

High-Quality Early Child Care Is Important to Children and Communities

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Early Care Matters to Children

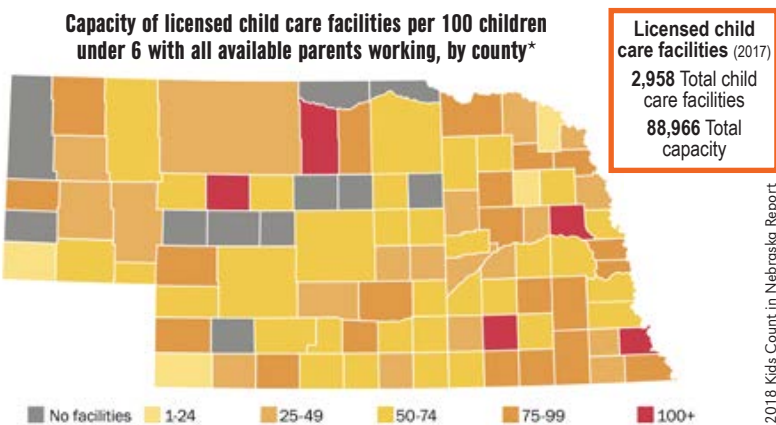
The first 1,000 days of a child's life have a profound impact on their brain development. Research shows 90% of brain development occurs before age 5. Early relationships, environments and experiences affect all aspects of a child's development.

In Nebraska, 77.3% of children ages 0–18 have all available parents in the workforce and 75% of children ages 0–6 have all available parents in the workforce. Without a doubt, Nebraskans are hard workers — but they are also family oriented.

This high percentage of parents in the workforce confirms that young children require some form of non-parental early child care. A high-quality early-child care workforce is vital to care for our youngest population while their parents are working.

A Smart Investment in Nebraska's Future

The 2018 Kids Count in Nebraska Report states that well-educated children are more likely to become successful adults. Access to high-quality early childhood and pre-kindergarten programs



* Does not include School-Age-Only Child Care Centers.
Source: "Early Childhood Capacity by County," DHHS (Report run Oct. 5, 2018), U.S. Census Bureau, 2016 American Community Survey 5-year Estimates, Table B23008.

In Lancaster County, as in most of Nebraska, there are more children needing child care than there are licensed facilities.

provide an important foundation for children as they move through their school years and into adulthood. Well-educated children grow up to have better job satisfaction, earn higher income, lower divorce rates and lower crime rates. By ensuring that all children have access to high-quality educational opportunities, we are investing in the future of Nebraska.

The cost of child care continues to rise and that cost averages more than \$12,000¹ per year, per child. In Nebraska, nearly 80% of children ages 0–5 are in some form of paid child care. In 2016, there were 132,809 children under age 5 living in Nebraska. A total of 20,277 of these children lived in Lancaster County.

The Heckman Equation has found nationally the annual return on investment for each dollar spent on high-quality preschool programs for children living in poverty is 7–10%. Investment returns increase to 13% annually when early

childhood programs span birth through age 5.

Nebraska has 2,985 licensed child care facilities and 337 of those are currently participating in Step Up To Quality, which is Nebraska's quality rating and improvement scale. Child care centers can participate in Step Up To Quality at no cost. Participation gives licensed child care providers (homes and centers) access to coaching and resources to support them as they work to take the quality of their program to the next level. Step 5 is the highest rating.

Creating equal opportunities for all children to learn and grow in their early years — regardless of race, gender or socioeconomic background — is vital to a community's prosperity. Access to high-quality early childhood experiences enables children to be kindergarten-ready and to develop into successful community citizens.

1. Child Care Aware, Child Care in America: 2017 Fact Sheets

FOR MORE INFORMATION
Nebraska Extension has information about choosing quality child care at <https://child.unl.edu/quality-child-care>.

See related article
LINCOLN LITTLES on page 5

“The most important people in a child's life are the child's parents and teachers. That means parents and teachers are the most important people in the world.”

—Fred Rodgers

Taking part is your civic duty.

After each census, state officials use the results to redraw the boundaries of their congressional and state legislative districts, adapting to population shifts.



2020 Census

Census results affect your voice in government, how much funding your community receives and how your community plans for the future. In 2020, for the first time ever, the U.S. Census Bureau will accept responses online, but you can still respond by phone or mail if you prefer. Multiple languages are available.

Confidential and Secure

By law, your information is confidential! No law enforcement agency (not the DHS, ICE, FBI or CIA) can access or use your personal information at any time.

4 Ways to Respond

- Secure internet:** New and quick, respond online at <http://2020census.gov> starting March 23. It's user-friendly — offering you help screens and the ability to review your answers.
- Respond by phone:** Number will be listed on invitation.
- Respond by mail:** If you haven't responded online by early April, a paper questionnaire will be mailed to you.
- In-person interview:** If you have not responded by May, a census worker will follow up in person.

Timeline

When you respond to the census, use the address where you live as of April 1, 2020.

On or between:	You'll receive in the mail:
March 12–20	An invitation to respond online (some households will also receive paper questionnaires).
March 16–24	A reminder letter.
If you haven't responded yet:	
March 26–April 3	A reminder postcard.
April 8–16	A reminder letter and paper questionnaire.
April 20–27	A final reminder postcard before census workers follow up in person.

For more information:
2020CENSUS.GOV

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NEBLINE

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NEBLINE

FOOD & HEALTH

February 2020 • Page 2

Sweet Ideas Without Added Sugar

Natalie Sehi, MS, RD
Extension Educator, UNL Dept. of Nutrition & Health Sciences

It seems like most holidays focus on food, and usually include something sweet like candy or chocolate. Don’t get me wrong, I love a yummy piece of dark chocolate! If you’re looking to make this Valentine’s Day a little healthier for you and your family, consider starting the day with a fruit-filled smoothie (see the recipe below) or a parfait. I love smoothies and parfaits because you don’t need to follow

a recipe. Choose your family’s favorite fruits and yogurt, place in a blender with a little milk or 100% juice and blend to a desired consistency for a smoothie. For a parfait, layer fruit and yogurt, then top with granola or nuts.

Fruit is a quick, easy and healthy Valentine’s treat. While looking for ideas for my children, I came across two cute ideas using Clementines/cuties and applesauce. The messages read, “Happy Valentine’s Day Cutie” & “You’re AWESOMEsauce Valentine.” Be creative and think outside the box.

Visit with your children

about healthier alternatives and let them help you pick them out at the store. Check out the “Non-food Valentine Ideas” below for ideas for daycare or school.

Non-Food Valentine Ideas

- Friendship bracelets
- Toy cars
- Bubbles
- Sidewalk chalk
- Balloons
- Glow sticks
- Bouncy balls
- Pencils
- Erasers

Berry Fun

Cami Wells, MS, RD
Extension Educator, Hall County

Berries are so colorful and tasty most kids don’t need any extra incentive to gobble them up. However, there are so many fun things you can do with berries that can turn an ordinary snack into something extra-special! Here are a few simple ideas you can make with basically the same foods!

BERRY BUTTERFLY
Blueberries and raspberries*
Low-fat cream cheese
1/2 of a whole-wheat mini bagel

Spread cream cheese on bagel. Cut in half. Have your child decorate with berries!



Photos: Cami Wells, Nebraska Extension in Hall County

BERRY FUNNY FACE
Blueberries and raspberries*
1 grape*
Low-fat cream cheese
1/2 of a whole-wheat mini bagel

Spread cream cheese on bagel. Decorate with berries for eyes and mouth and a grape for the nose!



BERRIES AND BUNNIES
Blueberries and raspberries*
Bunny or other animal crackers

Place berries in a small bowl. Top with fun animal crackers. You might even top it off with a spoonful of vanilla yogurt or pudding.



BERRY PRETTY FLOWER
Blueberries and raspberries
Low-fat cream cheese
1/2 of a whole-wheat mini bagel

Spread cream cheese on bagel. Have your child decorate with berries!



**Cut berries and grapes in half to reduce choking hazard for young children.*



RECIPES OF THE MONTH

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

Smoothies and snack mixes are great healthy snack options since they usually include at least two food groups. Enjoy these Valentine’s Day-inspired recipes from my colleagues, Natalie Sehi and Cami Wells.

A SMOOTHIE FOR YOUR SWEETHEART

(Yield: 1 serving)

1/4 cup low fat yogurt (vanilla or strawberry)
1/2 cup frozen strawberries
1/2 frozen banana
1/3 cup fat-free milk

1. Wash hands with soap and water.
2. Combine all ingredients in a blender.
3. Blend until smooth. Enjoy!

Nutrition Information: Calories 167 Total Fat 1.8g Sodium 81mg Total Carbohydrates 33g Fiber 3.1g



Natalie Sehi, UNL Department of Nutrition & Health Sciences

VALENTINE’S DAY SNACK MIX

(Yield: 11 servings)

2 cups pretzels
2 cups heart-shaped cereal
1 cup freeze-dried strawberries
1/2 cup chocolate chips

1. Wash hands with soap and water. Stir together all ingredients.
2. Store in an airtight container.

Nutrition Information: Serving Size (1/2 cup): Calories 118 Total Fat 4g Sodium 132mg Total Carbohydrates 21g Fiber 2g



Cami Wells, Nebraska Extension in Hall County

Pesticide Applicator Trainings

If you have a pesticide applicator license expiring April 2020 — 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 <https://go.unl.edu/pestedcom> 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 at 8:30 a.m. on:
- Tuesday, Feb. 4 (Initial)
 - Thursday, Feb. 6 (Recertification)
 - Thursday, Feb. 20 (Recertification)
 - Thursday, Feb. 27 (Initial)
 - Tuesday, Mar. 17 (Initial)
 - Thursday, Mar. 26 (Recertification)
 - Thursday, April 9 (Initial)

Cost is \$80 per online preregistration or \$90 per mail, fax and at-the-door registration. 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 <https://go.unl.edu/pestedcom> (click on “Purchase 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 402-471-6852 for statewide dates, times and locations. Free.

Testing sessions at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln will be held Thursdays, April 16 & 30, May 14 & 28, June 11 & 25, July 9 & 23, Aug. 6 & 20, Sept. 10, Oct. 8 & 29, Nov. 19 and Dec. 10. Exams must start between 9 a.m. and 2 p.m.

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 https://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 for commercial applicators) — These were held in January.

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 four ways to recertify or get a new license.

Traditional training classes — visit <https://go.unl.edu/2020pat> 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. 25 at 9 a.m. and at 1 p.m.
- Monday, March 9 at 6 p.m.
- Tuesday, March 10 at 9 a.m., followed by optional dicamba applicator training at 12 p.m.

Crop Production Clinics (initial and recertification for private applicators) — 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% online, self-paced training with 10 modules. There are questions within the modules and a score of 100% is needed to proceed to the next module. Cost is \$75.

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

Growing Nut Trees Seminar, Feb. 20

Nebraska Nut Growers Association (NeNGA) and Heartland Nuts ’N More co-op are sponsoring a seminar, Growing Great Nut Trees for Future Generations, a great opportunity to learn how to plan, grow, harvest and market high-quality nuts. This seminar will be Thursday, Feb. 20, 7–9 p.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln. There is no cost to attend. Door prizes will include several seedling nut tree varieties and nut seeds.

Growing nut trees can be a great family activity now and for the future. Everyone has different expectations and goals when growing nut trees. This seminar will introduce most aspects of what it takes to accomplish your goals and expectations. Heartland Nuts ’N More will also present the processing and marketing of the nuts. You will also have an opportunity to meet with local professional growers of several

trees to large orchards. Some of us remember in our younger days when our parents or grandparents had us gather nuts from one of their nut trees. Then, usually rudimentary forms of cleaning/cracking were used. The nuts were then used for special pies, cookies and confections for the holidays and special events. Now, one can grow and harvest higher-quality nuts and use new techniques to make the process fun and rewarding. The using of grafting techniques that NeNGA can teach you will yield higher-quality nuts and shorten the time to production.

FOR MORE INFORMATION

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



THURSDAY, MARCH 5
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:
- Newer Herbicide Products for Lawn Weed Control
 - Problematic Landscape Soils
 - Good Pruning Techniques
- ID & Management of Common Diseases of Woody Plants

ISA and NAA CEU credits available

REGISTER BY FEB. 28
Cost \$45/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 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: _____ x \$45 each = 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

Landlord/Tenant Cash Rent Workshop, Feb. 3

Nebraska Extension in Lancaster County is hosting a Landlord/Tenant Cash Rent workshop on Monday, Feb. 3, 10:30 a.m.–2 p.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln. Check-in starts at 10:15 a.m. No cost to attend and lunch is provided free. Register by Jan. 31 by calling 402-441-7180 to ensure meal count.

Learn about:

- Agricultural finance and the real estate market.
 - Current trends in ag finance across Nebraska.
 - Negotiation skills for effectively managing land leases.
 - Current considerations on lease provisions.
 - Strategic farmland succession and communications.
- “Landlords and tenants often struggle with land management questions,” said Allan Vyhnalesk,

Extension Educator and workshop presenter. “Both are concerned with fair treatment, but it can be difficult to keep up with the current trends. Our workshop will provide participants with up-to-date information so they can be confident about their lease arrangements.”

For more information about the workshop, call Allan Vyhnalesk at 402-472-1771.

Southeast Nebraska Soil Health Conference, March 3

Nebraska Extension’s annual Southeast Nebraska Soil Health Conference will be held on Tuesday, March 3 from 9 a.m. until 3:30 p.m. at the Hickman Community Center, 115 Locust St., Hickman. This year’s focus will be: “Feeding the Underground and Above Ground Livestock.” This conference is for producers or landowners who have an interest in soil health, grazing cover crops

- or no-till farming practices. Speakers will include:
- Dwayne Beck, South Dakota State University
 - Paul Jasa, UNL Extension Engineer
 - Ray Ward, Ward Laboratories
 - Gary Lesoing, UNL Extension Educator
 - Mary Drewnoski, UNL Extension Ruminant Nutritionist
 - Farmer Panel

There is no cost to attend the conference and lunch will be provided, thanks to our sponsors. Please pre-register by Friday, Feb. 28 by going to <https://lancaster.unl.edu/ag> or by calling the Extension office at 402-441-7180.

If you would like to set up a booth or display (cost \$100) or be a program sponsor, contact Randy Pryor at 402-450-6058.

Backyard Bird Feeding Tips

Soni Cochran
Extension Associate, Lancaster County

Do you enjoy feeding birds? I sure do, and my favorite seed mixes include black-oil sunflower seeds and shelled nuts like peanuts. This mix results in very little waste from uneaten seed and fewer problems with nuisance birds like starlings and English house sparrows.



A recommended bird seed mixture consists of 50% black-oil sunflower seeds, 25% millet and 25% cracked corn.

One of the mixes recommended by specialists consists of 50% black-oil sunflower seed, 25% cracked corn and 25% white millet. Cardinals and doves will also eat safflower seed. Niger thistle seed is very attractive to finches and other small birds, but you'll need to use a special tube-shaped feeder. Small "sock feeders" filled with thistle seed are also commercially available and easy to hang. Avoid inexpensive bird seed mixes. Many of these are loaded with filler seeds like milo (sorghum). Instead of saving money, seed is wasted as birds search through the filler seed looking for seeds they prefer. Read the label on commercial bird seed packages to learn what seeds are included in the mix. Another attractive food for birds is

suet. Suet is a nutritious food for woodpeckers, flickers, nuthatches, chickadees, brown creepers and more. What is suet? Suet is a solidified mixture of fats harvested from beef animals or sheep. If you would like to make your own suet for birds, check with your local butcher or grocery meat counter for suet. You can also purchase commercial no-melt suet

preparations that can be used throughout the year. Find no-melt suet blocks where bird seed is sold.

FOR MORE INFORMATION
Nebraska Extension in Lancaster County has information about attracting and feeding birds at <https://go.unl.edu/attracting-birds>

MAKE YOUR OWN SUET CAKES

- 3 cups melted suet* (available at your meat counter or butcher shop)
- 3 cups yellow cornmeal
- 1 cup chunky-style peanut butter

**Can you use lard instead of suet? Lard is fat from pigs and can be used or added to suet. Lard does melt quicker on warmer days so use caution around pets.*

Melt suet in a pan and add the cornmeal and peanut butter. You can add bird seeds, raisins, rolled oats, unsalted nutmeats, dehydrated egg, apple bits, brown sugar, honey or syrup. Add or subtract ingredients depending on what you have handy, but avoid anything with rich seasonings. Pour the suet mixture into cupcake papers in a muffin tin to harden. Remove the papers, and the cakes are ready for the birds.

Tip: We stored our suet cakes in a large plastic bag in the freezer until we were ready to use them. When we made the suet logs, we just pressed pieces of the suet cakes into the logs to refill them for the birds. Hang all suet for birds out of the reach of pets.



Positive Change on Environmental Issues

Willa DiCostanzo
City of Lincoln Waste Diversion Coordinator

Global environmental issues such as single-use plastics, the giant garbage patch floating in the ocean and what happens to the materials consumers have recycled, have caught the attention of journalists, photographers and citizens over the last few years. These environmental concerns can seem larger than one person can tackle, leaving society feeling a bit hopeless with no clear solution on the horizon. But, hope does exist.

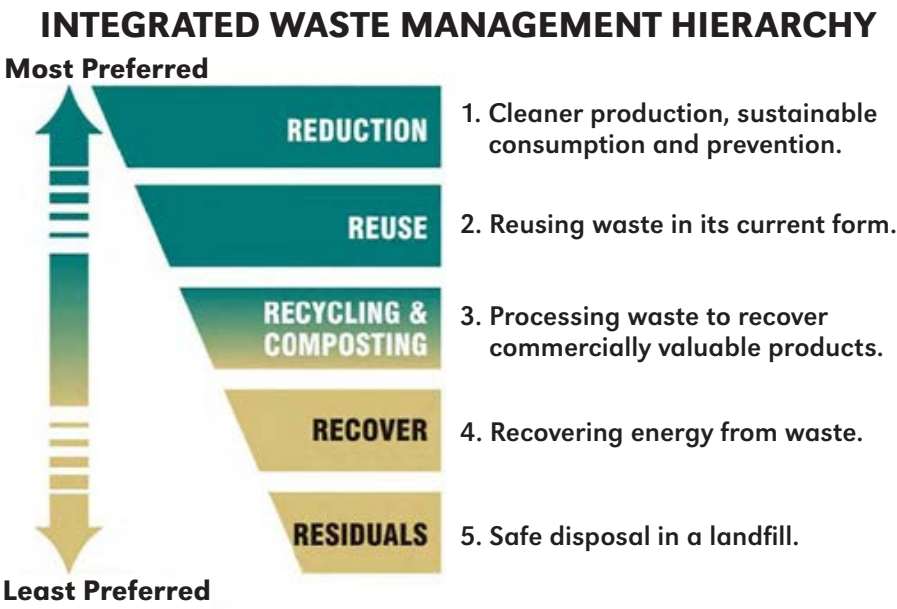
The story of resiliency exists throughout history. For example, during WWII conservation through Reducing, Reusing and Recycling was an "all-in" effort from Americans across our great nation to support the troops. These efforts included reducing national food demand by growing a Victory Garden, reusing what you purchase and repairing the items that may be broken through mending and fixing instead of buying new. Recycling was also in high demand for everything from animal fat (for the glycerin for bombs) to rubber tires and steel cans. In order to get through the war, conservation through the "all in" attitude was a necessity and Americans did all they could to help.

Across the world today, citizens are creating new technological advancements to help solve environmental challenges while using the principles of the three R's that have existed for years; reduce, reuse and recycle.

Locally, citizens in Lincoln and Lancaster County are doing their part to make a positive change on environmental issues. The office of Solid Waste Management at the City of Lincoln receives phone calls from community members sharing how they reduce waste through using reusable grocery bags,

shopping at thrift stores, bringing their own silverware everywhere you go and more. Citizens also call to ensure they are

recycling right. With so many products in the stores, it can be confusing on what can be



recycled, versus what an individual wishes could be recycled. If you are unsure about an item and if it can be recycled, it is better to double check instead of just placing an item in the blue bin. The more non-recyclable items in the blue bin, the more recycling contamination and that slows the entire process of getting a material recycled, recovered and made into something new.

If community members would like a tip on how to reduce, reuse or recycle, call the City of Lincoln Solid Waste Management Division's hotline at 402-441-8215 or visit our website <http://recycle.lincoln.ne.gov>. Our office can help answer questions about how to reduce and reuse and help to identify if something can be recycled or not.

As a community, we can learn from history and set this intention as we enter into this new decade to make our community and our world a cleaner, greener and more resilient place for the future.

What Do the Three Arrows of Recycling Mean?

Recycling is intended to be a closed-loop system, that is why you see three arrows represented on the recycling symbol. At the top of the loop, the collection of post-consumer recyclables occurs; the second arrow identifies that the collected recyclables are sorted, cleaned and manufactured into a new product; the last arrow is the purchase of products made with post-consumer recycled content. As a consumer, the decisions you make every day help to drive industry demand of products made from recycled content.

Paper products such as tissues, toilet paper and paper towels are great examples of items consumers can purchase to ensure they are closing the recycling loop. Local grocery and

Collection of recyclable materials



Purchase products made from recyclable materials

Manufacturing of recyclable materials

retail stores generally have a few paper products made from post-consumer recycled content. Companies are eager to place this information on the front

and on the back of the packaging using words such as 100% recycled content, 25% post-consumer waste.

In a world of fast news through social media and the internet, you can easily voice your opinion to businesses and ask them questions such as, "Why are they still using Styrofoam packaging? How is their business working to reduce their environmental impact? Why aren't they using recycled content in their packaging?" Consumer demand and purchasing power make a big impact on the system of recycling. Close the loop and purchase products made from recycled content today.

2020 Flower All-America Selections



Photos courtesy All-America Selections

**Echinacea
(Coneflower)
‘Sombrero Baja
Burgundy’
Herbaceous Perennial
Winner**

Sombrero Baja Burgundy will add a bold accent to sunny gardens with its vibrant, deep violet-red blossoms. The beautiful flower color is without equal among coneflowers and is perfect for cut flowers. After being trialed over three tough winters, the AAS Judges noted this plant’s hardiness, sturdy branching and excellent blooming habit. Birds and pollinators like this deer-resistant flower. Gardeners will enjoy prolific blooms from mid-summer until the first frost.



**Rudbeckia
‘American Gold Rush’
Herbaceous Perennial
Winner**

American Gold Rush’s bright, golden-yellow flowers with black centers and arched petals is a gorgeous addition to any garden. This compact, upright dome-shaped beauty has narrow 2-inch wide foliage bred for its resistance to Septoria leaf spot. This hybrid shows no signs of the disease even in wet, humid conditions. Blooming from July to September, with some color up until frost, this cultivar has smaller foliage and shorter height compared to other Rudbeckia varieties. Incredibly easy to grow and pollinators love it.



**Nasturtium
‘Tip Top Rose’
Flower (Annual) Winner**

Tip Top Rose is a strong, yet compact, nasturtium with unique and showy rose-colored flowers showcased above medium-green foliage. These mounded plants had more flowers than the comparison varieties in the AAS trials, producing a bigger and better garden show. Judges described the color of the flower as “a warm, bright rose.” Tip Top Rose remained healthy and uniform throughout the season, whereas other varieties struggled. Bonus: This nasturtium is great for pollinator gardens, and both the leaves and flowers are edible.

Source: All America Selections

GARDEN GUIDE

THINGS TO DO THIS MONTH

Mary Jane Frogge, Extension Associate,
Lancaster County

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

Late February is a good time to air-layer such house plants as dracaena, dieffenbachia and rubber plant, especially if they have grown too tall and leggy.

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.

Check all five growing factors if your house plants 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 four 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.

Lincoln Littles Early Childhood Education Initiative

Jaci Foged
*Extension Educator,
Lancaster County*
& Suzanne Schneider
*Early Childhood Coordinator
of Collaboration and Family
Engagement, Lincoln Office for
Early Childhood*

The cost of child care is a burden for many. Parents and caregivers are able to get some financial support from the child care subsidy program through the State of Nebraska Department of Health and Human Services or through tuition assistance from some child care providers. Often, there is still a gap between how much parents can make and still qualify for child care subsidy. In February 2019, the Lincoln Littles fund inspired by the Prosper Lincoln initiative was established to help fill this gap and help support children in getting the best start for their future. Lincoln Community Foundation grants funds to pre-qualified early-childhood programs (homes and centers) who participate in Step Up to Quality and are at a step 2 or higher. Early-childhood programs then use these funds to provide tuition assistance for families who cannot afford some or all of the tuition. The child care providers determine how many children they will serve



and what tuition assistance is needed for each child. Interested child care providers need to meet eligibility requirements. For more information, go to <https://lincolnlittles.org> or contact Michelle Paulk at 402-474-2345 or michellep@lcf.org. Parents can ask their child care provider if they participate.

Lincoln Littles is an

opportunity for the Lincoln community to give back to our youngest population. Children’s early experiences, their relationships with their parents, guardians and child care providers set them on their path for their future.

Wednesday, Feb. 12 is the second annual Lincoln Littles Giving Day. Donate any time at <https://lincolnlittles.org>.

“We are so grateful that the school granted us this scholarship opportunity because we would not be able to pay the fees. If you did not have this funding, our child would just stay at home. There would be no school for him. This is an opportunity for me to express all my gratefulness to the donors and all those who are working to offer hope to families like mine.”

—Parent

2020 LINCOLN EARLY CHILDHOOD CONFERENCE

SATURDAY, FEBRUARY

29

Registration Begins & Doors Open at 8:15 a.m.
Presentation 8:45 a.m.–3 p.m.

LANCASTER EXTENSION EDUCATION CENTER
444 Cherrycreek Road, Lincoln NE

Cost: \$25 (light breakfast and lunch provided)

For more information or questions, contact
Cara Small at cara.small@esu6.org or 402-761-3341

Register and pay online at www.esu6.org by Feb. 21.
In-service hours will be given for this conference.



Angie Wendt
**Building Resilience and
Healing from Trauma in
Early Childhood Settings**

In every early childhood setting, there is likely to be one or more children who have experienced trauma, and the teachers will not necessarily know who these children are, or the details of the trauma they have endured. The goal of this training is to raise the awareness around what trauma is and what the impact of trauma and toxic stress looks like in young children.

This conference is sponsored by the Southeast Early Learning Connection.



HEART OF 4-H VOLUNTEER AWARD

Karen Hanson

Lancaster County 4-H is proud to announce Karen Hanson of Lincoln as winner of the February "Heart of 4-H Award" in recognition of outstanding volunteer service.

She has volunteered with the 4-H rabbit program for three years, serving on the Rabbit Volunteers in Program Service (VIPS) committee and helping with events throughout the year, including the three-day 4-H rabbit show at the Lancaster County Super Fair. She often judges rabbit showmanship at the fair and spring rabbit show.

"4-H was really special to me as a youth," Karen says. "4-H helped me to come out of my shell, learn life skills and develop interests and passions that I still have today. I love helping other youth to have those same kinds of positive experiences. I'd love to see more youth get involved in the rabbit project. It's a great opportunity for kids who maybe don't live on a farm or acreage to get involved in an animal project, and rabbits are relatively inexpensive and easy to manage. The group of people who work with the 4-H rabbit project are wonderful and love to help 4-H'ers learn about these animals."

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



Meet 2019–2020 4-H Teen Council



The Lancaster 4-H Teen Council is a leadership organization for youth in grades 7–12. This year, over 30 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 2019–2020 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.

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, call Heather Odoski at 402-441-7180.

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

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

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

VOLUNTEERS: All 4-H leaders need to re-enroll. 4-H club organizational leaders are 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.

For enrollment to be complete, at least one project needs to be selected as well as choosing a club (or "Lancaster Independent").

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.

Seeking 4-H Clubs to Help Provide Booths at Kiwanis Karnival, April 17

The annual Kiwanis Karnival, a FREE family event, is sponsored by the Lincoln Center Kiwanis. This year, it will be held Friday, April 17, 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. 4-H clubs are needed to provide carnival-type booths. This is a great community service and leadership activity. For more information, call Lorene at 402-423-7541 or 402-310-3481, or email lbartos1@unl.edu. Come join the fun!

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/speech>. If you have questions, contact Kate Pulec at kpulec3@unl.edu or 402-441-7180.

PSA Contest, Due March 10

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 Tuesday, March 10. 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 2020 PSA theme is "Inspire Kids to Do."

Speech Contest, March 15, Due March 10

The 4-H Speech Contest will be held Sunday, March 15 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 Tuesday, March 10 by calling 402-441-7180 or emailing kpulec3@unl.edu with your name, speech title and age division.



HORSE BITS

Horse Judging School March 7

The UNL Animal Science Horse Extension office is offering a Horse Judging School on Saturday, March 7, 9:30 a.m.–3:30 p.m. at the Animal Science Complex on UNL East Campus. This school is for horse show judges, aspiring judges, judging team coaches and youth. There will be classroom demonstrations, as well as live classes to judge. The main classes will cover: Western Pleasure, Western Horsemanship and Speed Events. Early registration is due Feb. 29: youth \$30, adults \$40 (lunch provided). Registration at the door: youth \$40, adults \$50. For more information, contact Grace Kim at grace.kim@unl.edu. Register at <https://go.unl.edu/horjudsc>.

Level 3 & 4 Workshop, March 8

The UNL Animal Science Horse Extension office is offering a 4-H Level 3 & 4 workshop on Sunday, March 8, 9 a.m.–4 p.m. at the Animal Science Complex on UNL East Campus. It is geared to two audiences: 4-H'ers who have passed level 2 horsemanship level and adult/leaders. Topics include advanced riding maneuvers, feed charts, nutrition, first aid and much more! Register by Feb. 24 for the discounted price of \$40. Registration includes lunch, materials and access to the level 3 study guide (for youth). Registration at the door is \$50. More information is online at <https://4h.unl.edu/horse/advancement#workshops>.

State 4-H Stampede Entries Due March 6

The annual 4-H Horse Stampede will be held Saturday, March 28 at the UNL Animal Science Complex 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-H'ers ages 8–18 enrolled in the 4-H horse project. Lancaster County 4-H Council will pay the contest entry fees for Lancaster County 4-H'ers. Entry forms are due to the Extension office no later than Friday, March 6. 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.



Seeking 4-H Achievement Award Photos by Jan. 28

4-H families and club leaders are encouraged to submit photos related to 4-H award application accomplishments to kpulec3@unl.edu by Tuesday, Jan. 28. These photos may be used in the Year in Review video and multimedia presentation at Achievement Celebration. We are seeking photos for Community Service, Achievement Application, Diamond Clover, National Leadership, Outstanding 4-H Member, Meritorious Service and Clubs of Excellence awards.

New 4-H Photography Showcase!

The new 4-H Photography Showcase offers a project exhibition opportunity beyond traditional print media. 4-H'ers are invited to submit their favorite photos through the online submission form at <https://4h.unl.edu/photography-showcase>. Each month, a new photo will be selected from the submissions and will be showcased online by Nebraska 4-H, such as on the Nebraska 4-H Facebook, Twitter, and Instagram pages or on the Nebraska 4-H website. The 4-H Photography Showcase is open to enrolled 4-H members ages 8–18.

The preferred photo orientation is horizontal. Photos must be of sufficient resolution and size for digital sharing. Youth may submit one photo per month. All photos must be submitted along with a signed and completed photo release by artist form. If photos capture human subjects, adult or youth, photographers must collect and submit signed photo releases for each individual in the photograph.

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 15.

4-H Companion Animal Challenge Entries Due Feb. 28

The 4-H Companion Animal Challenge will be held on Saturday, March 28 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 Feb. 28. T-shirts may be pre-ordered for \$10. More information is at <https://4h.unl.edu/companion-animal/challenge>.

4-H Furniture Painting Workshop, Feb. 8

4-H youth ages 8 and up are invited to participate in a Furniture Painting workshop on Saturday, Feb. 8, 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, Feb. 5 by calling 402-441-7180 or emailing 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.

4-H Crocheting Workshop, Feb. 15

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. 15, 9 a.m. until about noon at the Lancaster Extension Education Center, 444 Cherrycreek Road. No cost — all supplies will be provided. Adults encouraged to attend to help youth. Must register by Monday, Feb. 10 by calling 402-441-7180 or emailing kristin.geisert@unl.edu.

4-H Bicycle Contest Superintendent and Volunteers Needed!

Lancaster County 4-H is seeking a superintendent and volunteers to assist with the 2020 Bicycle Safety Contest. In this county-only contest, 4-H'ers test their riding and safety skills, take a multiple-choice quiz and participate in a bicycle inspection. A superintendent and accompanying volunteers are needed to assist with the contest which will be held Saturday, June 6 at 9 a.m. at the Lancaster Extension Education Center. Volunteer responsibilities include managing check-in, quiz grading, judging and award distribution. To learn more, contact Morgan Hartman at mbattes@unl.edu or 402-441-7180.

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



4-H Achievement Celebration

Tuesday, Feb. 11 • 6:30 p.m.

Lancaster Extension Education Center
444 Cherrycreek Road, Lincoln

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

Part of Nebraska 4-H Month!

Light snack provided!

Theme is “4-H'ers Are Nebraska Strong”

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>. Clubs will be notified by May 15. If you have questions, contact Lindsay Shearer at 402-472-9019 or lshearer2@unl.edu.

4-H Pillow Sewing Workshop, March 7

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, March 7, 9 a.m. until about noon at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln. No registration fee. Must register by Monday, March 2 by calling 402-441-7180 or emailing kristin.geisert@unl.edu.

Bring your sewing machine, basic sewing equipment (scissors, pins, measuring tape), etc. Also bring 3/8 yard each of 2 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/FFA Market Beef Weigh-in, March 10

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, March 10, 6–7 p.m. at the Lancaster Event Center – Pavilion 2. 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/FFA Livestock Requirements for Super Fair

The 2020 Lancaster County 4-H/FFA Livestock Checklist is now available at the Extension office and online at <https://lancaster.unl.edu/4h/fair>. This 2-page handout lists deadlines and events, identification requirements for showing at Super Fair and State Fair, and information about the Youth for the Quality Care of Animals requirements.

This year, new Lancaster County Market and Breeding Identification Certificates will allow up to 11 animals of one project area (such as beef or meat goat) to be identified on one sheet. Certificates are available as a carbon copy at the Extension office. If you use the online forms at <https://lancaster.unl.edu/4h/fair>, make a copy for your records.

New this year, two Livestock Identification Help Nights will be held on Tuesdays, June 2 and 9, 6-8 p.m. at the Lancaster Extension Education Center where 4-H staff will be available to assist with paperwork, online entry and questions.

If you have any questions about the livestock projects, contact Calvin DeVries at 402-441-7180 or calvin.devries@unl.edu.

Rabbit Show, March 28

The 4-H Spring Rabbit Show will be held Saturday, March 28, 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/rabbit/RabbitShowSpring20.pdf>. For more information, call Bob at 402-525-8263 or the Extension office at 402-441-7180.

4-H Chick Days March 14

Nebraska 4-H is EGG-cited to announce the NEW Nebraska 4-H Chick Days event!

The 4-H Chick Days event will be held on Saturday, March 14 at the UNL Animal Science Complex in Lincoln. The event offers a variety of 4-H poultry and food science contests, including poultry quiz bowl, omelet cookery, speech, egg decorating and photography contests. The event is designed to encourage youth to explore what poultry and food science industries have to offer. The winning quiz bowl team receives a \$2,000 scholarship! \$50 cash prize to winners of other contests.

If you are interested in forming a Lancaster 4-H Poultry Quiz Bowl team contact Calvin DeVries at 402-441-7180 or calvin.devries@unl.edu. Learn more at <https://4h.unl.edu/chick-days>.

4-H Jammie Sewing Workshop, March 28

4-H youth ages 8 and older are invited to practice their basic sewing skills and make pajama or lounge wear pants or shorts at the “Jammie Jamboree” sewing workshop on Saturday, March 28, 9 a.m. until about 12:30 p.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln. No registration fee. Register by Wednesday, March 25 by calling 402-441-7180 or email 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/shorts ahead of class time! Adults are needed to attend to help their 4-H'ers.



EXTENSION CALENDAR

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

January

- 24 Successful Farmer Workshop Series 9–11:30 a.m.
27 Capital Biz 4-H Club Meeting, *Innovation Campus* 6:30 p.m.
31 Successful Farmer Workshop Series 9–11:30 a.m.

February FEBRUARY IS NEBRASKA 4-H MONTH

- 3 Landlord/Tenant Cash Rent Workshop 10:30 a.m.–2 p.m.
4 Commercial/Noncommercial Pesticide Applicator Initial Training 8:30 a.m.
6 Commercial/Noncommercial Pesticide Applicator Recertification Training 8:30 a.m.
6 Capital Biz 4-H Club Meeting, *The Foundry, 211 N. 14th St.* 6:30 p.m.
7 Successful Farmer Workshop Series 9–11:30 a.m.
8 4-H Furniture Painting Workshop 9 a.m.
9 4-H Teen Council Meeting 3 p.m.
11 4-H Achievement Celebration 6:30 p.m.
14 Successful Farmer Workshop Series 9–11:30 a.m.
15 4-H Crocheting Workshop 9 a.m.
17 Extension Office Closed for Presidents' Day
20 Commercial/Noncommercial Pesticide Applicator Recertification Training 8:30 a.m.
24 Capital Biz 4-H Club Meeting 6:30 p.m.
25 Private Pesticide Applicator Training 9 a.m. & 1 p.m.
27 Commercial/Noncommercial Pesticide Applicator Initial Training 8:30 a.m.
28 Lancaster County 4-H Deadline for Companion Animal Challenge Entries
29 Lincoln Early Childhood Conference 8:45 a.m.–3 p.m.

New Capital Biz 4-H Club Meetings

This special interest entrepreneurship club for youth ages 12 and up will meet monthly on Monday evenings through June and will partner with University of Nebraska's Engler Agri-Business Entrepreneurship Program. Learn what it takes to start a successful business through interactive and engaging hands-on activities, community

tours and local experts.

Spark your business passion by attending upcoming club events in Lincoln:

- Thursday, Feb. 6, 6:30 p.m. at The Foundry, 211 N. 14th St.
- Monday, Feb. 24, 6:30 p.m. at the Extension Education Center, 444 Cherrycreek Road.
- Monday, March 23, 6:30 p.m. at Southeast Community College

Entrepreneurship Center, 285 S. 68th St. Place.

This club will inspire youth wherever they are on their entrepreneurship journey and provide resources to take the next step. Contact the club leader, Tammy Sheldon at tammy.j.sheldon@gmail.com or Kristin Geisert, 402-441-7180, kristin.geisert@unl.edu to join this club.



4-H Embryology and EGG Cam Website Has Been Updated!

<http://go.unl.edu/eggcam>

Resources include incubation, candling and more!

UPCOMING DATES

Hatch date: Jan. 28–29
Chicken eggs set in incubator: Feb. 11
Hatch date: March 3–4

Earth Wellness Festival Needs Volunteers

Volunteers are needed for the 2020 Earth Wellness Festival on Tuesday, March 24 and Wednesday March 25 at Southeast Community College in Lincoln. Register by Feb. 25 at <http://lancaster.unl.edu/ewf>. For more information, call 402-441-8023 or email pwismer@lincoln.ne.gov.



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. 14, Feb. 17, March 6, March 20, April 10 and April 24. If you are interested in any health-related fields, check out our Pre-Health Red Letter Day on Feb. 24.

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.

Ellie Babcock Participated in National 4-H Congress



Nebraska delegates at the 2019 National 4-H Congress.

Lancaster County 4-H member Ellie Babcock was part of a 23-member Nebraska delegation attending National 4-H Congress last Nov. 29–Dec. 3. National 4-H Congress is a five-day educational experience held in Atlanta, Ga. and is the premiere nationwide 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. Ellie served with a group of delegates who mulched trees in Piedmont Park.

In Nebraska, youth were selected to attend National 4-H Congress based upon the achievements outlined in their 4-H Achievement Application. Ellie submitted hers in the area of Family and Consumer Science.

"National 4-H Congress was an amazing experience. I was able to connect with 4-H'ers from here in Nebraska and all over the country. There were impactful speakers and workshops focused on strengthening leadership skills. Of course we were also able to see the sights of Atlanta including the CNN studio, the Atlanta History Museum and the Coca-Cola Museum. One of my takeaways is that an important part of being a true leader is to build up and communicate to the team around me. All in all, I was able to step out of my comfort zone and experience how to be a 4-H'er that goes beyond."

EXTENSION NEWS

2020 Extension Board



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

Sittler were recently appointed for their first terms. Dena Noe was re-appointed to serve her second term.

Extension board members for 2020 are:

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