EBRASKA EXTENSION is your local connection to university research-based information. Nebraska Extension in Lancaster County is a partnership between Lancaster County, University of Nebraska–Lincoln and the U.S. Department of Agriculture. We extend knowledge, provide solutions and change lives in these educational program areas:

- Community Environment
- Food, Nutrition & Health
- Cropping & Water Systems
- 4-H Youth Development
- Learning Child
- Beef Systems
- Community Vitality

Nutrition Education Program — NEP helps families on limited budgets make healthier food choices and choose physically active lifestyles. Two projects introduced this year changed Lincoln’s food retail to make eating healthy easier. “Double Up Food Bucks” increased the amount of money Supplemental Nutrition Assistance Program customers in Lincoln spent on fruit and vegetables by 40–89% per retail site. “Choose Healthy Here” helped stores improve their selection of healthy foods through marketing and educational support. Pictured is Extension Assistant Meredith Hein (front) with a store manager.

Emerald Ash Borer Injection Workshop — at a two-day workshop, 33 professional arborists learned how each of the seven commonly used commercial injection systems differ in application and effectiveness. Extension Educator Sarah Browning (far left) led development of this program in association with the Nebraska Arborist Association. Phil Pierce, retired Omaha City Forester, said, “The equipment demonstrations helped tree professionals compare and select the best treatment methods for their customers.”

Early Childhood Development Trainings for Child-Care Providers — in 2017, Extension taught or coordinated 99 early childhood trainings for local child-care providers. Total attendance was 1,854, generating 413 in-service hours approved by the Nebraska Department of Health & Human Services. 96% of participants at Early Learning Guidelines trainings indicated they would use “a lot” or a “great deal” of what they learned during the trainings in their work. Pictured is Extension Educator Jaci Fogel (second from right) teaching a CPR and first aid training.

Nutrition Resources — Extension Educator Alice Henneman increases outreach by sharing materials she develops for in-person programs on the food.unl.edu website, email newsletters and social media. “Makeover Your Leftovers” presentations were attended by over 250 people and the online materials were viewed over 2,200 times in three months. Online feedback included, “Good information that my clients, and myself, can use.” Henneman also presents nationally on how she conducts programs (pictured at a poster session during a national conference).

Termite Academy — Extension Educator Judy Green (third from left) partnered with industry professionals, UNL faculty and the Nebraska Department of Agriculture in presenting a two-day, hands-on termite academy to train pest management professionals. Emphasis was on pesticide safety, following the label, calibrating equipment and proper/legal application of termicides. Attendees rated each of the 16 sessions as either “good” or “excellent,” and 100% said they would recommend this termite training to someone in the industry.

Growing Healthy Kids Nutrition Program — GHK provides nutrition kits with curriculum and supplies for teachers to teach hands-on activities in K-2nd grade classrooms at Lincoln Public Schools not served by the Nutrition Education Program. Last year, 5,093 students gained the knowledge and skills to make healthy food choices and how to incorporate physical activity into their day. Extension Educator Alyssa Hoflovic (far right) leads one or two lessons in most classrooms. In the fall of 2017, the program expanded to 3rd-5th grades.

Cover Crops Conference — Extension Educator Tyler Williams (standing for left) and other colleagues organized a conference, “Opportunities for Growing and Grazing Cover Crops,” during the Lancaster County Super Fair. It was attended by 150 crop growers and cattle operators from 35 counties, representing 80,000 acres of farm ground and 9,600 head of beef cows. 73% said they plan to expand, modify or start a new practice from the information learned and estimated a value gained of $18 per acre.

Onsite Wastewater Professional Development Trainings — this year, 357 certified wastewater professionals attended 9 trainings across the state. Extension Educator Meghan Sittler (second from right) organized and co-led the workshops in partnership with the Nebraska On-site Wastewater Association and Nebraska Department of Environmental Quality. 91% of attendees indicated they increased their understanding of key and emerging issues. Comments from participants included, “I will be able to take a lot of this information home to use on my job sites.”
Benefit to People

"Nebraska Extension has been a great resource in helping the Lincoln Children’s Zoo identify tree diseases and insect pests. They have given us great treatment and control recommendations on a number of tree specimens on the zoo grounds. Also, the zoo is very happy to partner with Extension’s Master Gardener program. The Master Gardeners have been a tremendous help in the upkeep of the zoo’s landscape."

— Isaac Grimes, curator of Horticulture, Lincoln Children’s Zoo

"Nebraska Extension has greatly helped me in my adult English class with their classes regarding common household insects like bed bugs, head lice and cockroaches. Many of my students come from countries without the same insects that we have here, and the education provided by Extension helps them feel more empowered to keep their homes clean and bug free.

— Kelly Ross, ESL instructor, Southeast Community College

"Extension has been a part of my life for over 55 years. This summer, Extension staff helped diagnose a problem with dead areas of grass in a pasture and I attended two meetings on cover crops that gave me info that I have now implemented."

— Rod Hallman, farmer

In 4-H, I’ve learned a wide variety of life skills. I worked to put together an educational, yet entertaining, PowerPoint for fourth and fifth graders. This activity also helped me gain leadership skills. I had to coordinate and work with others to make this a reality, allocating time and choosing how to fill that time. Teamwork has been key in many more areas than this.

— John Boesen, member of Teen Council and Go Go Goat Getters 4-H clubs

"I learned that whole grains are a better option than processed grains and I also learned the three parts of a whole grain. The activity was fun and I got to share what I learned about grains with my family!"

— Shaylynn Ashely (pictured center), 4th grade student in Nutrition Education Program’s afterschool Healthy Living & Nutrition Club at Salvation Army

"Extension has benefited my staff and program in so many ways. Jaci Foged has come to our facility to offer a variety of trainings which is super helpful and convenient. She provides hands-on activities to engage teachers with the children. These trainings have helped our center make strong policies that will better our staff and center and help educate our families."

— Kayla Baker, director at Peaceful Beginnings Early Childhood Center

Another Year of Continued Growth in Programming

Nebraska Extension in Lancaster County continues to see growth and strong commitment to serving residents. The Nutrition Education Program (NEP), which serves some of our most vulnerable residents, created a new position for the Expanded Food and Nutrition Education Program (EFNEP). Extension Educator Emily Gratopp was hired to serve as EFNEP coordinator here in Lancaster County as well as to cover five additional counties as part of a statewide appointment.

Extension Educator Kristin Houkka was named the Supplemental Nutrition Assistance Program-Education (SNAP-Ed) coordinator and leads staff and programming in Lancaster County and nine nearby counties. One of the highlights of SNAP-Ed is its highly successful school enrichment nutrition program. In the 2016–2017 school year, nearly 7,500 youth received in-depth education leading to healthier life-long nutrition habits. Our 4-H program continues to grow as well.

35,946 youth participated in 4-H programs — a 9% increase from last year! Investing in our youth is truly investing in our future. It has been an enjoyable year watching Extension’s dedicated staff lead and grow programs serving Lancaster County residents and beyond.

— Karen Wilson
UNL Extension Educator & Unit Leader

New Extension Educators (L–R) Emily Gratopp and Kristen Houkka

35,946 Youth Engaged in 4-H Programs

Youth participating in the 4-H positive youth development program have opportunities to get involved and develop to their full potential. Positive youth development is a framework that highlights the things you need to become successful. It focuses on strengths instead of limitations and leads to the five Cs — competence, confidence, character, connection and caring.

Sources: 4-H National Headquarters Essential Elements Fact Sheet and Essential Elements Curriculum and Training Guide

4-H at Lancaster County Super Fair — at the 2017 Super Fair, nearly 702 4-H/JFA exhibitors showcased approximately 5,241 exhibits (including static exhibits, animals, contest entries and Clover Kids exhibits). The Super Fair provides 4-H youth an opportunity to showcase the projects they’ve worked on throughout the year. Lancaster County has the largest 4-H county fair horse show in Nebraska, with 41 events spanning 7 days. Pictured is Extension Assistant Kate Pulce presenting trophies at the Hunter Show.

True Leaders — participating in community service is a powerful way for youth to gain skills they need to be prepared to lead. Last year, Lancaster County 4-H’ers reported over 2,827 hours of community service through 4-H. Pictured are 4-H Teen Council members making tie blankets for People’s City Mission. Extension Educator Tracy Anderson is third from left.

Extension’s Volunteers Worth Over Half a Million Dollars!

In 2017, Nebraska Extension in Lancaster County benefited from an estimated 1,635 volunteers who helped extend the reach of programs such as 4-H and Master Gardeners. Pictured are Master Gardener volunteers assisting in the People’s City Mission community garden. The garden gives Mission residents the opportunity to learn how to grow and harvest garden crops. Extension staff member David Smith established the garden in 2006. Extension volunteers’ estimated 26,616 total hours of service are worth nearly $592,006 to our community!

Sources: Nebraska’s value of a volunteer hour in 2018 is $22.25
What's On a Food Label

Carol Schwarz, MS, RD and Alice Henneman, MS, RDN
Extension Educators

A survey was conducted on how people in our state think and talk about their food. Food labels were identified as the major information source by 63.7% of the 1,208 respondents. Be an able food label reader. Do you know the answers to these questions?

1. Which of these ingredients is present in the largest amount by weight in this food?
   a) Whole wheat
   b) Brown sugar
   c) Molasses
   d) They are present in equal amounts

2. Which label does NOT have an approved “definition”?
   a) “Best If Used By”
   b) “Safety”
   c) “Contains no GMOs”
   d) None of them

3. Is a “Best If Used By” date a “safety” date?
   a) Yes
   b) No

4. Which food in this photo is “hormone free”?
   a) Meat
   b) Bread
   c) Peas
   d) None of them are “hormone free”

5. Which animal is raised with “added” hormones?
   a) Pig
   b) Chicken
   c) Both of them
   d) Neither of them

6. If “banana-A” is labeled “GMO-Free” and “banana-B” is labeled with no GMO labeling, which is a TRUE statement?
   a) Banana-A is a GMO food
   b) Neither of them is a GMO food
   c) It’s impossible to tell if banana-B is a GMO food

ANSWERS

1. a) Whole wheat. Ingredients are listed by their common or usual name in descending order by weight. For example, if “whole wheat” is listed first, that ingredient is found in the largest amount by weight in the product. The ingredient listed last contributes the least amount by weight.

2. b) Label B. Currently, the U.S. Food and Drug Administration has not developed a definition for use of the term “natural.”

3. b) No. A “Best If Used By” date describes product quality, whereas a product may not taste or perform as expected but is safe to use or consume.

4. d) None of them are “hormone free.” Anything that is or has been alive contains hormones, including plants. There is no such thing as a “hormone free” meat or animal product.

5. d) Neither of them. Added hormones aren’t allowed by the U.S. Department of Agriculture in pork and poultry. A claim of “no hormones added” on pork or poultry must be followed by the statement, “Federal regulations prohibit the use of hormones.” Be aware, the claim of “no hormones added” is often much larger letters than the statement saying the use of hormones is prohibited.

6. b) Neither of them are GMO foods. In today’s market place, you may find foods promoted as “GMO free” or “contains no GMOs.” Before you pay extra for this food, be aware it may not be made with any ingredients that contain GMOs in the first place. In other words, the same type of food without that label may also be free of GMO ingredients.

Neither banana is a GMO food and never has been! GMO foods currently available in the United States are: Corn (field and sweet), Soybeans, Cotton, Canola, Alfalfa, Sugar beets, and Papaya (Hawaiian). 

Squash. NOTE: Not all versions of all these foods are genetically engineered. Arctic apples, a GMO food, are currently available in some areas of the U.S. with increasing availability each year thereafter. Before being placed in the market, genetically modified foods must be approved by the U.S. Food and Drug Administration, the U.S. Department of Agriculture, and the Environmental Protection Agency.

UNL Helps Small Food Business Start-ups

The University of Nebraska–Lincoln Food Processing Center offers a nationally recognized and unique program to help potential entrepreneurs start and bring their product idea to the market.

The Nebraska Library Commission’s Talking Book and Braille Service records the Nebraska Food & Health articles. For more information, go to nebraskaextension.unl.edu/talkbook.

Mail Subscriptions

Subscriptions to the Nebraska Food & Health are free to Lancaster County residents. Mail Subscriptions to: Nebraska Food & Health, P. O. Box 68002, Lincoln, NE 68520-68002. Include your name and address. Add $1.00 for each additional address.

Email Notifications

Sign up at http://lancaster.unl.edu/nebline to be notified by email when the Nebline is posted online.

Nebline

The Nebline is published monthly (except December), mailed to nearly 11,000 households in Lancaster County and can be read online at http://lancaster.unl.edu/nebline.

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University of Nebraska—Lincoln Food Processing Center
Contact 402-471-2351.

• Tuesday, March 13, 9:30 a.m.
• Thursday, April 12 at 8:30 a.m.

Take a written closed-book examination. Study materials prior to attending. It is highly recommended you obtain and 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 must be purchased online at http://pested.unl.edu (click on “Classes & Study Materials”).


Testing sessions at the Lancaster Extension Education Center, 444 Cherryck Road, Lincoln will be held (exams must start between 9 a.m. and 2 p.m.).

• Thursdays, Jan. 11 & 25
• Monday, Feb. 5
• Thursday, March 1

www.greatplainsgrowersconference.org

Keynote Speaker will be Dr. John Ikerd, Professor Emeritus of Agricultural Economics at the University of Missouri. Presentation — The Status and Future of Local Foods.

Contact Buchanan County Extension Office 816-279-1691 • www.greatplainsgrowersconference.org

NEBRASKA TURFGRASS ASSOCIATION
Location: La Vista Conference Center, 12520 Westport Pkwy, La Vista, NE 68128 402-472-5351 • http://nebraskaturfgrass.com/events/nebraska-turf-conference

GREAT PLAINS GROWERS CONFERENCE JANUARY 11–13, 2018
A CONFERENCE FOR BEGINNING & SEASONED GROWERS Hosted by University Extension from Mo., Kan., Neb. and Iowa
Location: Missouri Western State University, 4525 Downs Dr., St. Joseph, MO 64507

CROP PRODUCTION CLINICS — University of Nebraska-Lincoln
Location: 444 Cherryck Road, Lincoln

Wednesday: Jan. 17, 10 a.m.
Thursday: Jan. 18, 10 a.m.
Friday: Jan. 19, 10 a.m.
Saturday: Jan. 20, 10 a.m.

The series will be live-streamed — ask for a link. CEU credits will be available for certified crop advisors.

The Crop Production Clinics feature two tracts:
• Crop, soil and water management.
• Pesticide safety and pest management.

Attendance at the pesticide safety program allows private applicators to receive initial or recertification — and commercial/noncommercial applicators to recertify in Ag Plant, Regulatory or Demonstration/Research categories.

“Successful Farmer Series” Weekly, Jan. 5–Feb. 9

The third annual “Successful Farmer Series,” will be held weekly starting Jan. 5 and ending Feb. 9 at the Lancaster Extension Education Center, 444 Cherryck Road, Lincoln. Multiple sessions and topics will allow you to pick the topics most relevant to you and your operation. All sessions will be 9–11:30 a.m. Scheduled topics are:

• Friday, Jan. 5 — Crop’s and Weather
• Friday, Jan. 12 — Soil Fertility
• Friday, Jan. 19 — Farm Economics
• Friday, Jan. 26 — Corn
• Friday, Feb. 2 — Wheat and Equipment
• Friday, Feb. 9 — Soybeans

Each topic will feature two to three speakers from the University of Nebraska-Lincoln. We will also invite other experts to attend and address more specific questions or interact with attendees during the breaks. This is also a great opportunity to visit with other producers in the area.

The cost is $5 per session or $15 for the entire series. Refreshments will be provided. Please register at least two days before the workshops by contacting Karen Wedding at kwwedding@unl.edu or 402-441-7180, or going to https://lancaster.unl.edu/ag. Pay at the door, check or cash. Debit/credit card payment available for an additional fee.

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**Gnats In Winter? Check Potted Plants!**

**Jody Green**  
Extension Educator

Fungus gnats are nuisance pests that occur indoors throughout the winter months. They breed and develop in overwatered potted plants. Many people do not realize plants can take up less water in the winter, continue to water regularly, thereby creating a suitable habitat in the soil for the fungus gnat to complete its life cycle.

Adults are grayish black, about 1/8-inch long and have one pair of wings. At first glance, they may appear similar to fruit flies, but they complete their development in top layers of soil.

Females lay 100–150 eggs in moist potting soil and the larvae feed and develop on the fungi and organic matter. Fungus gnat larvae are white, slender, legless maggots with transparent bodies and dark heads. Larval feeding sometimes includes gnawing on the roots and stems of plants. In warm conditions, overlapping generations may occur, producing large populations which can cause spotting, curling, yellowing or plant death. After pupating in the soil, they emerge as winged adults, bothering people by flying around faces, lights, windows and food items.

In order to eliminate a fungus infestation, one could examine the potted plant and remove any that show signs of spoiling. Separate others into slotted trays or bins to increase air circulation and reduce decay possibilities. To prolong bloom, protect poinsettias from drafts and keep them moderately moist. After use, place the plants outdoors to continue blooming.

**Wildlife Need Tree Snags**

**Soni Cochran**  
Extension Associate

Tree snags are essential habitat for wildlife. There are different types of snags. A forest, tree snags are dead or dying trees which are still standing. When a large tree dies, it becomes a “hard snag.” Hard snag trees still have their bark and sapwood (the wood between the bark and the heartwood) firm and attached. In these trees, the heartwood or inner core of the tree is still solid.

A “soft snag” is a tree that has become soft with decay or is hollow in the center. These trees have lost most of their limbs and branches or cavities also have important wildlife value. You can also find hard and soft snags near the edge of streams, ponds and lakes. Eventually, these snags will fall into the water and provide important aquatic habitat for fish and other wildlife.

So how do wildlife use snags? Standing snags larger than 12 inches in diameter and taller than 15 feet create perches for owls and hawks. Many species of smaller native birds also use the snags to perch and rest. Cavities provide nesting sites for raccoons, wood ducks, woodpeckers, chickadees and other cavity-nesting animals.

In spring, woodpeckers use large tree snags to claim their territories by drumming on the hollow trees where they get the best and loudest tones. Nuthatches, flickers and woodpeckers search out insects hidden in and around snag trees.

On the ground, near the water or in the water, snags are home to an abundance of wildlife. These animals are also sources of food for other wildlife who visit snags.

In rural areas, there usually are tree lines, creeks and other features which are suitable to snag stands. If you live in an urban area and want to incorporate snag trees, it is best to keep only those trees which will not create a danger to people or property. The bigger the snags, the better for wildlife, but in certain situations, keeping smaller ornamental or fruit tree snags is a safer option.

When snag trees fall, don’t remove the fallen logs, if possible. Relocate them near where they fell, in a more convenient location.

Trees which are living but have snag-like features including missing limbs, dead branches or cavities also have important wildlife value.
IT’S TIME TO RE-ENROLL IN 4-H!

The 4-H year is Oct. 1–Sept. 30, and since it is a new 4-H year, all 4-H members and volunteers must re-enroll for the 2017–2018 4-H year (even if you just enrolled in August or September).

The website to enroll or re-enroll is https://ne.4honline.com.

The process is easy and only takes a few minutes per member or volunteer. Only parents/guardians may enroll 4-H members. Each 4-H household will need to initially set up a profile in which the 4-H youth and/or volunteers in the household will be added. There is no fee to enroll in 4-H in Lancaster County.

More details and step-by-step instruction guides with pictures are at http://lancaster.unl.edu/4h/club. If you have questions about the process or need access to a computer, call Karen Evasco at 402-441-7180.

PROJECTS: When signing up for individual projects — note the abbreviations for the project areas. We have added the abbreviations to the 4-H Project List at http://lancaster.unl.edu/4h/club/ProjectList.pdf to help you locate an individual project. For example, you will find 'Sketchbook Crossroads' under C&FS which stands for Consumer and Family Science instead of under ‘S’ or under ‘Art’.

INDEPENDENT MEMBERS: 4-H members enrolling as independent need to select “Lancaster Independent” under “club.”

FFA MEMBERS: FFA members need to select Crete FFA, Norris FFA, Raymond Central FFA or Waverly FFA under “club.”

VOLUNTEERS: 4-H club leaders need to re-enroll. 4-H club organizational leaders are now able to view their 4-H club’s roster online, but must be enrolled for the current year and must contact Karen Evasco to set up a password.

State 4-H Horse Stampede Entries Due Feb. 9

The annual 4-H Horse Stampede will be held Saturday, March 10 at the UNL Animal Science Building on East Campus. Stampede includes the 4-H state horse-related competitions which do not require a horse: Horse Bowl, Public Speaking, Demonstration and Art & Photography.

The contests are open to 4-H’ers ages 10–18 enrolled in the 4-H horse project (with some activities limited to 10-13 and 14-18). Lancaster County 4-H Council will pay the contest entry fees for Lancaster County 4-H’ers. Entry forms are due to the Extension office no later than Friday, Feb. 9.

Additional information on the individual competitions and entry forms are online at http://4h.unl.edu/horse/stampede. Stampede T-shirts will be available to participants for $5 if pre-ordered. There will be no concession stand on-site — box lunches will be available for $8 and must be pre-ordered. If you have questions or want to sponsor a trophy, contact the Extension office at 402-441-7180.
### 4-H Livestock Judging Meeting, Jan. 14
Lancaster County 4-H has Livestock Judging teams which compete at the statewide Premiere Animal Science Events in June and other competitions throughout the year. Roger Bell coaches the teams. 4-Hers interested in being on a team or learning about livestock judging, please attend an informational meeting on Sunday, Jan. 14, 2 p.m. at the Lancaster Event Center, 4-H office located by Pavilion 3. Please RSVP to Cole Meader at 402-441-7180 or cmeader2@unl.edu.

### 4-H Crocheting Workshop, Feb. 3
4-H youth ages 10 and up are invited to learn how to crochet a washcloth utilizing the basic single crochet stitch at the “Basic Crocheting” workshop on Saturday, Feb. 3, 9 a.m. at the Lancaster Extension Education Center, 444 Cherry Creek Rd. No cost — all supplies will be provided. Adults are welcome to attend to help 4-Hers. Must preregister by Feb. 1 by calling 402-441-7180.

### 4-H Pillow Sewing Workshop, Feb. 10
4-H youth ages 8 and up are invited to learn beginning sewing skills while constructing a pillow at the “Pillow Party” sewing workshop on Saturday, Feb. 10, 9 a.m. at the Lancaster Extension Education Center, 444 Cherry Creek Road. No cost to attend. Sign up by Feb. 5 by calling 402-441-7180. Bring your sewing machine, basic sewing equipment (scissors, pins, measuring tape), etc. Also bring 1/3 yard and 2/3 yard of contrasting fabrics, pre-washed. 100% cotton (no plaids, no knits, no flannels) and matching thread.

### 4-H Companion Animal Challenge Entries Due Feb. 16
The third 4-H Companion Animal Challenge will be held on Saturday, January 20 at the Animal Science Complex on UNL East Campus (same date as 4-H Horse Stampede). It provides youth ages 8-18 a chance to participate in a variety of contests which do not require animals, but allow youth to learn more about their dog, cat, rabbit or other companion animals. Contests include:
- Demonstrations
- Photography and art contests
- Dog quiz bowl
- Dog skill-a-thon
- High school youth • http://4h.unl.edu/summer-camp
- June–September

### 2018 4-H Calendar

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<td>Horse Incentive Program Begins</td>
<td>4-H Council Meeting</td>
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<td>4-H Livestock Judging Meeting</td>
<td>ESI Capital Contest, Nebraska State Capital</td>
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<td>FEBRUARY IS NEBRASKA 4-H MONTH</td>
<td>4-H Council Meeting</td>
<td>Lancaster County Dengue Horse Stampede Entries</td>
<td>Pillow Party Sewing Workshop</td>
<td>Teen Council Meeting</td>
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<td>Preference Given to 4-H Council Camp Scholarship Applications Submitted to Extension by this Date</td>
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<td>Furniture Painting Workshop</td>
<td>Companion Animal Challenge, UNL East Campus - Animal Science Building</td>
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<td>Hunter’s Pride 4-H Club Shaggy Horse Dressage Show, Lancaster Event Center</td>
<td>Horse Council Meeting</td>
<td>Horsemanship Level Testing, Lancaster Event Center - Pav. 4</td>
<td>Horsemanship Level Testing, Lancaster Event Center - Pav. 4, Any Countryman Arena</td>
<td>24-26 Ag Literacy Festival (for 4th Grade), Lancaster Event Center</td>
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<td>Horse Council Meeting</td>
<td>Spring Flying Horse Dressage Schooling, Lancaster Event Center - Pav. 4</td>
<td>Any Countryman Arena</td>
<td>Lancaster County Deadline for 4-H Horse Stampede Entries</td>
<td>Horsemanship Level Testing, Lancaster Event Center - Pav. 4, Any Countryman Arena</td>
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<td>4-H Council Meeting</td>
<td>Spring Flying Horse Dressage Schooling, Lancaster Event Center - Pav. 4</td>
<td>Any Countryman Arena</td>
<td>Lancaster County Deadline for 4-H Horse Stampede Entries</td>
<td>Horsemanship Level Testing, Lancaster Event Center - Pav. 4, Any Countryman Arena</td>
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<td>Super Fair Horse ID’s Due to Extension</td>
<td>Horse Judging Contest, Lancaster Event Center - Pav. 3</td>
<td>Life Challenge Contest - Junior &amp; County Level Senior Divisions</td>
<td>Horsemanship Level Testing, Lancaster Event Center - Pav. 4</td>
<td>Horsemanship Level Testing, Lancaster Event Center - Pav. 4, Any Countryman Arena</td>
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<td>4-H Council Meeting</td>
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<td>Life Challenge Contest - Junior &amp; County Level Senior Divisions</td>
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<td>Deadline for All 4-H/FFA Lancaster County Super Fair Animal Entries</td>
<td>Horsemanship Level Testing, Lancaster Event Center - Pav. 4</td>
<td>Horse Incentive Program Forms Due to Extension</td>
<td>Horse Incentive Program Last Day to Log Hours/Points</td>
<td>4-H Council Camp Scholarship Applications Accepted Through This Date</td>
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<td>3 p.m.</td>
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<td>4-H Horse Incentive Program</td>
<td>Lancaster County Deadline for 4-H Stock Show, Fonner Park, Grand Island</td>
<td>Deadline for 4-H Stock Show, Fonner Park, Grand Island</td>
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|               | Clover College | Horse Incentive Program | Lancaster County Deadline for All 4-H/FFA Lancaster County Animal Entries | Lancaster County 4-H Council will pay the contest entry fees for Lancaster County 4-Hs. Entry forms are due to the Extension office no later than Feb. 16. T-shirts may be pre-ordered for $5. Box lunches will be available for $8 and must be pre-ordered. More information and entry forms are available at http://4h.unl.edu/4-h/extension.
|               |          |          |          |          |
| August        |          |          |          |          |
| Lancaster County Super Fair (4-H Horse Show Aug. 1-5; 4-H Horse Dressage Aug. 9-10), Lancaster Event Center | Deadline for State Fair Animal Entries — Must Enter Online | Deadline for State Fair Animal Entries — Must Enter Online | 4-H & FFA Static Exhibit Check-In for Lancaster County Super Fair, Lancaster Event Center - Lincoln Room | Go to www.akrsarbenstockshow.com |
| 2             | 19       | 25       | 8        | 30       |
| 5 p.m.        | 12       | 3 p.m.   | 4-H & FFA Static Exhibit Check-In | Deadline for AKSRABEN 4-H Show Entries — Must Enter Online — Go to www.akrsarbenstockshow.com |
|               | Oct. 20  | 8        | 4-H & FFA Static Exhibit Check-In for Lancaster County Super Fair, Lancaster Event Center - Lincoln Room | Go to www.akrsarbenstockshow.com |

### 4-H SUMMER CAMPS & TRIPS
June–September

open to all youth 5-18 • [http://4h.unl.edu/summer-camp](http://4h.unl.edu/summer-camp)

### BIG RED SUMMER ACADEMIC CAMPS • June 10–15
for high school youth • [http://bigredcamps.unl.edu](http://bigredcamps.unl.edu)

10% Off Before April 15! Discount Before April 15!
EXTENSION NEWS

New Nutrition Staff Member

Mindy Vhynalek has joined the Nutrition Education Program (NEP) in Lancaster County as an Extension Associate working part time for the Supplemental Nutrition Assistance Program Education (SNAP-Ed). Mindy will primarily teach nutrition-focused classes through community groups and she will assist NEP’s school enrichment program for grades K–5 in qualifying Lincoln Public Schools.

She previously worked nine years with NEP in Columbus, serving Platte, Colfax, Boone and Nance counties. She has a Bachelors of Science in Home Economics Education from University of Nebraska–Lincoln.

Pam Branson Retires After 44 Years

Dec. 14 was Clerk Typist Pam Branson’s last day at Nebraska Extension in Lancaster County. A Lancaster County employee, Pam retired after 44½ years of service.

Pam began her Extension career as the support staff person for the 4-H youth development program, then supported the agricultural program, and more recently, supported the family and consumer sciences education programs. She has also assisted with other Extension programs as needed. Some of the specific programs she assisted with include Extension clubs (later known as Family and Community Education clubs), 4-H at county fair, 4-H Clover College, Guardianship trainings and Co-Parenting for Successful Kids classes.

Some of the awards Pam has in her career include the Commissioner’s Award of Excellence in 2000, the Nebraska Association of County Extension Board Outstanding Support Staff Award in 2000, and a Creative Programming Team award by Nebraska Cooperative Extension Association in 2015.

On behalf of Extension staff, we will miss Pam’s hard work, dedication, attention to detail, organization, forethought, accuracy and caring personality. She often went above and beyond to help volunteers and those involved with our programs. Best wishes and happy retirement, Pam!

Outgoing Extension Board Members

The December Lancaster County Extension Board meeting marked the final meeting for two outgoing board members:

• L. Ronald Fleecs served two terms, including 6½ years as Vice President.
• Marty Minchow served two terms.

Lancaster County Extension thanks them for their service, advocacy guidance and leadership.

The Extension Board is comprised of nine members appointed by the Lancaster County Board of Commissioners and one ex officio member from Lancaster County 4-H Council.

Alice Henneman Earns National Awards

At the National Extension Association of Family and Consumer Sciences (NEAFCS) annual session in October, Extension Educator Alice Henneman was honored with three awards:

Alice Henneman was awarded the Outstanding Extension Educator of the Year – Central Region. This award recognizes a professional Extension Family and Consumer Sciences Educator who is conducting outstanding educational programs that demonstrate impact on families. The member, who has previously received the Distinguished Service Award and Continued Excellence Award, is also involved in continued professional improvement activities and is active in professional organizations.

Henneman was a member of a team of Nebraska Extension Educators which earned first place nationally in the “Social Networks” category of the “Communications – Newsletters” category for the “Food Fun for Young Children” email newsletter. Food Fun focuses on helping parents and caregivers prepare healthy meals and snacks by sharing recipes, tips and ideas targeted to children ages 2 to 5.

The Nebraska Statewide Arborescence (NSA) presented several awards at its annual awards program in November. Extension Educator Sarah Browning was presented the Educator Award for “outstanding contributions toward advancing the knowledge and appreciation of plants among their students.” Bob Henrickson, NSA Assistant Director of Horticulture Programs, said, “She’s an incredible communicator, whether it’s with professional horticulturists, nursery owners, general public or first-time home-owners. Teaching comes naturally to her and we’re lucky to have such an interesting, inspiring and accessible educator in our midst.”

Sarah Browning Receives Educator Award from Statewide Arborescent

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Upcoming Learning Child Trainings

Cultivating Healthy Intentional Mindful Educators (CHIME) Program for Childcare Providers – Introduction Tuesday, Jan. 23 6:30–8:30 p.m., $10. 6 Bi-Weekly CHIME Sessions optional, but if attended, must attend all 6 sessions. Wednesdays, Feb. 7, Feb. 21, March 7, April 4 and April 19, choice of 12:30–2 p.m. or 6:30–8 p.m. Cost $40. Total for the CHIME Introduction and 6 Bi-Weekly sessions $50, 14 DHHS in-service hours if participating in full program. Register by Monday, Jan. 15. The CHIME program provides education and guidance on how to incorporate mindfulness and reflective practice into your daily routine, teaching and caregiving.

Management Training Program (MTP) for Childcare Directors – 8 modules: Tuesdays, March 6, March 27, April 17, May 8, May 29, June 26, July 10 and July 31. All times 9 a.m.–3:30 p.m. except July 3 will be 8 a.m.–12 p.m. Cost for all 8 modules is $195 and due at the time of registration for module 1. Register by Tuesday, Feb. 20. Learn resources and skills to succeed as a center-based childcare administrator.

Workshops for Before and After School Providers –

• Thursday, Feb. 1 Basic Engineering
• Wednesday, April 25 Magic of Electricity
• Tuesday, May 2 Environmental Awareness (different topics from last year’s training)

Offered 10 a.m.–12 p.m. and 6:30–8:30 p.m. on the dates above. Cost is $10 per person, 2 DHHS approved in-service hours for participants.

Lincoln Early Childhood Conference – Saturday, March 24
More information will be published in upcoming Nevari issues.