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NEBLINE, Jan./Feb. 2024

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2023 Extension Highlights

“I just love 4-H and fair. It’s my favorite thing in the summer. I do 4-H because I get good learning experiences in a supportive environment. People are always willing to help you because they want you to learn.”
 —Tenley Bauman, 4-H member





Nit Kit Program — Extension Educators Kait Chapman and Hayley Jackson (pictured L-R) designed and developed a new Nit Kit program to tackle issues surrounding the spread and management of head lice in children. Nit Kits are convenient kits that include a guide book written by Extension entomologists, nit combs (for manually removing head lice and eggs) and an activity for children to do during the removal process. In 2023, the team trained 207 individuals and distributed 412 Nit Kits to 79 early childhood organizations and schools across 30 counties in Nebraska.



Local and Indigenous Foods Training — Pius X High School collaborated with Extension Educator Alyssa Havlovic (pictured at left) on a Nebraska Farm To School Program. Students tested, marketed and menued recipes using local black beans and bison. Carmen Goeden, Director of Nutrition Services at Pius X, said, “Introducing and incorporating Nebraska indigenous foods in our classrooms and cafeteria ignited a whole new learning experience for students, teachers and kitchen staff.”



Water Dogs Landscape Program — 158 homeowners attended one of 14 workshops across the state in 2023 to increase water conservation and improve turf & landscape health. Extension Educator Sarah Browning (pictured center) helped organize and present the program. In a follow-up survey of previous participants, 100% indicated they reduced landscape water usage and 63% saw an increase in turfgrass health.

Thank You Volunteers! Valued at \$787,090

Lancaster County Extension’s estimated **2,541 volunteers** gave **26,681 total hours of service worth \$787,090*** to our community! Extension benefits from these volunteers who help extend the reach of programs such as 4-H, Extension Master Gardener and Master Health volunteers.

*Based on Independent Sector’s estimate of Nebraska’s value of a volunteer hour in 2022 as \$29.50

Extension helps people solve real-world problems

MORE HIGHLIGHTS ON NEXT PAGE



Agriculture Outreach — Lancaster County Extension board member Bob Huttes (pictured at left) hosted a lunch at his farm to introduce new Water & Cropping Systems Educator John Nelson (pictured at right) to area producers. Approximately 50 people attended. John discussed crop production issues and made connections, including with a producer who is now participating in the Highboy Cover Crop Interseeding Project (HiCCIP), which is part of Extension’s Nebraska On-Farm Research Network.



Domestic Water/Wastewater Management — Extension Associate Becky Schuerman (pictured in the foreground) serves as Extension’s statewide water coordinator. Her duties include collaborating with other organizations, developing resources and teaching. This year, Becky organized an Alternative Absorption Seminar & Field Day in Central City featuring a first-of-its-kind, alternative absorption system installed in Nebraska (pictured). There were 21 onsite wastewater professionals in attendance.

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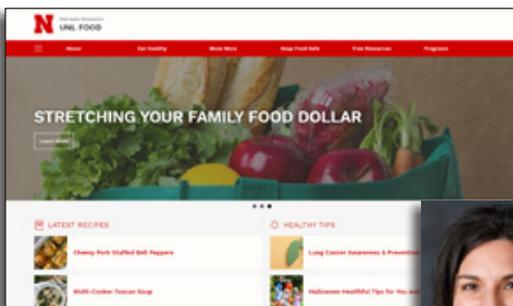
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Nutrition Education Program (NEP) — NEP increases nutrition security through classes, as well as policy, system and environmental (PSE) initiatives. This year, NEP staff taught 1,105 adults and 5,998 youth with classes, as well as impacted 116 PSE changes. New this year, nutrition classes were presented in Persian and Arabic to 42 Afghan and Sudanese refugees by Extension Assistant Zahraa Rida (pictured at right). Feedback included, “The knowledge I gained ... has had a profound impact on my lifestyle and well-being,” and “the most eye-opening lesson for me was the danger of thawing meat at room temperature. Since the class, I abandoned that practice and now follow the recommended safe methods.”



Childcare Career Classes — Extension Educator Jaci Foged (pictured standing) partners with Lincoln Littles to coordinate and train the Connection Cadre, available to graduates of the Childcare Teacher Foundations Class. Cadre participants increase their knowledge of child development and build relationships with other Lincoln providers. This year, 30 people participated in the Cadre, earning up to 6 in-service hours. Funding for the program is provided from the American Rescue Plan Act through the Nebraska Department of Labor.



food.unl.edu — Extension Educator Kayla Colgrove (pictured) coordinates Extension’s statewide website, which received over 2.6 million pageviews in 2023 and is one of University of Nebraska–Lincoln’s top 5 domains. The website provides tips, recipes and resources to help people make healthy food choices, safely prepare food and increase physical activity.



4-H Programs Engaged 39,421 Youth

through opportunities such as clubs, workshops, school enrichment programs and afterschool/out-of-school activities



4-H Clubs — With nearly 70 clubs ranging from 5 to 65 youth members, clubs are an important part of the Lancaster County 4-H program. 4-H clubs are led by adult volunteers, hold regular meetings, elect youth officers, recite the 4-H pledge, learn together and do community service projects. 4-H Teen Council club members are involved in several leadership activities such as organizing the annual 4th & 5th Grade Lock-In (pictured).



4-H at Lancaster County Super Fair — 496 4-H/FFA exhibitors showcased nearly 4,880 exhibits (including static exhibits, animals, contest entries and Clover Kids exhibits). The Super Fair provides 4-H youth an opportunity to share the projects they’ve worked on throughout the year. The 4-H Dog Show obedience classes are judged on how well the youth handle their dogs (pictured).

4-H prepares youth for successful futures



4-H Clover College — Four days of hands-on workshops emphasize science, ag literacy, healthy living, career development and citizenship/leadership. This year’s event featured 52 workshops with a total of 939 session registrations. Workshops included “Wind: A Super Power” presented by Extension Assistant Elizabeth Thiltges (pictured holding fans).



4-H School Enrichment — Lancaster County 4-H presents several programs in local schools which meet Lincoln Public Schools, Nebraska or national education standards. The Agricultural Literacy Festival is a 2-day event with 10 interactive stations, including sheep (pictured). In 2023, 260 fourth graders from 8 schools learned how agriculture impacts their daily lives.

Nebraska Extension’s Strategic Direction

- 1) Strengthen Nebraska Agriculture & Food Systems
- 2) Inspire Nebraskans & Their Communities
- 3) Enhance The Health & Wellbeing of All Nebraskans



How the Big 3 energize Nebraska’s future:

- ✓ Developing a skilled workforce
- ✓ Enhancing health & wellbeing
- ✓ Creating statewide economic vitality
- ✓ Retaining & attracting young people
- ✓ Leveraging our strengths for sustained success



Enjoy a Comforting Bowl of Soup in January & Beyond

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

Do you enjoy eating soup any time of the year, or do you tend to eat it more on cold days or when you are not feeling well? No matter the time of year, soup is a versatile food that can be served hot or cold, as a starter or a main course and can be made with a variety of ingredients. Soup is often loaded with nutrient-rich vegetables, lean proteins and healthy carbs. It can provide you with essential vitamins and minerals, boost your immune system and help you maintain a healthy weight. Soup can be a great addition to your diet. January is National Soup Month, a great time to make your favorite soup!



Varieties of Soup

There are many varieties of soup to choose from. A hot bowl of chicken noodle soup is soothing, comforting and nourishing. It is a go-to dish when people are feeling under the weather. One of my favorite ways to eat chili is to pair it with a cinnamon roll, which is a beloved dish in Nebraska and other Midwest states. Another favorite is pairing tomato soup with grilled cheese sandwiches. If you are looking to get your daily dose of vegetables, choose minestrone, butternut squash, carrot or broccoli soup. Whether you prefer a hearty vegetable soup, a spicy chili or a creamy chowder, there is a soup for every taste.

Soup is an easy and convenient way

to prepare a meal that can be served as a side dish to a main course. Sandwiches, salads and pasta dishes are great pairings with soup. Here are some tips for making soup:

1. The base of the soup is the foundation of its flavor. You can use chicken or vegetable broth, or even make your own by simmering vegetables, herbs and meat in water.
2. Adding spices and herbs can take your soup to the next level. Try using herbs like basil, thyme or rosemary, or use spices like cumin, coriander or paprika.
3. Add rice or noodles to make the soup more filling and satisfying. You can use any type you like, such as wild rice, long grain white rice, brown rice, egg noodles, rice noodles or udon noodles.
4. Some soups are best made by simmering them on the stove for hours, while others can be made in a slow cooker or multi-cooker. Choose a cooking method that suits the type of soup you're making.
5. A garnish can add flavor to your soup. Try topping with a dollop of sour cream or plain yogurt, a sprinkle of chopped herbs, cheese or a handful of croutons or crackers.
6. Make a large batch of soup and enjoy some for another meal. Plan to eat refrigerated soup within 3 to 4 days or freeze it for later. Avoid letting soup sit at room temperature for more than two hours. Do not put a large pot of hot soup directly into



your refrigerator. To speed cooling, transfer soup to shallow containers or chill it in an ice or cold water bath before refrigerating. When serving soup a second time, reheat it until it's steaming hot throughout, at least 165°F.

Sources:

- <https://food.unl.edu/newsletter/healthy-bites/tips-delicious-and-nutritious-soup>
- <https://food.unl.edu/article/serving-soup-safely>

RECIPE OF THE MONTH

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

January is National Soup Month. Celebrate by making this soup.

MULTI-COOKER TUSCAN SOUP

(Yield: 10 servings)

- 1 pound fresh pork sausage**
- 1 onion, scrubbed with clean vegetable brush under running water, chopped**
- 4 garlic cloves, minced**
- 5 cups low-sodium chicken or vegetable broth**
- 5 medium red potatoes (about 1 pound), scrubbed with clean vegetable brush under running water, sliced**
- 2 teaspoons dried Italian seasoning**
- 3 cups kale leaves, gently rubbed under cold running water, stems removed and chopped**
- 1 cup low-fat milk**
- 1/2 teaspoon red pepper flakes (optional)**
- Salt and pepper to taste**



Photo by Maruse Jones, Nutrition Education Program

1. Wash hands with soap and water.
2. Using the sauté function on your multi-cooker. Add sausage to the pot and cook, stirring occasionally, for about 5 minutes, until browned. Remove from the pot and set aside.
3. Wash hands with soap and water after handling uncooked meat.
4. Add chopped onion to the pot and cook, stirring occasionally, for 5 minutes until softened. Add garlic, stir and cook for 1 minute.
5. Pour in the broth and stir well, scraping the bottom to deglaze the pot. Add sausage, potatoes and Italian seasoning and stir.
6. Place lid on multi-cooker and lock according to manufacturer's instructions. Make sure the valve is set to sealing position.
7. Cook on high pressure for 5 minutes followed by a 10-minute natural release, then a quick release. Once pin drops, remove lid.
8. Add chopped kale and stir. Cover and let sit for 5 minutes to soften the kale.
9. Stir in milk. Season with salt, pepper and red pepper flakes, if desired.
10. Store leftovers in a sealed container in the refrigerator for up to four days.

Nutrition Information: Serving Size (About 1 cup): Calories 260; Total Fat 13g; Saturated Fat 4.5g; Cholesterol 40mg; Sodium 420mg; Total Carbohydrates 22g; Fiber 2g; Total Sugars 3g, includes 0g Added Sugars; Protein 14g; Vitamin D 6%; Calcium 4%; Iron 6%; Potassium 15%.

Nutrition Software Used: ESHA Food Processor

GARDEN GUIDE

THINGS TO DO THIS MONTH



By Mary Jane Frogge, Extension Associate in Lancaster County

Avoid heavy traffic on the frozen, dormant lawn. The crown of the plant may be severely damaged or killed.

Brush snow from evergreens as soon as possible after a storm. Use a broom in an upward, sweeping motion. Serious damage may be caused by heavy snow or ice accumulating on the branches.

January and February is a good time to order flower and vegetable seeds. Many varieties sell out early.

Turn and prune house plants regularly to keep them shapely. Pinch back new growth to promote bushy plants.

Check all house plants closely for insect infestations. Quarantine gift plants until you determine they are not harboring any pests.

Add garden record keeping to the list of New Year's resolutions. Make a note of which flowers and vegetable varieties do best and which do poorly in your garden.

Use sand instead of salt for icy spots on the sidewalk.

During the winter, most houses are too dry for house plants. Humidity may be increased by placing plants on trays lined with pebbles and filled with water to within one-half-inch of the base of the pot.

House plants with large leaves and smooth foliage, such as philodendrons, dracaena and rubber plant benefit if their leaves are washed at intervals to remove dust, helping keep the leaf pores open.

When reviewing your garden catalogs for new vegetable varieties to try, an important consideration is improved insect and/or disease resistance. Watch also for drought-tolerant types.

Analyze last year's planting, fertilizing and spraying records. Make notes to reorder successful varieties as well as those you wish to try again.

Move garden ornaments such as urns or jars into the garage or basement to prevent damage during the cold winter season. If containers are too large to move, cover them to prevent water collecting in them or turn them upside down during the winter so water will not collect and freeze in them causing breakage.

Extension's 2024 Master Gardener Volunteer Training Begins Soon

If you have a strong interest in gardening and enjoy helping others, you are invited to become a Nebraska Extension Master Gardener Volunteer.

This program will increase your knowledge and understanding of horticultural topics such as:

- Best cultural practices for growing flowers, vegetables and turf.
- Plant disease and insect pest identification and control.
- Preserving beneficial insect and wildlife habitat and much more!

Instructors are Extension specialists, educators, associates and horticulture professionals.

To become a Master Gardener volunteer, you must attend all training sessions, pass an examination and

volunteer for Extension educational programming. Many fun and educational volunteer opportunities are available, including answering gardening questions from the public, teaching 4-H youth gardening, assisting at the county or state fair, assisting community garden participants and many others.

The cost for those participating in the 2024 training class is \$225 per person.

There are two options for Master Gardener training in Lincoln.

Daytime Training

The Lancaster County Extension-based training program will begin February 2024; training hours are during the day, online and in-person. For

additional information, call Mary Jane Frogge at 402-441-7180. Application deadline is Friday, Jan. 12. To apply online, visit <http://lancaster.unl.edu/become-an-emg>.

Evening Training

The campus-based training program will begin January 2024, with training taking place in the evening and online. For more information, contact Terri James at 402-472-8973. Apply online at <http://mastergardener.unl.edu/master-gardener-application>.

Don't miss this opportunity to increase your gardening knowledge, share it with others in the community and have fun!

Upcoming Green Industry Conferences

NEBRASKA TURFGRASS CONFERENCE • JAN. 9-11

LaVista Conference Center, LaVista, NE
Agenda and registration – <https://nebraskaturfgrass.com/conference>



GREAT PLAINS GROWERS CONFERENCE • JAN. 11-13

Missouri Western University, St. Joseph, MO
Agenda and registration – <https://greatplainsgrowersconference.org>



NEBRASKA ARBORIST ASSOC. WINTER CONFERENCE • JAN. 16-17

Embassy Suites, Lincoln, NE
Agenda and registration – <https://bit.ly/24NAA>



NEBRASKA NURSERY & LANDSCAPE ASSOCIATION • JAN. 25-26

Nebraska Innovation Campus Conference Center, Lincoln, NE
Agenda and registration – <https://bit.ly/24NNLA>



WEDNESDAY, FEB. 7

8:30 a.m. – 4 p.m.

Nebraska Extension in Lancaster County conference rooms,
444 Cherrycreek Road, Suite A, Lincoln

Workshop for nursery & green industry professionals, public works employees, landscape managers, arborists, tree board volunteers and cemetery & groundskeepers.

Cost \$20/person

ISA and NAA CEU credits available

REGISTRATION DEADLINE: JAN. 31

Register at <https://go.unl.edu/prohort>

For more information, including a full agenda, visit <https://go.unl.edu/prohort> or call Sarah Browning at 402-441-7180.

2024 Pesticide Applicator Trainings

If you have a pesticide applicator license expiring April 2024 — either private or commercial, or you need to get a new license — classes begin soon. Make plans now to participate in the training option that best fits your needs.

Commercial/ Noncommercial Applicators

Commercial/noncommercial applicators are professionals who apply restricted-use pesticides for hire or compensation. Anyone who applies pesticides to the property of another person, either restricted- or general-use products, for control of pests in lawns, landscapes, buildings or homes must also have a commercial pesticide applicator license. Public employees (those employed by a town, county or state) applying mosquito control pesticides, whether restricted- or general-use, must also hold a commercial or noncommercial certification.

Commercial/noncommercial applicators have several options to recertify or get a new license.

Traditional In-Person Training Classes

Visit <https://pested.unl.edu> for dates, locations and registration. Registration is required. Cost is \$95 per online registration. Trainings will be held at the Nebraska Extension in Lancaster County conference rooms, 444 Cherrycreek Road, Suite A, Lincoln.

- **Initial trainings** start at 8:30 a.m. Tuesday — Feb. 20, March 12 and April 9.
- **Recertification trainings** start at 8:30 a.m., Thursday — Feb. 1, Feb. 22 and March 14.

In-person trainings are a supplemental learning opportunity; they DO NOT replace pre-class studying of category manuals or flip charts for test preparation. Purchase study materials online at <https://pested.unl.edu>.



Online Self-Paced Option — Recertification Only

This is a 100% online training, which includes watching the General Standards recertification video, plus a video for each additional category to be renewed. Cost is \$95 per participant. Register at <https://pested.unl.edu>.

Conference Options: Recertification Only

Crop Production Clinics — General Standards (00), Ag Plant (01) or Demonstration/Research (D/R) categories. See related article at right. Registration is required, cost is \$95 per participant.

Nebraska Turf Conference — General Standards (00) and Ornamental & Turf (04) categories. Visit <https://nebraskaturfgrass.com/conference> for more information.

Urban Pest Management Conference — General Standards (00), Structural Health (08), Wood Destroying Organisms (08w) and Fumigation (11) categories. Visit <https://www.nspca.org> for more information.

Testing-Only Options

Walk-in testings are closed-book exams are given by the Nebraska Department of Agriculture (NDA). Visit <https://pested.unl.edu> for a list of available test-only dates, times and locations.

NDA Computer-based Testing — provided through the Pearson VUE company. Visit https://nda.nebraska.gov/pesticide/pearson_vue_testing.html for a list of testing sites, exams available,

dates and registration information. There is a charge of \$55 per exam charged by Pearson VUE.

Private Applicators

Private applicators are farmers or producers raising an agricultural commodity on land they own or rent or an employee making pesticide applications on their employer's farm.

Private applicators have four ways to recertify or get a new license.

Traditional In-Person Classes

Call your local Extension office, <https://epd.unl.edu>, for training dates in your area and to register. Lincoln dates will be held at Nebraska Extension in Lancaster County conference rooms, 444 Cherrycreek Road, Suite A, Lincoln on Thursday, Feb. 15, 1–4 p.m. and Thursday, Mar. 21, 1–4 p.m. Cost is \$60 per participant, collected at the door. Register at <https://go.unl.edu/2024privatepest>.

Crop Production Clinics

Initial training in General Standards (00) and Ag Plant (01) is available for private applicators. See related article at right. Registration is required, cost is \$95 per participant. To register, go to <http://agronomy.unl.edu/cpc>

Online Self-Study Program

This is a 100% online, self-paced training with 10 modules. There are questions within the modules and a score of 100% is needed to pass. Visit <https://pested.unl.edu/certification-and-training> for more information and a link to register. Cost is \$60 per participant.

NDA Testing Options

Take a written, closed-book exam given by the Nebraska Department of Agriculture. Visit <https://pested.unl.edu> for a list of available test-only dates, times and locations.

Crop Production Clinics

In January 2024, the Crop Production Clinics sponsored by Nebraska Extension will be presented in person at eight locations across the state. They offer practical, profitable, environmentally sound, high-impact training for agricultural professionals and producers. All clinics will offer pest management topics (meets commercial pesticide applicator recertification requirements and private pesticide certification) and crops, economics, soils and water management topics.

All trainings will be 8:45 a.m.–3:30 p.m. Cost \$95 per participant, includes lunch and training materials.

The Crop Production Clinics in southeast Nebraska will be:

- Wednesday, Jan. 10 — Ithaca (Eastern Nebraska Research, Extension and Education Center, 1071 Co. Rd. G)
- Thursday, Jan. 11 — Beatrice (Holiday Inn Express, 4005 N. 6th St.)
- Friday, Jan. 19 — York (Holthus Convention Center, 3130 Holen Ave.)

If you are planning to receive recertification as an applicator, arrive early and check in with the Nebraska Department of Agriculture (NDA) at the registration table.

Certified Crop Advisor credits will be available for crop production, nutrient management, integrated pest management, water management and precision agriculture.

For more information and to register, go to <http://agronomy.unl.edu/cpc>.

Extension Workshop Planned on Managing Farmland and Transition Planning

The University of Nebraska-Lincoln's Center for Agricultural Profitability (CAP) will present a workshop in Lincoln for those planning and involved in farmland succession who want to learn more about the best strategies for managing and owning this asset and how it may impact the transition plan.

"So You've Inherited a Farm ... Now What?" will be held from 10:30 a.m. to 2 p.m., on Feb. 6, at the office of Nebraska Extension in Lancaster County, 444 Cherrycreek Road, Ste. A, Lincoln, NE.

The workshop will cover Nebraska land industry topics for farms and ranches. Those include evaluating current trends in land values and cash rents, strategies for successful land transitions, lease provisions, legal considerations and managing communication and expectations among family members. Creating and adjusting estate plans will also be covered.

The program and lunch is sponsored by Zag Land Company. Registration is requested by Feb. 2, by calling Nebraska Extension in Lancaster County at 402-441-7180.

More information is available on the CAP's website, <https://cap.unl.edu>.

CHEMIGATION TRAINING Thur., Feb. 15, 9 am – Noon, Nebraska Extension in Lancaster County Conference Rooms, 444 Cherrycreek Rd, Suite A, Lincoln

Free in-person trainings will be held in 2024. Registration is required due to room capacity limitations. Day-of, walk-in registration will not be permitted. These trainings can be canceled at notice due to inclement weather. You must register at: <https://go.unl.edu/chemigation2024>.

Online Chemigation Trainings
<https://water.unl.edu/article/agricultural-irrigation/chemigation>

Water Quality – Nebraska On-Farm Research

By John Nelson, Extension Educator in Lancaster County

There are likely no words to express how important water is for humanity, and life on earth, in general. It is possible that many of us do not grasp how fortunate we are in our modern societies to have safe and abundant freshwater resources. Nebraska is incredibly blessed to sit on a large portion of the Ogallala aquifer, one of the most amazing water resources in the world. We have capitalized on this in grand fashion, allowing our state to become one of the top agricultural producers in the nation.

Water Issues and Public Perception

The water quality issues in Nebraska have a similar tone to water quantity issues faced in the southern and western regions of the Ogallala aquifer. Water levels in heavily irrigated areas of west Texas, western Kansas and other semi-arid regions of the aquifer, have dropped significantly in the past 50 years. Even though farmers, researchers and industries are doing incredible things in the name of water conservation in the area, consistent drought and uncooperative weather are still putting a powerful strain on the aquifer.

As expected, in the eyes of the public, farmers in west Texas and all throughout the Ogallala aquifer region, shoulder the blame for the decline in water levels, even though the vast majority of them go to great lengths to conserve every precious drop. This is the conundrum of being a steward of the land; to balance production, profitability and conservation.

Our farmers in Nebraska are facing a similar situation to those in west Texas. Water quality, namely nitrate, is the issue of the day. As expected, some of the public scrutiny is pointing at Nebraska producers. The debate will, undoubtedly, be fierce, and ideas for remediation of the nitrate problem will likely range from practical to draconian. If we have anything to learn from how the Ogallala

aquifer has been managed and regulated, our best option is to be proactive and to do it sooner rather than later.

Farming is a process of continuous innovation and adaptation. Because of the groundwater nitrate concerns in our state, it appears that innovation and adaptation must, once again, lead the charge to confront this issue. Fortunately, tools and methods are being developed, refined and implemented to improve nitrogen management and reduce nitrogen losses in our cropping systems. There is evidence that reducing nitrogen rates, carefully managing application timing and using technologies such as remote-sensing and variable-rate application can improve the efficiency of our nitrogen use, reduce nitrate leaching into the groundwater and accomplish these things while minimizing the risk of yield loss.

The Nebraska On-Farm Research Network

One tool we have available for improving understanding of nitrogen management is the Nebraska On-Farm Research Network (NOFRN). Water & Cropping Systems Extension Educators across the state are stepping up their efforts to promote producer involvement in this program. NOFRN is an incredible resource for farmers to conduct randomized, replicated research on their own land, to address their production and profitability questions.

There are about 80-100 on-farm studies completed each year addressing topics like crop production, water and nutrient management and cover crops. Nebraska Extension Educators and Specialists along with the NOFRN team will help growers design trials in their fields, collect data and will statistically analyze the data at the end of the season. It also gives producers a greater level of confidence in the research, knowing the data is coming from a location they are familiar with and likely have a deep understanding of the variability across the landscape and how it has historically affected production.

NOFRN Cooperators

One of the focuses for the southeast Nebraska region is to revisit nitrogen rate and timing studies to understand how we can better manage our fertilizer inputs in the face of water-quality issues across the region. Because of the evidence showing reduced nitrogen rates in corn may be realistic, Nebraska Extension personnel have developed several relatively simple nutrient management protocols that could be implemented, including grower N rate compared to +/- 50 lb/ac. However, we encourage any grower with questions, practices or products they would like to evaluate on their farm to contact your local Extension Educator as potential cooperators.

We understand that on-farm research introduces some complexities and inconveniences during busy times of the growing season, but we truly believe it will help farmers across the region improve production, stewardship and profitability of their farms. Anyone who is interested about the program, is encouraged to reach out to their local Water & Cropping Systems Educator or visit <https://on-farm-research.unl.edu/> for more information.



WHY ON-FARM RESEARCH?

Impact:

Of those attending UNL Crop Production Clinics and Pesticide Applicator trainings in 2010-2011, 97% and 86%, respectively, said they planned to implement practices validated by on-farm research on their farms. Follow-up surveys showed 80% had implemented one or more on-farm research proven practices. Of those, 59% reported increases of 1-6 bu/acre yield and \$11-\$15 value per acre.

House Centipedes

By Kait Chapman, Extension Educator in Lancaster County

Similar to people, winter beckons arthropods indoors, seeking warmth from the cold. Nonetheless, bugs might venture inside at any season, and among them are centipedes. Centipedes are not insects. Instead, they are in a closely related class of their own called Chilopoda. Centipedes can be distinguished from millipedes by the number of legs attached to each segment of their body. Where millipedes have two pairs of legs per segment, centipedes have one pair. Centipedes and millipedes also live very different lifestyles. Millipedes are generally considered decomposers, feeding on decaying



House Centipede approximate size. They're body is typically just over 1-inch long.

Photo by UNL Entomology

organic matter, while centipedes are predatory, eating other small invertebrates or animals.

While the majority of centipedes may be encountered outdoors in the garden or landscape, one type likes to share an indoor space with people: the

aply called house centipede. The first time someone sees a house centipede, it's a shock due to their "alien-like," creepy-crawly appearance. But, while their long,

15 pairs of legs may seem intimidating, they are harmless to people, pets and home and, are more often, a nuisance than a serious infestation issue. That being said, the majority of homeowners would rather not share their living space

with any type of bug, let alone a centipede.

If you do find yourself with house centipedes in your home, your first course of action should be to evaluate the situation. It is possible that a single centipede happened to make its way indoors and no further action is needed. If house centipedes are encountered frequently, it could indicate there is another buggy issue occurring. Centipedes need to eat, so figuring out what they are feeding on and remedying that problem, could solve the problem.

Effective monitoring involves using strategically placed sticky traps around the house. Once the issue is pinpointed, an integrated pest

management plan comes into play:

- Treat any prey insects that are present in the home.
- Keep centipedes out by sealing entrance areas with caulk or installing screens in floor drains.
- Use a dehumidifier to keep moisture levels low.

Pesticides are often unnecessary but are available if needed. Use products specifically labeled for use inside homes, and always follow the label directions.

FOR MORE INFORMATION

To find out more about house centipedes and their management visit: <https://go.unl.edu/house-centipede>

EARLY CHILDHOOD PREP ACADEMY: LEADERS TODAY, LEARNERS TOMORROW

By Hayley Jackson, Extension Educator in Lancaster County

One of the most pressing issues in the field of early childhood today is the workforce shortage. Across the nation and in the state of Nebraska, there is a lack of trained, high-quality, early childhood teachers to work with our youngest learners (Buffett Early Childhood Institute, 2022). Within the state of Nebraska, innovative collaborations are taking place to address this shortage. One such approach took place in Lincoln this past October. Early

Childhood Extension Educator Hayley Jackson and Workforce Development Coordinator Lameakia Collier of Lincoln Littles, teamed up to facilitate a day-long workshop for middle and high school students interested in a career in early

childhood education. There were 10 students ranging in age from 10-16 who participated in the first Early Childhood Prep Academy (ECPA) this past October at Educare Lincoln.

Throughout the course of the day, students spent time observing in classrooms at Educare Lincoln, so they could see an example of high-quality, early childhood education in action. The ECPA students also spent time learning some basic First Aid & CPR skills, which are a necessary component



Photos by Lameakia Collier of Lincoln Littles

ECPA students practice feeding each other baby food when discussing health & nutrition for young children.

of keeping young children safe in an early childhood setting. A large part of the day was spent introducing students to the Nebraska Early Learning Guidelines. The Nebraska Early Learning Guidelines are

an evidence-based document providing guidance for early childhood educators and caregivers on how to support young children's development in seven different domains. ECPA students learned about each of the different domains and then participated in a hands-on experience to further explore the domain.

There are plans to facilitate additional sessions of the Early Childhood Prep Academy this summer, as well. If you know any students aged 10-16 who are interested in a career in early childhood, please contact Hayley Jackson at hayley.jackson@unl.edu to receive additional information about participating.



ECPA students and facilitators smile for a photo during their day.



HEART OF 4-H VOLUNTEER AWARD

UNL Department of Food Science and Technology



UNL Food Science and Technology Department staff and graduate students who presented a recent 4-H workshop: (L-R) Liya Mo (student), Carmen Sabillon (intern), Andreia Bianchini (Associate Professor), Junsi Yang (Lecturer) and Emily Dowell (student).

Lancaster County 4-H is proud to announce the University of Nebraska–Lincoln Department of Food Science and Technology (FST) as winner of the January “Heart of 4-H Award” in recognition of outstanding volunteer service.

Since 2021, FST staff and graduate students, with the support of student ambassadors, have presented several food science workshops to 4-H youth — including at 4-H Clover College and Youth Science Day for Homeschooled Youth. Associate Professor Dr. Andreia Bianchini, and Student Services Coordinator Sara Roberts collaborated with Lancaster County 4-H staff and 4-H volunteer Trevor Kauer to present hands-on workshops such as “Slime, Jelly Worms & Goo” and “Bubbles & Fizz.” FST personnel have gone above and beyond in their program delivery.

“My favorite part when offering activities in collaboration with 4-H is watching students discover science in their daily lives, while learning about foods and our food supply system,” says Andreia Bianchini. “Every ‘wow’ and ‘aha moment’ from students is what we live for! Also, the opportunity to open additional career paths to older students, who may have never considered STEM otherwise, is most rewarding!”

Extension Associate Kristin Geisert says, “Our 4-H’ers are always excited to attend a workshop presented by the Food Science and Technology team! They teach the science concepts in such fun and innovative ways, which holds the attention of the youth. The incorporation of food is the ‘icing on the cake’ — an added bonus for the participants.”



HEART OF 4-H VOLUNTEER AWARD

Taylor Yakel

Lancaster County 4-H is proud to announce Taylor Yakel of Lincoln as winner of the February “Heart of 4-H Award” in recognition of outstanding volunteer service.

Taylor has assisted her mother and grandparents with the 4-H Food & Nutrition and Science, Engineering & Technology and Safety areas at the Lancaster County Super Fair for 14 years, starting when she was 8-years old. She became a superintendent of Food & Nutrition three years ago when she aged out of 4-H. She has assisted her grandfather, Ron Suing, with the Rocketry workshop at 4-H Clover College and helped her multi-generational family present the 4-H Bicycle Safety Contest.

“I like being a 4-H volunteer because I get to spend time with family while engaging with the community,” Taylor says. “My favorite experience is probably launch day at Clover College. My grandpa and I help the kids launch their rockets they spent the week building.”



National 4-H Poultry Judging

Four Lancaster County 4-H youth (pictured L-R) **Catherine Polk, Lilee Chevalier, Claire Polk** and **Noah Jelinek** (coached by Nichole Jelinek) competed as a team in the poultry judging contest during the National 4-H Poultry and Egg Conference in Louisville, Ky. on Nov. 15–16. Individually, Noah Jelinek placed 7th overall out of 73.

The poultry judging contest teaches participants to make decisions in an orderly manner, use reasoning skills and communicate decisions. Youth



also learn to use USDA grading criteria to determine the quality of ready-to-cook poultry and eggs.

The team qualified for the national contest by placing high at the statewide poultry judging contest held during the Premier Animal Science Event (PASE).

Micah Pracheil at National 4-H Congress

Lancaster County 4-H member **Micah Pracheil** was part of a 13-member Nebraska delegation attending the National 4-H Congress in Atlanta, Ga. on Nov. 24–28. This year’s conference theme was “Unforgettable Past, Innovative Future.”

National 4-H Congress is the premier leadership event for 4-H members between 15 and 19 years of age. Nebraska delegates are



selected for the trip to National 4-H Congress by submitting an Achievement Application for state competition. Micah submitted his in the area of STEM. He is a member of the Little Green Giants 4-H club.

In Atlanta, participants attended numerous educational workshops, cultural events and completed service-learning projects. Micah’s community service group volunteered with Hosea Helps.

Micah said, “National 4-H Congress was a lot of fun! My favorite part was getting to meet other 4-H’ers from Nebraska and all over the country. At the beginning of the trip, none of us knew each other, but by the end, we all got to know each other well. One of the girls in our group even said that we were one big Nebraska family. I would encourage others to fill out their 4-H Achievement Applications, so you can apply for this awesome opportunity.”

2023 4-H Horse Awards Night Results

The 2023 4-H Horse Awards Night, held Oct. 26, recognized top achievements at the Lancaster County Super Fair and other accomplishments throughout the past year. The theme was "Riding the Waves." Congratulations to all Lancaster 4-H equestrians for your outstanding accomplishments! Additional results and photos are online at <https://lancaster.unl.edu/4h/horseawards>.

HORSEMANSHIP ADVANCEMENT LEVELS

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

Level I Walk/Trot — Shiloh Braunsroth, JoAnna Gall, Clarity James

Level I — Fiona Brokering, Maya Dickes, Reagan Dinger, Aleese Jurgens, Katelyn Lightbody, Elsie Maranville, Lillie McHenry, Thomas McHenry, Gracie Mittan-DeBuhr, Reese Pillard, Nina Roberts, Paige Schmickrath, Isla Strasburger, Remington Tate, Braylee Thompson

Level II — Thaxton Bourek, Maya Dickes, Hollynn Hudson, Lauren Johnson, Renae Mansfield, Lillie McHenry, Gracie Mittan-DeBuhr, Nina Roberts, Ava Schepers, Evelyn Smith, Isla Strasburger, Braylee Thompson, Lucy Wacker, Lily Wood

Level III — Shea Frink, Anne Hastings, Lauren Johnson, Taeva Taylor, Braylee Thompson

Level IV — Liz Funk, Addison Gropp, Morgan Roof

INCENTIVE AWARDS

4-Hers logged the hours they spent working with or learning about horses. The more hours invested, the more valuable the reward! The Horse Incentive Awards are sponsored by the Lancaster County 4-H Horse Volunteers in Program Service (VIPS) Committee.

Silver Level (minimum of 225 hours or points) — Liz Boshart, Easton Byrne, Brogen Frink, Lena Gropp, Meg LaPlante, Addisyn Lorenson, Gracie Mittan-DeBuhr, Max Roberts

Gold Level (minimum of 390 hours or points, and completed horse record book) — Corrine Byrne, Gracen Byrne, Makenna Coe, Maya Dickes, Kiara Eppenbach, Shea Frink, Addison Gropp, Clairra Heinze, Lyra Krutak, Amelia Proffitt, Taylor Root, Ava Smith, Ava Wharton, Lily Wood

SPECIAL RECOGNITION AWARDS

Top Incentive Stories — Gracen Byrne, Makenna Coe, Kiara Eppenbach, Addison Gropp, Lena Gropp, Meg LaPlante, Gracie Mittan-DeBuhr, Amelia Proffitt, Ava Wharton, Lily Wood

Top Incentive Notebooks — Makenna Coe, Kiara Eppenbach, Addisyn Lorenson, Ava Wharton, Lily Wood

Top Advancement Level — Braylee Thompson

TOP AWARDS

Bluestem All-Around Miniature Horse Award for high point 4-H miniature horse and youth pair in two age divisions at the Lancaster County Super Fair, sponsored by the Bluestem Miniature Horse Club — **Senior:** Kiara Eppenbach (horse "Country View Dell Tera Captain"); **Junior:** Ava Schepers (horse "Loomis Smartly Jones")

High Score Dressage Rider Awards for high score riders in the 4-H Dressage Show in both the dressage classes and the western dressage classes at the Lancaster County Super Fair, sponsored by Nebraska Dressage Association — high score dressage riders: Paige Schmickrath (champion) and Maya Dickes (reserve champion); high score western riders: Hannah Munk (champion) and Makenna Coe (reserve champion)



Horse Incentive Awards — Silver Level recipients



Horse Incentive Awards — Gold Level recipients

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

Top NRHA Reining Awards for highest NRHA pattern score in each age division at the Lancaster County Super Fair 4-H Reining competition, sponsored by Dr. Kelly Stich — **Senior:** Scarlett Battles (horse "Baby Step Up Your Whiz"); **Junior:** Taeva Taylor (horse "Merrys Mocha Kid"); **Elementary:** Xavyer Bourek (horse "Haint She Foxy")

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

Franklyn Manning All-Around Barrels Award for fastest time in the Lancaster County Super Fair 4-H Barrel Racing competition, sponsored by Brad and Susan Frink — Lillie Beach (horse "DHR Dark Lady")

All-Around Cowboy/Cowgirl Award — age division awards for most total points scored from specified classes at the Lancaster County Super Fair — **Senior:** Shea Frink; **Junior:** Drake Plautz; **Elementary:** Braylee Thompson

All-Around Ranch Horse Awards — age division awards for All-Around Ranch Horse at the Lancaster County Super Fair, sponsored by Olive Creek Acres Performance Horses — **Senior:** Scarlett Battles (horse "Baby Step Up Your Whiz"); **Junior:** Drake Plautz (horse "Leo Down Joe")

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



Horsemanship Advancement Level IV recipient Liz Funk



All-Around Barrels Award winner Lillie Beach



Top NRHA Reining Award elementary winner Xavyer Bourek



High Score Dressage Rider Award winners (L-R) Maya Dickes, Hannah Munk, Makenna Coe



Wilhelmina Wittstruck Memorial All-Around Champion Lily Wood (pictured with Extension Associate Kate Pulec)

JUDGING CONTEST

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

Senior Division: Faith Oldemeyer (champion), Sydney Docter (reserve champion), Dillon Docter (3rd), Amelia Proffitt (4th), Claire Polk (5th)

Junior Division: Max Roberts (champion), Lily Wood (reserve champion), Kiara Eppenbach (3rd), Maria Polk (4th), Katy Weaver (5th), Greta Rogers (6th)

Elementary Division: Gracie Mittan-DeBuhr (champion), Lena Gropp (reserve champion), Josie Polk (3rd)

4-H Events Open to All Youth

For more information about the following, go to <https://go.unl.edu/lan4hnews> or contact Elizabeth Thiltges at 402-441-7180.



CAT SHOW, JAN. 6 — Saturday, Jan. 6, 9 a.m. at the Sandhill Global Event Center (formerly Lancaster Event Center), 84th & Havelock, Lincoln in the Lancaster County Farm Bureau Room (by the Extension 4-H office and South Hall). Open to all youth ages 8–18 with a Clover Kids opportunity for youth 5–7. Register at show. Cost is \$2 per class or \$5 for unlimited classes. Show flyer with classes and health requirements is at <https://lancaster.unl.edu/4h/documents/Cat-Show-Jan-24.pdf>.

DOG WORKSHOPS, JANUARY THROUGH MAY — 6 p.m. on Thursdays, Jan. 11, Feb. 8, Mar. 21, Apr. 11 and May 9 at the Greater Lincoln Obedience Club, 5740 Johanna Road, Bay 4, Lincoln. Open to all youth ages 8–18 and their families. Learn about obedience, beginning steps of training, etc. Cost per participating youth is \$10 for each workshop or \$40 for all five. Please register and pay online with PayPal at <https://go.unl.edu/4hdog24> at least two days prior to each workshop.

WILDLIFE WONDERS EVENT, FEB. 3 — Saturday, Feb. 3, 10 a.m.–12 p.m. at the Nebraska Extension in Lancaster County conference rooms, 444 Cherrycreek Road, Suite A, Lincoln. Open to all youth ages 5–18 and their families. No cost to attend. Sessions/activities include: guest speakers, games and crafts. Register by Friday, Jan. 26 with name, age and grade of youth to ethiltges2@unl.edu or 402-441-7180.

Lancaster County 4-H Teen Council presents its annual...

Overnight Lock-In

for 4th & 5th graders (need not be enrolled in 4-H)

Carnival Extravaganza

Cost
\$20/person
Registrations
due by Jan. 12

Bring your sleeping bag, pillow, toothbrush, toothpaste, active wear, sleepwear (sweats).

Sleep Over!
Fun Projects!
Games!
Snacks!
Movies!

No refunds

Fri. Jan. 19, 8 p.m. – Sat. Jan. 20, 8 a.m.

Nebraska Extension in Lancaster County conference rooms, 444 Cherrycreek Road, Suite A

To register: Make check payable to Lancaster County 4-H Teen Council and mail with “NEBRASKA 4-H PARTICIPANT PERMISSION AND HEALTH FORM” (available at the Extension office and at <https://go.unl.edu/4hhealthform>) BY JAN. 12 to: Tracy Anderson, Nebraska Extension in Lancaster County, 444 Cherrycreek Rd., Suite A, Lincoln, NE 68528

For more information, call 402-441-7180.



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.

2024 4-H CALENDARS — Lancaster County 4-H has compiled three handouts of 2024 events:

- Overall Calendar at <https://go.unl.edu/4hcal>
- Horse Calendar at <https://go.unl.edu/horcal>
- Rabbit Calendar at <https://go.unl.edu/rabcal>

HORSE INCENTIVE PROGRAM BEGINS

JAN. 1 — Any Lancaster County 4-H'er may participate in the horse incentive program and earn points by participating in horse-related activities. Log hours/points by participating in various horse-related activities Jan. 1–July 22. To be eligible for rewards, families must have paid annual \$20 family dues to Lancaster County Horse VIPS. Instructions and forms are available online at <http://lancaster.unl.edu/4h/horse>.

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 Tuesday, Feb. 13.

ARCHERY CONTEST, JAN. 10 — Lancaster County 4-H is offering an Archery Contest on Wednesday, Jan. 10, 5:30 p.m. at the Nebraska Outdoor Education Center, 4703 N. 44th St., Lincoln. Register by Wednesday, Jan. 3 at <https://go.unl.edu/archerycontest2024>. To participate, youth must be ages 8–18 and actively enrolled in the 4-H shooting sports project under the direct supervision of a certified 4-H shooting sports instructor. Archers will be classified according to age division and bow style. If you have questions, contact Kate Pulec at 402-441-7180 or kpulec3@unl.edu.

PILLOW SEWING WORKSHOP, JAN.

13 — 4-H youth ages 8 & up are invited to learn beginning sewing skills while constructing a pillow at the 4-H Pillow Party sewing workshop on Saturday, Jan. 13, 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. Must register by Friday, Dec. 29 by contacting Kristin Geisert at 402-441-7180 or kristin.geisert@unl.edu. 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.

ZIP IT UP! WORKSHOP, JAN. 20 — 4-H youth ages 8 & up are invited to a 4-H Zip It Up! sewing workshop to learn how to insert lap and invisible zippers into garments on Saturday, Jan. 20 from 10–11:30 a.m. at the Nebraska Extension in Lancaster County conference rooms, 444 Cherrycreek Road, Suite A, Lincoln. No cost to

attend. Register by Monday, Jan. 8 by contacting Kristin Geisert at 402-441-7180 or kristin.geisert@unl.edu. Bring your sewing machine and sewing kit of supplies. Zippers and fabric will be provided.

ACHIEVEMENT CELEBRATION, FEB. 13

— Lancaster County 4-H and 4-H Council invite ALL 4-H'ers, 4-H families and volunteers to the 4-H Achievement Celebration on Tuesday, Feb. 13, 6:30 p.m. at the Nebraska Extension in Lancaster County conference rooms, 444 Cherrycreek Road, Suite A, Lincoln. 4-H members, clubs and volunteers receiving awards, scholarships or milestone pins will be mailed invitations. The evening's theme is “Our 4-H'ers Are Going Places!” Award winners are asked to submit award-related photos to <http://go.unl.edu/Lancaster4HPhotos> by Wednesday, Jan. 31.

4-H PREPARED SPEECH & RADIO PSA

CONTEST — 4-H Speech & PSA Contests are open to all 4-H'ers ages 5–18. In the Radio 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 or on a CD/flash drive to the Extension office by Tuesday, Feb. 27. The 2024 PSA theme is TBA. The 4-H Speech Contest will be held on Sunday, March 3 at the Nebraska Extension in Lancaster County conference rooms, 444 Cherrycreek Road, Suite A, Lincoln. Contest begins at 1:30 p.m. with scheduled speech times to be assigned. Register by Tuesday, Feb. 27 at https://go.unl.edu/lancasterspeech_psacontest2024. For rules, helpful resources and examples, go to <https://lancaster.unl.edu/4h/speech>. If you have questions, contact Kate Pulec at kpulec3@unl.edu or 402-441-7180.

JAMMIE SEWING WORKSHOP, FEB. 24

— 4-H youth ages 8 & up are invited to practice their basic sewing skills and make pajama or lounge wear pants or shorts using a pattern at the 4-H Jammie Jamboree sewing workshop on Saturday, Feb. 24, 9 a.m.–12 p.m. at the Nebraska Extension in Lancaster County conference rooms, 444 Cherrycreek Road, Suite A, Lincoln. Extension Associate Kristin Geisert will present the workshop with the help of 4-H volunteer Kath Conroy. No cost to attend. Register by Monday, Feb. 12 by contacting Kristin Geisert at 402-441-7180 or 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.

Meet the 2023–24 4-H Council



The Lancaster County 4-H Council, comprised of adult and youth volunteers, helps determine long- and short-term goals and policy for Lancaster County 4-H. 4-H Council also raises funds to help support 4-H programs, activities and scholarships. Extension Educator Tracy Anderson is the staff liaison. This year's 4-H Council: (front row L-R) Phil Wharton — President and ex officio Extension Board representative, Lilee Chevalier — Vice-President, Pam Cuttlers — Treasurer, Hannah Dean — Secretary; (middle row L-R) Russ Parrott, Ruby Dean, Carley Parrott, Tammy Sheldon, Kari Schepers; (back row L-R) Analisa Peterson, Vanessa Peterson, Marsha Prior, Nathan Gabel; (not pictured) Emalea Dean.

Meet the 2023–24 4-H Teen Council



The Lancaster County 4-H Teen Council is a leadership organization for youth in grades 7–12. Members are involved in several leadership activities and community service projects such as donating hygiene kits to the People's City Mission (shown in the photo above). Karol Swotek is the Teen Council volunteer leader, and Extension Educator Tracy Anderson is the Teen Council staff leader. To join Teen Council, contact Tracy at 402-441-7180 or tracy.anderson@unl.edu. (Not all youth are pictured.)

4-H Thanks 2023 Sponsors

The Lancaster County 4-H program — a partnership between Nebraska Extension and the Lancaster County government — would like to thank all of the businesses, organizations and individuals who sponsored 4-H events, activities, programs and trophies during the 2023 4-H year. This support enhances the educational experience of the 4-H youth. 4-H also thanks all of our valuable volunteers!

Ames Simmental	Dowding Shorthorns - Ron & Nate Dowding	John Heineman	Lincoln Saltdogs	Rochan Pinho	Studio 8 Lincoln
Jason & Tracy Anderson	Ron & Arlene Dowding	Lyle & Teresa Hespen	Lincoln Women's Chamber of Commerce	Platte Valley Equipment	Ron & Barb Suing
Arends Interiors, Inc.	East Campus Starrs	The Higgins Family	Lost in Float	Plautz Stump Grinding LLC	Barb Sullivan
Arrow Pest Control	Ehlers Animal Care	The Hilkemann Family	Ina Luhring	The Justin & Julia Plugge Family	The Sump Family
Artisan Custom Builders	Electrical Enterprises	Hillcrest Animal Clinic	Hog Wild Pit Bar-B-Q	Tim Powers Memorial	Sun Valley Lanes & Games
Lorene Bartos	Encompass Care - Pam Wolfe	Hog Wild Pit Bar-B-Q	Rod Hollman	The Pulec Family	The Swotek Family
Bath & Body Works	Farm Credit Services of America	The Holthus Family	Larry & Carol Hudkins (Hudkins Farms)	Rabbits R Us 4-H Club	Tecumseh Poultry - Smart Chicken
The Battles Family	Farmers Cooperative - Dorchester	Hurts Donuts	HyVee at 27th & Superior	Rainbow Ends	Ryan & Judy Terwilliger
Jim & Cindy Bauman	Fitch Trucking, Inc.	HyVee at Williamsburg (40th & Old Cheney)	Five Alarm Farm	Sheri Ramirez	Tractor Supply Co. (both Lincoln stores, Waverly store and Waverly Distribution Center)
Beatrice 77 Livestock Sales Co.	The Fort	Heather Ingracia	The Root Family	The Rasby Family	Triple H Rabbits
Gary Bergman	Four Winds Farms	James Arthur Vineyards	Runza (33rd & Pioneers)	The Rawlinson Herd	Triple RRR Farms
Bison Inc.	Amber & Samantha Fox	Doug & Cheryl Johnson	Reproductive Services	William & Barbara Rishel	University of Nebraska Federal Credit Union
Bloom's Mini Rex - Cody & Karen Hanson	The Frain Family	The Jeff & Anne Johnson Family	Rock Creek Ranchers 4-H Club	Rock Creek Ranchers 4-H Club	The Vanderford Family
Bluestem Miniature Horse & Pony Club	The Frink Family	Joseph Kerrigan	The Root Family	Runza (Waverly)	Randy Vaupel
Bob & Willie's Wonderbowl	Frink Quarter Horses	Deborah Kinney	Runza (Waverly)	Sam's Club (Andermatt Drive)	Verizon
Bomgaars	The Frisbie Family	Kiwanis - Lincoln Center	Sam's Club (Andermatt Drive)	Cary & Becki Sandell	The Wacker Family
The Bourek Family	Erin Froistad	Kiwanis - Northeast	Cary & Becki Sandell	Kari Schepers	Wahoo Livestock Sales
The Byrne Family	Frontier Cooperative	Gary & Diane Kubicek	The Calvin & Rochelle Schrock Family	The Calvin & Rochelle Schrock Family	The Walbrecht Family
Capital City Horse & Pony Club	The Funk Family	Gordon & Nanci Kyhn	Urijah Schnell	Urijah Schnell	Waverly Grange #369
Alicia Cariotto	Gana Farms LLC	Lan-Otoe Farms	Becky & Tom Schuerman	Becky & Tom Schuerman	The Weaver Family
The Cashmere Family	Gary Gilster	Lancaster County 4-H Council	Scooter's Coffee (84th & Adams)	Scooter's Coffee (84th & Adams)	Kathy White
The Warren Cheney Family	The Blayne Glissman Family	Lancaster County 4-H Horse VIPS Committee	Deb Sheely	Tammy Sheldon/Five Star 4-H Club	The Charles & Dorothy Wiechert Family
Chopsticks Chinese Cuisine	Gossin Agency	Lancaster County 4-H Livestock Booster Club	Tammy Sheldon/Five Star 4-H Club	Sid Dillon	Wilhelm Auto Repair
Kay Clinch Memorial	Great Plains Security, Inc. - Sean & Teresa Brandt	Lancaster County 4-H Rabbit VIPS Committee	Sid Dillon	Alice Sittler	Wilkinson Sheep Farm
Shirley Condon	Greater Lincoln Obedience Club	Lancaster County Agricultural Society	Alice Sittler	Slim Chickens	Jay & Brenda Wilkinson
Dick and the Late Cookie Confer	The Groom Room	Lancaster County Farm Bureau	Slim Chickens	Kyle Smith	Dayle Williamson
Mike & Kath Conroy	The Gropp Family	Lancaster Event Center	Kyle Smith	Jen Smith	Janice Wishnow
Cooper Specialty Feeds	Habitat	Lancaster County Fairgrounds	Jen Smith	The Smith Family	Jim Wissel Memorial
Crawford Family Shorthorns	Larry & Julie Hafer/Hafer Cattle Company	Land O'Lakes, Inc.	Tammy Sheldon/Five Star 4-H Club	Southeast Community College	Dwayne Wittstruck Memorial - Joane Wittstruck
John & Krista Croghan	Keith & Jill Hamilton	Kevin & Toni Lewis	Tammy Sheldon/Five Star 4-H Club	Squeaks Corner Boutique	Karen Wobig
Crumb Cookies	Kylie Hansen	Lincoln Children's Zoo	Tammy Sheldon/Five Star 4-H Club	Dale & Marilyn Stertz	The Wood Family
Culver's of Lincoln (all three locations)	Hard Knock Horse Shoe'n		Tammy Sheldon/Five Star 4-H Club	Stevens Creek Mowing	The Yarn Guild - Lincoln
The Dearthmont Family	The Heather Family		Tammy Sheldon/Five Star 4-H Club	Dr. Kelly Stich	
Calvin & Jordyn DeVries					
The Dickes Family					

Nebraska Extension in Lancaster County
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NEBLINE

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EXTENSION NEWS

National 4-H Awards

Extension Educator **Tracy Anderson** received two awards during the National Association of Extension 4-H Youth Development Professionals (NAE4-HYDP) recent annual conference in Pittsburgh:

- **Meritorious Service Award** in recognition of an outstanding career of leadership and professional service to the 4-H program and NAE4-HYDP.
- **25 Years of Service Award** in recognition of service to the state of Nebraska in the 4-H program and NAE4-HYDP.

Statewide Extension Awards

Nebraska Extension recently announced their 2023 Extension Awards and Service Awards. Several staff members from Nebraska Extension in Lancaster County were recognized!

- **Excellence in Extension Team** award for “Innovation” was presented to the **Nit Kit Program team** of Extension Educators **Kait Chapman, Hayley Jackson** and Jody Green (Douglas/Sarpy counties). The Team also won a Nebraska Cooperative Extension Association (NCEA) award for “Creative Programming.” Nit Kits are convenient kits designed and developed to



(L–R) Hayley Jackson, Kait Chapman, Kayla Colgrove and Irvin Ramirez-Benavides



EXTENSION CALENDAR

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

January

- 1 4-H Horse Incentive Program Begins
- 2 4-H Council Meeting 6 p.m.
- 3 4-H Club Treasurer’s Reports Due
- 6 4-H Cat Show, Sandhills Global Event Center – Lancaster County Farm Bureau Room . 9–11 a.m.
- 10 4-H Archery Contest, Nebraska Outdoor Education Center, 4703 N. 44th St. . . 5:30 p.m.
- 11 4-H Horse VIPS Meeting, Virtual 6 p.m.
- 11 4-H Dog Workshop, Greater Lincoln Obedience Club, 5740 Johanna Rd, Bay 4. . 6–8 p.m.
- 12 Extension Board Meeting 8 a.m.
- 12 Deadline for Master Gardener Applications
- 13 4-H Pillow Party Sewing Workshop 9 a.m.–12 p.m.
- 14 4-H Teen Council Meeting 3 p.m.
- 18 Pesticide Applicator NDA “Walk-In” Testing Session 9 a.m.–2 p.m.
- 19–20 4-H Teen Council’s Lock-In For 4th & 5th Graders 8 p.m.–8 a.m.
- 20 4-H Zip It Up! Sewing Workshop 10–11:30 a.m.

February

- 2 Commercial Pesticide Applicator Recertification Training 8:30 a.m.
- 3 4-H Wildlife Wonders Event. 10 a.m.–12 p.m.
- 6 So You’ve Inherited a Farm ... Now What? Workshop. 10 :30 a.m.–2 p.m.
- 6 4-H Council Meeting. 6 p.m.
- 6–7 4-H EGG Cam Chicks Hatching, <https://go.unl.edu/eggcam>
- 7 ProHort Lawn & Landscape Workshop 8:30 a.m.–4 p.m.
- 8 4-H Dog Workshop, Greater Lincoln Obedience Club, 5740 Johanna Rd, Bay 4. . 6–8 p.m.
- 11 4-H Teen Council Meeting 3 p.m.
- 13 4-H Achievement Celebration 6:30 p.m.
- 15 Private Pesticide Applicator Training 1–4 p.m.
- 15 Chemigation Training 9 a.m.–12 p.m.
- 20 Commercial Pesticide Applicator Initial Training 8:30 a.m.
- 22 Commercial Pesticide Applicator Recertification Training 8:30 a.m.
- 24 4-H Jammie Jamboree Sewing Workshop 9 a.m.–12 p.m.
- 27 4-H Radio PSA Contest Entries Due/Registration Deadline for Speech Contest
- 29 Pesticide Applicator NDA “Walk-In” Testing Session 9 a.m.–2 p.m.

tackle issues surrounding the spread and management of head lice in children. In 2023, the team trained 207 individuals and distributed 412 Nit Kits to 79 early childhood organizations and schools across 30 counties in Nebraska.

- **Excellence in Extension Team** award for “Research-Based” was presented to the **Food, Health and Nutrition PEARS Leadership team**, which includes Extension Educator **Kayla Colgrove**, as well as two other Extension staff. The team provided leadership for transitioning Nebraska Extension to the PEARS (Program Evaluation And Reporting System) national web-based system for data collection and reporting.
- **Individual** award for “Inclusive” was presented to the Extension Assistant **Irvin Ramirez-Benavides** has been invaluable in raising awareness of being inclusive of all members of the community served by Extension’s Nutrition Education Program (NEP), especially people who are often underrepresented.

Outgoing Extension Board Members



(L–R) Chris Scow and Trudy Pedley

The December Lancaster County Extension Board meeting marked the final meeting for two outgoing board members: Trudy Pedley, who also served as secretary/treasurer for 2 years, and Chris Scow, who also served as President for 3 years and Vice President for 1 year. Lancaster County Extension thanks them for their service, advocacy, guidance and outstanding leadership.