



# EXTENSION CALENDAR

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

## September

- 22–25 **AKSARBEN 4-H Stock Show**, CenturyLink Center, Omaha
- 24 **Composting Demonstration**, Pioneers Park Nature Center's Backyard  
Composting Demonstration Area ..... 10 a.m.
- 29 **4-H Horse Awards Night** ..... 6:30 p.m.

## October

- 2–8 **National 4-H Week**
- 4 **4-H Council Meeting**..... 6 p.m.
- 6 **4-H Information Night (formerly Kick Off)** ..... 6 p.m.
- 8 **4-H Household Pets Clinic**..... 9 a.m.–noon
- 9 **4-H Teen Council Meeting**..... 3 p.m.
- 13 **Co-Parenting for Successful Kids Class**..... 9 a.m.–12:30 p.m.
- 14 **Extension Board Meeting** ..... 8 a.m.
- 15 **4-H Rabbit Clinic**..... 9 a.m.–noon
- 15 **Composting Demonstration**, Pioneers Park Nature Center's Backyard  
Composting Demonstration Area ..... 10 a.m.
- 22 **Pediatric CPR & First Aid Early Childhood Training** ... 8:30 a.m.–12:30 p.m.
- 27 **4-H Leader Training**..... 9 a.m. & 6:30 p.m.

## Emerald Ash Borer Seminar, Nov. 5

Nebraska Extension in Lancaster County and the Nebraska Forest Service has scheduled another Emerald Ash Borer (EAB) seminar to provide homeowners with the information they need to make good decisions about the care of their ash trees. It will be held Saturday, Nov. 5, 9–11 a.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln. Registration is required by calling 402-441-7180 by Nov. 2. Cost is \$15 per person/couple for one set of educational materials. Pay at the door, making checks payable to Nebraska Extension in Lancaster County.

Early June brought the news Nebraska foresters and horticulturists have been anticipating for several years — confirmation of Emerald Ash Borer (EAB) within the state. On June 8, Nebraska Department of Agriculture confirmed an EAB infestation in Pulaski Park, in southeastern Omaha. A second confirmation

from Cass County came the following week. Concern about this invasive insect and its impact on our community trees is high. Many homeowners have questions about their trees and potential treatment options available to them. All ash species — including the popular cultivars Autumn Purple, Marshall's Seedless, Patmore, Skyline and Summit — will be at risk from this insect, along with all wild ash trees.

Learn how to identify ash trees. If you are unsure if a tree in your landscape is an ash, bring small branch samples or pictures for identification. Learn how to determine which of your trees are the best candidates for treatment. Many homeowners will decide to let some trees die, particularly low-vigor trees, those in poor locations or with existing problems. Finally, learn about the available treatment methods, their advantages and disadvantages and when



T. Davis Sydnor, The Ohio State University, Bugwood.org

Ash trees have compound leaves with 5–11 leaflets.

they should be applied. Note: treatment is NOT recommended until EAB has been confirmed within 15 miles of your location.

Seminar presenters include Sarah Browning, Nebraska Extension Horticulture Educator; Jody Green, Nebraska Extension Entomology Educator and Laurie Stepanek, Nebraska Forest Service – Forest Health Specialist.

# EXTENSION NEWS

## New Nutrition and Health Educator, Alyssa Havlovic

In August, Alyssa Havlovic joined Nebraska Extension in Lancaster County as an Extension Educator. Her focus will be delivering nutrition and physical activity education through the Growing Healthy Kids program to elementary-age youth. Alyssa has an extensive background in both nutrition and exercise as a Registered Dietitian and Certified Exercise Physiologist through the American College of Sports Medicine (ACSM).



The Growing Healthy Kids program started in Lincoln five years ago through a USDA-NIFA grant focused on reducing childhood obesity. It expanded upon the success of Nebraska Extension in Lancaster County Nutrition Education Program's (NEP) school enrichment nutrition kits which started in 2000 for Lincoln Public Schools with at least 50 percent free and reduced breakfast/lunch participation. The Growing Healthy Kids program provides the kits to the rest of the Lincoln Public Schools (LPS) grades K–2. Teachers use the kits to enhance their existing health textbooks and meet LPS nutrition curriculum objectives. Kits include supplemental lessons using hands-on materials such as science experiments, food models, interactive games, activity sheets and more.

Alyssa has worked with the Growing Healthy Kids program for four years as an Extension Educator in the Department of Nutrition and Health Sciences. When the five-year grant finished this year, Nebraska Extension created a new position in Lancaster County to continue upon the program's success and to better coordinate with the NEP nutrition kits. Plans are to expand to additional grades and other school districts.

Originally from Springfield, Neb., she graduated from the University of Nebraska–Lincoln with a dual bachelor's degree in Nutrition, Exercise & Health Science and Dietetics. Alyssa was also a sprinter for the Nebraska Track & Field team. She earned her master's degree at UNL in Nutrition & Health Sciences with a specialization in community nutrition and health promotion. She also completed her dietetic internship at UNL.

Alyssa is looking forward to teaching youth about the importance of healthy eating and making physical activity a fun and enjoyable experience for all.

## 4-H Information Night

### Thurs., Oct. 6 • 6pm

Lancaster Extension Education Center  
444 Cherrycreek Rd., Lincoln



See animals such as rabbits, dogs, llamas

Free hot dogs!

Find Out How Youth Ages 5–18 Can Join 4-H!

Adults — Help Youth Grow By Volunteering!

4-H is America's largest youth development organization — empowering nearly six million young people across the U.S. with the skills to lead for a lifetime. 4-H'ers are 4 times more likely to give back to their communities, 2 times more likely to make healthier choices and 2 times more likely to participate in Science, Technology, Engineering and Math (STEM) activities!<sup>1</sup>

Adult volunteers are vital to the ongoing growth and development of youth in 4-H. Research shows the structured learning, encouragement and adult mentoring youth receive through 4-H helps them achieve future life successes.<sup>1</sup>

<sup>1</sup>Read about the "4-H Study of Positive Youth Development" at <http://4-h.org/about/research>

Part of National 4-H Week  
Oct. 2–8

## TWILIGHT ON THE TALLGRASS

Nature@Night!

### Spring Creek Prairie Audubon Center

11700 SW 100th St., Denton

Saturday, Oct. 15, 5–9 p.m.

Music, Arts, Food and FUN for the whole family.

Special performances by Heather Henson & Ibox Puppetry in preparation for their show, "CRANE: On Earth, In Sky," coming to the Lied Center in

March 2017. Experience the prairie like you never have before.

(\$5 suggested donation / kids under 12 are FREE)

For more information, call 402-797-2301 or email [scp@audubon.org](mailto:scp@audubon.org)

## Deadline For Extension Board Applications, Nov. 1

The Lancaster County Board of Commissioners seek community members to serve on the Lancaster County Extension Board. Vacancies will be filled with three year appointments beginning in January 2017.

Extension Board members advocate for and assist Extension staff in focus areas such as: 4-H youth development; beef systems; community environment; community vitality initiative; innovative cropping & water systems; food, nutrition & health; and the learning child. The board meets monthly (usually the second Friday of the month at 8 a.m.).

Registered Lancaster County voters interested in serving should complete an application for appointment by Nov. 1. Additional information and an application can be obtained from: Nebraska Extension in Lancaster County, 444 Cherrycreek Road, Suite A, Lincoln, NE 68528-1578 or by calling 402-441-7180. Applications are also online at <http://lancaster.unl.edu/lancaster-county-extension-board>