



Become a Groundwater Steward

By Becky Schuerman,
Extension Domestic Water/
Wastewater Associate

National Groundwater Awareness Week is March 6–12, making it the perfect time to talk about groundwater in Nebraska! What exactly is groundwater? It is the water below the earth's surface that fills the interconnected voids and cracks in and around soil particles, sand, gravel and rock. Groundwater is the most abundant supply of freshwater in the world and is the water source that private drinking water, irrigation, livestock and many public water supply wells draw from.

Over 85% of Nebraskans rely on groundwater as their drinking water source. In addition to consumption, groundwater is used in manufacturing and mining, power generation, and the heating and cooling of homes and businesses. Irrigation accounts for the largest use of groundwater in Nebraska and the U.S.

Conservation and protection practices are critical for all of us to engage in so that our groundwater resources are available and safe to consume for future generations. Here are tips on how you can become a groundwater steward.

Household Water Conservation

- Operate your lawn irrigation system manually, instead of using a preset schedule. Check soil moisture levels with a screwdriver by pushing it into the top 8–10 inches.

When soil becomes dry, it will be more difficult to push the screwdriver into the soil. Only water when soil moisture levels indicate a need. Deep, infrequent irrigation is recommended to conserve soil moisture and increase turf health.

- Check for and fix any leaky indoor or outdoor water fixtures such as faucets/hydrants, shower heads or continuously running toilets.
- Consider replacing older water fixtures with new, low-water usage ones such as low-flow shower heads, toilets, faucets, dishwashers and clothes washers.
- Take quicker showers, 5 minutes or less.
- Combine smaller loads of laundry and dishes into one larger, full load.
- Lessen wasted water going down the drain by turning off the water while brushing teeth, washing hands/face, shaving or washing dishes.

Groundwater Protection

- Avoid using synthetic chemical cleaners that can contaminate groundwater if used or disposed of improperly. Instead, use natural cleaning products such as baking soda, vinegar and lemon juice.
- Use native or well-adapted plants throughout your landscape. They are drought tolerant and require less watering than poorly adapted introduced species. Their deep root systems help prevent soil erosion, become a part of the earth's natural filtration

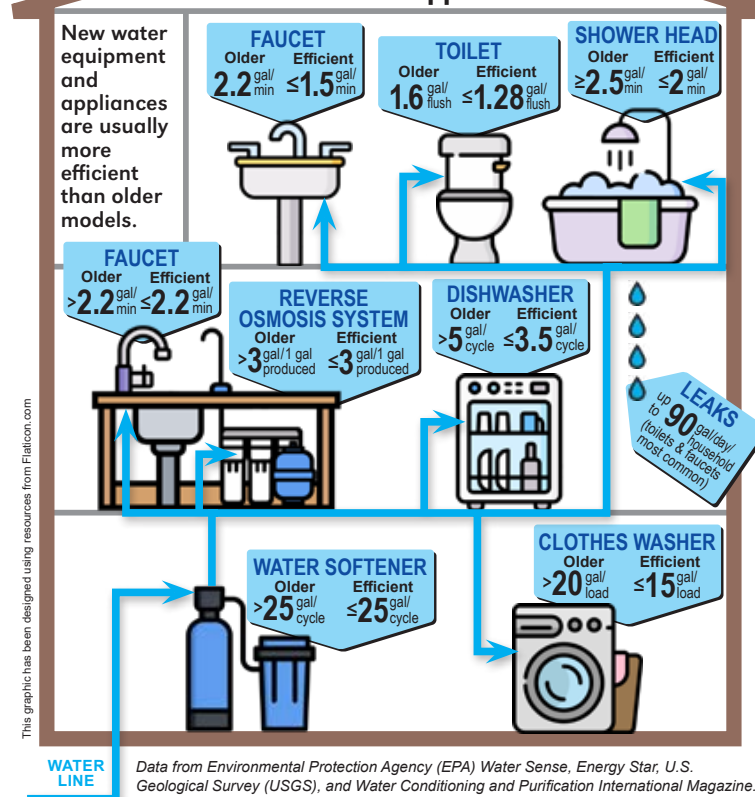
system and increase the soil's water storage capacity. They require little to no fertilization or pest control, thus, decreasing contamination runoff.

- To minimize groundwater contamination, store and dispose of unused chemicals and medicines safely and properly. Lincoln/Lancaster County residents can drop off approved items for free at Lincoln's Hazardous Waste Center. For more information, go to <http://haztogo.com>. Visit <http://nebraskameds.org> for info on the disposal of unused prescription and over-the-counter medications.
- Learn how to properly maintain your private well and residential onsite wastewater systems to help minimize groundwater contamination. For more information, check out Nebraska Extension's series of six NebGuides on Private Wellhead Protection at <https://water.unl.edu/article/drinking-water/nebguides>.
- Properly decommission abandoned wells so they are not conduits for aquifer contamination.

Your Actions Make a Difference

Putting these actions into practice not only helps to protect our groundwater resources but can equate to a significant impact in water usage. Water conservation can potentially reduce your water bill if you are connected to a public water system or your power bill if you have a private well.

Choose Water-Efficient Fixtures and Appliances



Data from Environmental Protection Agency (EPA) Water Sense, Energy Star, U.S. Geological Survey (USGS), and Water Conditioning and Purification International Magazine.

By implementing these practices, we can all become better groundwater stewards, helping to ensure future generations have healthy groundwater resources available to them.

FOR MORE INFORMATION

The UNL Water website has resources on residential water use at <https://water.unl.edu/residential-water-use>.

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4 Ways to Celebrate National Nutrition Month®

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

Every March my professional organization, Academy of Nutrition and Dietetics, celebrates National Nutrition Month®. This year's theme is "Celebrate a World of Flavors." Enjoying different flavors of the world is a chance to learn more about your own food culture, as well as those that may be new to you. Familiar ingredients can be presented in new ways, and new foods may remind you of things you already know and love. You may also come across ingredients and flavors you've never experienced before.

Eat a Variety of Nutritious Foods

- Include healthful foods from all the MyPlate food groups: grains, fruits, vegetables, dairy and protein. Start simple with MyPlate by making half your plate fruits and vegetables, making half your grains whole grains, varying your protein routine and moving to low-fat or fat-free milk or yogurt.
- Incorporate your favorite cultural foods and traditions. Personalize your plate by including foods you prefer.
- Read the Nutrition Facts Labels to help you choose foods and drinks to meet your nutrient needs. The label can help you:
 1. Compare similar foods to find one that meets your calorie needs.
 2. Look for foods that are lower in saturated fat, trans fat, sodium and added sugars.



eat right. Academy of Nutrition and Dietetics

3. Find out which foods are good sources of dietary fiber, vitamin D, calcium, iron and potassium.

Plan Your Meals and Snacks

- Choose healthful recipes to make during the week. Determine your meals based on what you already have, what your family enjoys and what is on sale. Visit <http://food.unl.edu> for recipe inspiration.
- Use a grocery list to shop for nutritious foods. Remember to build your list as you go and add items as you run out. To make shopping quick and easy, organize your list by store section or food groups.
- Make healthful food and drink choices when away from home. Choose foods that are baked, broiled, grilled, steamed or roasted to reduce extra saturated fat and salt. For a smaller portion, consider splitting your dish by sharing with someone else or saving half for the next day.

Create Tasty Foods at Home

- Learn cooking and meal preparation skills to prepare foods at home. This will allow you to control the ingredients, as well as the amounts, used when preparing recipes.
- Try new flavors and foods from around the world. Plan meals based on recipes from other cultures. This can help you increase the variety

of foods you eat. When shopping, try selecting a fruit, vegetable or whole grain that is new to you or your family.

- Enjoy your meals with friends or family, when possible. Turning off electronic devices such as TVs and phones encourages mealtime talk. This can even be done virtually.

Find an RDN

Are you looking for personalized nutrition information to help meet your

health goals? Visit a Registered Dietitian Nutritionist (RDN) to help you develop an eating plan that meets your lifestyle, preferences and health-related needs. Ask your doctor for a referral to an RDN. Find an RDN who specializes in your unique needs at www.eatright.org.

Sources:

- <https://www.eatright.org/food/resources/national-nutrition-month>
- <https://www.myplate.gov>



RECIPE OF THE MONTH

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

Ramen noodles are an inexpensive and easy meal. Try this super simple ramen noodle recipe.

PEANUT THAI RAMEN

(Yield: 6 servings)

- 2 packages oriental ramen noodles
- 2 cups oriental vegetables, frozen
- 1/4 cup peanut butter
- 1/3 cup hot water
- 1/4 teaspoon red pepper flakes
- 1 teaspoon sugar

1. Wash hands with soap and water.
2. Set ramen seasoning packets aside.*
3. Bring 4 cups of water to a boil. Add noodles and frozen vegetables.
4. Cook for 3 minutes. Stir occasionally. Drain.
5. In a medium bowl, whisk together peanut butter, hot water, pepper flakes, and sugar. Add seasoning, if desired.
6. Add noodles and vegetables to the sauce. Toss.

Notes: Add cooked chicken breast or shrimp for added protein.

*Do not use seasoning packets or for a lower sodium meal use 1 packet.

Nutrition Information: Serving Size (1/6 of recipe): Calories 206; Total Fat 10g; Saturated Fat 3g; Cholesterol 0mg; Sodium 382mg; Total Carbohydrates 24g; Fiber 2g; Total Sugars 3g; Protein 6g; Vitamin A 13%; Vitamin C 16%; Calcium 1% and Iron 8%

Source: University of Nebraska-Lincoln Nutrition Education Program



Photo by Marisa Cernjul, Nebraska Extension

Selecting Fruit Trees for Eastern Nebraska

By Sarah Browning,
Extension Educator in
Lancaster County

Tree fruits look very appealing when paging through garden magazines and catalogs. But not all tree fruits in the catalogs do well in eastern Nebraska. Important considerations include winter hardiness, bloom time, disease resistance, growth requirements and maintenance needs to assure success in the backyard orchard.

Hardiness

Extreme winter conditions are the biggest limiting factor for backyard tree fruits. Nebraska typically experiences periods of unseasonably warm weather in mid-winter, during which trees may begin to lose full winter hardiness. When warm periods are followed by normal winter temperatures, damage often results including death of flower or leaf buds, or damage to the tree's bark.

Crops such as peaches, nectarines and sweet cherries frequently suffer flower death when grown in our climate. Apricots have difficulty because they bloom so early in the spring, making them very susceptible to spring frosts. Choices for the home orchard are, therefore, best made from a list that includes apples, pears, sour cherries and plums.

Growing Requirements

All tree fruit crops prefer full sunlight. Although they may, in fact, grow in partial shade, fruit quality will likely be lower. Choose a site with well-drained soil and elevated

somewhat higher than the surrounding terrain so cool air will "drain" to lower landscape levels. This helps avoid cold-air pooling around your trees and resulting in frost damage. This is especially important during spring bloom. Soil pH ranges from 5.6 to 7.0 are best for tree fruit crops.

Keep in mind the pollination requirements of the various trees. Planting two or more different varieties assures adequate pollination and fruit set.

Apples

Apples are the most popular backyard tree fruit for this area. There are many cultivars available, with variation in time of ripening and best use (cooking, eating or both). Scab immune (SI) varieties are resistant to apple scab disease. Plan on at least two varieties in the planting to assure cross-pollination.

Consider the following cultivars with good resistance to both cedar-apple rust and apple scab — Enterprise, Freedom and Liberty.



Pears

Requirements for pears are very similar to apples, although insect and fungus disease problems may not be as severe. Pear production is limited somewhat by a disease called fireblight, which can also occur on apples. Pears



with good resistance to fireblight include Moonglow, Magness, Luscious, Harrow Sweet, Harrow Delight, Starking Delicious and Harvest Queen.

Plums

Plums will grow in this area, but European types are suggested over Japanese types and hybrids. European trees typically bloom later, suffer less flower damage from spring frost and are more reliable producers. Plant any two European types for cross-pollination. The most serious problem with plums in our area is black knot disease, which is difficult to control. Cultivars include Earliblue and Damson.



Tart Cherries

Sweet cherries will not do well in this area, but tart varieties do. All are called self-fruitful, which means cross-pollination is not needed. The best traditional tree cultivars for Nebraska include Montmorency, North Star and Balaton.

But also consider

the bush cherry cultivars Carmine Jewel, Crimson Passion, Juliet and Romeo.



Consider Mature Tree Size

Finally, keep in mind both pest control and pruning are regular maintenance practices needed to grow fruit trees. Regular pruning will assure a strong framework for the tree, so it can support a load of fruit. In addition, regular pruning keeps trees productive, assures good airflow through the tree and makes it easier to work in the tree.

Many fruit trees are available on dwarfing rootstocks. Use of these trees is great for growers with limited space. Plus smaller tree size makes pruning, harvesting and pest control easier.

FOR MORE INFORMATION

- Article by Sarah Browning, "Columnar Apples – Growing Fruits in the Small Home Orchard" at <https://go.unl.edu/columnar-apples>.
- Nebraska Extension NebGuide, "Fruit Tree Cultivars for Nebraska" (G1005) at <https://go.unl.edu/fruit-tree-cultivars>.
- Article by Sarah Browning, "Bush Cherries – A Game-changer for the Home Orchard" at <https://go.unl.edu/bush-cherries>.

GARDEN GUIDE THINGS TO DO THIS MONTH

By Mary Jane Frogge, Extension
Associate in Lancaster County

How are your houseplants doing? 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.

Buy a notebook and use it to keep all your gardening information. List what you plant in the garden. Include the name of seed companies, plant name, variety, planting date and harvest date. During the growing season, keep notes on how well the plant does. If the variety is susceptible to disease, record what was used to treat any problems. All this information will be helpful in planning future gardens.

Turn the compost pile.

Finish repairing and painting of window boxes, lawn furniture, tools and other items in preparation for outdoor gardening and recreational use.

Do not plow your garden when the soil is wet. It will form clods which are difficult to break up and interfere with cultivation during the summer.

Consider planting native perennials that are beneficial to native pollinators like solitary bees, bumblebees and butterflies. Native plants include coreopsis, coneflower, aster, liatris, goldenrod, pasque flower, butterfly milkweed, pitcher sage, bee balm and purple poppy mallow.

Cut flower stalks back to the ground on daffodils, hyacinths and other spring flowering bulbs as the flowers fade. Do not cut the foliage until it dies naturally. The leaves are necessary to produce strong bulbs capable of re-flowering next year.

Do not add organic matter to the soil when planting trees. It does not help the plant become established and it may create conditions that encourage the roots to stay inside the planting hole instead of spreading to surrounding soil. Do dig a large planting hole, but fill it with the original soil removed from it.

Scatter annual poppy seeds in flower borders. The fine seeds need not be covered. The plants grow rapidly and provide colorful flowers in early summer.



2022 Lincoln Early Childhood Conference

SATURDAY, MARCH

19

8:30 a.m.–3 p.m.
(30 minute lunch break)

NEBRASKA EXTENSION IN LANCASTER
COUNTY CONFERENCE ROOMS
444 Cherrycreek Road, Suite A, Lincoln NE

Cost: \$30

Includes lunch and a copy of the Emotional Poverty book.

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

**Register and pay online at www.esu6.org by March 4.
6 hours of in-service hours will be given
for this conference.**

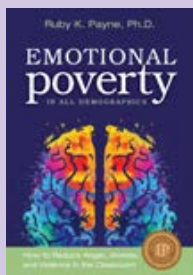


Jennifer A. Nehl

Emotional Poverty Workshop

Goals:

- Reduce episodes of emotional explosions, anxiety, anger and violence.
- Create a safer campus by emotionally triaging the students.
- Promote a better understand of the adults' stages of development and contribution to the emotional safety and noise on the campus.
- Engage in better strategies that calm students and motivate better behaviors.



This conference is approved through the Nebraska Department of Education and sponsored by the Southeast Early Learning Connection.

2022 Chemigation Trainings

Chemigators have two options to be certified in 2022 including online self-study or in-person trainings. Check when your chemigation applicator certification expires to make sure you need to take the training again, since you get 4 years on your applicator license for chemigation.

Online Chemigation Trainings

The free online chemigation training takes about 3 hours, which is the same time commitment as the in-person version. All information about the online training is at <https://water.unl.edu/article/agricultural-irrigation/chemigation>.

- Chemigation course instructions (Part 1 and 2) — please read these first!
- Access to digital versions of the manual and workbook.
- Link to the online chemigation training.
- Call 402-472-1632 or email pested@unl.edu with issues about the online training.

In-Person Chemigation Training

Free in-person chemigation trainings will be held in 2022. Pre-registration is required due to room capacity limitations. Due to the changing nature of COVID-19, please attend

at your own discretion. Facial coverings/masks are not required (except in Lincoln), but encouraged. Seating will be arranged in a manner that provides more space per individual than normal, but it may not be 6 feet. The following trainings can be canceled, at a moments notice due to inclement weather.

The in-person trainings will be held if road conditions are suitable for travel. If a training you registered for is canceled, you will be notified via email, phone or text message.

You must pre-register for in-person trainings at <https://go.unl.edu/chem22>. **Day-of, walk-in registration will not be permitted.**

Southeast Nebraska trainings include:

- Thursday, March 3, 1–4 p.m. at Saline County Extension Office, 306 W. 3rd St, Wilber.
- Monday, March 7, 9 a.m.–12 p.m., Lake Wanahoo Education Building, 1655 County Road 16, Wahoo.
- Thursday, March 10, 1–4 p.m. at Gage County Extension Office, 1115 W. Scott, Beatrice.
- Tuesday, March 29, 1–4 p.m. at Lancaster County Extension conference rooms, 444 Cherrycreek Rd, Suite A, Lincoln.

For a list of other in-person trainings throughout Nebraska, go to <https://edmedia.wufoo.com/reports/2022-chemigation-training-dates>.

Lancaster County Ag VIP Awards

Nominations are now being accepted for the following awards, which will be recognized at the Lancaster Event Center Fairgrounds VIP Banquet on Tuesday, Nov 17. All forms can be found at <https://superfair.org/get-involved/vip-awards>.

Ag Society Hall of Fame

The Lancaster County Agricultural Society's "Ag Society Hall of Fame" is located in the Lancaster Event Center Fairgrounds — Business Center. This wall formally recognizes those individuals who have dedicated time and effort to the Ag Society beyond the normal volunteer hours and have made significant contributions to the

establishment, development, advancement or improvement of the Lancaster County Super Fair.

Nomination forms are due by April 16.

Pioneer & Heritage Farm Awards

The Aksarben Heritage Farm and Pioneer Farm Awards honor families who have held same family ownership of land for 100 years (Pioneer Award) and 150 years (Heritage Award). Recipients are presented a plaque and gatepost marker during the annual county fair in which the land is owned. More information and online submission forms are at <https://aksarben.org/farm-family-awards>. Deadline is April 15.

Upcoming Early Childhood Trainings

The Early Childhood Team is currently offering a variety of free or low-cost VIRTUAL trainings for childcare providers. To learn more about the trainings and to sign up, go to <http://go.unl.edu/onlinepd>.

Aleyna Cuttlers Participated in National 4-H Congress

Lancaster County 4-H member **Aleyna Cuttlers** was part of a 19-member Nebraska delegation attending the 100th National 4-H Congress in Atlanta, Ga. on Nov. 26–30. This year's conference theme — "A Century of Empowering Youth" — focused on leadership, citizenship, global awareness and inclusion.



cultural events and completed service-learning projects.

Aleyna says, "It was amazing to learn what an impact 4-H can have on the clubs, communities, surrounding countries and the world. Leadership may be declining statistically, but seeing over 800 other leaders in Atlanta really gives me hope that we can change those numbers."

National 4-H Congress is the premier leadership event for 4-H members between 15 and 19 years of age. Nebraska delegates are selected for the trip to National 4-H Congress by submitting an Achievement Application for state competition. Aleyna submitted hers in the area of Healthy Living. She is a member of the Five Star 4-Hers 4-H club.

In Atlanta, participants attended numerous educational workshops,

At our last 4-H meeting, I was able to talk to my 4-H group about the benefits that our club provides with all the service projects we do and how we are impacting our community for the better. Being able to experience the National 4-H Congress is a moment in my life I will treasure for a very long time, whether it was the friends I made from all over the states or the leadership skills I was able to gain from this truly amazing experience."

4-H Horse Judging Team at Nationals

Several Nebraska 4-Hers attended the Western National Roundup's Horse Classic on Jan. 5–9, 2022 in Denver, Colo. To qualify, each team and individual were required to win the state competition.

This year, the Horse Judging contest consisted of 32 individuals on 8 different teams from across the nation. The Lancaster County 4-H horse judging team of **Emmi Dearmont, Samantha Fox, Kali Maytum and Erin Oldemeyer** (coached by Roger Bell) earned 5th place team overall in the Horse Judging Contest. In addition, they received 4th team halter, 5th team performance and 6th team reasons.

Individually, Emmi Dearmont received 9th in halter, 14th overall



The Lancaster County Horse Judging Team

and 16th in reasons. Samantha Fox received 5th in performance, 10th high overall, 15th in halter. Kali Maytum received 10th in performance. Erin Oldemeyer received 14th in reasons, 16th overall, 17th in halter and 17th in performance.

Team Nebraska received 5th place top high point overall state. For the full list of results, go to <https://co4h.colostate.edu/national-western-roundup>.

Meet 2021–22 4-H Council



Lancaster County 4-H Council, comprised of adult and youth volunteers, determines long- and short-term goals and policy for Lancaster County 4-H. 4-H Council also raises funds to help support 4-H programs, activities and scholarships. Extension Educator Tracy Anderson is the staff liaison. This year's 4-H Council is comprised of: Sara Hansen (President), Kylie Hansen (Vice-President), Ava Wharton (Secretary), Cathy Babcock (Treasurer), Phil Wharton (ex officio Extension Board representative), Clare Bauman, Samuel Babcock, Pam Cuttlers, Emalea Dean, Hannah Dean, Analisa Peterson, Riley Peterson and Sheri Ramirez.

Meet 2021–22 4-H Teen Council



The Lancaster 4-H Teen Council is a leadership organization for youth in grades 7–12. This year, 25 youth are active in Teen Council (not all are pictured). Members are involved in several leadership activities and community service projects such as donating hygiene kits to People's City Mission, as shown in the photo above. 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.



HEART OF 4-H VOLUNTEER AWARD

Sherry Kubicek

Lancaster County 4-H is proud to announce Sherry Kubicek of Ceresco as winner of the March "Heart of 4-H Award" in recognition of outstanding volunteer service.

She has volunteered with Lancaster County 4-H for 34 years! Sherry has been superintendent of the 4-H Dairy/Pygmy Goat Show at the Lancaster County Super Fair for 8 years. Previously, Sherry was leader of the Freedom Riders and Wee Amigos horse clubs and a member of the Horse Volunteers in Program Service (VIPS) committee. She also served as a superintendent of several 4-H horse shows at the Lancaster County Super Fair, including Western, English, Dressage and Jumping shows.

"I love working with kids and animals," Sherry says. "My favorite experience as a 4-H volunteer is meeting 4-H'ers and asking them about their animals, and seeing the pride and joy in their faces when they talk with me about their animals."



UNL Chick Days, March 26

University of Nebraska-Lincoln's Chick Days for small and back-yard poultry producers and youth will be held on Saturday, March 26, 10 a.m.-2 p.m. at the Animal Science Complex on UNL East Campus. Topics will include backyard flock health, inspection regulations for small flock egg and meat producers, planning ahead for your 4-H poultry projects and more! Symposium talks will be free. Lunch is \$10 for youth and \$15 for adults. The Judging Clinic is \$15. RSVP by Sunday, March 20 by emailing spurdum2@unl.edu and include your interests, number of attendees and lunch order in your email.



HEART OF 4-H VOLUNTEER AWARD

Angie Root

Lancaster County 4-H is proud to announce Angie Root of Lincoln as winner of the April "Heart of 4-H Award" in recognition of outstanding volunteer service.

A 4-H volunteer for seven years, she began by helping the Sheridan Shamrocks dog club and helping provide a booth at the Kiwanis Karnival. Currently, Angie is co-leader of the Tails N' Trails horse club. She helped the club receive a Governor's Agricultural Excellence Award in 2019, which provided funds to paint the fence around the Salt Creek Wranglers arena. At the Lancaster County Super Fair, she has helped check-in riders at the gate during 4-H horse shows and helped staff shifts at 4-H Council's food stand.

"Helping the 4-H members work, practice, enjoy and show their animals is very rewarding," Angie says. "The members put their heart and soul into caring and learning all they can about their animal, and they are happy to help others who have the same passion of caring and showing animals. My favorite experience as a 4-H volunteer is seeing it all come together: the individual growth, the caring and prep work, lessons and summer shows that ready them to show their best at the Lancaster County Super Fair!"



Bucket Calf Workshop, March 27

A free 4-H Bucket Calf workshop for youth ages 8-13 and parents interesting in learning about the 4-H Bucket Calf project will be held on Sunday, March 27 at 1 p.m. at the Lancaster Event Center Fairgrounds - Extension 4-H Office (located in the Exhibit Hall). This 4-H project is designed to introduce youth to beef and dairy projects. This workshop will cover how to find a calf, daily care and management techniques, interviewing skills, tips on recordkeeping, showmanship techniques and the simple steps of bringing a calf to fair. Please RSVP by Friday, March 25 by contacting Calvin at 402-441-7180 or calvin.devries@unl.edu.

4th & 5th Grade Fun Night, March 4

All 4th and 5th graders are invited to 4-H Teen Council's Fun Night, which will be held Friday, March 4, 6-10 p.m. at the Nebraska Extension in Lancaster County conference rooms, 444 Cherrycreek Road, Lincoln. The evening will include fun projects, games and snacks. Cost is \$15 per person. Registrations due by Feb. 28. Flyer with details and registration form is at <https://lanaster.unl.edu/4h/4H-Fun-Night-22.pdf>.

Rabbit Show, March 19

The 4-H Spring Rabbit Show is planned to be held Saturday, March 19, 9 a.m. at the Lancaster Event Center Fairgrounds - Exhibit Hall, 84th & Havelock, Lincoln. Registration 7:30-8:30 a.m. Open to all youth ages 8-18, with a class for youth ages 5-7. This is a great opportunity for youth to learn from other 4-H'ers where to purchase a show-quality rabbit, and to learn and practice showmanship. Show flyer is at <https://lanaster.unl.edu/4h/companionanimal>. If questions, contact Kate at kpulec3@unl.edu or 402-441-7180.

Dressage Schooling Show, April 30

The Spring Fling Dressage Schooling Show, presented by the Lancaster County Horse VIPS committee and Esprit De Corps 4-H Club, will be held on Saturday April 30, 8 a.m.-5 p.m. at the Lancaster Event Center Fairgrounds. Open to all ages to benefit the 4-H horse program. Entries are due April 16. Show flyer and registration form is at <https://lanaster.unl.edu/4h/horse>.



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.

4-H MEMBERS AND LEADERS — PLEASE RE-ENROLL BY APRIL 1! — It's time for youth and volunteers to re-enroll in 4-H for the 2022 4-H year! Nebraska 4-H has transitioned to 4-H Online 2.0 at <https://v2.4honline.com>. New members and fair projects may be updated through June 15. For returning families, please do not create a new account — use your previous log-in credentials for 4-H Online 1.0. Step-by-step instructions for new and returning members, as well as new and returning club leaders, are at <https://4h.unl.edu/enroll>. NOTE: The only required health information is regarding allergies. **You are strongly encouraged to re-enroll by April 1 or you may miss out on communications such as NEBLINE, email reminders, etc.!**

VOLUNTEER RESCREENING IN 2022 — This year, all Lancaster County direct volunteers must be rescreened through the Nebraska Dept. of Health and Human Services' 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). If you are a volunteer who works directly with youth and not a 4-H club leader or parent/guardian, call 402-441-7180 or email lancaster4H@unl.edu for a link to get rescreened.

SPEECH & PSA CONTESTS, MARCH 2 DEADLINE — 4-H Speech & PSA Contests are open to all 4-H'ers ages 5–18. The 4-H Speech Contest will be held Sunday, March 6 at the Nebraska Extension in Lancaster County conference rooms, 444 Cherrycreek Road. Contest begins at 1:30 p.m. Register by Wednesday, March 2 by calling 402-441-7180 or emailing kpulec3@unl.edu with your name, speech title and age division. Local Health Directives will be followed. Contest will follow a show and go format — after a speech is given, the participant is free to leave. Check-in 10 minutes prior to your scheduled time. 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 2. The 2022 PSA theme is "Opportunity 4 All." For rules, helpful resources and examples, go to <https://lancaster.unl.edu/4h/speech>.

HORSE STAMPEDE ENTRIES DUE MARCH 4 — The statewide 4-H Horse Stampede is planned for Saturday, March 26 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. All entry forms are due to county offices by Friday, March 4. 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>.

MARKET BEEF WEIGH-IN, MARCH 8 — 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 8, 6–7 p.m. at the Lancaster Event Center Fairgrounds – Pavilion 2. Please email your RSVP if you plan to attend to Calvin DeVries by Monday, March 7 to calvin.devries@unl.edu.

ACHIEVEMENT CELEBRATION, MARCH 25 — Lancaster County 4-H and 4-H Council invite ALL 4-H'ers, 4-H families and volunteers to the 4-H Achievement Celebration on Friday, March 25, 6:30 p.m. at the Nebraska Extension in Lancaster County conference rooms, 444 Cherrycreek Road. 4-H members, clubs and volunteers receiving awards, scholarships or milestone pins will be mailed invitations. The evening's theme is "You Can Make a Difference." Award winners are asked to submit award-related photos to <http://go.unl.edu/Lancaster4HPhotos> by Tuesday, March 11.

4-H JAMMIE SEWING WORKSHOP, MARCH 26 — 4-H youth ages 8 and older are invited to practice their basic sewing skills and make pajama or lounge wear pants or shorts at the Jammie Jamboree sewing workshop on Saturday, March 26, 9 a.m. until about 12:30 p.m. at the Nebraska Extension in Lancaster County conference rooms. Adults are needed to attend to help their 4-H'ers. Bring your sewing machine, basic sewing equipment (scissors, pins, measuring tape, etc.), simple pull-on pajama bottom pattern in appropriate size, pre-washed flannel or 100% cotton fabric — see yardage requirement on pattern envelope — (no one-way design fabrics or plaids — if you choose flannel, purchase an additional 1/2 yard as it is not as wide), elastic as recommended by pattern and matching thread. To avoid mistakes, do NOT cut out pants/shorts ahead of class time! Some office sewing machines available upon request. No registration fee. Register by Monday, March 21 by calling 402-441-7180 or email Kristin at kristin.geisert@unl.edu.

VIRTUAL COMPANION ANIMAL CHALLENGE ENTRIES DUE APRIL 1 — Nebraska 4-H's Virtual Companion Animal Challenge offers a variety of companion animal contests that don't require live animals, including demonstration, essay, art, photography, cat trivia and dog trivia. 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 cdevries2@unl.edu by April 1 at 5 p.m. to have entry fees paid. T-shirts may be ordered at the cost of each participant for \$15. More information and online entry forms are at <https://4h.unl.edu/companion-animal-challenge>.

KIWANIS KARNIVAL, APRIL 8 — Families of 4-H members and Elliott Elementary School students are invited to attend the annual Kiwanis Karnival, a FREE family event sponsored by the Lincoln Center Kiwanis. This year, it is planned to be held on Friday, April 8, 5:30–7:30 p.m. at Elliott Elementary School, 225 S. 25th St., Lincoln. The Karnival features carnival-type games for youth, bingo for adults, prizes, snacks, fun and fellowship. 4-H clubs are needed to provide carnival-type booths. This is a great community service and leadership activity. For more information, call Lorene at 402-423-7541 or 402-310-3481, or email lbartos1@unl.edu.

PHOTOGRAPHY WORKSHOP, APRIL 9 — 4-H youth ages 8 and up are invited to learn how to take great photos and prepare exhibits for the fair on Saturday, April 9, 2–4 p.m. at the Nebraska Extension in Lancaster County conference rooms, 444 Cherrycreek Road, Suite A, Lincoln. No cost — all supplies will be provided. Guest instructor will be Michelle Huber, 4-H County Fair Photography Superintendent. Must preregister by Monday, April 4 by calling 402-441-7180 or emailing kristin.geisert@unl.edu. A similar follow-up Photography Workshop will be held on Saturday, May 7, 9–11 a.m.

HORSEMANSHIP LEVEL TESTINGS, APRIL 12 & 26 — The first 2022 Lancaster County 4-H Horsemanship Advancement Level testing will be held on Tuesday, April 12 at the Lancaster Event Center Fairgrounds. Anyone wishing to be tested must sign-up by Tuesday, April 5. Contact Kate Pulec at 402-441-7180 at kpulec3@unl.edu or to sign-up. Held in the evening, time slots will be emailed. A second testing is scheduled for Tuesday, April 26 at the Lancaster Event Center Fairgrounds with a sign-up deadline of Tuesday, April 19. All other horsemanship level requirements and paperwork must be completed and handed in to Kate Pulec before the riding portion can be done.

SPRING LEADER/VOLUNTEER UPDATE TRAINING, APRIL 28 — New leaders, experienced leaders, volunteers and parents are invited to attend a 4-H Leader/Volunteer Update Training on Thursday, April 28, 9 a.m. or 6:30 p.m. to find out. (You choose which time to participate). Each worthwhile session will be available via Zoom or in-person and will focus on all the pizza pieces of a positive 4-H experience, static exhibits, opportunities for 4-H members and more. Learn about fair entry, contests and important Lancaster County Super Fair information. Don't miss out on meeting ideas, club tips and more! It is a great opportunity to connect with other parents and leaders. MUST preregister by Thursday, April 21 by calling 402-441-7180 or emailing kristin.geisert@unl.edu. Please indicate your chosen time and if you will be attending in-person or via Zoom.

LIVESTOCK REQUIREMENTS FOR SUPER FAIR — The 2022 Lancaster County 4-H/FFA Livestock Checklist is now available at the Extension office and online at <https://lancaster.unl.edu/4h/fair/2022/Livestock-Checklist-22.pdf>. 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. If you have any questions about livestock project requirements, call Calvin DeVries at 402-441-7180 or email calvin.devries@unl.edu.

EXTENSION NEWS

New 4-H STEM Assistant

Nebraska Extension in Lancaster County welcomes Elizabeth Thiltges, a 4-H Extension Assistant whose focus will be teaching STEM (Science, Technology, Engineering and Math) hands-on learning opportunities to youth ages 5–18. Elizabeth graduated from the University of Nebraska–Lincoln in 2018 with a bachelor's degree in Agricultural Education – Leadership option. She was a 4-H youth member in Richardson County, served as a 4-H Extension intern in Cheyenne County and recently worked four years as a 4-H Assistant in Nemaha County. She says, “Having grown up on a fifth-generation farm in southeast Nebraska, being involved in 4-H and enjoying time with children really drove my passion and inspired me to pursue a career in Extension.”



Elizabeth Thiltges

2022 Extension Board



Chris Scow Meghan Sittler Trudy Pedley Jim Ballard Gerald Clausen



Bob Huttes Nicole Miller Dena Noe Phil Wharton 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. The board typically meets monthly (usually the second Friday at 8 a.m.). Gerald Clausen and Nicole Miller were recently appointed for their first terms. Bob Huttes was re-appointed to serve his second term. Extension Board members for 2022 are: Chris Scow (President), Meghan Sittler (Vice President), Trudy Pedley (Secretary/Treasurer), Jim Ballard, Gerald Clausen, Bob Huttes, Nicole Miller, Dena Noe, Phil Wharton (4-H Council ex-officio member) and Nate Woods.



EXTENSION CALENDAR

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

March

- 1 Early Childhood Training for Child Care Providers — VIRTUAL: Reggio Series — Environment as the 3rd Teacher 1 OR 7 p.m.
- 1 4-H Council Meeting 6 p.m.
- 2 4-H Public Service Announcement (PSA) Contest Entries Due/Registration Deadline for Speech Contest
- 4 Lancaster County 4-H Deadline for Horse Stampede Entries
- 4 4-H Teen Council's 4th & 5th Grade Fun Night 6–10 p.m.
- 6 4-H Speech Contest 1:30 p.m.
- 8 4-H/FFA Market Beef Weigh-In, Lancaster Event Center Fairgrounds – Pav. 2 ... 6–7 p.m.
- 10 Pesticide Applicator Nebraska Dept. of Ag. Walk-In Testing. 9 a.m.–2 p.m.
- 11 Extension Board Meeting 8 a.m.
- 11 Private Pesticide Applicator Training 9 a.m.–12 noon
- 13 4-H Teen Council Meeting 3 p.m.
- 15 Commercial Pesticide Applicator Initial Training 8:30 a.m.
- 15 Early Childhood Training for Child Care Providers — VIRTUAL: Reggio Series — Loose Parts 1 OR 7 p.m.
- 19 Lincoln Early Childhood Conference 8:30 a.m.–3 p.m.
- 19 4-H Spring Rabbit Show, Lancaster Event Center Fairgrounds – Exhibit Hall 9 a.m.
- 24 Commercial Pesticide Applicator Recertification Training 8:30 a.m.
- 25 4-H Achievement Celebration 6:30 p.m.
- 26 4-H Jammie Jamboree Sewing Workshop 9 a.m.
- 26 4-H Horse Stampede, UNL East Campus – Animal Science Complex
- 27 4-H Bucket Calf Workshop, Lancaster Event Center Fairgrounds – Extension 4-H Office . 1 p.m.
- 29 Chemigation Training 1 p.m.
- 29 Early Childhood Training for Child Care Providers — VIRTUAL: Reggio Series — Schemas 1 OR 7 p.m.
- March 29–April 1 Lancaster County Ag Literacy Festival, Lancaster Event Center Fairgrounds – Pav. 4

April

- 1 4-H Virtual Companion Animal Challenge Entries Due
- 5 4-H Council Meeting 6 p.m.
- 6 Commercial Pesticide Applicator Recertification Training 8:30 a.m.
- 7 Commercial Pesticide Applicator Initial Training 8:30 a.m.
- 8 Extension Board Meeting 8 a.m.
- 8 Kiwanis Carnival, Elliott School, 225 S. 25 Street 5:30–7:30 p.m.
- 9 4-H Photography “How to” Workshop 2 p.m.
- 10 4-H Teen Council Meeting 3 p.m.
- 12 4-H Horsemanship Advancement Level Testing, Lancaster Event Center Fairgrounds
- 14 Pesticide Applicator Nebraska Dept. of Ag. Walk-In Testing. 9 a.m.–2 p.m.
- 26 4-H Horsemanship Advancement Level Testing, Lancaster Event Center Fairgrounds
- 28 Pesticide Applicator Nebraska Dept. of Ag. Walk-In Testing. 9 a.m.–2 p.m.
- 28 4-H Leader/Volunteer Training 9 a.m. & 6:30 p.m.
- 30 4-H Spring Fling Horse Dressage Schooling Show, Lancaster Event Center Fairgrounds

Nebraska Extension in Lancaster County

444 Cherrycreek Road, Ste. A, Lincoln, NE 68528 • 402-441-7180

Extension is a Division of the Institute of Agriculture and Natural Resources at the University of Nebraska–Lincoln cooperating with the Counties and the United States Department of Agriculture.

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