

# Nebraska Extension Celebrates 20 Years of School Enrichment Nutrition Kits!



Grade-specific nutrition kits include lesson plans and supplies needed for teachers to present hands-on nutrition education experiences in their classrooms.

*By Alyssa Havlovic and Kristen Houska, Extension Educators in Lancaster County*

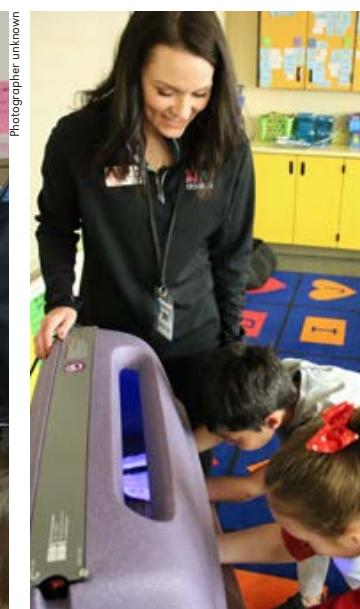
School Enrichment Nutrition Kits (SEK) is a nutrition education kit program developed specifically for grades K-5 which teaches students about health, nutrition and physical activity. This program addresses the interests and needs of the students, the teachers and the school by meeting national health standards and Lincoln Public Schools (LPS) health curriculum objectives.

Each of the grade-specific kits contains a teacher curriculum with five lessons, including science experiments, posters and wall charts, interactive games, food models, activity sheets, audio files,

books, videos, puppets and much more. All materials, including lesson plans, are included in the kits. This allows teachers to be fully equipped to confidently teach nutrition and physical activity within their classrooms.

## History of the School Enrichment Kit Program

In 2000, LPS teachers and administrators requested assistance from Nebraska Extension in Lancaster County staff to develop kits containing hands-on nutrition education experiences to supplement LPS's mandated health curriculum. see *NUTRITION KITS* on next page



Extension staff give classroom presentations such as healthy snacks (at left: Karen Wobig, 2001), proper handwashing using glow-in-the dark lotion and a black-light (center: Alyssa Havlovic, 2018), and physical activity (at right: Kyleah Bowder, 2018).

*"Nebraska Extension has been a true lifeline for our Elementary Health curriculum. In survey after survey, our teachers repeatedly indicate that these kits engage students and they always look forward to teaching nutrition. We feel that it greatly benefits our students."*

—Matt Avey, LPS Health Curriculum Specialist

The nutrition  
kit program has  
impacted over  
**120,000 Nebraska  
students in more than  
6,480 classrooms  
over the past  
20 years!**

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444 Cherrycreek Road, Suite A  
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## Nutrition Kits

from previous page

New and existing grade-specific educational activities from national, state and local resources were used to develop the program, with guidance from Registered Dietitians.

The program initially reached grades K–5 in the title I schools (schools with greater than 50% of students participating in free- or reduced-price lunch) with funding assistance through SNAP-Ed and was called the Nutrition Education Program (NEP) School Enrichment Nutrition Kits (SEK).

In 2011, a USDA grant funded expansion of this program into grades K–2 in the non-title I LPS schools (schools with less than 50% of students participating in free- or reduced-price lunch). Then in 2017, a Team Nutrition Grant allowed for the expansion of the program into grades 3–5 in the non-title I schools as well.

## Recent Developments & Future Directions

In 2018, Nebraska Extension in Lancaster County worked with LPS to offer all paper activities from the nutrition kits in an online format to save on printing costs. Grades 3–5 are now able to utilize the curriculum in a hybrid model of hands-on activities and online worksheets. This model



Teachers use the kit activities to present hands-on learning experiences (pictured are kindergartners fishing for food groups, 2005).

has saved Nebraska Extension approximately \$14,000 in the past two years.

This school year, LPS is piloting the SEK curriculum as part of a core health curriculum. Each grade level has pairs of teachers that have taken 10 SEK activities and added instruction wording around the lessons to make it fit with LPS's overall instruction format. After this pilot year is complete, Nebraska Extension will be partnering with LPS to host a district-wide summer 2021 training on the overall revised health curriculum. For the 2021–2022 school year, teaching health will be part of LPS's core curriculum.

*"I have used it in my classroom every year since it has been available. The lessons are well planned and thought out. The students get excited for the hands-on activities and really understand each lesson. The lessons go with what we are teaching in health, or go beyond what we are teaching.*

*I love that you can pull a folder out and everything is there, ready to go."*

—Lincoln Public Schools Teacher

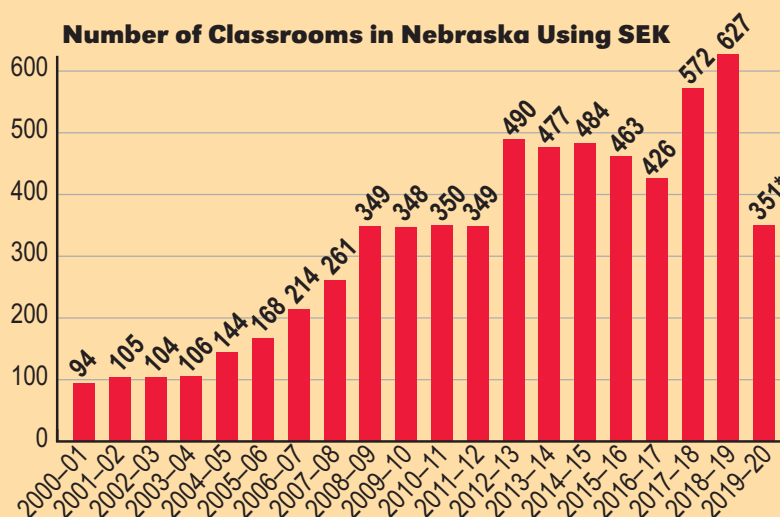
## Kit Program Used Across Nebraska, and Beyond!

Based on the success in Lancaster County, the School Enrichment Nutrition Kits program has been implemented in schools across Nebraska. Over the past 20 years, the nutrition kit program has impacted over 120,000 Nebraska students in more than 6,480 classrooms!

Nebraska

Extension has received requests from other Extension programs across the nation and the Czech Republic to utilize the SEK curriculum and replicate the kits. Nebraska Extension's goal moving forward is to continue utilizing the nutrition kits in their current hands-on format and adapt the curriculum to an online format for others to utilize outside of the state.

Number of Classrooms in Nebraska Using SEK



\*COVID-19 affected participation



## RECIPE OF THE MONTH

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

Try this simple recipe for baking butternut or acorn squash. Did you know that winter squash varieties include: butternut squash, pumpkin, spaghetti squash and acorn squash?

### BAKED BUTTERNUT SQUASH

(Makes 4 servings)

- 1 butternut (or acorn) squash, scrubbed with clean vegetable brush under running water**
- 2 tablespoons brown sugar**
- 1 teaspoon cinnamon**
- 1/4 teaspoon ginger**
- 2 tablespoons vegetable oil**

1. Wash hands with soap and water.
2. Scrub produce with clean vegetable brush under running water.
3. Preheat the oven to 400°F. Line baking sheet with foil and coat foil with vegetable cooking spray.
4. Cut squash in half lengthwise.
5. Scoop out the seeds and strings. Cut into 1/2-inch slices.
6. Place the squash in a bowl. Drizzle the squash with oil. Add brown sugar, cinnamon and ginger and toss to coat evenly.
7. Place squash on baking sheet.
8. Bake 20–25 minutes or until fork tender.
9. Store leftovers in a sealed container in the refrigerator.

Nutrition Information per Serving (1/2 cup): Calories 140, Total Fat 7g, Saturated Fat 1g, Cholesterol 0mg, Sodium 5mg, Total Carbohydrates 21g, Fiber 3g, Total Sugars 9g, includes 7g, Added Sugars, Protein 1g, Vitamin D 0%, Calcium 6%, Iron 6%, Potassium 8%

Source: Nutrition Education Program



Brenna Schmoder, Dietetic Intern



# Fun Winter Gardening Projects

By Mary Jane Frogge, Extension Associate in Lancaster County

**Bee House.** Make a solitary bee house bundle. Collect hollow stems from the yard or purchase paper straws and bamboo poles to cut 6 inches in length. Bundle them together and tie with twine. In the spring, place the bundles out in the yard in a protected area for solitary bees.

**Fairy Garden.** Start with a container. Any size or type, be creative. Select several small-scale plants like ferns, wooly thyme, Irish moss, baby's tears, sedum or fairy vine. Use small tile pieces or small, flat river stones to make a walk way. Add a tiny fence, miniature bench, trellis or bridge.

**Nature journaling.** All you need is paper and a pencil. Look out your window or if it is nice, go outside to your backyard, neighborhood park or favorite outdoor space. Sit down and look around. What do you see? Make a list or draw a picture of what you see. Write down what you are feeling

and your thoughts. Write a poem. Use colored pencils or watercolor paint to bring your sketches to life. There is no one way or right way to make a nature journal. When winter is over, take it with you on all your outdoor adventures.

**Feed the Birds.** Roll pine cones in peanut butter, then birdseed, to make simple bird feeders. Keep a record of all the species of birds that come to the feeders.

**Pot People.** Draw, paint faces

or cut out a picture of yourself to place on clay pots or suitable growing containers. Then fill the containers with soil. Plant grass seed, water and watch the "hair" grow. Use safety



Photo by Mary Jane Frogge, NE Extension in Lancaster Co.

scissors to trim the grass hair.

**Windowsill gardens.** When frigid weather keep your kids inside, try growing a windowsill garden. All you need is a sunny location and a few containers of soil. Herbs, like basil, are an excellent choice for windowsills.

**Watch seeds sprout.** Line a glass jar with a damp paper towel and insert several bean or squash seeds between the glass and the towel. Place a lid on the jar, leave it on the kitchen counter and check the paper every day to make sure it is still moist. Seeds should sprout in a few days.

**Terrariums.** Place soil and a few mosses and ferns inside a large jar or small fish bowl. Keep your indoor garden moist with a plant mister, and cover the opening with clear plastic wrap.

**Grow a Tree.** Start an avocado seed in water by inserting three toothpicks around the seed, half way down the side. Fill a small glass or canning jar with water and place the seed in the glass so the toothpicks rest on the brim and the base of the avocado rests in the water.

## GARDEN GUIDE THINGS TO DO THIS MONTH

By Mary Jane Frogge, Extension Associate in Lancaster County

After the ground freezes, mulch small fruit plants such as strawberries. One inch of straw or leaves is ideal for strawberries.

Order seed catalogs now for garden planning in January. For variety, consider companies that specialize in old and rare varieties or wild flowers.

Bring out the bird feeders and stock them with bird seed for the birds. Remember to provide fresh water for them too.

November and December is a good time to start reviewing your garden notes to help with next year's plans.

Clean power tools of all plant material and dirt. Replace worn spark plugs, oil all necessary parts and sharpen blades. Store all tools in their proper place indoors, never outdoors where they will rust over the winter.

Check fruits, vegetables, corms and tubers you have in storage. Sort out any that show signs of rot and dispose of them.

Minimize traffic on a frozen lawn to reduce winter damage.

Winter is a good time to inspect trees and shrubs for bagworm capsules. Remove and destroy them to reduce next year's pest population.

A home weather station that includes a minimum-maximum thermometer, a rain gauge and a weather log is a good gift for a gardener.

Remove all mummified fruit from fruit trees and rake up and destroy those on the ground. Also, rake and dispose of apple and cherry leaves. Good sanitation practices reduce insects and diseases the following season.

Be sure not to store apples or pears with vegetables. The fruits give off ethylene gas which speeds up the breakdown of vegetables and will cause them to develop off-flavors.

African violets do well when potted in small pots. A good general rule is to use a pot one-third the diameter of the plant. Encourage African violets to bloom by giving them plenty of light. They can be in a south window during dark winter months. They bloom beautifully under fluorescent lights.

## Be a Master Gardener! Training for New Master Gardeners Begins in February

Application  
deadline  
is Jan. 15!



- Do you want to learn more about vegetable gardening & landscaping?
- Do you have a passion for tree planting?
- Do you enjoy volunteering and sharing your knowledge with others?
- Master Gardener volunteers serve an important role to extend horticulture education and outreach from Nebraska Extension in Lancaster County.

For more information about becoming a Master Gardener, contact: Mary Jane Frogge, Nebraska Extension in Lancaster County, 402-441-7180 or visit <http://lanaster.unl.edu/mastergardener> to apply online.

## Upcoming Green Industry Conferences

### NEBRASKA TURFGRASS CONFERENCE

JAN. 5-7

NEBRASKA TURFGRASS ASSOCIATION

Location: La Vista Conference Center,  
12520 Westport Pkwy, La Vista, NE 68128  
402-472-5351

<https://nebraskaturfgrass.com/conference>



### GREAT PLAINS GROWERS CONFERENCE FEB. 12-13

Conference  
organizers are  
working hard  
to create an  
inspirational

and informative conference, which will  
be offered virtually in 2021. Complete  
conference agenda and registration  
information will be available soon at  
[www.greatplainsgrowersconference.org](http://www.greatplainsgrowersconference.org).



# Helping Foster a Growth Mindset in Young Children

By Jaci Foged, Extension Educator in Lancaster County

"Mommy you do it ... It's too hard for me ... I can't do this ... I don't understand." The struggle is real. I think it is safe to admit we all have had moments where it seems easier to ask someone else to do something or just give up rather than to keep trying.

Raising children can be difficult, and the pressure is on us to help our children be the best they can be. Too often, we might find ourselves jumping in to help the child accomplish something even though (with a little effort) they may be able to do it themselves. You might be thinking that jumping in and rescuing your child works for you. For instance, opening up the granola bar wrapper is relatively easy for you — but might take quite a bit of effort from your child. The child might whine or become frustrated when they cannot immediately open the wrapper. In the long run, our children need to be able to persevere, to fail and try again, to be disappointed and to put in the hard work.

## Caregiving Adults

We might need to step back for our children to move forward.

Dr. Carol Dweck is a researcher at Stanford University. According to Dweck, there are two types of mindsets — a fixed mindset and a growth mindset. In a fixed mindset, people believe their qualities are fixed traits and, therefore, cannot change. These people document their intelligence and talents rather than working to develop and improve them.

They also believe talent alone leads to success, and effort is not required. Alternatively, in a growth mindset, people have an underlying belief their learning and intelligence can grow with time and experience. When people believe they can get smarter, they realize their effort has an effect on their success, so they put in extra time, leading to higher achievement.

## Mindsets

Dweck has found that mindsets can change, and when

a mindset changes, learners do better. History shows us there are a lot of famous people who have displayed a growth mindset. Michael Jordan was cut from his high school basketball team but went on to become a famous professional basketball player. The Beatles were rejected by Decca Recording Studios who said, "We don't like their sound; they have no future in show business," yet they went on to become a very popular group. Oprah Winfrey was

demoted from her job as news anchor because she "wasn't fit for television" yet she hosted the longest-running talk show on television which ran for 25 years. Growth mindset is real and attainable.

## Fostering Growth

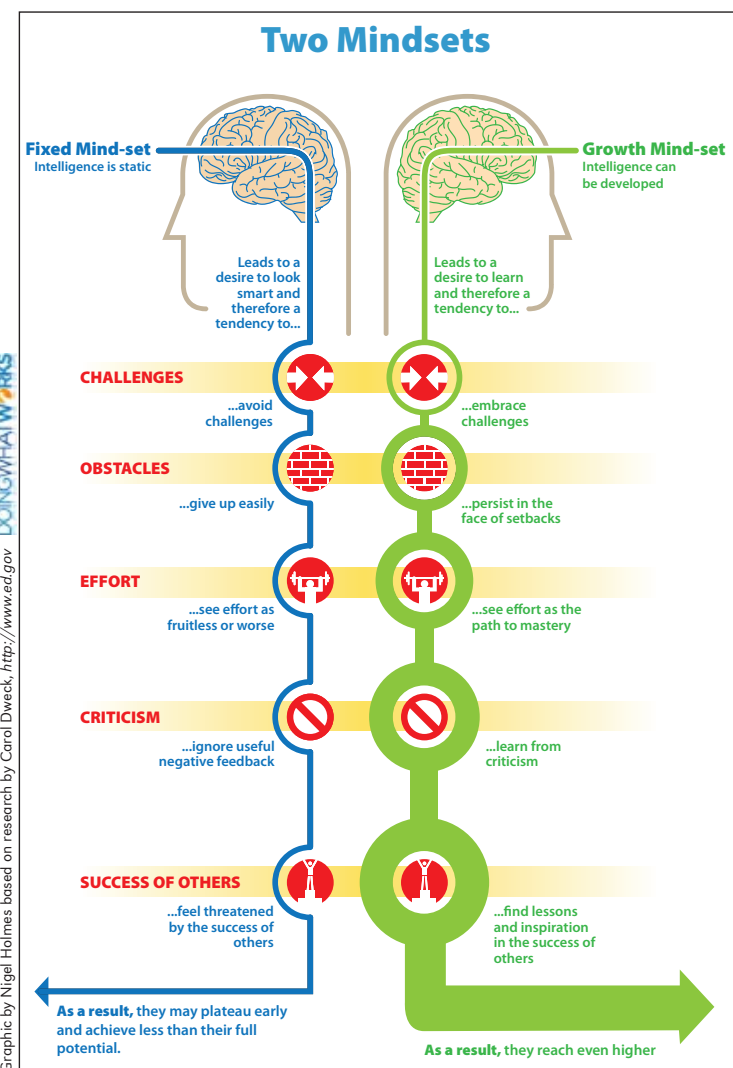
So how do we foster a growth mindset in the children we care for?

- Consider the language you are using with children. Words have meaning and communicate an important message to the receiver. The language we use tells others what to believe and what we think of them. Example, instead of saying, "It's not that hard," say, "You can do hard things."
- Explain to children our brains can learn and grow. For young children, try reading stories to them which focus on growth mindset. Examples include *Your Fantastic Elastic Brain* by JoAnn Deak, *The Most Magnificent Thing* by Ashley Spires, *Listening With My Heart* by Gabi Garcia and *The Dot* by Peter H. Reynolds.
- Have daily learning discussions. Encourage children to be their best each day, to put their heart into their work.

Remind children it is okay to start their day over whenever they need to. Failure does not mean we are finished; instead, see it as an opportunity to begin again.

- Encourage and model positive self-talk. If you notice your child being critical of themselves, ask them what they would say to a friend who is in a similar situation. Explain to the child it is important to treat ourselves with the same care and respect we treat others. It is small, but when a child tells you something (they cannot tie their shoes), add "yet" to the end of their statement. "You cannot tie your shoes, yet."
- Encourage risk, failing and learning from mistakes. Remind children disappointment, setbacks and making mistakes are a part of growing up. Focus on effort by saying, "I like how you tried a new way to solve that."

Another example of a book that focuses on a growth mindset.



Example of a book that focuses on a growth mindset.

## Upcoming Early Childhood Trainings

The Learning Child Team is currently offering a variety of free or low-cost VIRTUAL trainings for childcare providers. Visit this website to learn more about the trainings and to sign up, go to [go.unl.edu/onlinepd](http://go.unl.edu/onlinepd).



## Pesticide Applicator Trainings

If you have a pesticide applicators license — either private or commercial or you need to get a new license — classes begin soon. Make plans now to attend the training option that fits your needs.

### Commercial/ Noncommercial Applicators

Commercial/noncommercial applicators are professionals who apply restricted-use pesticides for hire or compensation. Anyone who applies pesticides to the property of another person, either restricted- or general-use products, for control of pests in lawns, landscapes, buildings or homes, must also have a commercial pesticide applicators license. Public employees (those employed by a town, county, state) applying mosquito control pesticides whether restricted- or general-use, must also hold a commercial or noncommercial certification.

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

**Traditional training classes** — visit <http://pested.unl.edu> for dates, locations and registration. Cost is \$80 per online preregistration or \$90 per mail or fax. Trainings at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln will be:

- Initial trainings starting at 8:30 a.m. — Feb. 2, Feb. 25, March 16 and April 6.
- Recertification trainings starting at 9 a.m. — Jan. 27, Feb. 4, Feb. 9, March 11, March 25, March 30 and April 8.

**Testing-only option** — Nebraska Department of Agriculture's walk-in, test-only sessions are currently being held by appointment only. Call 402-471-2351 for a list of available dates and locations and to reserve

a time. Information at [www.nda.nebraska.gov/pesticide/applicator\\_testing.html](http://www.nda.nebraska.gov/pesticide/applicator_testing.html).

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

**Crop Production clinics (recertification only)** — Categories Ag Plant, Regulatory or Demonstration/Research can use this option. Visit <http://agronomy.unl.edu/cpc> for a clinic listing and registration.

### Private Applicators

Private 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 several ways to recertify or get a new license.

**Traditional training classes** — There will be several changes for Nebraska Extension's private pesticide safety education program certification/recertification trainings including registration process. Watch for details. Training dates for 2021 in Lincoln will be published in the next NEBLINE. Cost will be \$50.

**Crop Production Clinics** — Receive initial or recertification training. Visit <http://agronomy.unl.edu/cpc> for a clinic listing and registration.

**Online private self-study program** — There will be an online version coming soon. Check the January NEBLINE for more information.

## Landlord/Tenant Lease & Crop Budget Workshops

**Monday, Dec. 14 at Lancaster Extension Education Center**

**444 Cherrycreek Road, Lincoln**

**Landlord/Tenant Lease Workshops 9 a.m. or 6 p.m.**

**Crop Budgeting Workshop 1:30–3 p.m.**

Extension land specialists Allan Vyhnaek, Austin Duerfeldt, Glennis McClure and Jim Jansen will address common agricultural landlord and tenant topics, including equitable rental rates, managing and adjusting farmland leases, landlord-tenant communication, pasture leasing and other land management considerations.

**Workshops are free, but registration is required by Dec. 13 — call 402-441-7180.**

**For more information about the workshop, go to <https://farm.unl.edu>.**

## EXTENSION NEWS

### New Beef Educator

In September, Connor Biehler joined Nebraska Extension as the Beef Systems Extension Educator with adult education responsibilities for Lancaster County and 14 other counties in southeast Nebraska. His office is located at the Eastern Nebraska Research and Extension Center (ENREC) near Mead and he can be reached by calling 402-624-8007 or emailing [cbiehler2@unl.edu](mailto:cbiehler2@unl.edu). Follow him on twitter @BigRedBeefTalk. A native of south-central Illinois, Connor's degrees include an Associates of Science in agriculture from Lake Land College, a Bachelor of Science in animal science from Oklahoma State University and a Master of Science with a focus in cow/calf and sire nutrition from University of Tennessee–Knoxville. Connor is looking forward to educating and building lasting relationships with producers and the communities in southeast Nebraska.



Connor Biehler

### Child Care Website Earns National Award

The National Extension Association of Family & Consumer Sciences (NEAFCS) recently held its first Virtual Annual Session. During the NEAFCS Annual Awards Program, Nebraska Extension's statewide website, Choosing Quality Childcare at <https://child.unl.edu/choosing-quality-child-care> earned Communications Internet Education Technology Award 1st place national winner and Central Region winner! Extension team members contributing to the website and credited with the award: Jaci Foged (of Lancaster County), Lisa Poppe, Sarah Roberts, Linda Reddish, Katie Krause, Holly Hatton-Bowers, Becky Aiken, Anne Holz and Lee Sherry.

### Brie Frickenstein a Finalist for Journal Star's Inspire Award for Philanthropy

The Lincoln Journal Star's 2020 Inspire: Celebrating Women's Leadership Awards were announced in September. The awards honor outstanding women in 11 different categories who have excelled, not only in their professional lives, but as leaders and role models. Extension Associate Brie Frickenstein was one of five finalists for Excellence in Philanthropy! Brie is part of the Supplemental Nutrition Assistance Program Education (SNAP-Ed) and her outreach includes youth at Title 1 LPS elementary schools and adults at various homeless shelters, substance abuse treatment centers and farmers markets. Brie is passionate about increasing equitable healthy food access to those in need.



## HEART OF 4-H VOLUNTEER AWARD

### Jodi Gabel

Lancaster County 4-H is proud to announce Jodi Gabel of Lincoln as winner of the November "Heart of 4-H Award" in recognition of outstanding volunteer service.

A volunteer with 4-H for 6 years, she currently is co-leader of the Little Green Giants

4-H club. Jodi has previously helped as a project leader and parent with the Clover Kids 4-H club and the Denton Clovers 4-H club. She has helped teach cooking, sewing and rocketry projects. She has also helped with community service projects such as sewing masks for Bryan Health's medical staff.

"I like being a 4-H volunteer because I can be involved in the education of my children and other youth," Jodi says. "My favorite experience as a 4-H volunteer is seeing youth have the opportunity to try new things."

Tracy Pracheil, co-leader of the Little Green Giants, says, "Jodi's passion for youth and learning experiences is evident in her support of the Little Green Giants 4-H club. As a 4-H alumni from Madison County, Jodi brings valued perspectives that help shape 4-H experiences for her own children and other club members. Whether it is helping with the community service event at the Kiwanis Carnival, providing feedback on a speech, or recruiting a guest speaker for a club project, Jodi is always willing to help!"



**Nominate your favorite 4-H volunteer by submitting the form available online at <http://lancaster.unl.edu/4h> or at the Extension office. Nominations of co-volunteers welcome.**



## HEART OF 4-H VOLUNTEER AWARD

### Sarah Lanik-Frain and Mike Frain

Lancaster County 4-H is proud to announce Sarah Lanik-Frain and Mike Frain of Lincoln as co-winners of the December "Heart of 4-H Award" in recognition of outstanding volunteer service.

They have volunteered with 4-H for 12 years as parent volunteers, first with the Fantastic 4 4-H club. Currently, Sarah is leader of the Rabbits R Us club, which has been recognized as a Nebraska 4-H Club of Excellence for many years. The couple has helped with many 4-H community service projects such as providing hands-on activities at Kiwanis Carnival, taking rabbits to assisted-living facilities, making dog beds for the Humane Society, gardening at Homestead Rehabilitation Center and taking sheep to live nativity scenes.

Sarah and Mike help at 4-H rabbit shows and clinics, and volunteer at 4-H Clover College. Sarah recently joined the 4-H Rabbit Volunteers in Program Service (VIPS) committee. Both help at the Lancaster County Super Fair setting up for 4-H rabbit and sheep shows, as well as static exhibit displays. The couple also helps staff shifts at 4-H Council's food stand at Super Fair.

"We like being 4-H volunteers because it gives us hope for future generations," says Sarah. "Our favorite experiences as 4-H volunteers are working with the kids and watching them grow, learn and succeed with their projects. Seeing the smiles on faces at fair is the best!"



## 4-H Specialty Clubs Invite New Members

Several Lancaster County specialty 4-H clubs are looking for new 4-H members. For more information about these clubs, go to <https://go.unl.edu/specialty> or call 402-441-7180.

### 4-H TEEN COUNCIL LEADERSHIP

**ORGANIZATION** — for youth in 7th–12th grade. Meetings are held the second Sunday of each month, September through April, at 3 p.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road.

**CLOVER KIDS CLUB** — for youth ages 5–7. Meetings are held October through July once or twice a month on Monday evenings at the Lancaster Extension Education Center, 444 Cherrycreek Road.

### 4 ON THE FLOOR

**DOG CLUB** — for youth ages 9–18 will start on Monday, Jan. 4 at the Lancaster Event Center Fairgrounds – 4-H office located by Pavilion 3. Meetings will be held every Monday at 6:30 p.m.

### RABBITS R US & SOUTH PRAIRIE RABBIT CLUBS

— two Lancaster County 4-H clubs focus on rabbits, as well as a variety of other projects. Open to all youth ages 8–18.

### STAR CITY LLAMA & ALPACA

— open to all youth ages 5–18. New members must supply their own animals.

**PICK-A-PIG** — open to all city and rural youth ages 8–18. The club reorganizes in late winter with a strict deadline to join by March 15.

**PET PALS** — for youth ages 8–18 and their small animals! Meetings to be arranged.

**CAT CLUB** — Nebraska 4-H's online Cat Club, open to all youth regardless of age or enrollment status, is self-paced.

### LINCOLN SHOOTING STARS

— open to all youth ages 8–18. Club meetings are Wednesday evenings 5:30–8 p.m. at the Nebraska Game & Parks Outdoor Education Center, 4703 N. 44th St., Lincoln.



## 4-H Announcements FOR 4-H'ERS AND VOLUNTEERS

See the 4-H e-newsletter at <https://go.unl.edu/Lan4Henews> for details. The 4-H Youth Development Program is open to all youth ages 5–18 and free to join in Lancaster County. If interested in joining or volunteering, call 402-441-7180.

### FALL 4-H LEADER UPDATE, OCT. 29

Training for 4-H leaders and volunteers helping with clubs and independent members, held Thursday, Oct. 29, 9 a.m. or 6:30 p.m. at the Lancaster Extension Education Center. MUST register by Monday, Oct. 26 by calling 402-441-7180 or emailing [kristin.geisert@unl.edu](mailto:kristin.geisert@unl.edu) — please indicate which session.

### PAPER BASKET WORKSHOP, NOV. 7

Hands-on workshop for 4-H'ers ages 8 and up (adults encouraged to help), held Saturday, Nov. 7 from 9 a.m. – 12 noon at the Lancaster Extension Education Center. No cost. Bring a needle-nosed wire cutter. Register by Monday, Nov. 2 by calling 402-441-7180 or emailing [kristin.geisert@unl.edu](mailto:kristin.geisert@unl.edu).

### LIVESTOCK BETTER FAIR MEETING, NOV. 10

Feedback opportunity for 4-H/FFA beef, bucket calf, sheep, swine, goat, dairy and llama/alpaca members, families and volunteers, held Tuesday, Nov. 10, 6:30 p.m. at the Lancaster Extension Education Center. Zoom session available. RSVP by Monday, Nov. 9 by contacting Calvin at 402-441-7180 or [cdevries2@unl.edu](mailto:cdevries2@unl.edu) — please indicate if you will attend in person or virtually.

### FUN FOOD SCIENCE WORKSHOP

Hands-on workshop for 4-H'ers ages 8 and up, held Saturday, Dec. 5, 9–11 a.m. at the Lancaster Extension Education Center. No cost. Register by Monday, Nov. 30 by calling 402-441-7180 or emailing [kristin.geisert@unl.edu](mailto:kristin.geisert@unl.edu).

### 4-H AWARDS & SCHOLARSHIPS DUE DEC. 31

Lancaster County 4-H award forms and college scholarship applications are due Dec. 31. Recipients will be announced at Lancaster County Achievement Celebration on Tuesday, Feb. 23, 2021. Forms are available at <http://go.unl.edu/4has> and the Extension office.

## HORSE BITS 2020 4-H Horse Awards



The 2020 4-H Horse Awards Night, held Oct. 1, recognized top achievements at the Lancaster County Super Fair and other accomplishments throughout the past year. This year's event was held as an open-house format without a formal program. Some of the awards usually announced at Horse Awards did not pertain this year due to COVID-19, such as Horse Herdsmanship at the Super Fair and the Horse Judging Contest. Congratulations to all Lancaster 4-H equestrians for your outstanding accomplishments! Video and photos are online at <https://lancaster.unl.edu/4h/horseawards>.

### HORSEMANSHIP ADVANCEMENT LEVELS

The Nebraska 4-H Horse Project advancement levels are designed to serve as guides for instruction and evaluation of each member's progress. The correct handling of horses is emphasized from the beginning level to the most advanced level. Each level is a huge accomplishment.

**Level I Ground/In-Hand** — Ruby Greene, Remington Tate

**Level I Walk/Trot** — Brooklyn Blunt, Xayver Bourek, Hannah Munk, Declan Tschirren, Emery Williams

**Level I** — Kaiah Colson, Makena Colson, Eva Elkins, Faith Elkins, Kiara Eppenbach, Sydnee Fijolek, Grace Hartweg, Ruby Molini, Addi Morgan, Mason Raisch, Max Roberts, Macie Sailors, Hailey Stark, Claire Tucker, Savannah Wubbels

**Level II** — Lola Bunz, Kaiah Colson, Makena Colson, Eva Elkins, Grace Hartweg, Cora Hoeft, Josie Johnson, Paisley McMillan, Ruby Molini, Kenna Morgan, Morgan Roof, Macie Sailors, Hailey Stark, Claire Tucker, Ella Wiczorek, Lily Woolledge

**Level III** — Anne Cashmere, Elizabeth Funk, Caraline Higgins, Callahn Robinson, Taylor Root, Harper Rosenstiel

### INCENTIVE AWARDS

4-H'ers logged the hours they spent working with or learning about horses. The more hours invested, the more valuable the reward! The Horse Incentive Awards are sponsored by the Lancaster County 4-H Horse Volunteers in Program Service (VIPS) Committee.

**Bronze (minimum of 100 hours or points)** — Hannah Munk, Faith Oldemeyer, Max Roberts, Macie Sailors, Josie Soukup, Cadi Wilbeck, Savannah Wubbels

**Silver (minimum of 225 hours or points)** — Madison Blair, Brooklyn Blunt, Lilee Chevalier, Kaiah Colson, Makena Colson, Eva Elkins, Faith Elkins, Sydnee Fijolek, Shea Frink, Elizabeth Funk, Ruby Greene, Caraline Higgins, Kali Maytum, Erin Oldemeyer, Julia Soukup, Claire Tucker, Ella Wiczorek, Lily Woolledge

**Gold (minimum of 390 hours or points, and completed horse record book)** — Scarlett Battles, Anne Cashmere, Kiara Eppenbach, Skylar Frisbie, Addison Gropp, Grace Hartweg, Ruby Molini, Natalie Plautz, Morgan Richert, Calli Robinson, Morgan Roof, Ava Wharton



### SPECIAL RECOGNITION AWARDS

**Top Horsemanship Levels** — Anne Cashmere, Elizabeth Funk, Caraline Higgins, Callahn Robinson, Taylor Root, Harper Rosenstiel

**Top Incentive Stories** — Skylar Frisbie, Addison Gropp, Ruby Greene, Ava Wharton, Callahn Robinson, Grace Hartweg, Elizabeth Funk, Lilee Chevalier, Kiara Eppenbach, Scarlett Battles, Anne Cashmere

**Top Incentive Notebooks** — Eva Elkins, Kiara Eppenbach, Skylar Frisbie, Morgan Roof

### TOP AWARDS

**All-Around Miniature Horse Award** for high point 4-H miniature horse and youth pair in two age divisions at the Lancaster County Super Fair, sponsored by the Bluestem Miniature Horse Club — junior: Kiara Eppenbach (horse "Lit Bit O Country Levi"); senior: Shyann Severson (horse "Doc")

**High Score Dressage Rider Awards** for high score riders in the 4-H Dressage Show in both the traditional dressage classes and the western dressage classes at the Lancaster County Super Fair, sponsored by Nebraska Dressage Association — high score traditional dressage riders: Anne Cashmere (champion) and Sidney Froistad (reserve champion); high score western riders: Sidney Froistad (champion) and Madi Brandt (reserve champion)

**Top NRHA Reining Awards** sponsored by Dr. Kelly Stich — elementary: Tanner McInteer; junior: Chase McInteer; senior: Clara Bradbury

**Top Trail Award** for all-around champion of the Lancaster County Super Fair 4-H Trail obstacle class, sponsored by Dick and the late Cookie Confer — Clara Bradbury

**Franklyn Manning All-Around Barrels Award** for fastest time in the Lancaster County Super Fair 4-H Barrel Racing competition, Sponsored by Capital City Horse and Pony Club — Clara Bradbury

**Wilhelmina Wittstruck Memorial All-Around Champion Award** for Lancaster County Super Fair all-around 4-H champion individual, sponsored by Joan and the late Dwayne Wittstruck — Kiara Eppenbach



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# EXTENSION CALENDAR

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

## October

- 29 Pesticide Applicator Nebraska Department of Agriculture**  
**"Appointment Only" Testing Session . . . . . 9 a.m.–2 p.m.**  
**29 4-H Leader Trainings . . . . . 9 a.m. & 6:30 p.m.**

## November

- 3 4-H Council Meeting . . . . . 6 p.m.**  
**3 Youth Science Day for Homeschooled Youth . . . . . 9–11:30 a.m.**  
**7 4-H Basket Making Workshop . . . . . 9 a.m.**  
**8 4-H Teen Council Meeting . . . . . 3 p.m.**  
**10 4-H/FFA Livestock Better Fair Meeting . . . . . 6:30 p.m.**  
**11 Extension Office Closed for Veterans Day Holiday**  
**13 Extension Board Meeting . . . . . 8 a.m.**  
**19 Pesticide Applicator Nebraska Department of Agriculture**  
**"Appointment Only" Testing Session . . . . . 9 a.m.–2 p.m.**  
**26–27 Extension Office Closed for Thanksgiving Holiday**

## December

- 5 4-H Fun Food Science Workshop . . . . . 9–11 a.m.**  
**10 Pesticide Applicator Nebraska Department of Agriculture**  
**"Appointment Only" Testing Session . . . . . 9 a.m.–2 p.m.**  
**11 Extension Board Meeting . . . . . 8 a.m.**  
**13 4-H Teen Council Meeting . . . . . 3 p.m.**  
**14 Landlord/Tenant Lease & Crop Budget Workshops . . . . . 9 a.m.**  
**25 Extension Office Closed for Christmas Holiday**  
**31 4-H Award and Scholarship Applications Due to Extension**

## Outgoing 4-H Council Members



Ellie Babcock



Jodi Freeman



Brandy Gunnerson

The October 4-H Council meeting marked the final meeting for three outgoing 4-H Council members:

- Youth member Ellie Babcock served one term plus an additional year, two years as Vice President.
- Jodi Freeman served one term, two years as President.
- Brandy Gunnerson served two terms.

Lancaster County 4-H thanks them for their leadership, time and expertise! Adult 4-H Council members can serve two consecutive terms of three years each. Teen 4-H Council members can serve two consecutive terms of two years each.

## Youth Science Day for Homeschooled Youth

Nebraska Extension in Lancaster County will present a Youth Science Day for Homeschooled Youth on Tuesday, Nov. 3, 9–11:30 a.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln.

Open to all homeschooled youth, grades K–6th (most lessons are geared towards 3rd–5th graders). Fee is \$5 per youth. Youth will focus on lessons involving science, technology, engineering and math (STEM) activities.

Preregistration requested by Tuesday, Oct. 27 by contacting Kate Pulec at 402-441-7180 or [kpulec3@unl.edu](mailto:kpulec3@unl.edu).

## Ag Society Annual Election & Meeting

The Lancaster County Agricultural Society (which acts as the Fair Board) will hold its Annual Meeting and Board election on Tuesday, Dec. 15 at the Lancaster Event Center Fairgrounds, 4100 N. 84th St, Lincoln NE 68506, in the Lincoln Room on west side of fairgrounds. Voting will take place 5:30–6:30 p.m. for three positions on the Lancaster Agricultural Society Board (three-year terms). Any registered voter in Lancaster County may vote. The Annual Meeting, starting at 6:45 p.m., is an opportunity for the public to learn more about the Super Fair and the Lancaster Event Center Fairgrounds and hear the election results.

Any Lancaster County resident interested in running for a position on the board must submit a short biography with a photo to arrive at the Lancaster Event Center office by Wednesday, Nov. 13 in order to be placed on the ballot.

For more information, visit [www.LancasterEventCenter.org](http://www.LancasterEventCenter.org) and click on "About Us" or contact Lancaster Event Center Managing Director Amy Dickerson at 402-441-1810 or [adickerson@LancasterEventCenter.org](mailto:adickerson@LancasterEventCenter.org).

## Super Fair 2021 Dates

Save the dates! The Lancaster County Super Fair is scheduled for Thursday, July 29–Saturday, Aug. 7. 4-H/FFA exhibits and events are scheduled for Thursday, July 29–Sunday, Aug. 1. The Lancaster County Fair 150th year celebration postponed from 2020 is planned for this year! Check <http://SuperFair.org> often for 150th celebration plans as they are revealed.