

Nutrition Security: A New National Focus

*By Emily Gratopp, MS,
Extension Educator in
Lancaster County*

Nebraska Extension has long been partnered with federal grant programs to increase health and nutrition, especially for community members who are living on lower incomes. In addition to these federal funds, Nebraska Extension also invested in faculty and staff in various counties across the state to encourage health and nutrition for all Nebraska residents.

Nebraska Extension in Lancaster County has a team of seven to nine professionals (dependent upon staffing and grant-funding transitions) dedicated to improving nutrition and health using both Extension and federal grant funds. An emphasis on nutrition is not new to Extension or the U.S. government. The two main nutrition-based federal grant programs were estab-



Extension Assistant Courtney Eitzmann (left) coordinates vegetable donation gardens with the help of Extension Master Gardener volunteers.

WHAT IS NUTRITION SECURITY?

Consistent access to nutritious foods that promote optimal health and well-being for all Americans, throughout all stages of life.



Nutrition security definition taken from the Nutrition Security infographic on USDA's Nutrition Security website at www.usda.gov/nutrition-security.

lished 52 and 30 years ago: the Expanded Food and Nutrition Education Program (EFNEP) and the Supplemental Nutrition Assistance Program-Education (SNAP-Ed), respectively.

New Emphasis

What's new is the emphasis on nutrition in the field of food access and food systems, including food pantries, school lunches and food retail locations. In 2021, an emphasis was placed on making nutritious eating accessible for all Americans, including those who have limited incomes. This emphasis is called Nutrition Security, and the concept has a national agenda, two blogs and a website, along with national funding streams into the millions.

What is Nutrition Security?

Nutrition Security is defined as, "all Americans having consistent access to the safe, healthy, affordable foods essential to optimal health and

well-being." The website created by the U.S. Department of Agriculture (USDA) contains this definition and a link to an infographic on the topic. Enhancing nutrition security is about getting the RIGHT kinds of foods — versus the long-promoted concept of food security, which focuses on getting ENOUGH food. The website and infographic is at www.usda.gov/nutrition-security.

Poor Nutrition Leads to Increased Diseases

How is nutrition security important enough to become a national priority? Being food insecure has a strong correlation with poor nutrition, and poor nutrition leads to increased disease states, including chronic disease. According to the Centers for Disease Control and Prevention (CDC), chronic diseases are becoming more common with 1 in 3 people having a chronic disease and 1 in 4 having two chronic diseases. America is not



Photos by Vicki Jedlicka, Nebraska Extension in Lancaster County

Extension Associate Meredith Kuca (far right) partners with the Food Bank of Lincoln's Lincoln Fresh Mobile Distribution Truck to distribute nutrition information related to produce.

only suffering from the diseases themselves, but also from the cost of them. For example, diabetes is the most expensive chronic disease, costing the nation \$327 billion annually. Diabetes is the eighth leading cause of death in the U.S. while heart disease and cancer take the lead positions in that category.

The top methods to alleviate these chronic diseases

are linked to lifestyle and behaviors. These behaviors include the small choices Americans make in everyday life. Four behaviors, in particular, have been identified as having the biggest impact on either increasing or decreasing chronic disease and the associated healthcare costs: tobacco use, nutrition, physical activity and alcohol use.

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SNAP Dollars Increased

U.S. Secretary of Agriculture Tom Vilsack has focused on the behavior of nutrition by defining and drawing attention to nutrition security in addition to increasing financial support to make nutrition accessible for all Americans. One major accomplishment to bolster nutrition security in 2021 included studying the Thrifty Food Plan (TFP), which determines the dollar amount households of varying sizes receive in the Supplemental Nutrition Assistance Program (SNAP, formerly known as Food Stamps). The study determined that the TFP had not been making substantial cost-of-living increases since it was last revised 40 years ago. So, families were not getting the assistance they needed from SNAP in order to eat a whole, nutritious and well-balanced diet. The study led to action that included a 30% increase in the TFP, in the hopes that these households will choose to sustain their families with nutritious foods, not just more food.

Food Access Now About Nutrition Access

As the USDA emphasizes, “Broadly, Americans suffer from poor nutrition.” Secretary Tom Vilsack stated, “This is serious business. This is not just public policy and research and all of that. This is serious business that impacts and affects how people feel and think of themselves, and how they relate to the rest of the world and whether they can maximize their God-given talents.”

No longer is food access work simply about food or calorie consumption to minimally sustain an individual



Extension Assistant Victoria Teixeira Reis (far right) teaches a nutrition and cooking class for adults through the El Centro de las Américas culture center.

or family. Food access is now about nutrition access — access to high quality, nutrient-dense foods that will nourish bodies and minds, ease the increasing clinical costs of disease and allow for Americans to reach their personal potential.

Extension's Nutrition Education Program Efforts

The Nutrition Education Program (NEP) in Lancaster County has a partnership between SNAP-Ed and EFNEP, along with additional smaller grants, to implement a robust and impactful nutrition-based program that increases nutrition security for audiences of all ages and through community-wide efforts. SNAP-Ed is the educational component of SNAP and helps individuals and families lead healthy lives, in part, by using their SNAP benefits for purchasing, cooking and consuming healthy foods and nutritious meals. EFNEP focuses on building similar healthy habits for families with small children.

Lancaster County NEP consists of the team of people implementing these grants to improve nutrition security. The examples below are ways in which NEP increases nutrition

security in Lancaster County:

- Children ages birth through 5 are supported with Nutrition and Physical Activity Self-Assessment for Childcare

Centers (NAP SACC), which helps childcare centers and homes establish healthy environments and nutritious diet patterns in young children.

- All elementary-age children in 21 Title I schools (schools with 50% or more of students receiving free- or reduced-lunch), numerous classes in middle and high schools, and additional community organizations receive nutrition education curriculum and experiences.
- Adult parents (sometimes teenagers), adults in low-income housing or residential programs, and adults reached through culture centers or their children's schools, receive nutrition education.
- Senior citizens living in

low-income housing units receive specialized nutrition education.

- Healthy foods are showcased through engaging food demonstrations at community events.
- NEP coordinates Double Up Food Bucks (DUFb) in Lancaster County, which offers SNAP participants the opportunity to double their dollars in fresh produce and partners with local farmers to increase consumption of locally grown fruit and vegetables.
- NEP establishes and sustains gardens to grow fresh vegetables and herbs increasing availability of affordable, fresh produce in food pantries and meal programs.



RECIPE OF THE MONTH

By Emily Gratopp, MS, Extension Educator in Lancaster County

Nebraska summers are the perfect time to enjoy ice-cold treats that are refreshing in the heat and humidity. Develop a healthy heat-relieving craving for this nutritious (and easy) summer snack.

STRAWBERRY SMOOTHIE AND FREEZER POP

(Yield: 3–4 servings)

- 1 (6-ounce) carton vanilla low-fat or fat-free yogurt**
- 3 cups sliced fresh strawberries, gently rubbed under cold running water**
- 1 medium banana, sliced**
- 4 to 8 ice cubes**

1. Wash hands with soap and water.
2. Combine yogurt, strawberries and banana in blender with the yogurt added first. Cover and blend until smooth; start at a lower speed and gradually increase the speed as the mixture starts to blend and become smooth.
3. With the blender still running, drop ice cubes — one at a time — through the hole in the lid. Blend until smooth and desired thickness. Somewhere between 4 and 8 ice cubes should be about right, depending on the size of cubes.
4. Serve immediately or freeze in freezer molds or paper cups to enjoy later.

Notes:

- Strawberries do not continue to ripen after they are picked. Select firm, fully ripe strawberries with a deep, red color. Do not wash strawberries until you are ready to eat or prepare them. Excess moisture causes them to spoil faster.
- Store strawberries in the refrigerator in their original clamshell container from the store. Remove any moldy or damaged berries. They'll remain at best quality for about 3 days.

Nutrition Information: Calories 100, Total Fat 1g, Saturated Fat 0g, Cholesterol 0mg, Sodium 30mg, Total Carbohydrates 22g, Fiber 3g, Total Sugars 16g, includes 3g Added Sugars, Protein 3g, Vitamin D 0%, Calcium 8%, Iron 6%, Potassium 8% (Nutrition Software Used: ESHA Food Processor)



Photo by Karen Wedding, Nebraska Extension in Lancaster Co.

Harvesting & Drying Herbs

By Sarah Browning, Extension Educator in Lancaster County

Do you have beautiful herbs in your garden and want to preserve them for use this winter? Then it's time to get started drying your herbs.

Harvest herbs for drying from stems that are in the bud stage, but have not yet flowered. This is when the leaves contain the highest amount of aromatic essential oils. Select individual stems with healthy leaves and cut them each about 6-inches long. Remove any dead or damaged leaves.

If they are not clean, brush off any loose dirt with a soft pastry brush. Washing is necessary only if the herbs are very gritty, but be sure to pat off any excess water with a paper towel before beginning the drying process.

Stop harvesting stems from perennial herbs, like thyme and sage, in late summer. This allows them to continue growing and store enough energy for overwintering.

Tips for Drying Herbs in Bunches

To be successful with drying herbs, it's important to remove the water from the leaves but at the same time keep as much of the oils and other compounds within the plant. It's not difficult to preserve herbs, but it must be done with care.

If your plants are clean and free of pesticides, immediately after picking, hang small, loose bunches upside down from a rack or

suspended from a line or cord. Don't make the bunches too large. There is a risk the inner leaves won't dry properly and mold may develop if enough air can't circulate through the bunch.



Lavender, rosemary and thyme

The ideal place to dry herbs is a warm, dark and well-ventilated place. Ideally, the temperature should be about 90°F. Avoid hanging herbs in the kitchen, even though it looks very attractive. Kitchens are often full of condensation from cooking. It is also not advisable to dry herbs in the oven, because no matter how low the temperature is, the flavor is less than with other methods.

To prevent dust from settling on the bunches, place a paper bag over the herbs, leaving the bottom open to the air.

Other Herb Drying Methods

Two additional ways to dry herbs are to lay them flat on screens or use your microwave.

If leaves are not too small, they may be removed from the stems and dried in a single layer on trays made of window screening or 1/4-inch mesh hardware cloth.

Using your microwave oven is another quick way to dry herbs, but must be done carefully to avoid scorching them. Timing depends on the thickness of the plant part being dried and the strength of your microwave oven.

Place small bunches of herbs between two paper towels.

Microwave for 1 minute on high. Turn the herbs and continue microwaving at 20-30 second intervals.

Never leave the microwave unattended because herbs can scorch and start burning if they're in the microwave too long.

Test for the correct level of dryness by crushing a few leaves or stems. They should be dry and brittle, crumbling into leaf bits or powder when rubbed between your hands. If they become too dry, you'll have powdered herbs.

Storing Dry Herbs

When the drying process seems to be complete, remove the leaves from their stems and place them in sealed glass jars in a warm place. Label each container with the herb name and date harvested. Examine the jars daily to determine if any moisture has condensed on the inside of the glass. If it has, remove the contents and spread them out for further drying. If necessary, the final drying may be completed by spreading the leaves on a cookie sheet in an oven set for 110°F or less.

Flavor will be best if the herb leaves are stored whole and crushed just before adding them to food. To use herbs in a powdered or ground form, crush the leaves with a rolling pin, pass them through a fine sieve or grind them in a blender, food processor or a mortar and pestle. Store dried herbs out of direct sunlight to prevent their color from fading.



Mint, parsley and thyme

GARDEN GUIDE THINGS TO DO THIS MONTH

By Mary Jane Frogge, Extension Associate in Lancaster County

Clean up fallen rose and peony leaves. They can harbor disease and insect pests over the winter if allowed to remain on the ground.

Hand pick bagworms from your evergreen and deciduous trees.

Many herbs self-sow if the flowers are not removed. Dill produces seeds that fall around the parent plant and come up as volunteers the following spring.

Every weed that produces seed means more weeds next year. Control weeds before they go to seed.

Remove old vegetable plants which have stopped producing to eliminate a shelter for insects and disease organisms.

Do not add weeds with mature seed heads to the compost pile. Many weed seeds can remain viable and germinate next year when the compost is used.

September is a good time to root cuttings from annual bedding plants such as begonias, coleus, geraniums and impatiens. These plants can be overwintered in a sunny window and provide plants for next year's garden.

Tree wound paints used after pruning are no longer recommended as they can slow healing and may promote decay.

Pears should be picked at the hard, ripe stage and allowed to finish ripening off the tree. The base color of yellow pears should change from green to yellow as the fruit approaches maturity.

Be sure to keep strawberry beds weed free. Every weed you pull now will help make weeding much easier next spring.

Save seeds from favorite flowers such as marigolds by allowing the flower heads to mature. Lay seeds on newspaper and turn them often to dry. Store the dry seeds in glass jars or envelopes in a cool, dry, dark place.

Hot peppers will keep best if stored after they are dry. Thread the peppers on a string to dry. Hang in a cool, dry place.



Basil

Photos by Pixabay

WATER PLAY FUN

By Hayley Jackson, Extension Educator in Lancaster County

The days are getting hotter, and we are all looking for ways to cool off. Don't have easy access to a pool? Not to worry! There are plenty of ways to engage in water play with children that don't involve swimming. Water play is not only a fun way to stay cool in the summer heat, but it also has multiple benefits for children. Playing with water can help children develop their math and fine motor skills as well as explore the concept of cause

and effect. Read more to learn about different experiences young children can have with water!

◆ **Painting with Water** — Fill a jar with water and bring paintbrushes outside. Find any cement area and use the water and paint brushes to paint on the cement. When it dries, you can start over and paint something new!

◆ **Dumping and Pouring** — Gather various materials that children can fill with water such as measuring cups, jars of various sizes, funnels and strainers. Fill a

larger tub with 1-2 inches of water and then let the child spend time exploring water with all the materials in the tub. Watch as they explore



Photo courtesy of Kids Imagination Station

concepts of measurement as well as work on their hand/eye coordination!

◆ **Sink or Float** — Fill a clear container with water and gather a few household items with varying densities. Items such as marbles, a toy car, a feather, a plastic eating utensil, a Lego, coins or a piece of dry pasta will work. Discuss with the child and then make a prediction about which items will sink in the water and which ones will float. This helps children learn about the density of objects and the scientific process of making

predictions!

◆ **Exploring with Ice** — Using muffin tins, find small objects around the house and add one per muffin tin. Fill the tins with water and then place in the freezer. After 24 hours, take it out of the freezer and let children experiment with ways to get the small objects out of the ice. Provide tools such as spray bottles with hot water, salt and digging tools. Encourage children to describe their thought process as they experiment with how to “free” the objects from the ice.

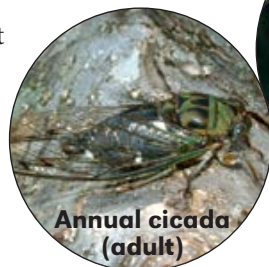
♪ Summer Brings Singing Cicadas ♪

By Kait Chapman, Extension Educator in Lancaster County

There's no other insect that gets me quite as nostalgic as the cicada. The loud sound of cicadas trilling in the evenings and the hunt for shed cicada shells on the bark of trees brings back fond memories of summer. Luckily, cicadas are harmless, albeit large, beauties that bring a touch of wilderness to urban areas.

Cicadas have a unique lifecycle that has them spending the majority of their life underground, feeding on the sap from the roots of hardwood trees. In Nebraska, our most commonly encountered species of cicadas will spend three to five years underground in this juvenile stage. We call these “annual” cicadas, because their staggered emergence makes them appear every year.

As cicadas are ready to complete their lifecycle, they emerge from the ground and climb up trees, fences and



Annual cicada (adult)



Shed cicada exoskeleton

Photos by UNL Entomology



Periodical cicada (adult)

buildings to shed their exoskeletons and unfurl their wings. The adults are most active July to September. This is also when you're most likely to hear the distinct humming of male cicadas trying their best to attract females. To complete their lifecycle, mated females will lay eggs in tree twigs. Once the juvenile cicadas hatch, they will fall to the ground and burrow into the soil.

However, for a truly unique experience, mark your calendar for the year for the Brood IV emergence of 17-year cicadas in 2032. As their name suggests, 17-year cicadas spend an amazing 17 years underground

and emerge all together in an ear-splitting event. Brood IV is the only brood that reaches the state of Nebraska, and even then, they are only present in southeastern Nebraska, including the Lincoln- and Omaha-areas. Unlike the green- and brown-colored annual cicadas, the 17-year or periodic cicadas have black bodies and spectacular red eyes. While it will be quite some time until we get to experience the extraordinary emergence of periodical cicadas, we still have annual cicadas to marvel at in the meantime.

CONTROLLING POISON HEMLOCK

By Melissa Bartels, Extension Educator in Lancaster County

Have you noticed tall weeds with umbrella-like, white flowers in pastures, along roadsides and fields? It may be poison hemlock. Be careful as it is poisonous to livestock and people.

It's critical you avoid overgrazing pastures that contain hemlock. When adequate forage is available to graze, animals select healthy, palatable plants to eat and avoid the hemlock.

Fortunately, hemlock usually is not palatable to most livestock. Do not try to control hemlock during the grazing season by mowing or spraying with 2,4-D plus Dicamba. This alters the plant and can actually increase its palatability,



Photo by Oregon Department of Agriculture, CC BY 2.0

making it more likely animals will eat enough of it to cause poisoning.

Instead, control poison hemlock in the early spring or fall when animals are not in the pasture, or fence off large patches from livestock, if control is necessary. Herbicides such as 2,4-D, triclopyr and glyphosate can be used in the fall and/or spring to manage these weeds. It may take several applications, over a few years, to significantly deplete large seedbanks.

4-H Announcements FOR ENROLLED 4-H'ERS OR 4-H 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.

VIDEO COMPANION ANIMAL SHOWMANSHIP

The Nebraska 4-H Video Companion Animal Showmanship Contest is open to youth ages 10–18 who are enrolled in a companion animal (including cat) project. Videos should be recorded at the youth's home and submitted at <https://4h.unl.edu/companion-animal/showmanship-contest> following the instructions at this website. Entries can be submitted starting July 1 and are due by Aug. 13 at 5 p.m. If you do not have the capabilities to record a video, contact Vicki Jedlicka at 402-441-7180 to set up a recording time at the Extension office by Friday, July 22.

ALL LANCASTER COUNTY 4-H VOLUNTEERS MUST BE RESCREENED IN 2022 — PLEASE COMPLETE BEFORE SUPER FAIR

This year, all Lancaster County direct volunteers must be rescreened through the Nebraska Dept. of Health and Human Services (DHHS) Central Registry Check. Cost of the screening is \$5. For 4-H club leaders and parents/guardians who volunteer, the process will be initiated when you re-enroll through 4-H Online 2.0 at <https://v2.4honline.com> (select Organizational Leader, Project Leader or Program Volunteer). NOTE: parents of independent members do not need to be screened. If you are a volunteer who works directly with youth and not a 4-H club leader or parent/guardian, email Lancaster4H@unl.edu or call 402-441-7180 for a link to get rescreened. Rescreening is done every five years by district, regardless of when a volunteer's original screening was completed.

STATE FAIR ONLINE ANIMAL ENTRIES DUE AUG. 10

Animal exhibitors (4-H ages 10–18, FFA ages 10–21) are eligible to participate at the Nebraska State Fair regardless of county fair placing. To be eligible, livestock nominations and payment must have been completed online at <https://showstockmgr.com> by June 15. 4-H/FFA youth or their families must submit their final animal entries by Wednesday, Aug. 10, 8 p.m. in ShoWorks online at <http://nebr.fairwire.com>. The Nebraska 4-H website with information and instructions is <https://4h.unl.edu/state-fair/live-animal-exhibitor>. Lancaster County Extension staff will NOT collect State Fair animal entries or entry fees.

STATE FAIR STATIC EXHIBITS

At the Lancaster County Super Fair, 4-H static exhibits will be selected for the Nebraska State Fair by the judges in their respective areas. A purple State Fair sticker will be placed on all exhibits selected for State Fair along with a general information sheet.

For 4-H/FFA Super Fair-related announcements, see Fair Book, 4-H e-newsletter or 4-H Facebook group.

LANCASTER COUNTY Super Fair

July 28–Aug. 6, 2022

4-H & FFA Exhibits & Events July 28–31

4-H Horse Shows July 27–31

Lancaster Event Center Fairgrounds

SUPPORT 4-H BY EATING AT 4-H FOOD STAND

4-H Council's food stand during the Super Fair features a variety of snacks and beverages, including the popular "Walking Taco," snow cones and cotton candy! The Clover Cafe (in the Lincoln Room) and the Horseshoe Cafe (in the Multipurpose Arena) will be open July 28–31, 10 a.m.–9 p.m. (Sunday closes at 8 p.m.). The food stand is Lancaster County 4-H Council's primary fundraiser. Proceeds support 4-H youth programs, activities and scholarships.



4-H Will Livestream From the Fair! YouTube

Lancaster County 4-H will livestream several animal shows at the Super Fair via YouTube, which will then be archived! Watch at www.youtube.com/user/4HLancasterNE.

Planned schedule will be posted at <http://lancaster.unl.edu/liveevents>.

CHICKEN DINNER & SILENT AUCTION FUNDRAISERS, JULY 29

Lancaster County 4-H Council is hosting a Chicken Dinner on Friday, July 29, 5:30–7:30 p.m. at the Exhibit Hall - Lancaster County Farm Bureau Room (enter Gate 3 off Havelock, park near Exhibit Hall). Dinner features Slim Chickens chicken tenders, side dishes and dessert! To-go boxes will be available. Tickets at the door are \$10. Advance tickets are \$8 at the Extension office before the fair or at the 4-H food stand during the fair. A silent auction will be held in conjunction with the Chicken Dinner, 5–7 p.m. Top bidders may pay for and pick up items after 7:30 p.m. Cash or check only. If you wish to donate items or gift certificates, contact Sara Hansen at 402-450-6728 or Sheri Ramirez at 402-805-2696 or Skr0701@windstream.net no later than Monday, July 25. Both events are fundraisers for 4-H Council.

JOIN 4-H!

4-H Grows Confident, Capable and Caring Kids!

Adults – help youth grow by volunteering!

4-H is America's largest youth development organization. All youth ages 5–18 may join 4-H. There are no fees to join 4-H in Lancaster County.

4-H INFORMATION NIGHT

Tuesday, Oct. 4 • 6pm

Nebraska Extension in Lancaster County

444 Cherrycreek Rd., Ste. A, Lincoln

Free hot dogs & refreshments

Fun door prizes

See examples of 4-H projects such as STEM, art and other exhibits, plus rabbits and llamas

Part of National 4-H Week, Oct. 2–8

Can't make it to Information Night? To get involved, call 402-441-7180 or fill out the interest form at lancaster.unl.edu/4h/interestform.



HEART OF 4-H VOLUNTEER AWARD

Sonja Moore

Lancaster County 4-H is proud to announce Sonja Moore of Lincoln as winner of the August "Heart of 4-H Award" in recognition of outstanding volunteer service.

For six years, Sonja has volunteered for 4-H in a variety of ways, including:

- During 4-H static exhibit judging day at the Lancaster County Super Fair.
- Helping staff shifts at the 4-H Food Stand during Super Fair.
- Assisting 4-H Teen Council during their 4th & 5th grade Overnight Lock-In, as well as community service projects such as picking up trash.

As an employee of Allstate, Sonja's 4-H volunteer work helped 4-H Teen Council and the N-Bots 4-H robotics club receive Allstate Foundation Helping Hands Grants. The Allstate Foundation supports the causes that Allstate agency owners, financial specialists and employees care about most by providing Allstate Foundation Helping Hands Grants to nonprofits where they volunteer their time.

"I am an alumni of 4-H, and I believe it is a wonderful program," she says. "The program allows children to learn skills that would be used in everyday life, and it is great to see these kids grow! Volunteering also allows me to use my HEART for greater loyalty and my HANDS for larger service (part of the 4-H pledge). This also shows my son the importance of being an active volunteer in the community and that it is important to give back to others. My favorite part of being a 4-H volunteer is assisting with the Teen Council's Lock-In and seeing the excitement in the 4th and 5th grade students. Also, seeing the skills that the middle school and high school kids have learned over the years with 4-H."

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



HEART OF 4-H VOLUNTEER AWARD



Lancaster County Engineering Department

Lancaster County 4-H is proud to announce the Lancaster County Engineering Department as winner of the September "Heart of 4-H Award" in recognition of outstanding volunteer service.

The Lancaster County Engineering Department (LCED) began presenting workshops for 4-H Clover College in 2016, teaching three workshops each year (except 2020): Real World GPS & GIS, Big Power Machines and Bridges & Roads. Engineering staff also provides the traffic control for the area during the four days of Clover College. At this year's Clover College, County Engineer Facility Manager Ed Lahmann, saved the rocket launches by jerry-rigging a rocket launch controller when existing equipment developed problems.

Special Projects Engineer Karen Wilson says, "We enjoy teaching children about STEM careers that directly impact their local communities, and it is rewarding to inspire a new generation of engineers and scientists. It is exciting to educate and encourage the young kids enrolled at Clover College to experiment and learn new things, all while having fun. As an example, it is really fun to see the kids use their imagination and skills to build a bridge out of straws and tape. This gives us a chance to give back."

Other Engineering staff said their favorite experiences include:

- "Watching the kids put their heads together to make something new."
- "Helping a group construct a model out of household supplies to show how a hydraulic machine works."
- "Having the youth ask questions."
- "Seeing the students engage with the presenters and show an interest in engineering."
- "Making asphalt cookies and being able to eat them."

4-H Teen Council Invites New Members

Attention youth in 7th-12th grade! Want to have so much fun making new friends, doing community service projects and other activities that you won't realize you are learning important leadership skills? Join 4-H Teen Council! Guest presenters provide fun, hands-on activities at meetings! Teens help determine community service projects such as creating hygiene kits for people in need and planning and facilitating a 4th & 5th Grade Fun Night.

Meetings are held the second Sunday of each month, September through April, at 3 p.m. at the Nebraska Extension in Lancaster County conference rooms, 444 Cherrycreek Road, Suite A, Lincoln. This September, however, we are meeting the third Sunday of the month, Sept. 18. Other upcoming meetings will be Oct. 9 and Nov. 13. For more information or to join, contact Tracy Anderson at tracy.anderson@unl.edu or 402-441-7180.

4-H Council Golf Tournament Fundraiser, Oct. 2

"FORE" for 4-H — a 4-H Council Golf Tournament Fundraiser — will be held Sunday, Oct. 2 at the Woodland Hills Golf Course, 6000 Woodland Hills Drive, Eagle, with a 1:30 p.m. shotgun start. This tournament is a four-person scramble and costs \$75 per golfer or \$300 per team.

For reservations, call Woodland Hills at 402-475-4653. For hole, other sponsorships or prize donations, contact Mitch Sump at 402-432-1031 or mitchsump1996@gmail.com or Jerry Morris at 402-261-9861 or packmn69@yahoo.com. Tournament sponsor is The Duffers Golf League.

4-H Clover College: 54 Workshops of Hands-on Learning!

4-H Clover College is a four-day series of hands-on workshops for youth presented by Nebraska Extension in Lancaster County. The emphasis is on science, agricultural literacy, healthy living, career development and citizenship/leadership. Many of the projects made during the sessions are eligible to be exhibited at the Lancaster County Super Fair in July.

2022 Clover College featured 54 workshops with a total 926 session registrations. New workshops this year included: "Slime, Jelly Worms & Twizzlers," "TEC Box - Tinker, Explore, Create," "Pollinator Party," "Folk Art Watercolor Art," "Focus on Photography," "Hydro-Dip Painting" and "A-maize-ing Corn."

A special thank you to the 70 instructors and assistants! More photos will be at www.flickr.com/photos/unlxtlanco/albums.



Clover Kids Day Camp



Tinkercad — Create in 3D



Slime, Jelly Worms & Twizzlers



Hydro-Dip Painting

Photos by Vicki Jedlicka, Nebraska Extension in Lancaster County

4-H District Horse Results

Many Lancaster County 4-Hers competed in district competitions held in Lincoln on June 9. Because of muddy conditions, the show was moved from the Capital City Horse & Pony Club Arena to the Lancaster Event Center Fairgrounds. Lancaster County Extension staff would like to thank the Capital City Horse & Pony Club, Nebraska Quarter Horse Association and LEC Fairgrounds staff for making the location change possible. All purple and blue ribbon winners qualified for the Fonner Park State 4-H Horse Show and Exposition in Grand Island on July 10–14. Congratulations to all who participated! Complete results are online at <http://4h.unl.edu/horse/district-shows>.

4-H State Public Speaking Top Results

Fifty-seven senior-age youth and 97 intermediate-age youth from 46 counties participated in the Nebraska 4-H State Public Speaking Contest on Friday, June 24 at the University of Nebraska–Lincoln East Campus Union. Youth participated in one or more of the following contests: Speech, Public Service Announcement (PSA) or Impromptu Speech (new this year). The contest had 185 entries between the three competitions. Here are Lancaster County's purple ribbon winners:

SPEECH CONTEST

- Senior division: Acacia Carlson
- Intermediate division: Dayton Jons, Callia Thompson, Kamryn Wanser (7th place)

PUBLIC SERVICE ANNOUNCEMENT CONTEST

- Senior division: Riley Peterson
- Intermediate division: Amorita Payne, Callia Thompson, Emma Thomson (7th place)

IMPROMPTU SPEECH

- Senior Impromptu Speech: Lillie Chevalier (top 5)
- Intermediate Impromptu Speech: Brooklynn Nelsen, Kamryn Wanser

Lilly Hanley Participated in Compound Archery at National Shooting Sports

Lancaster County 4-H member **Lilly Hanley** recently participated in the 2022 4-H Shooting Sports National Championships held June 26–July 1 in Grand Island at the Heartland Public Shooting Park. The event was hosted by Nebraska 4-H. Youth from 39 states attended!

Lilly qualified to participate on the Nebraska team for Compound Archery. Only four participants per discipline from each state are able to go, and youth may participate only once per division.

She says, "I have been part of 4-H shooting sports since I was 8. I started in BB gun and started archery at the age of 10. From the beginning, I have worked hard and enjoyed every minute of this sport. This year, my hard work paid off when I qualified for 4-H nationals. It is a once in a lifetime opportunity. At nationals, you have many opportunities

to meet kids from other states participating in all different disciplines. One fun tradition is trading pins or other souvenirs. Many kids try to get all the states that participate. I made friends from other states and got to learn more about shooting sports. This year was a challenging time, as the wind blew 25–30 mph on all days but Day 3. On Day 3, we walked around a large, almost 1 mile course with 30 targets at unknown distances in real world scenarios. I really enjoyed my time at nationals. I am glad that I had the opportunity to participate. I encourage other kids in shooting sports to shoot for this goal."

Her individual results at nationals:

- FITA 580 with 3 X's 73rd out of 113
- Field 178 with 3 X's 93rd out of 113
- 3D 166 with 2 X's 94th out of 113
- Overall 96 out of 113



Nebraska Extension in Lancaster County
444 Cherrycreek Road, Ste. A, Lincoln, NE 68528
402-441-7180 • lancaster.unl.edu

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EXTENSION CALENDAR

All events held at the Nebraska Extension in Lancaster County conference rooms, 444 Cherrycreek Road, Suite A, Lincoln, unless otherwise noted.

July

26 4-H & FFA Static Exhibit Check-In for Lancaster County Super Fair,
Lancaster Event Center Fairgrounds - Lincoln Room. 4–8 p.m.

July 28–Aug. 6 Lancaster County Super Fair (4-H/FFA Exhibits & Events July 28–July 31;
4-H Horse Shows July 27–July 31), *Lancaster Event Center Fairgrounds*

August

1 4-H & FFA Premium Payouts and Static Exhibit Release at Super Fair,
Lancaster Event Center Fairgrounds - Lincoln Room. 7–11 a.m.

10 Deadline for State Fair 4-H Animal Entries — Must Enter at <http://nebr.fairwire.com>

11 Pesticide Applicator Nebraska Dept. of Ag. Walk-In Testing 9 a.m.–2 p.m.

18 Ag Budget Calculator Workshop 10 a.m.–12 p.m.

22–23 4-H Static Exhibits for State Fair Brought to Extension Office. . 8 a.m.–4:30 p.m./
8 a.m.–6:30 p.m.

Aug. 26–Sept. 5 Nebraska State Fair, Fanner Park, Grand Island

September

5 Extension Office Closed for Labor Day Holiday

6 4-H Council Meeting 6 p.m.

8 Pesticide Applicator Nebraska Dept. of Ag. Walk-In Testing 9 a.m.–2 p.m.

9 Extension Board Meeting 8 a.m.

18 4-H Teen Council Meeting 3 p.m.

24 Composting Demonstration, Pioneers Park, across from the Nature Center. 10–11 a.m.

30 4-H Council's Alumni Scholarship Deadline

EXTENSION NEWS

New Extension Staff

Barb Sullivan

recently began working at the Lancaster County Extension office as a county Clerk Typist II. She supports the 4-H youth development program and assists in receptionist duties. Barb says, "I am excited to join the 4-H team and am looking forward to meeting and working with 4-H youth and families."

Barb has experience in the arts and education fields, having worked as a fine artist and graphic designer, an art gallery manager, a paraeducator and secretary for Lincoln Public Schools, and as an administrative assistant at the Johnny Carson Center for Emerging Media Arts at the University of Nebraska–Lincoln. Barb holds a Bachelor of Fine Arts from the University of Nebraska–Lincoln and a Master of Arts in Education with a Museum Education emphasis from the University of Nebraska–Kearney.



Barb Sullivan

Summer Programming 4-H Interns



(L–R) Ellie Babcock, Stephanie Stephens and Jacie Pelikan



(L–R) Matthan Sigowa, William Carbino and Taylor Sorensen



Krista Price

Each summer, student interns join the Lancaster County 4-H staff.

Three full-time **EXTENSION INTERNS** help with ongoing summer programming, including contests, Lancaster County Super Fair and other activities.

- **Ellie Babcock** assists with static exhibits and contests. She is an upcoming junior at University of Nebraska–Lincoln.
- **Stephanie Stephens** assists with the livestock, dog and poultry projects. She is an

upcoming senior at UNL.

- **Jacie Pelikan** assists with the horse, rabbit, cat and household pet projects. She is an upcoming junior at UNL.

Three **NEAR-PEER STEM DISCOVERY INTERNS** serve through a collaboration with Nebraska Extension 4-H Youth Development and identified 21st Century Community Learning Center (CLC) sites. The interns engage youth during out-of-school time at CLCs and other educational 4-H programs.

- **Matthan Sigowa** is from Lincoln and is an upcoming junior at UNL.

- **William Carbino** is from Lake Helen, Fla. and is an upcoming senior at UNL.

- **Taylor Sorensen** is from Fremont and is an upcoming senior at UNL.

One **WHY WE SCIENCE THROUGH 4-H GRANT INTERN** presented the iGrow program to youth.

- **Krista Price** is from Grand Island and is an upcoming sophomore at UNL.