2018 Extension highlights

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

Weather and crops — Extension Educator Tyler Williams helps producers manage the impact weather and climate have on agricultural production, not only in Lancaster County but across the world. He organized and was a presenter at the third annual Successful Farmer Series. 46 individuals attended one or more of the 6 workshops covering 15 topics, including weather and crops. Attendees estimated a $16 per acre value gained by participating in the series. Tyler recently traveled to the Czech Republic to advise University of Nebraska–Lincoln and partners between Lancaster County, Extension in Lancaster County is a research-based information. Nebraska Extension in Lancaster County helps people solve real-world problems. More impacts on next page.

Early childhood trainings for child-care providers — Last year, Extension Educator Jaci Foged taught or coordinated 95 workshops for local child-care providers. Total attendance was 1,512, generating 280 in-service hours approved by the Nebraska Department of Health and Human Services. Quality child care is vital in Nebraska since 74% of 156,575 Nebraska youth ages 0–5 live in households where all available parents are currently working. Pictured is Jaci delivering Nebraska Extension’s newly developed program, Cultivating Healthy Intentional Mindful Educators (CHIME).

Nutrition Education Kit program — Nebraska Extension has developed kits for use in K-5 classrooms to help teachers instruct students about health, nutrition and physical activity. The kits include lessons and supplies for hands-on activities. Extension staff also present hands-on lessons in the classrooms. In the 2017–18 school year, the program reached 15,992 students at all 39 Lincoln Public Schools and 1 parochial school. Evaluations showed significant improvements of students’ nutrition knowledge in all grades. Pictured is Extension Educator Alyssa Havlovic leading 2nd graders at Roper Elementary in preparing a healthy snack.

MyPI disaster preparedness program for teens — Lancaster County piloted Nebraska Extension’s My Youth Preparedness Initiative (MyPI) in 2018. Nine teens participated in 40 hours of training, and learned how to respond to disasters, use emergency response equipment and render first aid. The teens then helped 63 families create communication plans and disaster preparedness kits. Participants improved their knowledge on disaster preparedness and emergency response from 43% on the pre-test to 95% on the post-test.

Youth nutrition grants — In 2018, Extension Educator Kayla Colgrave co-managed two statewide programs funded by National 4-H Council grants: 4-H Food Smart Families and 4-H Healthy Habits. In Lancaster County, 6 staff members and 7 teen ambassadors delivered 17 programs to 448 K-12th grade students for at least 6 hours of education. In a statewide Healthy Habits survey, 83% of 1,823 youth participants and 91% of 48 teen ambassadors reported they had learned about healthy food choices. Pictured is Extension Educator Kayla Colgrave leading 4th graders at Malcolm Public Schools in a healthy breakfast activity.

Community Environment

- Food, Nutrition & Health

- Cropping & Water Systems

- 4-H Youth Development

- Learning Child

- Beef Systems

- Community Vitality

Water and wastewater management program — Extension Educator Meghan Sittler served as Extension’s statewide coordinator whose duties included collaborating with other organizations, developing resources and teaching (pictured teaching an H2O Adventure workshop for youth). Extension, along with the Nebraska Department of Environmental Quality, Nebraska On-site Wastewater Association and the Nebraska Well Drillers Association, provided professional development trainings to over 275 water well and onsite wastewater professionals at seven locations across Nebraska.

Backyard Farmer — Extension Educators Jody Green (second from left) and Sarah Browning (far right) make frequent appearances on Nebraska Extension’s popular gardening TV show. In 2018, the show’s YouTube channel grew by 30% in number of views and watch time, for the first time reaching over 1 million total views in a season. Jody’s focus is urban entomology and Sarah’s is horticulture. Backyard Farmer and beef systems professionals through trainings, educational resources and free in-office diagnostic services.

Community Environment

- Food, Nutrition & Health

- Cropping & Water Systems

- 4-H Youth Development

- Learning Child

- Beef Systems

- Community Vitality

Head Start Learning Gardens — New this year, staff from the Nutrition Education Program and Extension’s horticulture program collaborated to develop Learning Gardens at both Head Start locations in Lincoln. Extension Associate Mary Jane Frogge planted the gardens. Eight preschool teachers participated in weekly sessions, learning basic gardening taught by five Master Gardeners, as well as healthy living taught by Extension Educator Emily Grotopp. Teachers reported increased confidence in gardening and using the garden as a teaching tool. The vegetables were eaten by over 100 children and parents.

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Connect with us

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402-441-7180
http://lancaster.unl.edu

Photos by Vicki Jedlicka unless otherwise noted

More impacts on next page
Benefit to people

Investing in our youth is an investment in our future! In 2018, growth continued in the Lancaster County 4-H program, with a 7% increase in numbers of youth reached. Tufts University research shows youth development programs, such as 4-H, reduce the likelihood of youth engaging in risk/problem behaviors such as underage drinking, bullying and vandalism. One study confirmed 4-H youth are leaders, achieve higher marks in school and contribute to self and society — all helping to strengthen the communities where they live.

This past summer, Lancaster County young adults were given opportunities to assist with implementing 4-H programs. Six teens were hired to reach underserved youth through the “Teens as Teachers” (new in 2018) and “Food Smart Families” programs. They gained teaching and leadership experience.

New partnerships continue to leverage Extension’s reach to the community. This past year:

• Four partnerships were formed with Lancaster County cultural and literacy centers. As a result, 332 New Americans received critical knowledge of nutrition and healthy living in America.

• Another new partnership resulted in funding which will allow the Raising Healthy Nebraskans school enrichment nutrition program to serve three additional grade levels. Extension continues to provide responsive, innovative and trusted information to make a difference in our community.

—Laura Weir
UNL Extension Educator & Unit Leader

Teaching, growing and making a difference

“Teens as Teachers” intern Jovonna Albrittio leads youth at a summer site in a science, technology, engineering and mathematics (STEM) activity.

New American families from Lincoln Public School’s Saturday Migrant Group learn healthy cooking and oven skills.

36,520 youth engaged in 4-H programs

Including clubs, school enrichment, after-school/summer sites and camps

Participating in the 4-H positive youth development program provides youth an opportunity to grow their “Youth Voice.” When youth have a voice in community efforts, research has shown there is a decrease in traditional problem behaviors which helps the community and youth (for example, the likelihood of using drugs and alcohol, dropping out of school and criminal behavior lessens). In addition, youth who are involved in the community tend to have higher academic performance.

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New Year, new you: Nutrition tips to a healthier you

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

Happy New Year! Do you usually make a New Year’s resolution? Millions of Americans make resolutions every January hoping to improve their health by losing weight, getting fit or eating healthy. Achieve your nutrition goals this year by making small changes to what you eat and drink.

Find your healthy eating style

Everything you eat and drink over time matters. The right mix can help you be healthier now and in the future. It is important to start with small changes to make healthier choices you can enjoy and maintain for a lifetime. In order to get the nutrients and calories you need, eat a variety of foods regularly.

Get your MyPlate plan

Everybody requires a different amount of calories depending on their age, gender, height, weight and physical activity level. To determine what and how much to eat within your appropriate calorie target, enter your information into the MyPlate Plan by U.S. Department of Agriculture (USDA) at https://go.unl.edu/myplateplus and receive a personalized plan.

Follow the MyPlate building blocks

• Make half of your plate fruits and vegetables.
• Focus on whole fruits.
• Vary your veggies.
• Make half your grains whole grains.
• Move to low-fat or fat-free milk or yogurt.
• Vary your protein routine.
• Drink and eat beverages and food with less sodium, saturated fat and added sugars.
• Drink water instead of sugary drinks.
• Find small changes that work for you throughout the day.
Don’t forget to choose foods and beverages from each MyPlate food group (i.e. fruits, vegetables, grains, protein and dairy) for a balanced meal. Below is an example on how to make your dinner healthier.

Source: USDA Center for Nutrition Policy and Promotion ChooseMyPlate.gov/Website

Here is an example of a small change you can make to eat healthier at the dinner table. Try whole wheat spaghetti and meatballs with a garden salad instead of fettuccine Alfredo with Italian Sausage. This switch incorporates more food groups and has less calories, saturated fat and sodium.

CHICKEN NOODLE SOUP

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

January is national soup month. Try this recipe from Nebraska Extension’s Nutrition Education Program (nep.unl.edu) which includes whole wheat egg noodles. It is easily adaptable to beef noodle or chicken and rice soup.

CHICKEN NOODLE SOUP

(6 Servings)

1 whole chicken*
1 teaspoon salt
Water, to cover
1 onion, chopped
3 large carrots, sliced
1 cup celery, sliced
3/4 cup whole wheat egg noodles, uncooked**

1. In a large saucepan, place chicken and salt. Add enough water so the chicken is covered. Heat to boiling. Cover, reduce heat and simmer about 45 minutes or until chicken is tender.
2. Remove chicken from broth and cool enough to handle. Remove skin and bones and chop the meat. Skim fat from broth.
3. Add additional water, if needed, to make 6 cups. Bring to a boil.
4. Add chicken, onion, carrots, celery and noodles to the broth. Cover, reduce heat and simmer for 20 minutes.

How this food fits into MyPlate:

Nutrition Facts Per Serving: Calories 180, Total Fat 3.5 g (5% DV), 1 g Saturated Fat (5% DV), 80 mg Cholesterol (27% DV), 520 mg Sodium (22% DV), 11 g Total Carbohydrate (4% DV), 2 g Dietary Fiber (8% DV), 3 g Sugars, 25 g Protein, Vitamin A 100%, Vitamin C 15%, Calcium 4%, Iron 8%.

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Pesticide applicator 2019 training dates

If you have a pesticide applicator license, any time in 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 laws, landscapes, buildings or homes must also have a commercial pesticide applicator license.

Public employees (those employed by a town, county, state) applying mosquito, farm, orchard, or golf course pesticides, whether restricted or general use, must also hold a commercial or noncommercial certification.

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)
- 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. 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 and Study Materials”).


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Affiliate training—Offered by the Nebraska Extension in Lancaster County. For more information, contact Buchanan County Extension Office.

Crop Production Clinics (recertification only)—Categories: At the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln. The first session will be on Wednesday, Jan. 23 and the last session will be Tuesday, March 5. Both workshops will be 9:30 a.m. – 3:30 p.m., with check-in and refreshments at 9:15 a.m.

Cost to attend both days is $50 for one person and $25 for each additional family member sharing materials. Fee includes refreshments, lunches and handouts. Pay at the door with cash or check. Debit/credit card payment available for an additional fee.

Successful Farmer Series

Nebraska Extension in Lancaster County is hosting an in-depth Ag Estate and Succession Planning two-day workshop at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln. The first session will be on Wednesday, Jan. 23 and the last session will be Tuesday, March 5. Both workshops will be 9:30 a.m.–3:30 p.m., with check-in and refreshments at 9:15 a.m.

Cost to attend both days is $50 for one person and $25 for each additional family member sharing materials. Fee includes refreshments, lunches and handouts. Pay at the door with cash or check. Debit/credit card payment available for an additional fee.

Registrations required by Jan. 21 by calling 402-441-7180. Please plan to attend both days to complete the workshop.

The morning tracks will be the same for all participants. In the afternoon, there will be two tracks—one for participants with a successor in place, and the other for those who have not identified a successor.

General topics will include:
- Importance of estate planning
- Basic legal considerations and issues with estate planning
- Family communications
- Long term and other insurance products, and their use with planning.
- Lease considerations.
- Family negotiations.

Topics for those with a successor will include:
- The financial considerations to bring back the next generation
- Management transfer plans.
- Concept of fair vs. equal
- Legal tools in succession planning.

Topics for those who have not identified a successor:
- Basic estate transfer tools.
- End of business tax considerations.
- Options for dispersing assets including tax-free options, charitable giving.

For more information about the workshop, call Allian Vykneale at 402-472-1771.

Upcoming green industry conferences

NEBRASKA TURFGRASS CONFERENCE JANUARY 8 – 10, 2019

Location: La Vista Conference Center, 12520 Westport Pkwy, La Vista, NE 68128

402-472-5351 • https://nebraskaturfgrass.com/conference

GREAT PLAINS GROWERS CONFERENCE JANUARY 10 – 12, 2019

A CONFERENCE FOR BEGINNING & SEASONED GROWERS

Hosted by University Extension from Mo., Kan., Neb. and Iowa

Location: Missouri Western State University, 4525 Down Dr., St. Joseph, Mo.

The conference will focus on a wide range of topics for both fruit and/or vegetable growers.
- Jan. 10 workshops - Food safety, hops potential, honey bees & beekeeping, selling local foods, cover crops and soil health.
- Jan. 11-12 general tracks – Tree/small fruit, conventional & organic production, vegetable IPM, biological control, national extension, technology and 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.

New location: Holthus Convention Center, York, Neb. 816-279-1691 • www.greatplainsgrowersconference.org

NEBRASKA GREAT PLAINS CONFERENCE JANUARY 23 – 24, 2019

NEBRASKA ARBORISTS ASSOCIATION AND NEBRASKA NURSERY & LANDSCAPE ASSOCIATION

New location: Holthus Convention Center, York, Neb.

www.nearbark.org • www.nnla.org
If you have a strong interest in growing and enjoying other plants, you are invited to become a Nebraska Extension Master Gardener volunteer. This program will increase your knowledge and understanding of horticultural topics such as:

- Best cultural practices for growing flowers, vegetables and turf.
- Plant disease and insect pest identification.
- Control methods.
- Much more.

Instructors areExtension specialists, educators, associates and horticulture professionals. To become a Master Gardener volunteer, you must attend all training sessions, pass an examination and volunteer for Extension educational programming. Volunteer opportunities include answering gardening questions from the public, teaching 4-H youth gardening, assisting at the county or state fair, and assisting community garden participants, among many others.

Training class size is limited. Those participating in the 2019 training class must pay a $190 materials fee. There are two options for Master Gardener Training in Lincoln:

- Nebraska Extension in Lancaster County Master Gardener 2019 training program will begin in February. Training hours are 9 a.m. - 4 p.m.
- The training sessions will be held at the Lancaster Extension Education Center, 444 Cherrycreek Road. Application deadline is Jan. 18. For additional information, call Mary Jane Frogge at 402-443-7180. Apply online at, http://lancaster.unl.edu/fort/orientalk.html

There are simple, non-toxic and cost-effective tools that can be purchased to monitor the presence of pests in your home. If something is caught, it should be identified to determine whether it is of concern and whether control measures are required. It is important to understand that while these monitors may catch pests in your home, they may not be enough to control or eliminate them completely.

Protection your home

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Trapping

Sticky traps, glue traps or glue boards are inexpensive, disposable, non-toxic cardboard or plastic traps with special glue on one side to capture pests.

Sticky traps, glue traps or glue boards will be held at the Lancaster Extension Education Center, 444 Cherrycreek Road. Application deadline is Jan. 18. For additional information, call Mary Jane Frogge at 402-443-7180. Apply online at, http://lancaster.unl.edu/fort/orientalk.html

Illustration of an insect monitor

These can be purchased at local hardware and grocery stores and may be labeled for insects, spiders and/or rodents, but a variety of crawling pests are likely to get caught on these traps if pests are present.

Some sticky traps are designed to attract and catch a specific type of insects, either crawling or flying. These may have special instructions for trap placement within the home and be able of a certain shape or color. An example of this are the yellow sticky traps placed close to the soil of indoor potted plants to catch sap-feeding insects such as fungus gnats and whiteflies.

Other traps, like those used to catch pantry moths (i.e. Indianmeal moth), contain a pheromone, which is a specific-species specific chemical compound that lures male moths to the trap while they search for a female.

Both of these examples will catch flying pests in their adult stages, but it is important to locate the source of the infestation, where eggs and immature stages develop, and break the life cycle in order to provide long-term management.

Monitoring

Cardboard sticky traps are useful as monitors because they are easy to use and much information can be gained from the trap catches. Placement of sticky traps will depend on the indoor environment and layout of the residence.

It is best to place monitors where they are likely to catch pests such as under sinks, dark corners of the room, beneath storage shelves, along walls, next to windows and exterior doors. Do not place them where they will get wet and destroyed, stuck to people or pets or where it is too difficult to reach.

Check traps each month and make note of what critters you are catching, when you are catching them and where they are numerous. For example, heavy catches of ground beetles on sticky traps next to doors indicate the need for weather stripping to close the threshold under the door.

Action

Some common insects and arthropods found on sticky traps include spiders, beetles, millipedes, centipedes, crickets, pill bugs, springtails, small flies, ants and cockroaches. Some of them

- especially in low numbers — may not be considered pests and will not require control, and others may be a symptom of a larger problem like a plumbing issue or structural deficiency.

An integrated approach to pest management is always recommended, where multiple methods used to manage pests below acceptable levels. IPM (Integrated Pest Management) should include the following:

- Proper identification of the pest.
- Sanitation to reduce food, water and pest harborage.
- Exclusion techniques to block entryways that allow pests to get into buildings.
- Reduction of conducive conditions that allow pests to thrive indoors (i.e. dense vegetation, high humidity, condensation).
- judicious use of chemical applications which are toxic to pests, yet low-risk for people, pets and the environment.
- The solution to each situation will vary and depend on the type of pest, size of the pest population, type of damage and needs of the individual family or client. Keep track of what works and what does not, and continue to monitor so you know when to practice your IPM skills.

Suzanne R. LaFlamme

PBS and public media specialist, Nebraska University

Sticky situation: Using glue boards to monitor pests

Jody Green, PhD

Extension Educator, Lancaster Co.

Now that it is winter, some may think the critters that bugged us through the spring, summer and fall are gone due to the cold weather. Unfortunately for homeowners and apartment residents, many insects and other arthropods remain quite active indoors during this time, where they become unwelcome house guests.

Protecting your home

There are simple, non-toxic and cost-effective tools that can be purchased to monitor the presence of pests in your home. If something is caught, it should be identified to determine whether it is of concern and whether control measures are required. It is important to understand that while these monitors may catch pests in your home, they may not be enough to control or eliminate them completely.

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Meet 2018–2019 4-H Council

Lancaster County 4-H Council, comprised of adult and youth volunteers, is responsible for determining long- and short-term goals and policy for Lancaster County 4-H Council also raises funds by operating a food booth at the Lancaster County Super Fair. These funds help support 4-H programs, activities and scholarships. Extension Educator Tracy Anderson is the staff liaison. Here is this year’s 4-H Council.

Officers: Jodi Freeman (President and ex officio Extension Board representative), Ellie Babcock (Vice-President), Cathy Babcock (Treasurer) and Madi Hall (Secretary).


Corrections to 4-H top results

The Super Fair 4-H/FFA Top Animal Exhibits in the September Aksarben results should have listed Jaisah Huber as Rabbit Best 4 Class.

Aksarben 4-H livestock results

The 91st annual Aksarben 4-H Stock Show was held Sept. 27–30 at Fonner Park in Grand Island. Below are the Lancaster County 4-H livestock purple ribbon winners. Complete Aksarben results are at www.akentry.com/akentry/results.

State 4-H Horse Stampede entries due March 1

The annual 4-H Horse Stampede will be held Saturday, March 30 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 and Photography Contest. Open to 4-Hers 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. 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 have DNA sampled 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 noon at the Lancaster Extension Education Center, 444 Cherry Creek Road. 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 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 begin learning 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 Cherry Creek Road. 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.

4-H Companion Animal Challenge

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 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.

2019 4-H Calendar

January
1 Horse Incentive Program Begins
4 4-H Council Meeting ........................................ 6 p.m.
10 Teen Council Meeting .................................. 3 p.m.
15 Deadline for Nebraska 4-H Foundation Scholarships
24 to 26 4th & 5th Grade Horsemanship Level Tests
February 2 8 p.m.–8 a.m.
29 Market Beef Weigh-In, Lancaster Event Center – Pav. 1 ....... 6–7 p.m.
February FEBRUARY IS NEBRASKA 4-H MONTH
2 Crocheting Workshop ........................................ 9 a.m.
4 4-H Council Meeting ........................................ 6 p.m.
6 Pillow Party ................................................... 6:30 p.m.
10 Teen Council Meeting .................................. 3 p.m.
12 Achievement Celebration ............................... 6:30 p.m.
March
Lancaster County Deadline for Horse Stampede Entries
Lancaster County Deadline for Companion Animal Challenge Entries
Preference Given to 4-H Council Camp Scholarship Applications Submitted to Extension by this Date
Deadline for Governor’s Agricultural Excellence Awards ($500)
Jammie Jamboree Sewing Workshop ........................... 9 a.m.
4-H Council Meeting ........................................ 6 p.m.
Furniture Painting Workshop ................................ 9 a.m.
10 Teen Council Meeting .................................. 3 p.m.
12 Achievement Celebration ............................... 6:30 p.m.
15 All 4-H/FFA Market Beef Id’s/DNA Due
14 Teen Council Meeting .................................. 3 p.m.
21 Horsemanship Level Testing, Lancaster Event Center – Pav. 1 .............................. 6–7 p.m.
23 Horsemanship Level Testing, Lancaster Event Center – Pav. 4 ..................... 6–7 p.m.
27 Spring Rabbit Show, Lancaster Event Center – Exhibit Hall ................... 9 a.m.
April
2 4 Ag Literacy Festival (for 4th Grade), Lancaster Event Center
4 4-H Council Meeting ........................................ 6 p.m.
9 Horsemanship Level Testing, Lancaster Event Center – Pav 4, Amy Countryman Area .......................... 9 a.m.
10 Kiwanis Carnival, Elliott School, 225 S. 25 Street ........................................ 5:30–7:30 p.m.
12 Teen Council Meeting .................................. 9 a.m.
14 All 4-H/FFA Market Beef Id’s/DNA Due ................................................................. 5:30 p.m.
16 Horsemanship Level Testing, Lancaster Event Center – Pav 4, Amy Countryman Area .......................... 9 a.m.
27 Spring Rabbit Show, Lancaster Event Center – Exhibit Hall ................... 9 a.m.
May
5 Spring Fling Horse Dressage Schooling Show & Clinic, Lancaster Event Center – Pav 4, Amy Countryman Area .......................... 5:30 p.m.
7 Horsemanship Level Testing, Lancaster Event Center – Pav 4, Amy Countryman Area .......................... 6 p.m.
10 Teen Council Meeting .................................. 6 p.m.
14 Horse Show and/or District Horse Show, (show day) .................. 6–7 p.m.
14 Leader Trainings ........................................... 9 a.m. & 6:30 p.m.
21 Horsemanship Level Testing, Lancaster Event Center – Pav 4, Amy Countryman Area .......................... 9 a.m.
30 Youth for the Quality Care of Animals (Quality Assurance) Face-to- Face Training for Livestock Animal Exhibitors .......................... 6–7 p.m.
June
1 Super Fair Horse ID’s Due to Extension
3 Pre-District Shows Presided by 4-H Horse VIPS, Lancaster Event Center – Pav. 3 .............................. 6:30 p.m.
4 County Life Challenge Contest .......................... 8:30 a.m.
7 4-H Council Meeting ........................................ 6 p.m.
10 Nebraska State Fair Horse Judging Contest .......................... 10 a.m.
10 Plant Science Contests: Horticulture/Tree ID/Grass-Weed ID ......................................................... 10 a.m.–1:30 p.m.
14 Youth for the Quality Care of Animals (Quality Assurance) Face-to-Face Training for Livestock Animals .......................... 6–7 p.m.
18 Rabbit Tattoing & Fair-Prep Clinic .......................... 9–11 a.m.
20 Bicycle Safety Contest .................................. 9 a.m.
14–15 Horse District Shows, Bloomfield, Ebellton, Ord, Ogallala, McCook .......................... 6 p.m.
15 Deadline to Call New 4-H Members/Volunteers and to Select Project Area(s) Planning to Enter at Super Fair — Must Use “4-H Online” at https://nebr.fairmanager.com
15 Deadline for Sheep/Goats/Swine/Breeding/Beech/Covered Dairy Cattle/Llamas & Alpacas/Rabbits Identification
15 Deadline to Certify Livestock Animal Exhibitors to Complete Requirements for Youth for Quality Care of Animals
17 Babysitter’s Training for 5th-7th Graders .......................... 8:30 a.m.–4:30 p.m.
17–18 Premiere Animal Science Events (PASE)/State Life Challenge, UNL East Campus
22 4-H Council Camp Scholarship Applications Accepted Through This Date
June 18–July 1 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.
25 Horsemanship Level Testing, Lancaster Event Center – Pav. 4, Amy Countryman Area .................................. 5:30 p.m.
25–28 Clover College

July
1 Deadline for All 4-H/FFA Super Fair Animal Online Entries
6 Livestock Booster Club Scholarship Deadline
9 4-H Council Meeting ........................................ 6 p.m.
13 Teen Council Meeting .................................. 6 p.m.
14–18 State 4-H Horse Show, Fanner Park, Grand Island
19 Horse Incentive Program ................................. 6:30 a.m.–8 p.m.
23 Fashion Show Judging Day ............................. 8 a.m.
26 Horse Incentive Program Forms Due to Extension
30 4-H & FFA Static Exhibit Check-In for Lancaster County Super Fair, Lancaster Event Center – Lincoln Room .......................... 4–8 p.m.
31 4-H Council Camp Scholarship Applications Accepted Through This Date
August
1–4 Lancaster County Super Fair, Lancaster Event Center
3 Horse Judging Contest, Lancaster Event Center – Pav. 3, TBA
10 Deadline for 4-H/FFA Super Fair Animal Entries — Must Enter Online at http://nebr.fairwire.com
Aug. 23 – Sept. 2 Nebraska State Fair, Fanner Park, Grand Island
September
1 4-H Council Meeting ........................................ 6 p.m.
3 Teen Council Meeting .................................. 3 p.m.
3 4-H Council’s Alumni Scholarship Deadline
October
1 4-H Council Meeting ........................................ 6 p.m.
3 Horse Average Night .................................... 6:30 p.m.
6–12 National 4-H Week
6–12 4-H Information Night ................................. 6 p.m.
13 Teen Council Meeting .................................. 6 p.m.
14–15 Horsemanship Level Testing, Lancaster Event Center – Pav 4, Amy Countryman Area .......................... 9 a.m.
24 Leader Trainings ........................................... 9 a.m. & 6:30 p.m.
November
4 4-H Council Meeting ........................................ 6 p.m.
9 Basket Making Workshop ................................ 9 a.m.
10 Teen Council Meeting .................................. 3 p.m.
December
8 Teen Council Meeting .................................. 3 p.m.
All Award and Scholarship Applications Due to Extension
**EXTENSION NEWS**

**MyPI receives ServeNebraska’s Disaster Volunteer Award**

ServeNebraska, the Nebraska Volunteer Service Commission, collaborates and supports community involvement by Nebraskans that address the needs of our communities. ServeNebraska’s annual step Forward Awards recognize outstanding volunteers for their time and service. Nine categories celebrate volunteers throughout the state. The 2018 step Forward Awards presentation was held in October. The Lancaster County My Youth Preparedness Initiative (MyPI) instructors were the winner in the disaster volunteer category.

Lancaster County was one of the counties piloting Nebraska Extension’s MyPI. Nebraska Extension partnered with the 155th Composite Squadron Civil Air Patrol, which provided the instructors. Instructors were Soni Cochran (of Nebraska Extension in Lancaster County), Joy Mace, Wilma Gerena, Leo Larkin and Bruce Marxsen (awarded posthumously).

**Outgoing Extension Board member**

The December Lancaster County Extension Board meeting marked the final meeting for outgoing board member Jim Bauman. Jim has served on the Board since 2013, holding offices of vice president and president throughout his entire tenure.

Lancaster County Extension thanks Jim for his 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.

Jim Bauman and Extension Unit Leader Karen Wobig

**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 Cherry Creek Road (unless location otherwise noted). For additional information or to sign up, contact Joci Fogle at fogle2@unl.edu or 402-441-1780.

Some registration forms are at http://lancaster.unl.edu/family.

**Emergency Preparedness for Child Care Providers** – Thursdays, Jan. 10 and Jan. 17, 6:30–9:30 p.m. Cost is $10. Must attend both sessions. Register online at http://ecrecords.education.ne.gov/Training./172623.

**CHIME (Cultivating Healthy Intentional Mindful Educators) Program** – Thursdays, Jan. 24 and Feb. 7, 6–7 p.m. Lancaster Event Center – Pav. 1. Cost is $25. Register online at http://lancaster.unl.edu/ewf.

**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@Lnco.ne.gov by Feb. 25. Register at http://lancaster.unl.edu/ewf.

**Staff earn statewide Extension awards**

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

- **Excellence in Extension Team** award in the area of “innovation” was presented to the Hail Know team which included Extension Educator Tyler Williams. The project team of 12 educators and specialists received $41,000 from USDA National Institute of Food and Agriculture to develop Extension resources to help crop producers and agricultural stakeholders prepare for and respond to hail. The project team identified resource gaps and developed a hail resource package consisting of a new website (cropwatch.unl.edu/hail-know), an infographic series and a video series. Focus was on hail events, crop damage assessment, crop insurance, replanting, managing a recovering crop and cover crops.

- **Excellence in Extension Team** award in the area of “exceptional teaching and learning” was presented to the Healthy Habits team which included Extension Educators Kayla Colgrove and Emily Gratopp.

- **Epsilon Sigma Phi’s Early-Career** service award for the Nebraska chapter was presented to Extension Educator Tyler Williams. Epsilon Sigma Phi is a national Extension professionals’ organization. The award pays tribute to a new Extension professional who has exhibited the potential for leadership and excellence in Extension program planning, delivery, evaluation and/or administration during the first 10 years of their career. Tyler has served Lancaster and Gosper Counties for six years. Tyler’s overall focus is on enhancing cropping system resiliency to climate variability, helping producers manage climate-related weather variability, and assessing the impacts of climate change.

- **Cochran earns MyPI National award**

At Nebraska Extension’s annual conference in November, the Bruce Marxsen Memorial Excellence in Instruction Award was presented to Extension Associate Soni Cochran. This was the 1st annual national award presented by My Youth Preparedness Initiative (MyPI) National for unwavering dedication and superior instruction while achieving the mission of MyPI. Each year, one MyPI instructor is chosen from all MyPI instructors nationwide. Bruce Marxsen was a Lancaster County MyPI instructor who passed away this year. Soni is the Lancaster County MyPI coordinator and one of the instructors for the program.

- **Backyard Farmer team earns IANR award**

University of Nebraska-Lincoln’s Institute of Agriculture and Natural Resources honored several faculty and staff at awards luncheon in November. Two Nebraska Extension in Lancaster County staff members were part of a team receiving the IANR award.

The Omvedt Innovation Award for Team was awarded to Nebraska Extension’s Backyard Farmer Team. The award recognizes areas of strength and promise within the Institute, as well as innovation in teaching, research, extension and teamwork. The team includes Extension Educators Sarah Brown, Sarah Broun, and Jody Green. Backyard Farmer is the longest-running, non-syndicated education television show on air, with an astounding 55 years of providing entertaining, science-based answers to viewer questions. Going beyond the reach of traditional television, Backyard Farmer’s use of multiple social media platforms has expanded its reach nationally.