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N | Extension
NEBLINE
NEBRASKA EXTENSION IN LANCASTER COUNTY
February 2019

EFNEP celebrates 50 years of nutrition education

Emily Gratopp, MS, ACSM-CPT
Extension Educator, Lancaster Co.

This year marks the 50th anniversary of the Expanded Food and Nutrition Education Program (EFNEP). For 50 years, EFNEP has been reaching some of the most vulnerable populations and helping them to use their resources to keep healthy food in their homes and healthy meals on their tables.

EFNEP influences the nutrition and physical activity behaviors of limited-resource families — particularly those with young children — through community-based, relationship-driven, hands-on education. EFNEP has evolved and remained relevant to how people live, learn, work, shop and play. The diligence of EFNEP program coordinators and county educators across the nation will drive the continued success of EFNEP into the next 50 years.

History of EFNEP

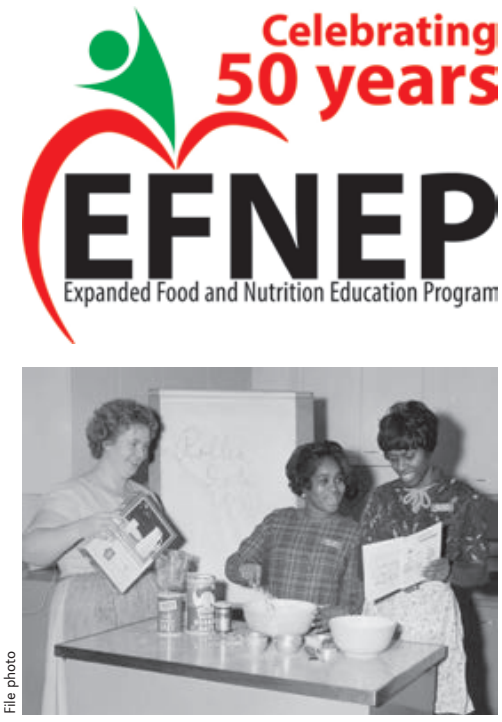
Arising out of a need witnessed by then President Lyndon B. Johnson to equip families in poverty to combat hunger and increase food security, EFNEP started in 1964 as a pilot program in just a few states. In 1969, after five years of success, Congress allocated funding from the National Institute of Food and Agriculture (NIFA) within the U.S. Department of Agriculture (USDA) to implement the program nationwide.

Funding is allocated directly to land-grant universities' Cooperative Extension systems, so EFNEP is a uniquely Extension program. Currently, EFNEP operates in 76 institutions at land-grant universities in all 50 states, U.S. territories and the District of Columbia. Since 1969, EFNEP has reached more than 33 million low-income families and youth.

Improving healthy living

EFNEP is known for being relationship-driven and community-based. Families participating in EFNEP are taught by peer educators in a series of classes, allowing time for relationships to form. The classes are adapted to fit communities and individuals as needed, including recent use of distance learning and social media.

EFNEP's unique position within USDA and the land-grant universities provides a strong research-base for education and outreach. As such, EFNEP has been the subject and delivery mode for many creative strategies to advance the field of nutrition education. EFNEP has a nationally coordinated evaluation strategy, including the use of evaluation tools for adult and youth audiences. All participants complete an entry form and an exit evaluation during their participation in the EFNEP program. Given the systematic evaluation over 50 years, longitudinal studies show that new behaviors are maintained and that new skills learned through EFNEP can last a lifetime — and across generations.



File photo

EFNEP in Nebraska staff in 1970 demonstrate a healthy recipe.

EFNEP participants improve their lives in four core categories for healthy living:

- **Diet quality and physical activity** — Improved diets and nutritional and physical wellbeing through the adoption of science-based food and physical activity recommendations.
- **Food resource management** — Increased ability to buy, grow or otherwise appropriately obtain, prepare and store food that meets nutritional needs.
- **Food safety** — Improved household food safety and sanitation practices.
- **Food security** — Increased ability to get food directly — and from food assistance programs where necessary— to ensure having enough healthy food to eat.

Nebraska EFNEP

In Nebraska, EFNEP is localized to seven counties which are urban or metro regions: Adams, Douglas, Hall, Lancaster, Platte, Saline and Sarpy. In 2018, 10 Extension Assistants and Associates across the seven counties taught 499 families and over 3,500 K–12th grade youth.

EFNEP in Nebraska collaborates with community-service agencies to reach diverse low-income audiences. The Nebraska EFNEP team has skills to teach non-English speaking audiences with three individuals who speak Spanish and one who speaks Arabic.

Vicki Jedlicka, Nebraska Extension in Lancaster County

Extension Assistant Courtney Eitzmann makes healthy smoothies with youth at the Clyde Malone Community Center.

Lancaster County EFNEP

This past year, the Lancaster County EFNEP team taught 111 families, impacting 461 people within those families. Families are engaged in an average of seven hours of interactive lessons, activities, cooking and recipe sampling. Family participants improved within the four core categories for healthy living:

- 92 percent improved their diet quality and 69 percent increased their daily physical activity.

see EFNEP 50 YEARS on back page

Emily Gratopp, Nebraska Extension in Lancaster County

Extension Assistant Tala Farouki teaches a class in Arabic on healthy eating using the MyPlate.

Emily Gratopp

Extension Associate Dana Hardy celebrates the completion of a class series by presenting participants with graduation certificates.

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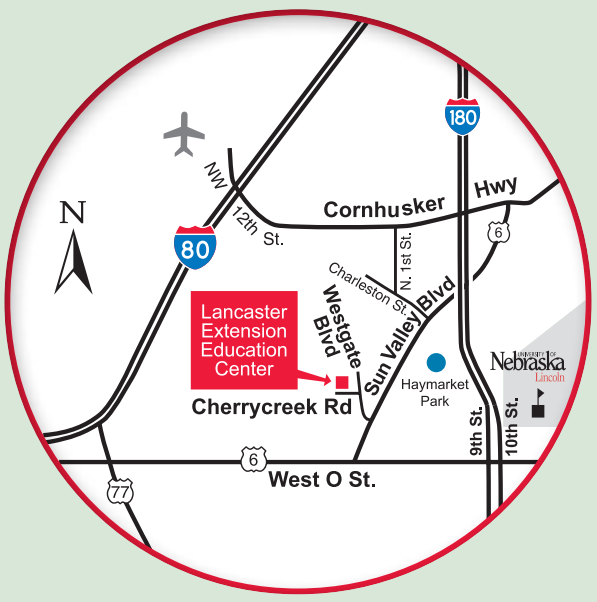

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NEBLINE

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Tips to lower your risk for heart disease

Kayla Colgrove, MS, RDN, ACSM-CPT
Extension Educator, Lancaster Co.

Did you know heart disease is the leading cause of death in the United States? According to Centers for Disease Control and Prevention, an American has a heart attack every 40 seconds. February is American Heart Month to raise awareness about heart disease.

Heart disease refers to several different types of heart conditions. The most common type of heart disease is coronary artery disease, which occurs when the coronary arteries become narrowed or blocked and can cause chest pain, heart attack or stroke. Additional heart conditions involve the heart valves, muscle or rhythm. Check out the following tips to lower your risk for heart disease.

Know your risk factors

Several factors can increase your risk for heart disease. Your age, gender, race, ethnicity or family history are risk factors you cannot control. You can modify, treat or control the following factors to help lower heart disease risk:

- High blood pressure
- High low-density lipoprotein (LDL) cholesterol
- Smoking
- Diabetes
- Overweight and obesity
- Poor diet
- Physical inactivity

Eat healthy

The American Heart Association recommends eating a healthy diet that emphasizes:

- A variety of fruits and vegetables
- Whole grains
- Fat-free (skim) and low-fat (1%) dairy products
- Skinless poultry and fish
- Nuts and legumes
- Non-tropical vegetable oils (e.g. canola, corn, olive, peanut, safflower, soybean or sunflower)

Choose foods lower in saturated fat, trans fat, sodium and sugar. Select lean beef (e.g. round, sirloin, chuck, loin), lean or extra lean ground beef (no more than 15% fat), lean ham and lean pork (e.g. tenderloin, loin chop).

Choose lower-sodium options by using the Nutrition Facts label to compare the amount of sodium in ham, processed sandwich meats (e.g. turkey, chicken or ham), canned foods, soup, bread and frozen meals.

Drink water instead of sugar-sweetened beverages (e.g. regular soft drinks, energy or sports drinks, fruit drinks or sweetened coffee and tea). Pick fruit as a naturally sweet dessert or snack most of the time instead of eating cookies, cakes, pies and ice cream. Try the Angel Food Pastry with Fresh Berries and Whipped Cream (recipe below) for a quick and healthier dessert option.

Walk for your heart

One of the most effective forms of exercise to achieve heart health is walking. Walking does not require any special skills. It is safe, free, requires no equipment and costs nothing to get started. The Physical Activity Guidelines for Americans recommend at least 150 minutes per week of moderate physical activity for adults.

One way to achieve 150 minutes per week is to do 30 minutes of brisk walking (at least 2.5 miles per hour) for 5 days of the week. If you are short on time, break up your brisk walks into shorter sessions. If you are just starting to get active, don't worry about reaching 150 minutes per week just yet. Set a reachable goal and work up toward the recommended amount. Just remember to move more and sit less during the day.

If you have a chronic condition or disability, talk with your healthcare provider about what types and amounts of physical activity are right for you before making too many changes.

Resources:

- *Heart Disease Fact Sheet. Centers for Disease Control.* www.cdc.gov/dhdsp/data_statistics/fact_sheets/fs_heart_disease.htm
- *The American Heart Association's Diet and Lifestyle Recommendations. American Heart Association.* www.heart.org/en/healthy-living/healthy-eating/eat-smart/nutrition-basics/aha-diet-and-lifestyle-recommendations
- *American Heart Association Recommendations for Physical Activity in Adults and Kids. American Heart Association.* www.heart.org/en/healthy-living/fitness/walking

RECIPE OF THE MONTH

Kayla Colgrove, MS, RDN, ACSM-CPT, Extension Educator, Lancaster Co.

ANGEL FOOD PASTRY WITH FRESH BERRIES AND WHIPPED CREAM

(1 Serving)

1 ounce angel food cake mix (3 tablespoons)
1/8 cup yogurt, low-fat vanilla (2 tablespoons)
1/8 cup raspberries (about 3)
2 strawberries, sliced
1 tablespoon lite whipped topping (can use 1–2 tablespoons)

Kayla Colgrove, Nebraska Extension in Lancaster County

1. Scoop 3 tablespoons of angel food cake mix into a microwave-safe cup or mug.
2. Add 2 tablespoons of vanilla yogurt and stir.
3. Place in the center of the microwave oven and microwave for 1 minute.
4. Take out of microwave and let cool for 1 minute.
5. Using a knife, cut around the sides of the cup to loosen the cake and "dump" it on a plate.
6. Dollop 1 tablespoon of whipped topping on top of the cake.
7. Sprinkle raspberries around the angel food cake and add sliced strawberries to top.

Nutrition Facts Per Serving: Calories 161, Total Fat 2g, Saturated Fat 1g, Cholesterol 2mg, Sodium 259mg, Total Carbohydrate 34g, Dietary Fiber 2g, Sugars 25g, Protein 4g

Source: What's Cooking? USDA Mixing Bowl from USDA Center for Nutrition Policy and Promotion.

Pesticide applicator trainings

If you have a pesticide applicator license expiring April 2019 — either private or commercial, or you need to get a new license — trainings begin soon.

Commercial/ noncommercial applicators

Commercial/noncommercial pesticide 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 applicators 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.

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

Traditional training classes — visit *http://pested.unl.edu/commercial* for a statewide list of dates, locations, registration information and categories. Trainings at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln will be held:

- Tuesday, Feb. 5 at 8:30 a.m. (Initial)
- Thursday, Feb. 7 at 9 a.m. (Recertification)
- Thursday, Feb. 21 at 9 a.m. (Recertification)
- Tuesday, Feb. 26 at 8:30 a.m. (Initial)
- Thursday, Mar. 28 at 9 a.m. (Recertification)
- Thursday, April 11 at 8:30 a.m. (Initial)

Cost is $80 per participant if you pre-register; $90 per participant at the door. It is highly recommended you obtain and review the written study materials prior to attending an initial training. 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-only option — Take a written, closed-book exam given by the Nebraska Department of Agriculture. Visit *www.nda.nebraska.gov/pesticide/applicator_testing.html* or call 402-471-2351 for statewide dates, times and locations. Free.

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

- Thursday, April 18
- Thursdays, May 2, 16 & 30
- Thursday, June 13
- Thursdays, July 11 & 25
- Thursday, Aug. 15
- Thursday, Sept. 12
- Thursday, Oct. 17
- Thursday, Nov. 7
- Thursday, Dec. 12

Pearson VUE testing — Take a computer-based test provided by the Nebraska Department of Agriculture. No training is given with this option; testing only. Not all categories are offered, so visit *www.nda.nebraska.gov/pesticide/pearson_vue_testing.html* for categories, dates, locations and registration. Cost is $55 per exam. (Multiple categories are each charged the full fee.)

Crop Production Clinics (recertification only) — Categories Ag Plant, Regulatory or Demonstration/Research can use this option. See information under Private Applicators.

Private applicators

Private pesticide 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 five ways to recertify or get a new license.

Traditional training classes — visit *http://go.unl.edu/2019privateapplicatortraining* for dates and locations. Cost is $40 per participant collected at the door. No pre-registration required.

Trainings at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln will be held:

- Tuesday, Feb. 19, 9 a.m.
- Tuesday, Feb. 19, 1 p.m.
- Thursday, Feb. 21, 6 p.m.

Crop Production Clinics — These were held in January.

NEW online private self-study program — An online training can be found at *https://psep.education/applicator*. This is a 100 percent online, self-paced training with 10 modules. There are questions within the modules and a score of 100 percent is needed to pass. Cost is $75.

Self-study manual — Purchase a self-study manual from your local Nebraska Extension office. Answer the questions in the back of the book and return the test to the Extension office. Extension staff will check your answers. Cost is $60 per manual. This method is being phased out in 2019.

Testing-only option — Take a written, closed-book exam given by the Nebraska Department of Agriculture. See list of sessions under Noncommercial Applicators.

Successful Farmer Series runs through Feb. 8

Nebraska Extension in Lancaster County's fourth annual "Successful Farmer Series," will run through Feb. 8. Multiple sessions and topics allow ag producers to pick the topics most relevant to them and their operation. All sessions will be 9–11:30 a.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln. Refreshments will be provided. Attendees at last year's series estimated a $16 per acre value gained by participating.

Scheduled topics are:

- Friday, Jan. 25 – Changes in Ag
- Friday, Feb. 1 – Diseases and Nutrient Deficiency ID
- Friday, Feb. 8 – Ag Marketing (attendees will be given access to a computer to follow along)

All topics will feature expert presenters from the University of Nebraska–Lincoln. Other experts will be available to 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.

Registrations are not required, but are appreciated two days prior to the session(s) you want to attend by contacting Karen Wedding at kwedding2@unl.edu or 402-441-7180, or going to *https://lancaster.unl.edu/ag*. The cost is $5 per session. Pay at the door with cash or check. Debit/credit card payment available for an additional fee.

CCA credits available for certified crop advisors. The series will be livestreamed for free — to watch, register online.

Nut Orchard Seminar, Feb. 21

Nebraska Nut Growers Association and Heartland Nuts 'N More co-op are sponsoring a seminar, Growing a Nut Orchard for the Future, about growing nut trees in our area which produce quality nuts. The seminar will be held on Thursday, Feb. 21, 7–9 p.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln. No cost to attend.

If you want to plant just a couple nut trees or an orchard, you will find this seminar informative. There will be door prize drawings of several seedling nut tree and nut seed varieties. Some products Heartland Nuts 'N More produces from nut trees and nuts will be on display.

Black walnut, pecan, chestnut, hickory and hazelnut are the most common nut trees for our area. Growing nut trees can be a great family activity now and for the future.

This seminar will introduce you to most aspects of what it takes to accomplish your goals and expectations. There will also be professional growers on-hand to answer your questions.

Topics include:

- Understanding the growing of nut trees in the Midwest.
- Planning phase will cover setting realistic goals and needed resources to meet your goals.
- Planting phase will cover planting considerations and seedling selections.
- Caring phase will cover tasks required to bring a seedling to a productive producing nut tree.
- Harvesting tasks will cover harvesting techniques, processing and the marketing of your nuts.

FOR MORE INFORMATION

- **Heartland Nuts 'N More, President Larry Martin, 402-784-6887** ***www.heartlandnutsnmore.com***
- **Nebraska Nut Growers Association, Director John Knorr, 402-788-2717** ***www.nebraskanutgrowers.org***

THURSDAY, MARCH 7

8:30 a.m.–3:30 p.m.
Lancaster Extension Education Center
444 Cherrycreek Road, Lincoln

A workshop for nursery & green industry professionals, public works employees, landscape managers, arborists, tree board volunteers, and cemetery & grounds keepers.

Topics include:

- Avoiding Tree Risks by Starting Right
- Weather-Ready Landscapes
- Changing Turf Recommendations
- New and Emerging Pests

REGISTER BY MARCH 1.

Cost $35/person. Breakfast refreshments & lunch included.
Mail in this registration form with payment of cash or check.
Or call 402-441-7180 to pay with credit card (additional fee for debit/credit card payment.)

For more information, call Sarah Browning at 402-441-7180 or go to *http://hortupdate.unl.edu*

ProHort Update Registration Form

Employer/Business: _____

Name(s): _____

Address: _____

City/State/Zip: _____

Phone _____

Email: _____

Attending: _____ Fee Enclosed: _____

Include cash or check payable to: Lancaster County Extension
Mail to: Nebraska Extension in Lancaster County
444 Cherrycreek Road, Ste. A, Lincoln, NE 68528

More than drugs and tobacco: Drugstore and cigarette beetles

Jody Green, PhD
Extension Educator, Lancaster Co.

While their names may imply a life of drugs and tobacco, these small beetles can feed and survive on a number of products that we all have in our homes. Entomologists call these types of beetles "stored product pests" and they feed on food or non-food items, of both plant and animal derived products.

What do they look like?

Both cigarette beetles and drugstore beetles are small, reddish-brown, oval-shaped beetles. They are approximately 1/8" long and from the top, their heads are not visible. With some magnification, fine hairs can be seen on their wing covers. Drugstore beetles have rows of pits on their wing covers and a 3-segmented antennal club. Cigarette beetles have smooth wing covers and serrated antennae. Despite these slight physical differences, their pest status is similar as both are distributed worldwide and have the ability to cause great damage and huge economic loss. They usually go unnoticed until they are found in high numbers either flying throughout the house or gathered around windows.

Drugstore adult beetles on a penny (approximate size).

How did they get into my home?

Adult beetles are active fliers and can get into storage facilities via gaps, open doors, unscreened windows, infested transport vehicles, bulk bins and containers. With an adequate food source and a temperature-controlled environment, insects can thrive, breed and feed. Adult beetles lay their eggs in food and their grub-like larvae hatch and damage commodities with their chewing mouthparts. In processing facilities, storage warehouses, grocery stores and home pantries, infestations can be transferred among products.

Stored product beetles like cigarette beetles and drugstore beetles cause damage by leaving their filth in the foods they infest. Beetles contaminate food by leaving insect fragments, exoskeletons and fecal matter. Though they are not harmful or medically important, insect bodies in food stuff may cause off-flavors in high enough numbers.

Where do I look for them?

Cigarette and drugstore beetles feed on a wide variety of products. As their name suggests cigarette beetles feed on cigars, cigarettes and chewing tobacco, and drugstore beetles feed on multivitamins and other types of pharmaceuticals. Beetles enter packaging through cracks in cardboard boxes, compromised containers and by chewing through plastic or foil packaging.

Photos: Jim Kalisch, UNL Dept. of Entomology

Drugstore beetle larvae and adults (highly magnified)

Cigarette beetles (highly magnified)

Potential food sources include flours, dry cake mixes, dried fruits, cereals, cocoa, coffee beans, nuts, herbs, spices (especially paprika and cayenne), rice, biscuits, condiments, teas and beans. As mentioned, these beetles infest things non-food (for human consumption) items such as dry dog and pet food, fish meal, rodent bait, bird and animal nests, grass seed, floral arrangements, potpourri, decorative wreaths, pinned insects, furniture stuffing, bookbinding, leather and hair.

How do I stop them?

Prevention and sanitation are the best protections against stored product pests. Here are some ways to prevent infestations in the home, minimize wasted food and save money:

- Before purchase, inspect food products and look for expiration dates, examine packaging for damage, webbing, holes, rips or tears.
- Avoid buying in bulk and storing large quantities of food products in the pantry.
- Place spices or dry ingredients in the freezer (32°F for 7 days kills all life stages) prior to storing in pantry or shelves.
- Store products in air-tight, transparent, glass or plastic, insect-proof containers.
- Use the oldest products first to ensure freshness and proper stock rotation.
- Sweep, vacuum or clean up spills and crumbs to prevent attracting pests.

Treatment strategies for stored product pests DO NOT include insecticide use inside the home. An integrated approach to pest management is recommended, which includes locating the sources of the infestation and eliminating contaminated products in an outdoor trash receptacle. Most people overlook prepackaged and prepared foods, unopened packages and non-food items, but a variety of products are vulnerable.

Now's the time to get birdhouses ready for spring

Soni Cochran
Extension Associate, Lancaster Co.

February is a terrific time to get birdhouses built and ready for the spring breeding season. Birds will begin looking for nesting sites in March so houses should be placed outdoors in the next few weeks.

You can attract birds by building an inexpensive, simple, six-sided box. "Backyard Wildlife: Birdhouses and Shelves" from Nebraska Extension has plans and nesting requirements for eighteen species of birds found in the state. Contact your local extension office for a copy of this publication or go to *https://go.unl.edu/birdhouses*.

Constructing a birdhouse

Wood is the best material to use for birdhouses and shelves. Do not use tin cans, milk cartons, or metal for nest boxes. Commercial martin houses made of aluminum are the only exception. When using wood, choose untreated and unpainted wood. According to the Cornell Lab of Ornithology, cedar, pine and cypress are good options.

NUISANCE BIRDS

The smallest hole an English house sparrow can enter is 1–1/4". The smallest hole a European starling can enter is 1–9/16". To avoid these birds, make the entrance holes to birdhouses smaller. Or, be persistent and remove their nests regularly. Eventually the birds will give up. European starlings and English house sparrows are not protected by state or federal laws. You can remove their nests, eggs and young at any time.

Soni Cochran, Nebraska Extension in Lancaster County

Before putting your birdhouse together, roughen the inside portion of the hole just below the entrance so young birds can climb out of the house easily. You can use coarse sandpaper, cut grooves or punch dents in the wood with a screwdriver.

CDX exterior-grade plywood is a good choice for larger birdhouses. Do not use pressure-treated lumber. Wood sold as 1" thick provides proper insulation for birdhouses.

The roof of a birdhouse helps keep out rain. When properly constructed, it also makes it harder for predators to reach into the box from above. The roof should overhang the front at least 2"–4", and hang over the sides of the birdhouse by 2".

The sides of the house should enclose the floor to keep rain from seeping into the house and nest. Recess the floor 1/4" up from the bottom to further prevent rotting caused by moisture.

Birds are picky about the size of entrance holes on a birdhouse. Before making an entrance hole, learn about the birds you want to attract so you know what size entrance hole your birdhouse needs. Keep in mind non-native species like English house sparrows and European starlings will also take advantage of

Konnie Robertson, Nebraska Extension in Lancaster County

This tree swallow's nest is less vulnerable to predators because it is mounted on a sturdy metal pole. If tree swallows are nesting in your blue bird boxes, leave them alone. They are beneficial insect-eating birds. Instead, erect pairs of nest boxes 25 feet apart to reduce competition with blue birds.

birdhouses. If you don't want these birds using your birdhouse, make the entrance hole smaller than 1-3/8".

Before attaching the front of the birdhouse to the rest of the structure, rough up the inside under the entrance hole with sandpaper. This helps fledging birds get a grip when they are ready to leave the nest. Birdhouses for swallows or bluebirds should have grooves under the entrance hole on the inside of the box. The grooves serve as a ladder for fledgling birds.

Drainage and ventilation are also important for the birdhouse. Drill at least four 3/8"–1/2" diameter drain holes in the floor of the house. Drill two 5/8" ventilation holes near the top of each side of the house.

Putting together a birdhouse

Galvanized screws should be used instead of nails. Screws will provide a tighter seal and make it easier to clean the birdhouse or make repairs. Nails loosen over time and can allow rain to seep in. Using rust-proof hinges, add a hinged side or hinged roof to your bird house so it is easier to clean. Did you know raccoons can open a hook and eye clasp on bird houses? Consider another type of latch to keep out these clever predators.

Just say "no" to perches. The only birds that really like to use perches are non-native European starlings and English house sparrows. If you bought a birdhouse with perches, remove the perches before putting the birdhouse outside.

Can you paint or stain a birdhouse? Extension specialist Catherine Elliot recommends paint or stain preservatives be used on the outside of the box only. Focus especially on the back. Never paint or stain the inside of the birdhouse. Creosote should not be used.

Sources:
- *Birdhouse basics by Catherine Elliot, Extension Wildlife Specialist, University of Maine Cooperative Extension*
- *Features of a Good Birdhouse. Cornell Lab of Ornithology Nest Watch*

2019 flower All-America Selections

Photos courtesy All-America Selections

Nasturtium 'Baby Rose'

The last nasturtium AAS Winner was back in the early days, in the 1930s. Now it is time to introduce a wonderful rose-colored nasturtium perfect for today's gardens. 'Baby Rose' is a petite-flowered, mounding variety with healthy, dark foliage ideal for containers and small space gardens. AAS expert judges praised the uniformly compact plants that have flowers with consistent coloration. Their compact habit means less "flower flopping" with their blooms remaining upright throughout the season. The rose color is uncommon in nasturtiums and contrasts beautifully with the dark-green foliage. An added bonus, both the leaves and flowers are edible.

Petunia 'Wave-Carmine Velour'

This newest color of the popular Wave petunias was one of the highest-scoring plants in last year's trials. AAS judges enthusiastically came up with an array of ways to describe the unique carmine rose color: "Fabulous," "Stunning," "Intense," "Vibrant," "Lively," "Bright," "Non-fading," "Outstanding," to name a few. Large 2" flowers literally cover the easy-care spreading plants that rarely need deadheading because new blooms continuously pop up and cover the spent blooms. 'Wave Carmine Velour' is an excellent performer and does equally as well in containers or hanging baskets as it does in the landscape.

Marigold 'Big Duck Gold'

'Big Duck Gold' has very large golden-yellow flowers that continue blooming throughout the season, much longer than the comparisons. These marigolds begin the season putting energy into establishing a solid, healthy plant with clean, deep-green foliage. Full, large blooms top the 15" plants, which are slightly taller than the more compact comparison varieties. They continue blooming through the end of the season. These marigolds can be planted everywhere: in beds, containers; in landscapes as mini hedges, back of the border plants or even as a filler in perennial beds.

Source: All America Selections

GARDEN GUIDE

THINGS TO DO THIS MONTH

Mary Jane Frogge, Extension Associate, Lancaster Co.

Check all five growing factors if your houseplants are not growing well. Light, temperature, nutrients, moisture, and humidity must be favorable to provide good growth.

Prune fruit trees and grapes in late February or early March after the worst of the winter cold is passed but before spring growth begins.

Check any vegetables you have in storage. Dispose of any that show signs of shriveling or rotting.

Order perennial plants and bulbs now for cut flowers this summer. Particularly good choices are phlox, daisies, coreopsis, asters and lilies.

Order gladiolus corms now for planting later in the spring after all danger of frost has passed. Locate in full sun in well-drained soil.

Branches of forsythia, pussy willow, quince, spirea and dogwood can be forced for indoor bloom. Make long, slanted cuts when collecting the branches and place the stems in a vase of water. Change the water every 4 days. They should bloom in about 3 weeks.

Send off seed orders early this month to take advantage of seasonal discounts. Some companies offer bonus seeds of new varieties to early buyers.

Do not start your vegetable transplants indoors too early. Six weeks ahead of the expected planting date is early enough for the fast-growth species such as tomatoes. Eight weeks allows enough time for the slower-growing types such as peppers.

Check stored bulbs, tubers and corms. Discard any that are soft or diseased.

This year, plan to grow at least one new vegetable you have never grown before; it may be better than what you are already growing. The new dwarf varieties on the market which use less space while producing more food per square foot may be just what you are looking for.

What's going on in the world of early childhood?

Sarah Roberts
Extension Educator, Dixon Co.

Early childhood education can be somewhat of a mystery, especially since many people don't think of it as "education" until children reach elementary school. Early childhood begins at birth and typically goes all the way until children are age eight or entering the third grade.

Unfortunately, early childhood today is changing more and more in our technologically advanced age. Education consultant, Rae Pica, has seen several of these changes occurring throughout her years of service since the 1980s. In her article published in "Community Playthings," she lists three things that seem to be recurring areas in need of improvement in early childhood education:

- More children are unable to cross the midline of the body.
- Children don't know how to play anymore.
- Children have no fine motor control.

Sarah Roberts, Nebraska Extension in Dixon County

More children are unable to cross the midline of the body. Amidst the busy lives of parents all over the world, babies are spending less and less time on their tummies, which is vital in the development of muscles needed to crawl and perform cross-lateral movements. What parents need to remember is that the body and mind work together. Children need to practice moving in a variety of ways to gain confidence in their skills. Pica writes, "What impacts the body's development impacts the brain's development, and the sooner we acknowledge that, the better off our children will be."

Children don't know how to play anymore. Almost every animal on our planet plays at some point or another in their lives. Play is necessary to learn the skills needed to become successful adults. Educators are reporting that children are simply imitating on-screen characters or are just standing around during free-play time because they are at a loss as to what to do. With the rise in technology, children are exposed to much more media, thus diminishing the need for imaginative play. As early childhood educators, it is vital we facilitate play and give children the time, space and materials to foster imaginative play.

Children have no fine motor control. This, again, goes back to technology. Children aren't getting the same opportunities to utilize crayons, scissors and other utensils as much as they are given a tablet or digital device to keep them occupied. Children are also not developing and using large muscles which relates to the development of the small muscles such as those in the hands and fingers. If large muscles are not developed, it becomes very difficult for small muscles to progress as well. Children must have the strength and endurance in large muscles in order to begin using fine motor control skills (Buttfield, 2017). This need stresses the importance of play and practice with a variety of materials and utensils.

Early childhood education is one of the most important times in a child's life. Giving them ample opportunities and experiences with open-ended manipulatives can help overcome the above challenges. For more information on open-ended activities and ideas, check out *www.communityplaythings.com/resources*.

Resources:
- *Buttfield, J. (2017, April 12). Big muscles make a big difference to fine motor skills. [Blog]. Retrieved from* https://childdevelopment.com.au/blog/big-muscles-make-big-difference-fine-motor-skills.
- *Education and Child Development Experts - About Rae Pica* www.raepica.com/education-consultant-rae.
- *Pica, R. (2018). The state of early childhood: Three things that have changed since I became an early childhood consultant. Community Playthings. Retrieved from* www.communityplaythings.com/resources/articles/2018/the-state-of-early-childhood.

Peer Reviewed by: Jaci Foged, Linda Reddish, Leslie Crandall

Upcoming early childhood trainings

Nebraska Extension teaches several early childhood development classes for child care providers. Listed are upcoming classes held at the Lancaster Extension Education Center, 444 Cherrycreek Road (unless location otherwise noted). For additional information or to sign up, contact Jaci Foged at jfoged2@unl.edu or 402-441-7180. Some registration forms are at *http://lancaster.unl.edu/family*

Look Who's Hatching – Tuesday, Feb. 26, 6:30–8:30 p.m. Cost is $10. 2 in-service hours. Register by Feb 19. Learn how to implement Nebraska Extension's curriculum, "Look Who's Hatching," in your program. Participants will have the opportunity to hatch chicks in their own program for an additional cost.

Early Childhood Education Yoga – Thursday, Feb. 28, 9 a.m.–4 p.m. Cost is $30. 6 in-service hours. Register by Feb 21. Learn ways to incorporate children's yoga into an early childhood education program. Lunch will be on your own.

Block Party Training — Tuesday, March 19, 6:30–8:30 p.m. Cost is $10. 2 in-service hours. Register by March 12. Block Party is a hands-on, engaging workshop for early childhood educators. By taking time to play with a variety of blocks, educators will develop a better understanding of the multitude of ways children learn by playing with blocks. After the workshop, participants are encouraged to plan and host their very own block party as a way to engage families in their programs.

Lincoln Early Childhood Conference – Saturday, March 23, 8:30 a.m.–2:45 p.m. Registration 8–8:30 a.m. This conference is sponsored by the Southeast Early Learning Connection. Cost is $25. A light breakfast and lunch provided. 6 in-service hours. Register and pay online at *www.esu6.org* by March 16. For more information, contact Cara Small at carasmall@esu6.org or 402-761-3341.

HEART OF 4-H VOLUNTEER AWARD

Travis Hodtwalker

Lancaster County 4-H is proud to announce Travis Hodtwalker of Walton as winner of the February "Heart of 4-H Award" in recognition of outstanding volunteer service.

Since 2014, Travis has been a junior board member of the Lancaster County Agricultural Society, which manages the Lancaster Event Center and Lancaster County Super Fair. In that capacity, he has assisted with 4-H & FFA livestock shows and activities at the Super Fair. He has gone above and beyond his duties as a junior board member to help with 4-H/FFA at the fair.

Former Lancaster County 4-H staff member Cole Meador says, "Travis is always willing and able to lend a helping hand whether it is market beef weigh-in day, setting up last minute panels for county fair or helping to make shows run smoothly. The time and energy Travis devotes to the 4-H program is invaluable."

Travis says, "I enjoy helping with the shows and seeing all the hard work the 4-H kids put into their projects."

Lancaster County 4-H thanks Travis for donating his time and talents. People like him are indeed the heart of 4-H!

Meet 2018–2019 4-H Teen Council

The Lancaster 4-H Teen Council is a leadership organization for youth in grades 7–12. This year, over 35 youth are active in Teen Council (not all are pictured). Members are involved in several leadership activities such as organizing the annual 4th & 5th Grade Lock-In. Teens also participate in community service projects. Karol Swotek is the Teen Council volunteer sponsor and Extension Educator Tracy Anderson is the Teen Council staff sponsor.

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 2018–2019 4-H year (even if you just enrolled in August or September). New members and fair projects may be updated through June 15.

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.

NOTE: Health information is optional. You DO NOT need to complete this portion of the online form unless your child is planning to attend an overnight camp or campus event.

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, contact Heather Odoski at heather.odoski@unl.edu or 402-441-7180.

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

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

VOLUNTEERS: 4-H 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 Heather Odoski to set up a password.

Seeking 4-H clubs to help provide booths at Kiwanis Karnival, April 12

The annual Kiwanis Karnival, a FREE family event, is sponsored by the Lincoln Center Kiwanis. This year, it will be held Friday, April 12, 5:30–7:30 p.m. at Elliott Elementary School, 225 S. 25th St., Lincoln. The Karnival features carnival-type games for youth, bingo for adults, prizes, snacks, fun and fellowship. Lincoln Center Kiwanis has sponsored this event for over 50 years — providing prizes and snacks. 4-H clubs are needed to provide carnival-type booths. This is a great community service and leadership activity for clubs. If your 4-H club or family would like to have a booth or for more information, call Lorene at 402-423-7541 or 402-310-3481, or email lbartos1@unl.edu. Come join the fun!

4-H Companion Animal Challenge entries due March 1

The fourth 4-H Companion Animal Challenge will be held on Saturday, March 30 at the Animal Science Complex on UNL East Campus (same date as 4-H Horse Stampede.) It provides youth a chance to participate in a variety of contests that do not require animals, but allow youth to learn more about their dog, cat, rabbit or other companion animals.

Contests include: • Demonstrations (a presentation where youth demonstrate how to complete a task or related to the care of their companion animal) • Photography and art contests (open to all companion animal projects) • Dog quiz bowl • Dog skill-a-thon.

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 March 1. T-shirts may be pre-ordered for $5. Box lunches will be available for $8 and must be pre-ordered. More information is available at *https://4h.unl.edu/companion-animal/challenge*

4-H Speech & PSA

4-H Speech & PSA Contests are open to all 4-H'ers — need not be enrolled in a specific project. Youth may choose to participate in either or both the Speech and PSA contests. For rules, helpful resources and examples, go to *http://lancaster.unl.edu/4h/Contest/speech.shtml*. If you have questions, contact Kate Pulec at kpulec3@unl.edu or 402-441-7180.

PSA Contest, due March 11

In the Public Service Announcement (PSA) Contest, 4-H'ers submit a 60 second "radio commercial" promoting 4-H. Submit a PSA as a .wav or .mp3 file electronically to kpulec3@unl.edu or on a CD to the Extension office by Monday, March 11. If you do not have the capabilities to record a PSA, contact Vicki Jedlicka at 402-441-7180 to set up a recording time. Results and comment sheets will be handed out at the 4-H Speech Contest. The 2019 PSA theme is "Inspire Kids to Do."

Speech Contest, March 17, due March 11

The 4-H Speech Contest will be held Sunday, March 17 at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln. Check-in between 1–1:30 p.m., contest begins at 1:30 p.m. Register by March 11 by calling 402-441-7180 or emailing kpulec3@unl.edu with your name, speech title and age division.

HORSE BITS

4-H Horse Incentive Program

Any Lancaster County 4-H'er can participate in the Lancaster County 4-H Horse Incentive Program and log hours/points by participating in various horse-related activities Jan. 1–July 19. Please total your points on the summary sheet and submit it with the rest of your paperwork. Forms due July 26. Again this year, a belt buckle will be included as a gold-level reward option. However, due to the high cost, a buckle can only be chosen as an incentive reward one time by seniors only. Horse Incentive Program guidelines and forms are available online at *http://lancaster.unl.edu/4-h-horse-project-resources* and at the Extension office.

Horsemanship level testing dates

Now is a good time to start thinking about new 4-H horsemanship level goals! The 2019 group testings will be held at the Lancaster Event Center – Pavilion 4, Amy Countryman Arena on the following Tuesday evenings: April 9, April 23, May 7, May 21, June 4 and June 25.

State 4-H Horse Stampede entries due March 1

The annual 4-H Horse Stampede will be held Saturday, March 30 at the Animal Science Complex on UNL East Campus. Stampede includes the 4-H state horse-related competitions which do not require a horse: Horse Bowl, Public Speaking, Demonstration and Art and Photography Contest. Open to 4-H'ers ages 10–14 enrolled in the 4-H horse project (with the exception of the Art and Photography Contest).

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 March 1.

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/FFA market beef weigh-in, Jan. 29

4-H and FFA exhibitors showing market steers or heifers at the Lancaster County Super Fair and/or Nebraska State Fair must identify and weigh-in their projects at the 4-H/FFA Market Beef Weigh-In on Tuesday, Jan. 29, 6–7 p.m. at the Lancaster Event Center – Pavilion 3.

Exhibitors planning on exhibiting market beef at State Fair must have DNA sampled. It is strongly encouraged to have DNA pulled and EID tagged at the time of weigh-in.

4-H crocheting workshop, Feb. 2

4-H youth ages 10 and up are invited to learn how to crochet a washcloth utilizing the single crochet stitch at the Basic Crocheting workshop on Saturday, Feb. 2, 9 a.m. until about noon at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln. No cost to attend — all supplies will be provided. Parents/adults are encouraged to attend to help 4-H'ers; especially if they are younger. Must register by Monday, Jan. 28 by calling 402-441-7180 or emailing Kristin at kristin.geisert@unl.edu.

4-H pillow sewing workshop, Feb. 9

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. 9, 9 a.m. until about noon at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln. No cost to attend. Must register by Feb. 4 by calling 402-441-7180 or emailing kristin.geisert@unl.edu. Bring your sewing machine and basic sewing equipment (scissors, pins, measuring tape, etc.). Also bring a 1/2 yard each of two coordinating/contrasting woven fabrics, pre-washed, 100% cotton (NO PLAIDS, NO KNITS, NO FLANNELS) and matching thread. Pillow forms will be provided. A few office sewing machines are available for use upon request. Parents/adults are encouraged to attend to help their 4-H'er.

Pick-A-Pig club

The Pick-A-Pig 4-H club is accepting new members for anyone who wants to learn about pork production and show a pig at the Lancaster County Super Fair. The club is open to all city and rural youth ages 8–18. If you are interested, contact Harry Muhlbach at 402-430-7304 by March 13. The first meeting will be Sunday, March 17.

Rabbit Show, April 27

The 4-H Spring Rabbit Show will be held Saturday, April 27, 9 a.m. at the Lancaster Event Center – Exhibit Hall. Open to all youth ages 8–18. Show flyer is at *https://lancaster.unl.edu/4h/documents/RabbitShowSpring19.pdf*. For more information, call Bob at 402-525-8263 or the Extension office at 402-441-7180.

Governor's Ag Excellence Awards due March 1

The Governor's Agricultural Excellence Awards are sponsored by the Nebraska 4-H Foundation and Nebraska Investment Finance Authority (NIFA). Each year, 25 4-H clubs are awarded $500 to be used as described in the award application form completed by the club. Clubs may use the award dollars for different kinds of programs. A few examples are: community service projects, trips or tours for club members and community improvement projects. The intent is to increase 4-H'ers awareness of agricultural careers. Consider "agricultural" in the broadest terms for this program.

Forms are due by March 1. Applications are online at *http://ne4hfoundation.org/recognition*. Clubs will be notified by May 15. If you have questions, contact Sarah Werner at 402-472-9019 or swerner@unl.edu.

4-H Jammie workshop, March 2

4-H youth ages 8 and older are invited to practice their basic sewing skills and make pajama or lounge wear pants at the Jammie Jamboree sewing workshop on Saturday, March 2, 9 a.m. until about noon at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln. No cost to attend. Adults are needed to attend to help their 4-H'ers. Must register by Wednesday, Feb. 27 by calling 402-441-7180 or emailing Kristin at 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. To avoid mistakes, do NOT cut out pants ahead of class time!

4-H Furniture Painting workshop, March 9

4-H youth ages 8 and up are invited to participate in a Furniture Painting workshop on Saturday, March 9, 9 a.m. until about noon at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln. No cost to attend. Adults are welcome to attend to help youth. Must register by Wednesday, March 6 by calling 402-441-7180 or emailing Kristin at kristin.geisert@unl.edu.

Bring a small piece of unpainted furniture, such as a shelf, stool or chair. These items can be found around your house, at craft stores, garage sales and thrift stores. Learn how to prepare new and used wood furniture by sanding, sealing, painting and finishing. All paints and finishes are provided. Wear old clothes appropriate for painting.

Lancaster County 4-H and 4-H Council invite ALL 4-H'ers, 4-H families and volunteers to the

4-H Achievement Celebration

Part of Nebraska 4-H Month!

Tuesday, Feb. 12 • 6:30 p.m.

Light snack provided!

Lancaster Extension Education Center
444 Cherrycreek Road, Lincoln

Theme is "Reaching for the Stars"

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

4-H/FFA livestock requirements

Lancaster County 4-H/FFA livestock requirements remain the same as last year. The 2019 checklist is online at *https://lancaster.unl.edu/4h/fair* and available at the Extension office.

2019 deadlines are:

- Jan. 29, 6–7 p.m. — Market Beef weigh-in at Lancaster Event Center – Pavilion 3
- April 15 — All market beef ID's due
- May 14, 6–7 p.m. — Sheep and goat weigh-in at Lancaster Event Center – Pavilion 1
- June 15 — All market/breeding sheep, market/breeding meat goats, breeding & feeder calves, bucket calves, swine, rabbits, dairy cattle, dairy & pygmy goats identifications due to Extension office
- June 15 — Deadline to complete requirements for Youth for Quality Care of Animals
- June 15 — 4-H enrollment due online at *https://ne.4honline.com*, must list project(s) each member plans to enter at Super Fair
- June 18–July 1 — Animal entries for the Lancaster County Super Fair must be submitted online at *https://lancaster.fairmanager.com* between June 18 and July 1, 11:59 p.m. No late entries accepted.
- Aug. 10 — Nebraska State Fair animal entries due online at *http://nebr.fairwire.com*. Select whether showing in 4-H or FFA.

4-H/FFA youth enrolled in ANY of the following animal projects will need to complete Youth for the Quality Care of Animals (YQCA) training:

- Beef (bucket calf, feeder calf, breeding beef, market beef)
- Dairy cattle
- Goat (breeding meat goat, market meat goat, dairy goat)
- Poultry
- Rabbit
- Sheep (breeding sheep, market sheep)
- Swine (breeding swine, market swine)

The Aksarben Stock Show will transition to junior livestock show format in 2019 with no prerequisite of youth organization affiliation.

Anna Sump participated in National 4-H Congress

Lancaster County 4-H member Anna Sump was part of a 23-member Nebraska delegation attending National 4-H Congress last Nov. 23–27. National 4-H Congress is a five-day educational experience held in Atlanta, Ga. and is the premiere nation-wide event for 4-H'ers to network with others from around the country and Puerto Rico. During Congress, 4-H youth are exposed to leadership topics in the areas of communications and technology, the environment, agriculture, families, community development, youth and children. Educational experiences include seminars, guest speakers, volunteering opportunities and tours of Atlanta. Additionally, all of the students were assigned a community service project in the Atlanta metro area.

In Nebraska, youth were selected to attend National 4-H Congress based upon the achievements outlined in their 4-H Career Portfolio. The Career Portfolio is the annual record-keeping system used by Nebraska 4-H youth. Anna's 4-H Career Portfolio was selected in the area of Healthy Lifestyles.

Anna says, "4-H Congress was truly the pinnacle of my 4-H career! Having the opportunity to meet 4-H members from around the United States was an amazing experience. The best part was meeting new people and learning about how 4-H works in their communities. I would highly recommend applying for this experience to all 4-H members. One of my favorite classes was with Hyatt Regency Atlanta's chef. He cooked a meal of salmon, quinoa and green beans, and he discussed sustainability in the food industry. This included what the hotel does to promote sustainability: keeping bee hives, growing fresh herbs and composting. My volunteer experience was at a local elementary school. I was assigned to a second grade classroom helping students in the class with their research project on honey bees."

Anna Sump and three other delegates baking bread as part of a workshop. The bread was then donated to the Atlanta Community Food Bank.

Anna and her roommates before the 4-H Congress Gala.

EXTENSION CALENDAR

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

January

25	Successful Farmer Workshop Series	9–11:30 a.m.
25–26	4th & 5th Grade Overnight Lock-In	8 p.m.–8 a.m.
29	Market Beef Weigh-In, *Lancaster Event Center – Pav. 1*	6–7 p.m.
30	Introduction to Cultivating Healthy Intentional Mindful Educators (CHIME) Program for Childcare Providers	6:30–8:30 p.m.

February

FEBRUARY IS NEBRASKA 4-H MONTH

1	Successful Farmer Workshop Series	9–11:30 a.m.
2	4-H Crocheting Workshop	9 a.m.
5	Commercial/Noncommercial Pesticide Applicator Initial Training	8:30 a.m.
5	4-H Council Meeting	6 p.m.
6	Cultivating Healthy Intentional Mindful Educators (CHIME) Program for Childcare Providers	6:30–8 p.m.
7	Commercial/Noncommercial Pesticide Applicator Recertification Training	9 a.m.
8	Successful Farmer Workshop Series	9–11:30 a.m.
9	4-H Pillow Party Sewing Workshop	9 a.m.
10	4-H Teen Council Meeting	3 p.m.
12	4-H Achievement Celebration	6:30 p.m.
13	Cultivating Healthy Intentional Mindful Educators (CHIME) Program for Childcare Providers	6:30–8 p.m.
18	Extension Office Closed for Presidents' Day Holiday	
19	Private Pesticide Applicator Training	9 a.m. & 1 p.m.
20	Cultivating Healthy Intentional Mindful Educators (CHIME) Program for Childcare Providers	6:30–8 p.m.
21	Commercial/Noncommercial Pesticide Applicator Recertification Training	9 a.m.
21	Private Pesticide Applicator Training	6 p.m.
26	Commercial/Noncommercial Pesticide Applicator Initial Training	8:30 a.m.
26	Looks Who's Hatching Workshop for Preschool Teachers	6:30–8:30 p.m.
27	Cultivating Healthy Intentional Mindful Educators (CHIME) Program for Childcare Providers	6:30–8 p.m.
28	Early Childhood Education Yoga Training	9 a.m.–4 p.m.

EXTENSION NEWS

2019 Extension Board

Back row L–R: Karen Wobig (Extension Unit Leader), Allen Blezek, Angelina Stovall-Amos, Jim Pinkerton, Dena Noe, Chris Scow, Jenny DeBuhr (Extension Administrative Services Officer); Front row L–R: Paula Peterson, Patricia Heather, Jodi Freeman. Not pictured: Bob Huttes and Trudy Pedley.

The Lancaster County Extension Board serves as an advocate for Nebraska Extension in Lancaster County. Members of the board are appointed by the Lancaster County Board of Commissioners. The Extension Board provides guidance to Extension staff in establishing and accomplishing Extension education program goals and objectives. Annually, it assists in developing an operating budget and local educational priorities. The board typically meets monthly (usually the second Friday at 8 a.m.).

Bob Huttes was recently appointed for his first term. Pat Heather and Jim Pinkerton were re-appointed to serve their second terms.

Extension board members for 2019 are:

- **Allen Blezek, President**
- **Chris Scow, Vice President**
- **Paula Peterson, Secretary/Treasurer**
- **Jodi Freeman, 4-H Council ex-officio member**
- **Patricia Heather**
- **Bob Huttes**
- **Dena Noe**
- **Trudy Pedley**
- **Jim Pinkerton**
- **Angelina Stovall-Amos**

EFNEP 50 years

continued from page 1

- 80 percent improved their food resource management practices.
- 73 percent practiced safer food handling.
- 43 percent improved their family's food security.

A few of the EFNEP families in Lancaster County include pregnant and parenting teens in Title I high schools and parents learning English within Lincoln Public Schools' Family Literacy program and Lincoln Culture Centers. The addition of our newest, Arabic-speaking, EFNEP team member brings hope of expanding services to Arabic-speaking community members in 2019.

In 2018, the Lancaster County EFNEP team taught 765 youth an average of seven hours of nutrition and physical activity lessons. Youth improved in healthy living:

- Almost 60 percent of middle and high school students ate one additional vegetable serving per day and 50 percent increased to at least 60 minutes of physical activity per day.
- Almost all elementary students improved their knowledge and ability to choose healthier foods when offered.

Key components of EFNEP for youth are teaching recipe literacy and cooking skills. During EFNEP classes, youth practice following recipes and cooking to increase their skills in cooking healthy meals and snacks on their own. Last year, 61 percent of middle school students taught by Lancaster County EFNEP increased their confidence of using measuring spoons and cups, and 52 percent improved in their ability to read and follow a recipe.

Earth Wellness Festival needs volunteers

Volunteers are needed for the 2019 Earth Wellness Festival on Wednesday, March 20 and Thursday, March 21 at Southeast Community College in Lincoln. For more information, call 402-441-8023 or email pwismer@lincoln.ne.gov by Feb. 25. Register at *http://lancaster.unl.edu/ewf.*

Watch chicks hatch online with EGG Cam!

http://go.unl.edu/eggcam

Embryology resources include incubation, candling, and more!

History was made in 1869

The University of Nebraska was chartered on Feb. 15, 1869 and charged with its land-grant mission of public education and service to Nebraska. In 2019, we mark a 150-year legacy of improving the quality of life for Nebraska and beyond. Please join us in celebrating the historic past of your University and helping us chart a bold new future. Charter Day is Feb. 15.

UNL celebrates

Help University of Nebraska–Lincoln celebrate the N|150. More information and links at *https://n150.unl.edu*.

Be first to get the book — "Dear Old Nebraska U," a new lavishly illustrated book, celebrates the University of Nebraska's first 150 years with a look at the colleges, research, athletics, students, places and people, and their impact on the University and the world.

Music & milestones — Celebrate Charter Day on Feb. 15, 7:30 p.m. at the Lied Center Main Stage with a monumental performance of the arts featuring UNL students, faculty and distinguished alumni.

Lecture series — The "Nebraska Lectures: Chancellor's Distinguished Lecture Series" will offer one talk each month exploring the rich history of Nebraska's land-grant institution. In partnership with Nebraska Humanities, all talks will be live-streamed and captured as podcasts for public access.

Charter Week activities Feb. 11–15 include:

- Husker Civic Challenge — Join us in completing 1.5 million volunteer hours in 2019.
- Glow Big Red — Light up your house or windows with red lights. Wave your Husker flag. Wear your Husker apparel.
- Love your University — 24 hours of giving.

Extension celebrates

Help Nebraska Extension and 4-H celebrate the N|150. More information and links at *https://4h.unl.edu/n150*.

4-H clubs and other 4-H groups are encouraged to host local events on the charter day — Order N|150 ice cream from the Dairy Store or create cookies in the N|150 shape using the 3D Printable Cookie Cutter.

4-H families and alumni can tour the town with Flat Herbie — Cut out Flat Herbie and snap a picture of him at local events, favorite landmarks or 4-H activities throughout 2019. Upload the pictures to your social media channels with #N150Herbie or email nebraska4h@unl.edu.

Special 4-H fair exhibits — 4-H members are invited to create a stepping stone that represents the N|150 milestone. The Photography Unit 3 Theme Print is N|150.

Red Letter Days at UNL

Red Letter Days are an opportunity for you to explore college life at the University of Nebraska–Lincoln during your junior or senior year of high school. Upcoming dates are Feb. 15, Feb. 18, March 1, March 15, April 19 and April 26. If you are interested in any health-related fields, check out our Pre-Health Red Letter Day on Feb. 25.

At this open house event, you'll get to:

- Tour campus with a current Nebraska student as your guide.
- Explore your academic interests, visit a residence hall.
- Learn more about student involvement opportunities.
- Discuss important admissions, scholarship and financial aid information.
- Discover the many services that help students at Nebraska succeed.

Pre-registering at *http://admissions.unl.edu/visit* is strongly encouraged. Walk-in registration is open on a space-available basis the day of the event. Program fee is $10 per person.

NEBLINE e-newsletter

Nebraska Extension in Lancaster County now has a web- and mobile-friendly version of the NEBLINE newsletter!

Sign up at *lancaster.unl.edu/nebline*

You have the option to subscribe to the print and/or online versions.