

Staying Active in Winter

By Alyssa Havlovic, MS,
 RDN, ACSM EP-C, Extension
 Educator in Lancaster County

Being physically active is important year-round, but the cold, Nebraska winter months can present challenges when it comes to staying active. The Physical Activity Guidelines for Americans recommends at least 150 minutes of moderate physical activity per week for adults and at least 60 minutes per day for children and adolescents.

Regular physical activity is one of the most important things a person can do to improve their health. However, only 20% of adults in the U.S. achieve the weekly guideline of 150 minutes of aerobic activity and two sessions of muscle-strengthening activity, according to the U.S. Department of Health and Human Services.

Make it a goal to move more and sit less. A healthy physical activity routine should consist of a variety of activities including aerobic exercise, strength training, flexibility and balance. Remember that some activity is better than none.

Benefits of Physical Activity

The benefits of regular physical activity go well beyond weight management and weight loss. Physical activity can reduce your risk of several chronic diseases including heart disease, type 2 diabetes and eight types of cancer. Being physically active can help lower your blood pressure and increase your HDL (“good”) cholesterol.

Activity also improves your quality of sleep, improves your cognition, boosts your immune system and improves your overall quality of life. Regular physical activity can also improve your mental health and well-being. Individuals who are physically active are less likely to suffer from anxiety and depression and have improved self-image and confidence.

Health benefits of physical activity start immediately after

exercising and everyone gains benefits, even people living with a chronic condition or a disability. Always consult your physician or healthcare provider before beginning a new exercise routine.

Winter Activities

If you are willing to brave the cold weather, walking is still a great activity to continue into the winter months. Be sure to dress appropriately and wear layers of clothing if you choose to be active outdoors. Start with a moisture-wicking fabric, then add a fleece layer with a water- and wind-proof layer over the top. Wear a hat and gloves for extra protection on cold days.

Other outdoor activities may include shoveling snow, ice skating or hiking. Sledding, building a snowman or snow fort, and snowball fights are all great ways to be active with your family outdoors on snowy days.

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Nebraska Extension’s Physical Activity Resources

If you are looking for an immediate mood-boost, brain-break or fun way to be active, the “Free Resources” section at <https://food.unl.edu> has a “Fitness” category with many free physical activity-related articles and resources.

Go to <https://food.unl.edu/free-resources/fitness>.

Articles provide tips, inspiration and seasonal ideas!

Resources include several workout handouts, GIFs (short video images) and videos that provide easy-to-use instructions for completing an exercise or two, or an entire workout. The workouts are also compiled at <https://food.unl.edu/workouts>.

- Workouts include:
- Strength Training Circuit
 - Body Weight Circuit
 - Resistance Band Workout
 - Yoga
 - Chair Yoga
 - Balance Training
 - Pregnancy Workout



Chair yoga – tree pose



Shoulder press with body weight



Shoulder press with dumbbells



Shoulder press with resistance band

ACTIVE IN WINTER

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If you are not a fan of the cold weather, there are plenty of options to stay active indoors. Create a space in your home for exercise. You may choose to purchase equipment such as dumbbells and resistance bands, or opt for activities that require no equipment at all such as body weight squats, push-ups, crunches or jumping jacks. (See article at right for a no-equipment-needed home workout!)

Several fitness professionals and fitness centers now offer free online at-home workouts. Use The American Heart Association, YouTube or other social media platforms to find a workout routine that suits your current fitness level. Try different types of exercise such as yoga, Zumba, pilates or HIIT (high-intensity interval training) to keep your workouts interesting and avoid burnout or boredom.

Other great activities for indoor physical activity include

regular household chores like vacuuming and sweeping, or simply turning up the music and dancing to your favorite songs.

When being active, choose activities you enjoy to help you keep physical activity as part of your daily routine all year long.

References:

- American Heart Association; www.heart.org/en/healthy-living/fitness
- U.S. Department of Health and Human Services; <https://health.gov/our-work/physical-activity>
- American Institute for Cancer Research; www.aicr.org



RECIPE OF THE MONTH

By Alyssa Havlovic, MS, RDN, ACSM EP-C, Extension Educator in Lancaster Co.

February is Potato Lover's Month! Did you know potatoes are fat free, sodium free, high in vitamin C, a good source of fiber and high in potassium? Try this simple potato soup recipe to warm you up on a cold, winter day.

POTATO SOUP

(Yield: 10 servings)

- 2 cups water
- 6 medium potatoes, scrubbed with clean vegetable brush under running water, peeled and cubed
- 2 carrots, scrubbed with clean vegetable brush under running water, peeled and thinly sliced
- 1/2 cup onion, scrubbed with clean vegetable brush under running water, chopped
- 2 celery stalks, scrubbed with clean vegetable brush under running water, thinly sliced
- 5 cups fat-free milk
- 6 Tablespoons margarine, melted
- 1/4 cup flour
- 1 teaspoon salt (optional)
- 1/4 teaspoon pepper
- 1/4 cup fresh parsley, gently rubbed under cold running water, chopped OR 2 Tablespoons dried parsley
- 2 cups Cheddar or American cheese, shredded or cubed (optional)



Craig Chandler, UNL Communications

1. Wash hands with soap and water.
2. In a large saucepan, bring water to a boil.
3. Add potatoes, carrots, onion and celery. Return to a boil.
4. Cover, reduce heat and simmer for 20 minutes or until potatoes are tender.
5. Mash vegetables slightly so they break apart a little. Do not drain the vegetables. Stir in milk.
6. In a small bowl, stir together melted margarine, flour, salt, pepper and parsley until smooth. Add mixture to soup while stirring. Continue cooking until thick and bubbly, stirring constantly.
7. Add cheese, if desired. Stir until melted.
8. Store leftovers in a sealed container in the refrigerator for up to 4 days.

Nutrition Information: Serving Size (1/10 of recipe): Calories 230 Total Fat 7g Saturated Fat 1.5g Sodium 170mg Total Carbohydrates 34g Fiber 2g Total Sugars 8g, includes 0g Added Sugars [Nutrition Software Used: ESHA Food Processor]

Source: Nutrition Education Program

At-Home Workout

No Equipment Needed

You do not need any special equipment to accomplish an effective workout. Try this body-weight circuit in the comfort of your own home. Complete each exercise for 30 seconds. Rest for 15 seconds between each exercise. Repeat the full circuit 3 times. The circuit will last 23 minutes in total duration (including warm-up and cool-down). You may use this custom interval timer to cue each movement online at www.intervaltimer.com/timers/9976001-full-body-circuit.

WARM-UP (2 MINUTES):

Jog in place, jumping jacks, side twists, arm circles

CIRCUIT (19 MINUTES) — REPEAT 3 TIMES —

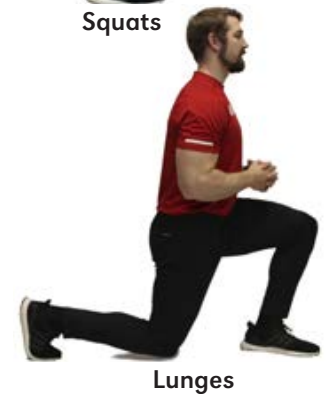
REST 1 MINUTE BETWEEN CIRCUITS:

- 1) Jumping jacks
- 2) Squats
- 3) High knees (or march in place)
- 4) Sit-ups or crunches
- 5) Squat jumps
- 6) Lunges
- 7) Mountain climbers
- 8) Push ups

COOL-DOWN/STRETCH

(2 MINUTES):

Hamstring stretch,
quad stretch,
shoulder stretch



2021 Flower All-America Selections Winners



Celosia, Candela Pink



Zinnia, Profusion Red Yellow Bicolor



Leucanthemum, Sweet Daisy Birdy

Photos courtesy All-America Selections

Celosia, Candela Pink

Across the board, the judges loved the bright pink blooms that rose above the foliage, almost like a tall, tapered candle. The unique, showy plumes of pink flowers kept their color all season long. Judges agree this is a perfect filler plant to add height and interest to a combination container planting. But it is also useful in mass plantings, borders and general garden use. Another added bonus, the bloom works great as a dried flower. Available as transplants only.

Zinnia, Profusion Red Yellow Bicolor

This gorgeous zinnia starts the season with a bold, vibrant red center ring surrounded by golden-yellow outer petals. As the season progresses, the aging flowers turn into soft, beautiful shades of apricot, salmon and dusty rose to bring a plethora of color to the garden, all from one variety. Trial garden visitors enjoyed this floriferous and compact plant during the summer trials noting how well the plant continued to bloom new flowers over old, so there was never a decline in the beauty presented by Profusion Red Yellow Bicolor.

Leucanthemum, Sweet Daisy Birdy

Sweet Daisy Birdy Leucanthemum is a beautiful perennial with robust, long-lasting blooms and longevity in gardens down to zone 3. In the AAS Trials, it demonstrated excellent cold and heat tolerance and maintained a tidy, sturdy habit over the three-year trial. The cheery flowers are large and pure white in color, appearing earlier in the season than the comparison varieties. The 5-inch daisy blooms feature small, feathery petals around golden-yellow button centers. Leucanthemums, also known as Shasta daisies, are used for both cut flowers and garden highlights while also providing food and habitat for many kinds of pollinators. This plant will provide years of beauty with very little maintenance other than deadheading spent blooms if desired, but not necessary. Available as transplants only.

Source: All-America Selections



FRIDAYS, FEB. 19 & 26
9 a.m.–12:30 p.m.
Virtual Workshops Via Zoom —
Attend One or Both Workshops

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

Topics include:

- Weathering the Storms of Turfgrass Diseases
- Is Your Turf Another Animal's "Home Turf"?
- Trees in a Changing Environment
- Countering EAB: an In-Depth Look at Common Systemic Insecticides Used to Treat Emerald Ash Borer

ISA and NAA CEU credits available

REGISTER BY FEB. 12

Cost \$20/person for one day, \$30/person for both days.
 Register at <https://go.unl.edu/prohort>

For more information, call Sarah Browning at 402-441-7180
 or go to <https://go.unl.edu/prohort>

GARDEN GUIDE

THINGS TO DO THIS MONTH

By Mary Jane Frogge, Extension Associate in Lancaster County

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

Check any vegetables you have in storage. Dispose of any showing 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 after all danger of frost is past. Plant in full sun in well-drained soil.

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, 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.

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 three 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.

Don't start your vegetable transplants indoors too early. Six weeks ahead of planting is early enough for fast-growth species, such as tomatoes; eight weeks for slower-growing types, such as peppers.

Know Your Bugs Before You Treat: Bed vs. Bat

By Kait Chapman, Extension Educator in Lancaster County

You're just minding your own business in your home when you suddenly see an insect crawling along nearby. You decide to take a closer look and a bit of panic sets in about the prospect of a bug in your home. A quick Google search later, and you're convinced it's the dreaded **bed bug**.

Your mind starts to race with what you need to do: squish the bug, call a pest control company, throw out your mattress, etc. Well, I'm here to tell you, you don't need to panic! In fact, there is a good chance the insect you're seeing may not be a bed bug at all, it could be a **bat bug**.



Bed bug (left) and bat bug (right)

How Do I Recognize Bugs?

The first thing you should do if you find yourself in a situation with insects in your home is to have it properly identified by a professional. This is especially important with bed bugs

and bat bugs, because to the average person, they can look indistinguishable and often require a microscope to tell the difference. Nebraska Extension in Lancaster County currently offers free insect and spider identification and consultation services. Lincoln is a batty city, and most samples we receive from clients that suspect they have bed bugs, end up being bat bugs instead.

It's A Bat Bug: Now What?

Good news! While bat bugs may occasionally bite humans in the absence of their regular hosts (bats); controlling them is a lot simpler than controlling bed bugs. Fixing your bat bug problem is as simple as removing any bats roosting in or around your home. Simply contact your local pest control specialist for safe

relocation and vacuum up any lingering bugs around the home. Voila — your bat bug problem is solved!

It's A Bed Bug: Now What?

Remember — don't panic! Bed bugs can be a hassle to manage, but it is possible and there are a lot of resources available to you. While their bites can be painful and irritating, bed bugs do not carry or transmit any human diseases. There are essentially two routes you can take:

- Manage it yourself: less expensive but more labor-intensive on your end.
- Contact a pest control specialist: more expensive, but often quicker.

Nebraska Extension provides many resources for how to manage and monitor for bed bugs. To learn more, visit <https://lancaster.unl.edu/pest>.

More Than Counting: Incorporating Math Into Daily Interactions With Preschoolers

By Amy Napoli, Ph.D., UNL Assistant Professor & Early Childhood Extension Specialist

Many parents report that time is their biggest barrier to teaching their children. Because there are limited hours in the day, math is the topic that often gets left out. However, it is important to recognize we do not have to set aside specific time dedicated only to math. Math concepts can be incorporated into activities and routines you are already doing. These strategies can help you maximize your time, and also show children how math applies in real world settings. It takes intentional effort, but once you have made math engagement a norm, your child will initiate many of the interactions.

1. Eating — Help your child set the table. How many people are eating the meal?

Each person needs one plate, fork and napkin. Meal and snack time also provide a great opportunity to expose your child to mathematical language terms. (Would you like more carrots? Who has the most bread?) You can also count small snacks like raisins or crackers and ask questions. (How many will you have if I give you one more? How many will you have left after you eat two?)

2. Reading — While reading to your child, try asking math-related questions and initiating math-related conversations. (How many ducks can you see? Let's count the animals with two legs and the animals with four legs and add them up.)

3. Driving — While you are in the car or on the bus, you can help your child count and compare the things you see. Turn it into a game!

“You count the red cars and I'll count the blue cars. Then we can compare them and see if we saw more red or blue cars.” or “I noticed that car is stopped. You look for a car that is moving.”

4. Playing — Think about some ways you can incorporate math into playing with your child's favorite toys. Does your child like dinosaurs? Sort them (by color, size, etc.) and then

count the groups. Which group has the most? Which group has the fewest? Then try sorting them by a different trait and compare the groups again.

5. Talking — Ask questions that prompt your child's mathematical thinking. Sometimes your child will say things that surprise you or respond incorrectly to a question. Rather than immediately correcting, try to find the right answer together. Ask follow-up questions that help your child figure it out on their own. This is also a good strategy when your child responds correctly. Try prompting with “Wow! How did you figure that out?” or “Show me why you think there would be three.”

The most important thing to remember when engaging your child in math is to have fun. Set an example that math engagement is a positive and

enjoyable experience. The interaction should center on a positive experience with you, with math learning as an added bonus.

Peer Reviewed by Lynn DeVries, Extension Educator, and Linda Reddish, Extension Educator



Pixels, Cottonbro

SAVE THE DATE!

VIRTUAL — Lincoln Early Childhood Conference

National Speaker: Cari Ebert — “Making Sense of Sensory”
Date: Saturday, March 20
Time: 8:30–11:45 a.m.
Cost: FREE
Register: by Friday, March 12 at <https://esu6.gosignmeup.com>

Pesticide Applicator Trainings

If you have a pesticide applicators license expiring in April, 2021 — 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.

Trainings will be held only if current COVID-19 conditions permit. **Pre-registration will be required due to room capacity limitations for COVID-19.** Attendees will be required to wear masks at the trainings.

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 several options to recertify or get a new license.

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

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

It is highly recommended you obtain and review the written study materials prior to attending. This will greatly improve your chances of passing the written examination. Study materials for all commercial categories must be purchased online at <https://pested.unl.edu> (click on “Classes & Study Materials”).

Testing-Only sessions — Take a written, closed-book exam given by the Nebraska Department of Agriculture (NDA). All walk-in testing sessions are currently being held by appointment only. Visit <https://pested.unl.edu>, for a list of available test-only dates, times, locations and to register. **Cost \$5.**

Pearson VUE testing — Take a computer-based test provided by the NDA. 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 a list of testing sites, categories available, dates, locations and registration information. Cost \$55 per exam. (Multiple categories are each charged the full fee.)

Private Applicators

A private pesticide applicator is a person who uses or supervises the use of restricted-use pesticides in the production of agricultural commodities on land owned or rented by them or their employer. You are not eligible to purchase or apply restricted-use pesticides until you are both certified and licensed. Private applicators have five options to be certified this year: NEW online self-study, in-person trainings, hard copy home self-study and direct exam-only option through the NDA. Please read all options below as modifications have been made to the certification process this year for COVID-19.

Online private self-study — A new online training can be found at <https://pested.unl.edu/certification-and-training>. The online option only takes 3–4 hours

and allows for a test-out option at the beginning, and if passed (70% or better score), the rest of the online training is not required. You are highly encouraged to consider this option due to evolving COVID-19 directed health measures. This option is flexible to fit your schedule. The cost is \$50/person.

Traditional training classes — Register at <https://croptechcafe.org/training>. Trainings at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln will be on Wednesdays, Feb. 10, Feb. 17 and Mar. 3 from 1–4 p.m. Cost is \$50/person by check (University of Nebraska–Lincoln) or cash.

Hard copy home self-study — This option is for those with limited access to internet and a computer. Please contact the UNL Pesticide Safety Education office at 402-472-1632 to arrange for a hard copy to be mailed to you. Cost is \$75/person.

Testing-only option — Take a written, closed-book exam given by the Nebraska Department of Agriculture (NDA). All walk-in testing sessions are currently being held by appointment only. Visit <https://pested.unl.edu>, for a list of available test-only dates, times, locations and to register. **Cost \$5.**

Total Coliform Bacteria in Drinking Water

By Becky Schuerman, Extension Domestic Water/Wastewater Associate

Total coliform bacteria is all around us. They are in the soil and vegetation throughout our environment and are generally harmless. Total coliform bacteria in drinking water typically doesn't have a health risk associated with it and if water testing only detects it, the source is probably environmental and not fecal contamination. Total coliform bacteria is often considered an indicator there may be something more serious contaminating a drinking water system, specifically E. coli bacteria. Total coliform bacteria are colorless, odorless and tasteless and the only way it can be detected in drinking water is through submitting a sample for laboratory testing.

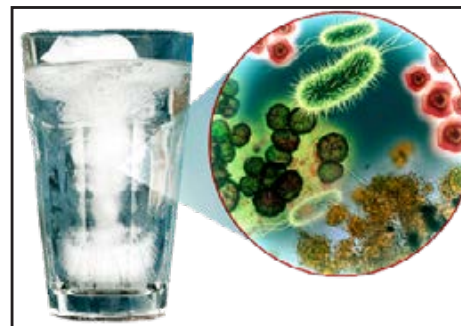
Bacterial contamination can result from a number of sources. These sources

include surface runoff containing animal waste from feedlots, dog runs or other locations where animal waste is deposited or piled. Human waste can also be a bacterial contamination source, most often from a failing onsite wastewater system such as residential septic tanks, laterals, mounds system or lagoons. Additional contamination sources include insects, rodents or animals that may get trapped in a well and die, thus introducing bacteria to the well water. Flooding events where wellheads are submerged by floodwaters that commonly contain high levels of bacteria are yet another source of contamination.

As said earlier, not all bacteria present a health risk, but some do. E. coli is a subgroup of the coliform bacteria group. Most E. coli bacteria are harmless and exist in the intestines of people and warm-blooded animals. However,

some strains can cause illness. If E. coli bacteria is detected in a water sample, it is usually an indicator of recent fecal contamination of the water. That means there is a greater risk that water-borne pathogens are present.

Proper well location, construction, and maintenance are key to reducing vulnerability to bacterial contamination in all types of water wells. In accordance



Just because you can't see it, doesn't mean it's not there.

with the Nebraska Safe Drinking Water Act, public water systems adhere to a mandatory total coliform testing schedule. It is recommended that private wells be tested for total coliform bacteria after the well is initially drilled and annually thereafter. Testing should also happen if a well has been unused for one or more years, after repairs are made to any of the well components, if the well is inundated by flood waters or surface runoff or if contamination is suspected due to prolonged illness. Treatment is achieved through disinfection, most commonly by shock chlorination. A Nebraska-licensed water well professional can assist well owners with decontaminating a private water well system.

Please go to <https://water.unl.edu/article/drinking-water/nebguides> NebGuide G1826, “Drinking Water: Bacteria” for further information.



HEART OF 4-H VOLUNTEER AWARD

Laura Cook

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

Laura has volunteered for 4-H in a wide variety of ways since 2014:

- Parent volunteer and current leader of the Go Go Goat Getters 4-H club which gives non-farm youth the opportunity to help raise and show a dairy goat.
- Parent volunteer for the Pick-a-Pig 4-H club which gives non-farm youth the opportunity to help raise and show a pig.
- Helps 4-H at the Lancaster County Super Fair with setting up static exhibit displays, during the Dairy Goat and Swine shows, as well as staffing shifts at 4-H Council's food stand.
- Assists with 4-H Clover College's Giddy Goats workshop.
- Helps the Go Go Goat Getters club provide a booth at Kiwanis Carnival.

"It's fun to see the kids learn so much, make great friends and give back to their community," she says. "I have also made many lasting friendships through 4-H. It's a great way to spend time with my kids. I love interacting with the public at the fair as well as other events. It's fun to educate others while you have a fun conversation! I would encourage everyone to get involved in 4-H — the rewards are great!"

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



Meet 2020–2021 4-H Teen Council



The Lancaster 4-H Teen Council is a leadership organization for youth in grades 7–12. This year, 30 youth are active in Teen Council (not all are pictured). Members are involved in several leadership activities and community service projects such as picking up litter shown in the above photo. Karol Swotek is the Teen Council volunteer sponsor and Extension Educator Tracy Anderson is the Teen Council staff sponsor. To join Teen Council, contact Tracy at 402-441-7180 or tracy.anderson@unl.edu.

4-H Club Gives Youth With Special Needs Opportunity to Show Lambs

The Unified Showing 4-H club empowers youth with special needs by pairing them with buddies who ensure the safety of the youth showman and lamb. There will be a selection process for both showmen (ages 8–18) and buddies (ages 14–18). Applications are due by Saturday, Feb. 14.

The club will aim to have meetings once a month. During the summer, practices will be held once a week at project leader Allison Walbrecht's farm in southwest Lincoln. Youth will practice with their designated lamb that Allison's family owns. At the end of the summer, the showmen will be able to see their hard work pay off at the 4-H Sheep Show during Lancaster County Super Fair.

For more information about the club or to request an application form, contact Allison via the Unified Showing Facebook group or email amnwalbrecht@gmail.com.

Pick-A-Pig Club Accepting New Members

The Pick-A-Pig 4-H club is 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. The club reorganizes in late winter with a strict deadline to join by March 15. For additional information, contact Harry Muhlbach at 402-430-7304.

4-H Rabbit Show, March 20

The 4-H Spring Rabbit Show will be held Saturday, March 20, 9 a.m. at the Lancaster Event Center Fairgrounds – Exhibit Hall. Open to all youth ages 8–18. This is a great opportunity for youth to talk to other 4-H'ers about where to purchase a good rabbit for a 4-H project! Show flyer is at <https://lancaster.unl.edu/4h/companionanimal>. For more information, call Bob at 402-525-8263 or the Extension office at 402-441-7180.

Companion Animal Webinar Series

The Nebraska 4-H Companion Animal Webinar Series is a great way for 4-H leaders, parents and senior-aged youth to gain knowledge in various companion animal-related topic areas. Youth do not need to be enrolled in 4-H to participate. Companion Animal webinars are hosted live via Zoom on the first Thursday of each month at 6 p.m. Register in advance to receive the Zoom link. Learn more at <https://4h.unl.edu/companion-animal-webinar-series>.

New Cat Science Online Course

Interested in learning more about caring for a feline friend? Nebraska 4-H's new Companion Cat Science online course is great for middle-school-aged youth, but open to all youth regardless of age who are looking to learn more about cats and the 4-H cat project. Youth do not need to be enrolled in 4-H to participate. Learn more at <https://4h.unl.edu/companion-cat-science>.

Watch Chicks Hatch on EGG Cam

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



UPCOMING DATES

- Hatch date: Jan. 25–26
- Eggs set in incubator: Feb. 9
- Day 7 candling: Feb. 16
- Day 14 candling: Feb. 23
- Hatch date: March 1–2



4-H Announcements

FOR 4-H'ERS AND VOLUNTEERS

See the 4-H e-newsletter at <https://go.unl.edu/Lan4Henews> for complete 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.

NEBRASKA 4-H MONTH

February is Nebraska 4-H Month! Help shine a light on 4-H, 4-H'ers and everyone who contributes to 4-H!

- Friday, Feb. 12 – 4-H Volunteer Appreciation Day – thank your 4-H volunteers.
- Wednesday, Feb. 17 – 4-H Spirit Day – wear green or the 4-H clover.
- Friday, Feb. 19 – 4-H Sponsor & Donor Appreciation Day – thank 4-H sponsors and donors.
- Tuesday, Feb. 23 – Lancaster County 4-H Achievement Virtual Celebration – help celebrate local youths' accomplishments!

4-H QUILT BLOCKS SEWING VIRTUAL WORKSHOP, FEB. 13

4-H youth ages 8 and up are invited to learn beginning quilting skills while constructing quilt blocks at the virtual Quilt Blocks sewing workshop on Saturday, Feb. 13, 9 a.m. via Zoom. No registration fee. Must register by Monday, Feb. 1 by calling 402-441-7180 or emailing Kristin at kristin.geisert@unl.edu. You will need a sewing machine, thread and basic sewing equipment (scissors, pins, measuring tape). Kit bags including pre-cut fabric pieces and sewing instructions will be available for pick up from the Extension office prior to the workshop. Parents/adults will need to help guide their 4-H sewers during the entire workshop. Quilting experts will provide specific instructions, tips and answer questions via Zoom throughout the morning. The completed quilt blocks will be connected into a Quilt of Valor which will be given to a Veteran touched by war.

4-H ACHIEVEMENT VIRTUAL CELEBRATION, FEB. 23

Lancaster County 4-H and 4-H Council invite ALL 4-H'ers, 4-H families and volunteers to the 4-H Achievement VIRTUAL Celebration on Tuesday, Feb. 23, 6:30 p.m. This year's celebration will be held via Zoom and the theme will be "Shine On 4-H'ers!" Prior to the event, packets with award certificates, pins, programs, commemorative bookmarks, stickers and more will be mailed to each award winner! Zoom link will be included in the packet and emailed to all enrolled 4-H families. Packets for Clubs of Excellence and Outstanding 4-H Clubs and will be mailed to the organizational leaders. Award winners are asked to submit award-related photos to <http://go.unl.edu/Lancaster4HPhotos> by Monday, Feb. 8 (see packet for details).

4-H PILLOW SEWING VIRTUAL WORKSHOP, FEB. 27

4-H youth ages 8 and up are invited to learn beginning sewing skills while constructing a pillow at the Pillow Party sewing virtual workshop on Saturday, Feb. 27, 9 a.m. via Zoom. No registration fee. Must register by Monday, Feb. 15 by calling 402-441-7180 or emailing Kristin at kristin.geisert@unl.edu. You will need a sewing machine, basic sewing equipment (scissors, pins, measuring tape), etc. along with 3/4 yard each of 2 coordinating/contrasting woven fabrics, pre-washed, 100% cotton and matching thread. Kit bags including the pillow forms and sewing instructions will be available for pick up from the Extension office prior to the workshop.

GOVERNOR'S AG EXCELLENCE AWARDS DUE MARCH 1

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. Forms are due by March 1. Applications are online at <http://ne4hfoundation.org>.

4-H HORSE STAMPEDE ENTRIES DUE MARCH 5

The statewide 4-H Horse Stampede is planned for Saturday, March 27 on UNL East Campus. This event offers a variety of 4-H horse contests that don't require live horses, including public speaking, demonstration, quiz bowl, art and photography. Some changes have been made for 2021 in accommodation with health restrictions and guidelines. All entry forms are due to county offices by Friday, March 5. Lancaster County 4-H Council will pay entry fees for Lancaster County 4-H youth. More information and entry forms can be found at <https://4h.unl.edu/horse/stampede>.

4-H/FFA MARKET BEEF WEIGH-IN, MARCH 9

4-H and FFA exhibitors showing market steers or heifers at the Lancaster County Super Fair for participation in rate of gain must weigh-in their projects at the 4-H/FFA Market Beef Weigh-In on Tuesday, March 9, 6–7 p.m. at the Lancaster Event Center Fairgrounds – Pavilion 2.

4-H SPEECH & PSA CONTEST, MARCH 10 DEADLINE

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, .mp3 or .m4a file electronically to kpulec3@unl.edu or on a CD to the Extension office by Wednesday, March 10. The 2021 PSA theme is Opportunity 4 All. The 4-H Speech Contest is currently planned to be held Sunday, March 14 at the Lancaster Extension Education Center. Check-in between 1–1:30 p.m., contest begins at 1:30 p.m. Register by Wednesday, March 10 by calling 402-441-7180 or emailing kpulec3@unl.edu with your name, speech title and age division. For rules, helpful resources and examples, go to <https://lancaster.unl.edu/4h/speech>. If you have questions, contact Kate Pulec at kpulec3@unl.edu or 402-441-7180.

4-H JAMMIE SEWING WORKSHOP, MARCH 13

4-H youth ages 8 and older are invited to practice their basic sewing skills and learn to use a pattern to make pajama or lounge wear pants or shorts at the Jammie Jamboree sewing workshop on Saturday, March 13, 9 a.m. until about 12:30 p.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road. Adults are needed to attend to help their 4-H'ers. Bring your sewing machine, basic sewing equipment (scissors, pins, measuring tape, etc.), simple elastic waist 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), elastic as recommended by pattern and matching thread. No registration fee. Register by Monday, March 8 by calling 402-441-7180 or emailing Kristin at kristin.geisert@unl.edu.

4-H FURNITURE PAINTING WORKSHOP, MARCH 27

4-H youth ages 8 and up are invited to participate in the Furniture Painting workshop on Saturday, March 27, 9 a.m. until about noon at the Lancaster Extension Education Center, 444 Cherrycreek Road. No cost to attend. Adults are welcome to attend to help youth. Must register by Friday, March 19 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. Wear old clothes appropriate for painting.

VIRTUAL COMPANION ANIMAL CHALLENGE ENTRIES DUE MARCH 29

The Virtual Companion Animal Challenge offers a variety of 4-H companion animal contests that don't require live animals, including demonstration, essay, art, photography, cat trivia and dog trivia. Online entry forms are being used for 2021 and can be found at <https://go.unl.edu/vcac>. Lancaster County 4-H Council will pay contest entry fees for Lancaster County 4-H'ers. Prior to submitting an entry form, save a copy and submit to the Lancaster County Extension office or email a copy to 4-H Assistant Calvin DeVries at cdevries2@unl.edu by March 29 to have entry fees paid by Lancaster County 4-H Council. T-shirts may be ordered at the cost of each participant for \$15. More information is at <https://4h.unl.edu/companion-animal/challenge>.

4-H/FFA LIVESTOCK REQUIREMENTS FOR SUPER FAIR

The 2021 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 the Lancaster County Super Fair and State Fair, as well as information about the Youth for the Quality Care of Animals requirements. New this year, two Livestock Parent/Leader Training & Identification Help nights will be held at the same time as the Youth for the Quality Care of Animals (YQCA) face-to-face trainings on Tuesdays, May 13 and June 10. While 4-H members are participating in the YQCA training, 4-H leaders, parents and volunteers may receive leader training, share ideas and get assistance from 4-H staff with identification paperwork and online entries. If you have any questions about the livestock projects, contact Calvin DeVries at 402-441-7180 or calvin.devries@unl.edu.

IT'S TIME TO RE-ENROLL IN 4-H!

All 4-H members and volunteers must re-enroll for the 2020–2021 4-H year. New members and fair projects may be updated through June 15. The website to enroll or re-enroll is <https://ne.4honline.com>.

Nebraska Extension in Lancaster County
 & Lancaster Extension Education Center Conference Facilities
 444 Cherrycreek Road, Ste. A, Lincoln, NE 68528
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NEBLINE

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EXTENSION CALENDAR

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

January

27 Commercial Pesticide Applicator Recertification Training 9 a.m.

February FEBRUARY IS NEBRASKA 4-H MONTH

2 Commercial Pesticide Applicator Initial Training.....8:30 a.m.

2 4-H Council Meeting 6 p.m.

4 Commercial Pesticide Applicator Recertification Training ...8:30 a.m.

9 Commercial Pesticide Applicator Recertification Training ...8:30 a.m.

10 Private Pesticide Applicator Training 1 p.m.

11 Nebraska Cover Crop & Soil Health Conference - Virtual 1–4:30 p.m.

11 Pesticide Applicator Nebraska Department of Agriculture
 "Appointment Only" Testing Session 9 a.m.–2 p.m.

12 Extension Board Meeting..... 8 a.m.

12–13 Great Plains Growers Conference - Virtual

13 4-H Quilt Blocks Sewing Virtual Workshop 9 a.m.

14 4-H Teen Council Meeting 3 p.m.

15 Extension Office Closed for Presidents' Day

17 Private Pesticide Applicator Training 1 p.m.

19 ProHort Lawn & Landscape Workshop - Virtual 9 a.m.–12:30 p.m.

23 4-H Achievement Virtual Celebration.....6:30 p.m.

25 Commercial Pesticide Applicator Initial Training.....8:30 a.m.

26 ProHort Lawn & Landscape Workshop - Virtual 9 a.m.–12:30 p.m.

27 4-H Pillow Sewing Virtual Workshop..... 9 a.m.

EXTENSION NEWS

2021 Extension Board



Chris Scow Jim Pinkerton Dena Noe Brenda Nepper Jim Ballard



Patricia Heather Bob Huttes Trudy Pedley Meghan Sittler Nate Woods

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.). Nathan Woods was recently appointed for his first term. Trudy Pedley and Chris Scow were re-appointed to serve their second terms. Extension Board members for 2021 are:

- Chris Scow, President
- Jim Pinkerton, Vice President
- Dena Noe, Secretary/Treasurer
- Jim Ballard
- Patricia Heather
- Bob Huttes
- Brenda Nepper, 4-H Council ex-officio member
- Trudy Pedley
- Meghan Sittler
- Nate Woods

Wedding Receives Award

The Lancaster County Board of Commissioners approved awarding an Exceptional Circumstance Award to Karen Wedding during their Dec. 8 meeting. This award recognizes superior or exceptional job performance of Lancaster County employees. A county employee since 1988, Karen works at Nebraska Extension in Lancaster County as a Clerk Typist II. Karen was nominated by Karen Wobig, Department Head, and Jenny DeBuhr, Administrative Services Officer, of the Extension office. Jenny wrote, "This year has been an extraordinary year. She has been willing to do whatever is necessary to get a job done, even if that meant going beyond her typical work duties. Karen has been instrumental in getting our NEBLINE newsletter completed this year and took on increased responsibility designing pages and completing issues as other staff were faced with unplanned leave and competing duties. We would not have been able to produce certain issues without her."