Extension 2014 Highlights

Nebraska Extension is your local connection to university research-based information. We extend knowledge, provide solutions and change lives. Here’s a look at some of Nebraska Extension in Lancaster County’s 2014 accomplishments.

2014 marked the centennial of the Smith-Lever Act which created the national Cooperative Extension Service. Today, every state has a land-grant university with a public mission of teaching, research and extension service. University of Nebraska–Lincoln is our state’s land-grant university. The Lancaster County Board of Commissioners celebrated our state’s land-grant university, the University of Nebraska–Lincoln, which is the research and extension service.

At the 2014 Lancaster County Super Fair, over 700 4-H/FFA exhibitors showcased nearly 5,500 exhibits (including static exhibits, animals, contest entries and Clover Kids exhibits). There was a 71% increase in exhibitors and birds at the 4-H Poultry Show. This was in part because a 4-H poultry club, The Egg Basket, started in February.

In 2014, Extension Educator Sarah Browning, Associate Director Mary Jane Frogge and Master Gardeners assisted residents and green industry professionals through over 11,000 contacts and 95 hours of programming. Staff have started local educational efforts about emerald ash borer (EAB), a new invasive pest which is expected to be confirmed in Nebraska at any time. EAB has been confirmed in Iowa, Missouri, Kansas and Colorado.

Extension partnered with local agencies to provide educational opportunities for childcare professionals. These trainings focused on increasing the knowledge and skills of participants so they are better able to support the healthy development of children. 80% of attendees indicated they would put the information they learned into practice. Pictured above is Extension Educator Lorene Bartus (standing third from right) who helped present a new training on cultural diversity called “Faces of Our Community.”

Extension Associates Soni Cochran and Mary Jane Frogge continued to develop the Cherry Creek Pollinator Habitat, located behind the Extension office at 444 Cherrycreek Road. Started in 2013, the habitat is a teaching and learning environment that educates adults and youth on the importance of pollinators (pictured is Soni showing youth a “native bee nest box”).

Nebraska Extension offers “Co-Parenting for Successful Kids” onsite and online classes to help separating and divorcing parents — the classes meet court-mandated requirements. Last year, over 97 parents completed the classes offered in Lincoln (pictured is Extension Educator Maureen Burson), and over 400 Lancaster County parents took the class online. On Dec. 1, Oklahoma Extension started offering the online class with Nebraska Extension’s assistance.

Nebraska Extension in Lancaster County coordinates distribution and application of biosolids* to agricultural cropland for the City of Lincoln. Since 1992, more than 682,000 tons of biosolids have been recycled. Pictured is Biosolids Coordinator Dave Smith.

The Nutrition Education Program (NEP) helps limited-resource families learn to prepare nutritious and safe foods while stretching their food dollars. Last year, NEP staff completed lessons with 433 enrolled adults (2,696 teaching contacts) and reached 7,357 youth (11,351 teaching contacts) at 30 schools and other sites. Pictured is Mardel Meinke teaching a lesson at a veterans group home.

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* Biosolids are organic solids separated from wastewater and biologically processed to make them safe to use as a fertilizer.

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Alice Henneman, MS, RDN
Extension Educator

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**Health**

*The first wealth is health.* (Source: Ralph Waldo Emerson)

Make health a priority this year. Health should be more than the absence of disease — read on for ideas.

**Attitude**

“Health and cheerfulness naturally beget each other.” (Source: Joseph Addison)

A positive attitude may not cure a disease. However, thinking positively can help you deal with misfortune, make the most of your situation and enjoy life more.

**Physical activity**

“A man’s health can be judged by which he takes two at a time — pills or stairs.” (Source: Joan Walsh)

The U.S. Department of Health and Human Services 2008 Physical Activity Guidelines for Americans recommends for adults:

- Most health benefits occur with at least 150 minutes (2 hours and 30 minutes) a week of moderate intensity physical activity, such as brisk walking.
- Additional benefits occur with more moderate activity; both aerobic (endurance) and muscle-strengthening (resistance) physical activity are beneficial.

**People**

“Love cues people — both the ones who give it and the ones who receive it.” (Source: Dr. Karl Menninger)

Numerous studies indicate social networks, whether formal (such as a church or social club) or informal (such as meeting with friends), make people less vulnerable to ill health and premature death. Be wary, however, of social support that drains you through people being too demanding or encouraging you to engage in harmful behaviors.

**Your body**

“Take care of your body. It is the only place you have to live.” (Source: Jim Rohn)

Schedule physical checkups as needed: eyes, teeth, mammogram, colonoscopy, general physical, etc.

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**E-nough sleep**

“A good laugh and a long sleep are the best cures in the doctor’s book.” (Source: Irish Proverb)

According to a December, 2013 Gallup Poll, 43% of Americans say they would feel better if they got more sleep.

“Insufficient sleep is a public health epidemic,” according to the Center for Disease Control and Prevention (CDC). Insufficient sleep is linked to motor vehicle crashes, industrial disaster, medical and other occupational disorders. People who don’t get enough sleep also are more likely to suffering from chronic diseases such as hypertension, diabetes, depression and obesity, as well as from cancer.

The U.S. Department of Health and Human Services offers tips to help you get a good night’s sleep which are online at http://sleep.tips.gov.

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**A void portion distortion**

“Never eat more than you can lift.” (Source: Miss Piggy, muppet character)

Rather than worry so much about “what” you eat, consider “how much you eat.” Downsize your portions size. Serve food on smaller plates. Eat from plates and bowls rather than packages and bags, so you see how much you’re eating.

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**Reading materials**

*Be careful about reading health books. You may die of a misprint.* (Source: Mark Twain)

Consider the source before starting a new dramatic diet or exercise plan. Beware of plans that:

- Promise quick, dramatic results.
- Charge large fees for consultations, equipment, supplements, etc.
- Rely solely on testimonials and statements from “professionals” without an unusual degree.

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**UNL’s National Food Entrepreneur Program**

The University of Nebraska Food Processing Center offers one-day “Recipe to Reality” seminars for all individuals interested in exploring the idea of starting a food manufacturing business.

A seminar will be offered on Saturday, Jan. 24, 8 a.m.–5 p.m. at UNL East Campus in Lincoln. Pre-registration is required and space is limited. Registration deadline is Jan. 7.

Other seminars in Lincoln are:

- Saturday, June 6
- Saturday, Aug. 8
- Friday, Oct. 3

Following the seminar, affordable, confidential services are available to those participants who decide to launch their own food business.

More information is at http://fpc.unl.edu/small_business. For an information packet, contact Bill Gifford at jgifford@unl.edu or 402-472-2819.
How to Use Positive Language to Improve Your Child’s Behavior

“Stop it.” “No!” “Don’t do that!” As a parent, you might find yourself using these words and phrases more often when your child doesn’t do what you told him or her to do. Alternatively, you may find you instead choose words to tell him what he can do. While this shift in language might seem small, it actually provides a powerful positive change to the tone of the conversation. When you focus on using positive language with your child, you will likely find that he has fewer tantrums, whines less and overall experiences fewer challenging behaviors.

How can such a small change make such a big difference? While it is obvious to adults, young children are not able to make the logical connections that you are making. However, “Don’t climb on the counter” can be very confusing to a child. How can your child keep his feet on the floor” tells the child exactly what the expectation is and how he can change what he is doing. Using positive language also empowers a child to make an appropriate choice on his own to build his self-esteem. When you are specific in your directions by telling your child exactly what he can do and when, it is easier for him to comply and he is more likely to cooperate with the request.

Offer a choice. When you provide your child with a choice of things that he can do, wear or go, he is more likely to select one of the options you have offered because it makes him feel like he is in control. This strategy works for you as a parent because you approve of either choice.

Tell your child “when.” When your child asks to do something, rather than saying no, acknowledge her wish and tell her when she might be able to do it. This answer feels more like a “yes” to a child. For example, if your child asks to go to the park, but you are on the computer finishing up a work project, you could say, “The park sounds like a great idea! I need to finish this letter for work right now. Would you like to go after your nap today or tomorrow morning after breakfast?”

Use “first-then” language. Another way to tell a child when he can do something in a positive way is to use a “first-then” statement. For example, if he wants to watch TV but you would like him to pick up his toys, you could say, “First, pick up your toys and then you may watch a TV show.”

Give your child time to think. Sometimes, you may feel frustrated when your child does not respond quickly to requests and feel tempted to use demands and raise your voice. When that happens, remember that your child is learning language and how to use it. She needs time to think about what you said and how she is going to respond. Do not respond quickly, as this makes it hard work, but with a little practice, you will see a big difference in your relationship with your child. Your child will feel more encouraged, positive and independent and, as a result, you will enjoy better overall cooperation.

The Bottom Line

Positive relationships with parents, teachers and other caregivers provide the foundation for a successful and happy child, are the building blocks for your child’s self-esteem and ability to empathize and predict future positive behavior choices. The manner in which you talk to your child has a significant impact on his behavior. Making positive changes to your communica- tion and your choices, empowers a child to make a smart decision, fulfills Guardian/Conservator education requirements set by the Nebraska Probate Code.

State appointed guardians manage finances, submit reports to the court and provide other vital roles which impact wards. Extension’s trainings prepare guardians to better serve their wards and fulfill the legal responsibilities to the court. Most trainings are co-taught by a volunteer attorney through the Nebraska State Bar Association who answers general legal questions. The trainings in Lancaster County are co-taught by Extension Educator Kristen Burson and are scheduled for the following Tuesdays:

- Jan. 13, 1:30–4:30 p.m.
- Feb. 17, 5:30–8:30 p.m.
- March 10, 1:30–4:30 p.m.
- April 14, 5:30–8:30 p.m.
- May 12, 1:30–4:30 p.m.
- June 23, 1:30–4:30 p.m.
- July 14, 1:30–4:30 p.m.

For more information and registration form, go to http://extension.unl.edu/guardianship or call 402-441-7180.

Climate Masters 10-Week Course Teaches Ways to Reduce Your Carbon Footprint

Climate Masters of Nebraska, a program at the University of Nebraska-Lincoln’s School of Natural Resources, will offer its next 10-week course on Tuesday evenings from 6:30 to 8:30 p.m., starting March 13. All classes will be 6–8:30 p.m. in Hardin Hall on UNL’s East Campus. Throughout the course, participants will learn how to save money, protect the environment and reduce greenhouse gas emissions.

Children are open to ages 19 and up. Funding provided by the Nebraska Department of Environmental Quality. As part of the course, participants are asked to share the knowledge they have gained by volunteering 30 hours within six months of the start of the course.

Classes will focus on the basics of climate change, home energy, renewable energy, home water conservation and communicating climate change, consumption and waste, local food, water conserva- tion and yard and garden work. The classes will be 1:30–4:30 p.m. or 5:30–8:30 p.m., depending on the topic. Course locations are at 44th and Center Street, off of 44th Street.

For more information and registration form, go to http://climatemasters.unl.edu or call 402-472-2712.
Commercial Pesticide Applicator Training

Commercial/noncommercial applicators who apply restricted-use pesticides for hire or compensation, or who are not owned or rented by themselves or their employer. 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, state) applying mosquito control pesticides whether restricted or general use, must also hold a commercial or noncommercial certification.

Initial and Recertification

To become licensed as a new commercial/noncommercial applicator professional, must pass a written examination. All participants must be tested in the general standard category, then each chooses one or more additional categories for training.

Initial certification training session or by passing a written examination, with a few exceptions as explained below. Nebraska Extension offers training to prepare those seeking a pesticide applicator license for the first time, and recertification for those needing to keep their license active. The program cost for both initial and recertifying participants who register online is $60/person; for those registering by mail, fax or at the door, the cost is $70/person.

For statewide training locations, dates and categories, go to http://pest.unl.edu. For more information about the trainings in Lancaster County, call 402-441-7180.

Note: Due to time and space limitations, training will not be offered in all the categories on every day of training. Check the schedule listing when each category training will be offered.

Initial commercial certification training and testing sessions will be offered at the Lancaster Extension Education Center, 444 Cherrywood Road, on the following dates:

- Tuesday, Feb. 3
- Thursday, Feb. 19
- Thursday, April 9

The general standards session will begin at 8:30 a.m. It is highly recommended you review the written study materials prior to attending. This will greatly improve your chances of passing the written examination. Study materials for all commercial categories may be purchased online at http://pested.unl.edu (click on “Classes & Study Materials”).

Commercial recertiﬁcation training sessions will be offered at the Lancaster Extension Education Center, 444 Cherrywood Road on the following dates:

- Thursday, Feb. 5
- Tuesday, Feb. 17
- Thursday, March 19

The general standards session will begin at 9 a.m.

NDA Licensing

Commercial applicators meeting the requirements for certification or re-certification will receive an invoice from the NDA for $90 for the license fee. When NDA receives the fee, the license will be issued.

For more information about pesticide licensing, go to www.agr.ne.gov.pesticide.
Extension’s 2015 Master Gardener Trainings, Two Sites Available

Mary Jane Frogge, Extension Associate

If you have a strong interest in gardening and enjoy helping others, consider becoming 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, turf, plant disease and insect pest identification, control 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. Volunteering could include answering gardening questions from the public, teaching 4-H youth gardening, assisting at the county or state fair, or assisting community garden participants.

There are two different Master Gardener Training programs. Training class size is limited. Those participating in the 2015 training class must pay a $190 materials fee. There are two options for Master Gardener Training in Lincoln: Nebraska Extension in Lancaster County’s Master Gardener training sessions will begin in February. Trainings will be 6-9 p.m. at UNL East Campus. Application deadline is Jan. 23. For more information, contact Terri James at 402-472-8973. Apply online at http://mastergardener.unl.edu/become-a-master-gardener.

Do not miss this opportunity to increase your gardening knowledge and skills and the chance to share them with others in the community.

Last year, several Lancaster County Master Gardeners volunteered at the People’s City Mission garden.

Soni Cochran, Extension Associate

Cold weather doesn’t deter bed bugs especially since they are living indoors with their human meals. We’re seeing plenty of bed bugs being brought into the office for identification. Here are some bed bug basics you should know.

Bed bugs are about the size of an apple seed, flat, oval and reddish brown. Immature bed bugs are very tiny and can be hard to see.

Some people aren’t bothered by bed bug bites, while other people find them very irritating.

Where Bed Bugs Hide

Bed bugs usually hide near where people rest or sleep like in beds, sofas and chairs. When you relax or sleep, bed bugs come out to feed. Bed bugs don’t live on our bodies but we can transport them in clothing, luggage, purses etc.

Most bed bugs are found within eight feet of where we rest. As an infestation grows, bed bugs can be treated. You can (and should) invest in mattress encasements especially designed to keep bed bugs away from the mattress and box springs.

• Under carpet and rugs
• Behind electrical outlets, switch plates

If You Think You Have Bed Bugs

First, make sure you really have bed bugs! We see plenty of insects brought into the office from people thinking they have bed bugs and to their relief, are not.

• Try not to panic! Bed bugs can be controlled using proper methods. Learn as much as you can. Contact your Extension office or visit http://lancaster.unl.edu/pests.
• Contact a pest management professional or your landlord to schedule an inspection and professional treatment for bed bugs.
• Over-the-counter pesticides labeled for bed bugs are not effective. Homemade or “custom-formulated” products can also be dangerous and may make your bed bug infestation worse, not better. Do not use garden or agricultural pesticides in the home. Never apply pesticides directly to your body. Do not use rubbing alcohol, kerosene or gasoline on your body, your pets or in your home to control pests. These products can make you sick and may cause fires.

• There’s no need to toss your furniture. Beds and furniture can be treated. You can (and should) invest in mattress encasements especially designed to keep bed bugs away from the mattress and box springs.

• Reduce or eliminate any clutter! Don’t store anything under the bed because this gives bed bugs more places to hide. The more hiding places you have for bed bugs, the harder it is for a treatment to work.
• Vacuum thoroughly and often. Be sure to empty the canister or bag immediately and take it to a dumpster or garbage can outdoors. Heat kills bed bugs. Remember this when doing your laundry.

If you are having a treatment done for bed bugs, please follow the recommendations of the pest control professional both before and after a treatment. As a tenant or homeowner, you play an important role in helping make sure a treat- ment is successful.

Bed bug fecal spots and eggs under the fabric stapled to the framing of box springs.

Bedbugs are reddish brown and have flattened bodies (left—approximate size).

• Under carpet and rugs
• Behind electrical outlets, switch plates

Recycling Your Christmas Tree for the Birds

After the holidays, recycle your fresh-cut Christmas tree by moving it outdoors to help provide shelter for wildlife.

Place your tree in a bucket of wet sand and place it in the garden or in the landscape a few feet away from bird feeders. If you don’t want to stand your tree up in a bucket, prop it up against a secure fence and tie it into place. Your tree will provide wildlife months of protection from winter winds and predators like hawks and cats. Make sure your tree is trimmed up enough from the bottom so cats can’t hide in the tree. Trimmed boughs can be put over tender plants in your landscape until spring.

Decorate your tree with an edible garland made from orange slices, cranberries and popcorn. Pinecones stuffed with suet and rolled in birdseed can also be hung from the boughs of the tree for the birds.

—Soni Cochran, Extension Associate

Earth Wellness Festival Needs Volunteers

Volunteers are needed for the 2015 Earth Wellness Festival on Wednesday, March 25 and Thursday, March 26 at Southeast Community College in Lincoln. For more information, contact Sara Winn at swinn2@unl.edu or 402-472-0636 by Jan. 30. Visit http://lancaster.unl.edu/ewf to register online.

Earth Wellness Festival on Wednesday, March 25 and Thursday, March 26 at Southeast Community College in Lincoln. For more information, contact Sara Winn at swinn2@unl.edu or 402-472-0636 by Jan. 30. Visit http://lancaster.unl.edu/ewf to register online.
New In 2015 – 4-H Members MUST Be Enrolled Online by Jan. 31

Nebraska 4-H is introducing a new 4-H online enrollment system, called “4-H Online” that will be operative January 1, 2015 for Lancaster County. 4-H families MUST enroll online by Jan. 31. Paper enrollment is no longer an option. The process to enroll is easy and only takes a few minutes per member.

NOTE: only parents/guardians may enroll 4-H members. Each 4-H household will need to set up a profile in which the 4-H youth for the household will be added.

A step-by-step instruction guide with pictures is at http://lancaster.unl.edu/4h/Stepup2enroll.pdf. If you have questions about the process or need access to a computer, call Karen Evasco at 402-444-7180.

Current 4-H members who are not enrolled online by Jan. 31 will no longer be officially enrolled members. New members and fair projects may be updated through June 15.

For now, volunteers and leaders must still enroll using the form at http://lancaster.unl.edu/4h/club/4hEnrollmentLeader.pdf by June 15.

Online Enrollment Training, Jan. 13

All 4-H leaders, volunteers and parents are invited to attend a 4-H Online Enrollment Training on Tuesday, Jan. 13 at the Lancaster Extension Education Center, 444 Cherrycreek Road. Come anytime between 7:30 a.m. and 6:30 p.m. 4-H staff will answer questions, and laptops will be available for parents/guardians to enroll 4-H members for the new 4-H year.

Meet 2015 4-H Council

Lancaster County 4-H Council represents the interests of youth, parents and leaders. 4-H Council is responsible for determining long- and short-term goals and policy for Lancaster County 4-H. They also raise funds by operating a food booth, at the Lancaster County Fair. These funds help support 4-H programs, activities and scholarships. Here is this year’s 4-H Council:

Officers: Karol Swotek (President), Kiley Pfager (Vice President), Shar Sieck (Treasurer) and Sheridan Swotek (Secretary).


Watch Chicks Hatch Online with EGG Cam!

http://go.unl.edu/eggcam

Embryology resources include incubation, candling, and more!

New season starts January 2015
Lancaster County 4-H and 4-H Council invite ALL 4-H’ers, 4-H families and volunteers to

**4-H Achievement Celebration**

Tuesday, Feb. 10 • 6:30 p.m.

Lancaster Extension Education Center

444 Cherry creek Road, Lincoln

4-H members, clubs and volunteers receiving awards, scholarships or pins will be mailed detailed information.

**Congratulations to all 4-H youth who commit themselves to excellence!**

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### 2015 4-H Calendar

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<th>Month</th>
<th>Events</th>
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<td><strong>January</strong></td>
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<tr>
<td>1</td>
<td>Horse Incentive Program Begins</td>
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<td>5</td>
<td>4-H Council Meeting</td>
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<td>11</td>
<td>4-H Online Enrollment Training</td>
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<tr>
<td>13</td>
<td>4H Online Enrollment Training anytime 7:30 a.m.-6:30 p.m.</td>
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<td>16-17</td>
<td>4th &amp; 5th Grade Overnight Leadership Conference</td>
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<td>22</td>
<td>Beef Weigh-In, Lancaster Event Center - Pav. 2</td>
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<td>31</td>
<td>Deadline for Current 4-H Members to Enroll Using “4-H Online”</td>
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<td><strong>February</strong></td>
<td>2-3 Horse VIPS Fundraiser/Dressage Schooling Show, ( 3 \text{ p.m.} )</td>
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<td>28 Horsemanship Level Testing, ( 9 \text{ a.m.} )</td>
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**Contact Information**

Lancaster Event Center is located at 84th & Havelock, Lincoln. 4-H program schedule is subject to change – refer to the Nebraska 4-H Year in Review video!

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**4-H Summer Camps & Trips**

June – September

Open to all youth 5 – 18 • \( \text{http://4h.unl.edu/camp} \)

**Discount Before April 1!**

**BIG RED SUMMER ACADEMIC CAMPS**

June 7–12

For high school youth • \( \text{http://bigredsunm.k12.ne.us} \)

**10% Off Before April 15!**
Extension 2014 Highlights
continued from page 1
Extension’s centennial with a proclamation at their May 6 meeting.
Nebraska Extension in Lancaster County is a partnership between the University of Nebraska–Lincoln, Lancaster County and the United States Department of Agriculture.
As part of Extension’s commitment to learning, the Lancaster Extension Education Center conference facilities are available to the nonprofit and governmental organizations at a nominal cost. In 2014, more than 5,148 hours of conferences and meetings were held in the facilities.
Millions of people access Nebraska Extension in Lancaster County’s website to find answers to questions and solutions to problems. The website contains thousands of pages of content and is updated daily. We continue to expand our social media outreach to give you even more opportunities to connect, learn and share.
Nebraska Extension’s 4-H youth development program emphasizes science, ag literacy, healthy lifestyles, career development and citizenship/leadership.
In the past year, Lancaster County 4-H involved nearly: 1,252 club members 313 independent members 2,440 youth in after-school/ summer programs which incorporated 4-H activities 18,800 youth in 4-H school enrichment programs.

4-H school enrichment programs include: Garbology (2nd grade), Embryology (3rd grade), Ag Awareness Festival (4th grade), Earth Wellness Festival (5th grade) and Nutrition Education Program (K–8th grades in qualifying schools). These curricula meet Nebraska Curriculum Standards. 2014 marked the 20th annual Earth Wellness Festival. Approximately 3,200 Lancaster County 5th graders from 46 schools attended. Pictured is the “Do the Rot Thing” session presented by Extension Master Gardeners.

This year’s 4-H Clover College, held June 17–20, featured 53 hands-on workshops and 887 total class registrations. In a new workshop, “Wired 4 Wind.” Youth built wind turbines that generate electricity and experimented with turbine design. F. John Hoy, Energy and Biofuels Extension Educator on UNL East Campus (pictured at far left), taught the class with the help of some of his interns.

Last year, 42 after-school and summer site programs included 4-H projects and activities in their program. Pictured is Extension Assistant Teri Hlavka (far right) leading youth in making recycled greeting cards at the Brownell Community Learning Center (CLC) after-school program.

December
31 4-H Award and Scholarship Applications Due to Extension

January
1 4-H Horse Incentive Program Begins
6 4-H Council Meeting ................................. 7 p.m.
8 Co-Parenting for Successful Kids Class .......... 9:30 a.m.–1 p.m.
9 Extension Board Meeting ........................... 8 a.m.
11 4-H Team Council Meeting ............................. 3 p.m.
13 Guardian/Conservator Training .................. 1:30–4:30 p.m.
14 4-H Online Enrollment Training ............. anytime 7:30 a.m.–6:30 p.m.
14 Nebraska Farm Bill Computer Decision Aid Workshop, Pacific .......................... 9 a.m.–4 p.m.
16–17 4-H 4th & 5th Grade Overnight Lock-In .... 8 p.m.–8 a.m.
21 Private Pesticide Applicator Training .......... 9 a.m.–Noon
22-23 4-H/FFA Beef Weigh In, Lancaster Event Center - Pav. 2 .......... 6–7 p.m.
26 Private Pesticide Applicator Training .......... 7–10 p.m.
31 Deadline for Current 4-H Members to Enroll Using “4-H Online” at https://ne.4honline.com

Highlights

444 Cherrycreek Road, Lincoln, unless otherwise noted.

EXTENSION CALENDAR
All events will be held at the Lancaster Extension Education Center,

EXTENSION NEWS

Lorene Bartos Recognized by RentWise Network

The Lincoln RentWise Network presented Extension Educator Lorene Bartos with a Certificate of Appreciation at a recent RentWise training.

RentWise Network members wanted to recognize Lorene’s leadership as a founding instructor for the Lincoln RentWise Network, as well as congratulate Lorene on her 45 years of service to University of Nebraska–Lincoln. Lorene has facilitated RentWise classes since the network began in 2008. Lee Heffelbower, Supportive Housing Administrator of Community Action Partnership of Lancaster and Saunders Counties, said, “Lorene’s commitment to providing support for tenants in our community has been outstanding. She is a great support for the other instructors as well, and we greatly appreciate having her guidance.” Nebraska RentWise is a six-module educational program for low-income renters. Lincoln Housing Authority is the coordinating agency of the Lincoln RentWise Network.

Staff Earn Statewide Awards
At Nebraska Extension’s annual conference in November, several Nebraska Extension in Lancaster County staff earned statewide awards.

Extension Educator Alice Henneman:
• Innovation in Team Programming award presented by Nebraska Extension to the food website team (Alice Henneman, Kayla Colgrove, Rollyn Hefele, Georgia Jones, Amy Peterson, Lindsay Chickester, Carol Larvick, Julie Albrecht, Jamie Gaffena, Cindy Brison, Auda Losey, Carrie Schneider-Miller, Nancy Urbanke and Lisa Franz-Caste).

Team members contributed content to http://food.unl.edu (including three blogs, four monthly newsletters and a food calendar), social media postings and listserv creation since the fall of 2013.

• Outstanding Mentor award presented by Nebraska Cooperative Extension Association for excellence in serving as a mentor. Kayla Colgrove nominated Alice who was assigned to be Kayla’s mentor when she started working for Extension in August 2011.

Extension Educator Maureen Burson, Publication & Media Assistant Vicki Jedlicka, and Clerk Typist Pam Branson:
• Creative Programming by a Team award presented by Nebraska Cooperative Extension Association to the Co-Parenting for Successful Kids adapting on-site to online team (Gail Brand, Statewide Coordinator. Teachers: Maureen Burson, Leslie Cronnall, Linda Darnel, Nancy Freels, Jackie Gremian, Lisa Poppe, Susan Prunson, Ralf Venderhorst, Latonna Werth, Cindy Strasheim, Jeannette Friesen, Deb Iwan. Evaluators: Tonia Dunten, Rebecca Swartz. Team Support: Pam Bramson, Vicki Jedlicka, Jennifer Rees, Alyssa Rajes, Deborah Weitzenkamp, Susan Williams, Halli Weber, Larry Lippke). This award is for NCEA members who have developed creative programming within the past five years to address educational needs of Nebraskans. Nebraska Extension’s “Co-Parenting for Successful Kids” classes help separating and divorcing parents develop plans for respectful, responsible and co-parenting. On-site classes have been presented at locations statewide since 1999.
To date,* 10,062 parents have completed on-site classes. In January 2012, The Nebraska Supreme Court approved the Extension online class. The online class requires journal entries which are reviewed and commented on by Extension Educators. To date,* 5,962 parents from 85 of the 93 Nebraska counties have enrolled in the online class.

“Extension has helped our family farming operation with continuing education, such as pesticide trainings and publications on calibrating sprayers. My wife and I had good memories growing up involved in 4-H, so we thought it was important for my children to have the same opportunities. 4-H has had a more profound effect than I ever anticipated in keeping our children involved in agriculture.”

–Jim Bauman, Extension Board President

*As of Dec. 1, 2014