EXTENSION CALENDAR

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

June
24  4-H Horse Level Testing, Lancaster Event Center - Amy Cytryman  
26  Guardian/Conservator Training ................................................................. 5:30–8:30 p.m. 
26  Co-Parenting for Successful Kids Class .................................................... 12:30–4 p.m. 
30  4-H Horse Incentive Program Ends .............................................................
June 30–July 1  Premier Animal Science Events (PASE)/FCS Life Challenge, UNL East Campus

July
1  All 4-H/FFA Lancaster County Super Fair Animal Entries Due to Extension  
1  4-H Horse Level Testing, Lancaster Event Center - Amy Cytryman  
2  4-H/FFA Livestock Booster Club Scholarships Due July 5  
5  Healthy Food Workshop .................................................................................. 6:30 a.m.–4:30 p.m.  
10  Extension Board Meeting ........................................................................... 8 a.m.  
12  4-H Horse Jumping Clinic, Lancaster Event Center - Pav. 3  
13–17  State 4-H Horse Show, Fonner Park, Grand Island  
15  Guardian/Conservator Training ................................................................. 1:30–4:30 p.m.  
15  4-H Horse Incentive Program Forms Due to Extension 
19  4-H Presentations Contest ........................................................................... 9 a.m.  
22  4-H Style Revue Judging ............................................................................. 4:30 p.m.  
24  4-H Food Booth Training, Lancaster Event Center - Lincoln Room .......... 6–7 p.m.  
27  4-H Horse Course Challenge ...................................................................... 9:30 a.m.  
29  4-H & FFA Static Exhibit Check-In for Lancaster County Super Fair, Lancaster Event Center - Lincoln Room ...................................................... 4–8 p.m. 
30  4-H Static Exhibit Interview Judging, Lancaster Event Center - Lincoln Room 
July 31–Aug. 9  Lancaster County Super Fair (4-H/FFA Exhibits & Events July 31–Aug. 3), Lancaster Event Center

EXTENSION NEWS

Two New Nutrition Staff

University of Nebraska–Lincoln Extension in Lancaster County recently hired two new staff members for the Nutrition Education Program (NEP). 

Jessica Wolter is an Extension Assistant for the Supplemental Nutrition Assistance Program Education (SNAP-Ed). Previously, Jessica worked as an Extension Assistant for Douglas/Sarpy Counties NEP in Omaha.

In Lancaster County, Jessica will coordinate NEP’s School Enrichment program for 1st, 4th and 5th grades. NEP works with qualifying Lincoln elementary schools to deliver nutrition kits containing materials for hands-on educational experiences to classrooms. Jessica will present hand washing and food preparation activities in those classrooms as well.

Jessica is originally from Norwood Young America, MN. She attended the University of Minnesota and earned a Bachelor of Science in Dietetics in May 2012. After graduation she completed her Dietetic Internship with Concordia College in Moorhead, MN, and became a Registered Dietitian (RD) in June 2013 and moved to Lincoln, Neb.

Emily Schuckman is an Extension Assistant for the Expanded Food and Nutrition Education Program (EFNEP). She will be working with limited resource families with one or more children and pregnant mothers. Emily will teach nutrition and food safety lessons for a variety of programs in Lancaster County, including Cornhusker Women, Infants, and Children (WIC).

Emily grew up in Norfolk, Neb. She attended the University of Nebraska-Lincoln and earned a Bachelor of Science in Nutrition, Exercise and Health Science; and a Master of Science in Leadership Education. Additionally, Emily is a certified Group Exercise Instructor, Personal Trainer and a Physical Activity in Public Health Specialist. Previously, she worked as a Wellness Educator for the University Health Center at UNL.

4-H Interns Assist During Summer

Each year, student interns join the 4-H staff at the University of Nebraska-Lincoln Extension in Lancaster County and provide much needed assistance during the summer for contests, Lancaster County Super Fair and other activities.

- Rachel Pickrel assists Tracy Anderson with Clover College, countywide static exhibits and contests. Rachel is a student at Nebraska Wesleyan University where she is majoring in musical theater and minorin business, marketing and music. This is her third summer as a 4-H intern. Rachel was a 4-H member in Lancaster County for 10 years.

- Erica Peterson assists Cole Meador in the livestock areas. Erica just finished her second year at UNL where she is majoring in ag education leadership with a minor in animal science with an emphasis on beef. This is her second summer as a 4-H intern. She was a 4-H member in Lancaster County for 10 years.

Lancaster County Years of Service

Recently, a Lancaster County employee at University of Nebraska-Lincoln Extension in Lancaster County was recognized for years of service to Lancaster County: Pam Branson, Clerk, Typist II, recognized for 40 years of service.

Fresh Herbal Food Program at Pioneers Park Nature Center

The Pioneers Park Nature Center will hold a program for adults, “Fresh Herbal Food,” on Saturday, July 22, 11 a.m. at the Prairie Building. Fee is $10 per person. Register by July 30 by calling 402-441-7895. Middle Eastern cuisine has fantastic vegetarian dishes that are healthy and very flavorful. Learn how easy it is to prepare delicious recipes using fresh herbs and a few key ingredients. Recipes to sample will include falafel, hummus, tzatziki and more.

4-H District Speech/PSA Results

The 2014 4-H Southeast District Speech and Public Service Announcement (PSA) contest was held in May at UNL East Campus. The top five in each division received medals. Medal winners in the senior divisions advance to the State Contest which will be held during the Nebraska State Fair. The following Lancaster County 4-H’ers earned purple ribbons.

Speech Contest:  
- Junior division — Grace Spaulding, Sadye Daniel  
- Intermediate — Megan Lange (medal)  
- Senior — Sheridan Swotek (medal)

Public Service Announcement Contest:  
- Junior division — John Boesen (medal), Riley Peterson (medal)  
- Intermediate division — Nate Becker (medal)

4-H’sers Focus on Safety in Bicycle Contest

Several youth participated in the 2014 4-H Bicycle Safety Contest on June 7 at the Lancaster Extension Education Center. Part of the Lancaster County Super Fair, the contest consists of a bike inspection and bicycle riding skills events. Top winners were Taylor Yackle (senior champion), Valerie Gray (junior champion), Ryan Yackle (junior champion) and Dylan Lindgren (junior reserve champion). More photos are online at www.flickr.com/photos/unlextend/sets.

Super Fair Volunteer Opportunities

The Lancaster County Fair will be held July 31–Aug. 3 at the Lancaster Event Center, 848 & Havelock in Lincoln. Volunteers ages 18 and up are needed to help with a variety of events during the fair. Shifts are two or more hours. Volunteers receive a free T-shirt. For more information, call Trudy Pedley at 402-441-6545.

4-H State Fair Volunteers

The Nebraska 4-H program is seeking volunteers. A list of 4-H volunteer opportunities and sign up information is online at http://4h.unl.edu/nebraskatatefair/volunteer. If you have questions, contact Cathy Johnston at 402-472-1762.