneflower, aster, liatris, goldenrod, pasque flower, butterfly milkweed, pitcher sage, bee balm and purple poppy mallow.

Cut flower stalks back to the ground on daffodils, hyacinths, and other spring flowering bulbs as the flowers fade. Do not cut the foliage until it dies naturally. The leaves are necessary to produce strong bulbs capable of reflowering next year.

Do not add organic matter to the soil when planting trees. It does not help the plant become established and it may create conditions that encourage the roots to stay inside the planting hole instead of spreading to surrounding soil. Do dig a large planting hole, but fill it with the original soil removed from it.

Remove sticks, rocks and other debris from your lawn to prevent damaging your lawnmower or injuring yourself when mowing. Check your lawnmower and other lawn-care equipment in preparation for the coming season.

Scatter annual poppy seeds in flower borders. The fine seeds need not be covered. The plants grow rapidly and provide colorful flowers in early summer.

2023 Chemigation Training

Chemigation is the practice of applying agrichemicals to cropland using an irrigation system to distribute both the water and chemical. Chemigation certification lasts 4 years, so please check your certification license or verify expiration online at http://deq-iis.ne.gov/zs/chemigation/main_search_chemigation.php.

Nebraska Extension is gearing up to train new and recertifying chemigators in 2023. Chemigators have two options, online self-study or in-person training. Both certification options are free and have the same time commitment and exam requirement.

Online Self-Study Chemigation Training

All information about the online training is at <https://water.unl.edu/article/agricultural-irrigation/chemigation> including:

- Access to digital versions

of the chemigation training manual, calibration workbook and calculator.

- Watch the two short, online training videos.
- Link to the online chemigation training.

Contact the University of Nebraska–Lincoln Pesticide Education office at pested@unl.edu or 402-472-1632 with issues about the online training.

In-Person Chemigation Training

The in-person training requires registration due to room capacity limitations and to notify attendees of inclement weather cancellations.

Please register for in-person trainings at <https://go.unl.edu/2023chemigation> or call your local Extension office for help registering online.

Training dates/locations in southeast Nebraska:

- Tuesday, Feb. 28, 1–4 p.m. at Gage County Extension

Office, 1115 W. Scott, Beatrice in cooperation with the Lower Big Blue Natural Resources District (NRD).

- Thursday, March 2, 1–4 p.m. at Tecumseh City Library, 170 Branch St., Tecumseh in cooperation with the Nemaha NRD.
- Thursday, March 9, 1–4 p.m. at Nebraska Extension in Lancaster County conference rooms, 444 Cherrycreek Road, Suite A, Lincoln in cooperation with the Lower Platte South NRD.

If you have questions related to these in-person chemigation trainings, please contact Nathan Mueller, Extension Educator for Gage, Jefferson and Saline counties, at 402-821-2151 or nathan.mueller@unl.edu.

For a list of other in-person trainings throughout Nebraska, go to <https://edmedia.wufoo.com/reports/2023-chemigation-training-dates>.

Farm Estate Planning Workshop, March 7

Nebraska Extension and the University of Nebraska–Lincoln's Center for Agricultural Profitability (UNL CAP) will present a Farm and Ranch Transition and Estate Planning Workshop on Tuesday, March 7, 1–4 p.m. at the Nebraska Extension in Lancaster County conference rooms, 444 Cherrycreek Road, Suite A, Lincoln. The workshop will equip farmers and ranchers with information to plan for the successful transition of their operation to the next generation. There is no cost to attend, but registration is required by calling Lancaster County

Extension at 402-441-7180 by Monday, March 6.

The workshop will be presented by Allan Vyhnaek, an Extension Educator for farm and ranch transition and succession, and Brandon Dirkschneider, a Certified Financial Planner and Farm Succession Coordinator with Insurance Design Management in Omaha. They will offer tools and strategies to effectively plan, start and complete estate plans, offer background on common mistakes during the process and highlight essential considerations for creating and carrying out estate and succession plans.

“The common mistake is that most know that they need an estate plan but never get around to putting a plan into a legal document,” Allan said. “Over several years, at the end of the workshop, the most common comment is that the participants wished that they had started learning the steps to start and complete a plan sooner.”

More information about Nebraska Extension's resources related to estate planning and succession planning for farmers and ranchers is available at the UNL CAP's website, <https://cap.unl.edu/succession>.



2023 LINCOLN EARLY CHILDHOOD CONFERENCE

SATURDAY, MARCH

25

8:30 a.m.–2:30 p.m.
(6 hours of in-service will be given for this conference)

NEBRASKA EXTENSION IN LANCASTER COUNTY CONFERENCE ROOMS
444 Cherrycreek Road, Suite A, Lincoln

Cost: \$20

Includes light breakfast, lunch and a copy of the book
May There Always Be Sunshine

**For more information or questions, contact
Cara Small at cara.small@esu6.org
or 402-761-3341**

*Register and pay online at www.esu6.org
by March 13, 2023.*

Jim Gill

A Joyous Way to Learn Workshop



Throughout the workshop:

- You will learn to promote readiness, literacy, math development and inclusion through active music play.
- See examples of his award-winning songs and books.
- Jim will demonstrate active movement with word play and rhymes.
- Teachers and care providers will appreciate the finger plays and singable songs they'll be able to share with children after the workshop.

This conference is approved through the Nebraska Department of Education and sponsored by the Southeast Early Learning Connection.

Two Lancaster 4-H'ers Participated in National 4-H Congress

Lancaster County 4-H members **Clare Bauman** and **Kylie Hansen** were part of a 16-member Nebraska delegation who attended National 4-H Congress in Atlanta, Georgia on Nov. 25–29. 4-H'ers attended numerous educational workshops, cultural events and completed service-learning projects.

National 4-H Congress is the premier leadership event for 4-H members between ages 15 and 19. Nebraska delegates are selected for the trip to National 4-H Congress by submitting an Achievement Application for state competition.

Clare submitted her Achievement Application in the area of Leadership/Entrepreneurship. She is a member of the JP2 Crew 4-H club. Kylie submitted her Achievement Application in the area of Healthy Living. She is a member of the Clever Clovers 4-H club.

Clare said, "I gained numerous leadership experiences and met many amazing 4-H'ers from other states. I was shocked with how different the cultures are across the United



Nebraska delegates at 2022 National Congress included Kylie Hansen (front row far left) and Clare Bauman (front row second from left)

States. It helped me understand that we cannot fully understand someone unless we understand their culture and where they grew up."

Kylie said, "Congress was an amazing time where I had the opportunity to meet and interact with other 4-H'ers from across the country. I was able to participate in many learning workshops, complete community service, interact with peers and sightsee. I was honored to be selected and will cherish my Congress memories for a lifetime."

4-H Horse Judging Team at Nationals

Several Nebraska Youth attended the Western National Roundup's Horse Classic on Jan. 5–7, 2023 in Denver, Colorado. In order to qualify, each team and individual were required to win the state competition.

This year, the Horse Judging contest consisted of 42 individuals on 11 different teams from across the nation. The Lancaster County horse judging team of **Caraline Higgins, Noah Jelinek, Clara Johnson** and **Taylor Root** (coached by Roger Bell) earned 3rd place high team overall in the Horse Judging Contest. In addition, they received 4th high team halter, 3rd high team performance



(L-R) Clara Johnson, Caraline Higgins, Taylor Root and Noah Jelinek

and 1st high team reasons! Individually, Caraline Higgins received 9th in performance, 15th in reasons and 17th high overall. Noah Jelinek received 19th in reasons and 20th in halter. Clara

Johnson received 1st in reasons, 4th in halter, 12th in high overall and 18th in performance. Taylor Root received 7th in reasons, 7th in performance, 9th high overall and 16th in halter.

Team Nebraska also received 3rd place top high point overall state. For the full list of results, go to <https://co4h.colostate.edu/national-western-roundup>.

Teen Council 4-H'ers Team Up to Lead Lock-In



Dressed in neon clothing, the 4-H Teen Council members introduced themselves to kick-off the beginning of the Lock-In.

In January 2023, 17 4-H Teen Council members organized and led the overnight 4-H Lock-In for 31 4th and 5th graders. This year, teens chose the theme, "Neon Night," and divided into three committees: games, crafts and food. At the Lock-In, attendees rotated through each of the three groups, made friends, slept a little and had lots of fun! More photos are at www.flickr.com/photos/unlextranco/albums. Here's what two of the teens said about this year's 4-H Lock-In.



Lock-In participants had fun making neon clothespin caterpillars, neon painted pet rocks and neon friendship bracelets during the crafts session.

taking part in the leadership, but it was a hit because all of us were working together. The 'Neon Night' Lock-In was a huge success!"

—Hannah Thomson, 4-H Teen Council President

Working Together

"Everyone dressed up in neon colors, and the kids loved being in fun color groups. The Teen Council members had a lot of fun planning the event! The 4th and 5th grade youth attending were so excited to be there! They participated in large group games, made crafts, ate delicious snacks and had the opportunity to make new friends. Just as the 4th and 5th graders grew in their friendships and made new ones, so did the teens holding the Lock-In. I enjoyed leading many of the large group games and

Fun Teaching Youth

"4-H Teen Council held the 2023 Lock-In. Even though we stayed up much past everybody's bedtime, we had a blast at our 'Neon Night.' The kids made quesadillas with neon cheese and made neon caterpillars. I had so much fun teaching the youth all about germs. Seeing all the different cookie designs was my favorite part. The Lock-In was so fun and I can't wait for the next in 2024."

—Carley Parrott, 4-H Teen Council Historian



HEART OF 4-H VOLUNTEER AWARD

Trevor Kauer

Lancaster County 4-H is proud to announce Trevor Kauer of Lincoln as winner of the March "Heart of 4-H Award" in recognition of outstanding volunteer service.

Trevor has volunteered with 4-H for nearly 10 years in three states, including three years in Nebraska. He became involved with Lancaster County 4-H while he was a graduate student at University of Nebraska-Lincoln.

He has presented several food science workshops which have been very popular with youth, including, "Slime, Jelly Worms & Goo." Trevor's first workshop in spring 2020 pivoted from being in-person to Zoom. He has also presented food science workshops at 4-H Clover College.

In addition, Trevor has judged 4-H food & nutrition and clothing exhibits at the Lancaster County Super Fair, as well as the Public Service Announcement Contest.

"I like being a 4-H volunteer because it helps me stay connected to my community, and give back to the 4-H programs that I grew up with," Trevor says. "I get to share and teach the same skills that I learned in 4-H when I was their age. Things like food science, public speaking and sewing skills are so important to learn at a young age, so they can develop over a lifetime! I really enjoy that impact I can have on kids today."



4-H Club Gives Youth With Disabilities Opportunity to Show Lambs

Unified Showing is a 4-H club which empowers youth with disabilities through learning about and showing lambs with the aid of youth buddies. The club will practice once a week throughout the summer and then exhibit lambs in a special class at the 4-H Sheep Show during the Lancaster County Super Fair. Youth with disabilities ages 8-18 and youth without disabilities ages 14-18 are encouraged to apply. Applications will be accepted through April 1. Lambs are provided and kept at a local farm. For more information, contact the Extension office at 402-441-7180.



HEART OF 4-H VOLUNTEER AWARD

Bethany Bettenhausen

Lancaster County 4-H is proud to announce Bethany Bettenhausen of Lincoln as winner of the April "Heart of 4-H Award" in recognition of outstanding volunteer service.

Bethany has volunteered for two years in Nebraska but previously was a project leader in Missouri. She is leader of the Prairie Explorers 4-H club, which includes Clovers Kids (ages 5-7) and traditional 4-Hers (age 8 & up). The club meets twice a month — once for a youth-led business meeting, songs, games and demonstrations, and once for a project, service or field trip. The club is being recognized as a 2022 Nebraska 4-H Club of Excellence! Bethany has also helped staff shifts at 4-H Council's food stand during the Lancaster County Super Fair.

"I love getting to help my club members learn to lead," she says. "It is really rewarding to see them grow in leadership and personal confidence. It is so fun to introduce the members to new project areas and to watch them develop new skills. It is awesome to see kids go from barely speaking at all to completing a demonstration up in front of everyone. The club comradery is really neat to experience, especially around fair time or with service opportunities."



Pick-A-Pig Club Offers Youth Opportunity to Help Raise and Show Pigs

The Pick-A-Pig 4-H club is for anyone who wants to learn about raising livestock and show a pig at the Lancaster County Super Fair. The club is open to all city and rural youth ages 8-18. Youth ages 10 and up are preferred. Pigs are provided and kept at a local farm. Due to current club membership, limited spots are available. The club reorganizes in late winter with a strict deadline to join by March 15. For additional information, contact club leader Harry Muhlbach at 402-430-7304.

4-H Rabbit Show, March 18

The 4-H Spring Rabbit Show will be held on Saturday, March 18, 9 a.m. at the Lancaster Event Center Fairgrounds – Exhibit Hall. Open to all youth ages 8-18, with a Clover Kids class for youth ages 5-7. This is a great opportunity for youth to talk to other 4-Hers about where to purchase a good rabbit for a 4-H project, and to learn and practice showmanship. Rabbit Quiz and Breed Identification contests are free for youth to enter! New this year: the knowledge contests are open to adults for a minimal fee! Show flyer is at <https://lancaster.unl.edu/4h/companionanimal>. For questions, contact Kate Pulec at kpulec3@unl.edu or 402-441-7180.

Dressage Schooling Show, April 29

The annual Spring Fling Dressage Schooling Show, presented by the Lancaster County Horse VIPs committee and Esprit De Corps 4-H Club, will be held on Saturday April 29, 8 a.m.-5 p.m. at the Lancaster Event Center Fairgrounds. Open to all ages to benefit the 4-H horse program. Show flyer and registration form will be at <https://lancaster.unl.edu/4h/horse>.

UNL Chick Days, March 25

University of Nebraska-Lincoln's Chick Days for small and back-yard poultry producers and youth will be held on Saturday, March 25, 10 a.m.-2 p.m. at the Department of Animal Science, 3940 Fair St., Lincoln on UNL East Campus. Cost is \$10/youth and \$25/adult. More information and registration is at <https://animalscience.unl.edu/2023-chick-days>. Register by Monday, March 20.



4-H Announcements FOR 4-H'ERS AND 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, call 402-441-7180.

SPEECH & PSA CONTESTS — The 4-H Prepared Speech and Radio Public Service Announcement (PSA) Contests are open to all 4-H'ers ages 5–18 — need not be enrolled in a specific project. For rules, helpful resources and examples, go to <https://lancaster.unl.edu/4h/speech>. The Prepared Speech Contest will be held on Sunday, March 5, starting at 1:30 p.m. at the Nebraska Extension in Lancaster County conference rooms, 444 Cherrycreek Road, Suite A, Lincoln. Register by Wednesday, March 1 by calling 402-441-7180 or emailing Kate Pulec at kpulec3@unl.edu with your name, speech title, age division and email address. In the Radio Public Service Announcement Contest, 4-H'ers submit a 60-second promotional audio recording that could be played on the radio to promote the work of Nebraska 4-H. Submit a PSA as a .wav, .mp3 or .m4a file electronically to kpulec3@unl.edu or on a CD to the Extension office by Wednesday, March 1.

HORSE STAMPEDE ENTRIES DUE MARCH 6 — The statewide 4-H Horse Stampede is planned for Saturday, March 25 on UNL East Campus. This event offers a variety of 4-H horse contests that don't require live horses, including public speaking, demonstration, quiz bowl, art and photography. **NEW THIS YEAR** — All entries will be done online and are due by Monday, March 6. Receipt of entries can be submitted to the Extension office, as Lancaster County 4-H Council will pay entry fees for Lancaster County 4-H youth. More information and entry forms can be found at <https://4h.unl.edu/horse/stampede>.

MARKET BEEF WEIGH-IN, MARCH 7 — 4-H and FFA exhibitors showing market steers or heifers at the Lancaster County Super Fair who want to participate in the Rate of Gain contest must weigh-in their projects at the 4-H/FFA Market Beef Weigh-In on Tuesday, March 7, 6–7 p.m. at the Lancaster Event Center Fairgrounds – Pavilion 2. Exhibitors planning to exhibit market beef, breeding beef and feeder calves at State Fair must have DNA sampled (new in 2023). It is strongly encouraged to have DNA hair samples collected and EID tagged at the time of weigh-in. For more information or to RSVP, contact Elizabeth Thiltges at 402-441-7180 or elizabeth.thiltges@unl.edu.

4-H MEMBERS AND LEADERS — RE-ENROLL BY APRIL 1!

All 4-H members and volunteers must re-enroll for the 2022–23 4-H year. The website to enroll or re-enroll is <https://v2.4honline.com>. New members and fair projects may be updated through June 15. For returning families, please do not create a new account — use your previous log-in credentials. Step-by-step instructions for new and returning members, as well as new and returning club leaders, are at <https://4h.unl.edu/enroll>. **NOTE:** The only required health information is regarding allergies. **You are strongly encouraged to re-enroll by April 1 or you may miss out on communications such as NEBLINE, email reminders, etc.!** If you have questions, contact Barb Sullivan at 402-441-7180.

PHOTOGRAPHY WORKSHOP, APRIL 1 — 4-H youth ages 8 and up are invited to learn how to take great photos and prepare fair exhibits on Saturday, April 1, 2–4 p.m. at the Nebraska Extension in Lancaster County conference rooms, 444 Cherrycreek Road, Suite A, Lincoln. No cost — all supplies will be provided. Guest instructor will be Michelle Huber, former 4-H County Fair Photography Superintendent. Must register by Monday, March 27 by calling 402-441-7180 or emailing Kristin Geisert at kristin.geisert@unl.edu. Register early — space is limited.

4-H HORSEMANSHIP LEVEL TESTING DATES — This year's 4-H horsemanship advancement level group testings will be held at the Lancaster Event Center Fairgrounds on the following Tuesday evenings: April 4, April 25, May 9, May 30, June 6 and June 27. Register at least one week in advance of the test date by contacting Kate Pulec at 402-441-7180 or kpulec3@unl.edu. All other horsemanship level requirements and paperwork must be completed and handed in to Kate at the Extension office before the riding portion can be done. 4-H'ers must notify Kate (kpulec3@unl.edu or 402-441-7180) at least 24 hours in advance if they are unable to attend their test time, or a \$20 fee will be assessed. The fee will need to be paid before the 4-H'er will be allowed to test on another date.

VIRTUAL COMPANION ANIMAL CHALLENGE ENTRIES DUE APRIL 1

Nebraska 4-H's statewide Virtual Companion Animal Challenge offers a variety of companion animal contests that don't require live animals, including demonstration, essay, art, photography, cat trivia and dog trivia. Lancaster County 4-H Council will pay contest entry fees for Lancaster County 4-H'ers. More information and online entry forms are at <https://4h.unl.edu/companion-animal-challenge>.

KIWANIS KARNIVAL IS A FUN COMMUNITY SERVICE OPPORTUNITY FOR 4-H CLUBS

Families of 4-H members and Elliott Elementary School students are invited to attend the annual Kiwanis Karnival, a FREE family event sponsored by the Lincoln Center Kiwanis. 4-H clubs are needed to provide carnival-type booths. This is a great community service and leadership activity! The Karnival will be Friday, April 14, 5:30–7:30 p.m. at Elliott Elementary School, 225 S. 25th St., Lincoln. The event features carnival-type games for youth, bingo for adults, prizes, snacks, fun and fellowship. For more information, call Lorene Bartos at 402-423-7541 or 402-310-3481, or email lbartos1@unl.edu.

FURNITURE PAINTING WORKSHOP, APRIL 15

4-H youth ages 8 and up are invited to participate in a Furniture Painting workshop on Saturday, April 15, 9 a.m. until about noon at the Nebraska Extension in Lancaster County conference rooms, 444 Cherrycreek Road, Suite A, Lincoln. No cost to attend. Adults are welcome to attend to help youth. Must register by Monday, April 10 by calling 402-441-7180 or emailing Kristin at kristin.geisert@unl.edu. Bring a small piece of unpainted furniture, such as a shelf, stool or chair. These items can be found around your house, at craft stores, garage sales and thrift stores. Learn how to prepare new and used wood furniture by sanding, sealing, painting and finishing. All paints, brushes and finishes are provided. Wear old clothes appropriate for painting.

PRESENTATIONS CONTEST, APRIL 22

This year's Lancaster County 4-H Illustrated Presentations Contest will be Saturday, April 22, starting at 9 a.m. at the Nebraska Extension in Lancaster County conference rooms, 444 Cherrycreek Road, Suite A, Lincoln. Open to all 4-H'ers ages 8–18 — need not be enrolled in a specific project. Register by Monday, April 17 by calling 402-441-7180 and providing youth name(s), age(s) by Jan. 1 of current year, presentation title(s) and email address. Specify if it is a team presentation. Time slots will be assigned in advance; however, 4-H staff will do their best to accommodate a time preference requested by a 4-H'er. A schedule of presentation times will be emailed to participants ahead of the contest

date. During the contest, arrive and check-in at least 10 minutes prior to your scheduled time. A "how-to" handout will be available at <http://lancaster.unl.edu/4h/fair> and the Extension office. All participants are strongly encouraged to read the handout.

SPRING LEADER/VOLUNTEER UPDATE TRAINING, APRIL 27

What is a mizzenmast, and what does it represent for 4-H leaders and volunteers? New leaders, experienced leaders, volunteers and parents are invited to attend a 4-H Spring Leader/Volunteer Update Training on Thursday, April 27, 9 a.m. or 6:30 p.m. to find out (you choose which time to participate). Each worthwhile session will be available via Zoom or in-person at the Nebraska Extension in Lancaster County conference rooms, 444 Cherrycreek Road, Suite A, Lincoln and will focus on your value for 4-H'ers, static exhibits, opportunities for 4-H members and more. Learn about fair entry, contests and important Super Fair information. Don't miss out on meeting ideas, club tips and more! It is a great opportunity to connect with other parents and leaders. **MUST** register by Thursday, April 20 by calling 402-441-7180 or emailing kristin.geisert@unl.edu. Please indicate your chosen time and if you will be attending in-person or via Zoom.

ORDER SEEDS FOR SPECIAL GARDEN AND AGRONOMY PROJECTS BY END OF APRIL

4-H families have the opportunity to participate in the special garden and/or special agronomy projects this year. The Special Garden Project is Mrs. Burns' Lemon Basil. Lemon basil has a unique lemon flavor and can be added to any recipe or to cut flower arrangements to add scent and interest. The Special Agronomy Project is Tepary beans. Tepary beans (pronounced tep-uh-ree) are an ancient crop, native to the northern part of Mexico and the southwestern part of the U.S. Beans can be multiple sizes and colors and offer drought tolerance other legumes do not. Seed packets are available on a first-come, first-served basis. Call the Extension office at 402-441-7180 to sign up for these special projects. The seed packages are free and one seed packet per project, per family. Seeds will be mailed after April 30.

DOG VIRTUAL TRIVIA CONTEST, MAY 10–17

The Lancaster County 4-H Dog Virtual Trivia Contest will be available Wednesday, May 10, Noon–Wednesday, May 17, 11:59 p.m. Contest is open to 4-H'ers ages 8–18. This year's contest will focus on Non-Sporting, Foundation Stock Service and Miscellaneous Class dog breeds. A study guide is now online at <https://lancaster.unl.edu/4h/fair/virtualanimals>. Contest links for each division will be posted at this same website on May 10 at Noon.

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.

Nebraska Extension educational programs abide with the nondiscrimination policies of the University of Nebraska–Lincoln and the United States Department of Agriculture.

NEBLINE

Subscriptions via mail are free to Lancaster County residents. There is an annual \$5 mailing and handling fee to addresses in zip codes other than 683—, 684—, 685—, 68003, 68017 and 68065.

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EXTENSION CALENDAR

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

March

- 1 4-H Radio Public Service Announcement Contest Entries Due/Deadline for Prepared Speech Contest
- 2 Commercial Pesticide Applicator Recertification Training 8:30 a.m.
- 5 4-H Prepared Speech Contest 1:30 p.m.
- 6 Deadline for Nebraska 4-H Horse Stampede Entries
- 6-7 4-H EGG Cam Chicks Hatching, go.unl.edu/eggcam
- 7 Farm and Ranch Transition & Estate Planning Workshop 1-4 p.m.
- 7 4-H Council Meeting 6 p.m.
- 7 4-H/FFA Market Beef Weigh-In, Lancaster Event Center Fairgrounds – Pav. 2. . . . 6-7 p.m.
- 9 Private Pesticide Applicator Training 6-9 p.m.
- 9 Pesticide Applicator NDA “Walk-In” Testing Session 9 a.m.–2 p.m.
- 9 Chemigation Training 1-4 p.m.
- 10 Extension Board Meeting 8 a.m.
- 12 4-H Teen Council Meeting 3 p.m.
- 14 Commercial Pesticide Applicator Initial Training 8:30 a.m.
- 16 Commercial Pesticide Applicator Recertification Training 8:30 a.m.
- 18 4-H Spring Rabbit Show, Lancaster Event Center Fairgrounds – Exhibit Hall 9 a.m.
- 23 Pesticide Applicator NDA “Walk-In” Testing Session 9 a.m.–2 p.m.
- 25 Lincoln Early Childhood Conference 8:30 a.m.–2:30 p.m.
- 25 Nebraska 4-H Horse Stampede, UNL East Campus – Animal Science Complex
- 25 UNL Chick Days, UNL East Campus – Dept. of Animal Science 10 a.m.–2 p.m.
- 30 Private Pesticide Applicator Training 1-4 p.m.

April

- 1 Deadline for Nebraska 4-H Foundation’s Governor’s Agricultural Excellence Awards
- 1 4-H Virtual Companion Animal Challenge Entries Due
- 1 4-H Photography Workshop 2-4 p.m.
- 4 4-H Council Meeting 6 p.m.
- 4 4-H Horsemanship Advancement Level Testing, Lancaster Event Center Fairgrounds
- 5 Commercial Pesticide Applicator Initial Training 8:30 a.m.
- 6 Commercial Pesticide Applicator Recertification Training 8:30 a.m.
- 14 Extension Board Meeting 8 a.m.
- 14 Kiwanis Carnival, Elliott School, 225 S. 25 Street 5:30–7:30 p.m.
- 15 4-H Furniture Painting Workshop 9 a.m.–12 p.m.
- 16 4-H Teen Council Meeting 3 p.m.
- 22 4-H Illustrated Presentations Contest 9 a.m.–12 p.m.
- 25 4-H Horsemanship Advancement Level Testing, Lancaster Event Center Fairgrounds
- 27 4-H Spring Leader/Volunteer Update Training 9 a.m. & 6:30 p.m.
- 27 Pesticide Applicator NDA “Walk-In” Testing Session 9 a.m.–2 p.m.
- 29 Spring Fling Horse Dressage Schooling Show, Lancaster Event Center Fairgrounds 8 a.m.–5 p.m.

EXTENSION NEWS

2023 Extension Board



Front row (L-R): Meghan Sittler, Chris Scow, Nicole Miller, Trudy Pedley; Back row (L-R): Zainab Rida, Teresa Erdkamp, Gerald Clausen, Phil Wharton, Jenny DeBuhr (Extension Administrative Services Officer), Karen Wobig (Extension Unit Leader); Not pictured: Jim Ballard and Bob Huttes

The Lancaster County Extension Board serves as an advocate for Nebraska Extension in Lancaster County. Members of the board are appointed by the Lancaster County Board of Commissioners. The Extension Board provides guidance to Extension staff in establishing and accomplishing Extension education program goals and objectives. The board typically meets monthly (usually the second Friday at 8 a.m.).

Teresa Erdkamp and Zainab Rida were recently appointed for their first terms. Meghan Sittler and Jim Ballard were re-appointed to serve their second terms.

Extension Board members for 2023 are: Meghan Sittler (President), Nicole Miller (Vice President), Trudy Pedley (Secretary/Treasurer), Jim Ballard, Gerald Clausen, Teresa Erdkamp, Bob Huttes, Zainab Rida, Chris Scow and Phil Wharton (4-H Council ex-officio member).

Lancaster County Ag VIP Awards

Nominations are now being accepted for the following awards, which will be recognized at the Lancaster Event Center Fairgrounds VIP Banquet to be held at a date TBA after the 2023 Super Fair. All forms can be found at <https://superfair.org/get-involved/vip-awards> and are due April 15.

Ag Society Hall of Fame

The Lancaster County Agricultural Society’s “Ag Society Hall of Fame” is located in the Lancaster Event Center Fairgrounds — Business Center. This award formally recognizes those individuals who have dedicated time and effort

to the Ag Society beyond the normal volunteer hours and have made significant contributions to the establishment, development, advancement or improvement of the Lancaster County Super Fair.

Pioneer & Heritage Farm Family Awards

The Aksarben Pioneer and Heritage Farm Family Awards honor families who have held same family ownership of land for 100 years (Pioneer Award) and 150 years (Heritage Award). Recipients are presented a plaque and gatepost marker at their respective county fair.