



NEBLINE



Jan./Feb. 2023 • Nebraska Extension in Lancaster County • 402-441-7180 • lancaster.unl.edu

“The skills I learned in CHIME will stick with me for life. We talked about how we can use breathing techniques to ground ourselves when overwhelmed. I learned to think positively and gratefully, which changed my outlook in life.”

—Kristin Burkhardt, Family Service Site Supervisor at Eastridge Elementary



2022 Extension Highlights

Engaging with Nebraskans wherever they are, connecting them with the resources, research and innovation of the University of Nebraska.



Nutrition Education Program (NEP) — NEP increases nutrition security through classes and policy, system and environmental (PSE) initiatives. Last year, NEP staff taught 258 adults and 5,207 youth with classes, as well as impacted 84 PSE changes. Three bilingual staff provided education in English & Spanish and partnered with translators to offer classes in five languages. Pictured (L–R): Extension Assistants Meredith Kuca partnering with the Lincoln Fresh Mobile Distribution Truck, Irvin Ramirez-Benavides engaging youth through the Soccer for Success program and Victoria Reis teaching El Centro de las Americas families.

Cultivating Healthy Intentional Mindful Educators (CHIME) — This program for early childhood educators (birth–kindergarten) developed by Nebraska Extension continues to grow by leaps and bounds! Extension Educators Jaci Foged and Hayley Jackson delivered CHIME to 54 participants in Lancaster County, impacting 1,590 children. Feedback indicates the trainings made a positive impact (see quote above). Hayley piloted a newly adapted version of CHIME to target providers working with children ages K–5th grades (pictured above with Family Service educators). Jaci began coordinating a four-year, multi-state Early Head Start University Partnership grant for CHIME which focuses on supporting Early Head Start/Head Start staff well-being.

Thank You Volunteers! Valued at \$711,217

Lancaster County Extension’s estimated **2,421 volunteers gave 25,919 total hours of service worth \$711,217*** to our community! Extension benefits from these volunteers who help extend the reach of programs such as 4-H, Master Gardeners and Extension Board members. Pictured below left are volunteers presenting a 4-H Clover College workshop. Below right is a Master Gardener volunteer harvesting produce from Extension’s donation garden, along with Extension Assistant Courtney Eitzmann.

*Based on Independent Sector’s estimate of Nebraska’s value of a volunteer hour in 2021 as \$27.44



Extension helps people solve real-world problems

MORE HIGHLIGHTS ON NEXT PAGE

Non-Profit Organization
U.S. Postage Paid
Permit No. 36
Omaha, Nebraska

CHANGE SERVICE REQUESTED

Nebraska Extension in Lancaster County
444 Cherry Creek Road, Suite A
Lincoln, Nebraska 68528-1591



Insect/pest programs — Extension Educator Kait Chapman offered several educational programs, including a series of three “Everything Bed Bugs” workshops for pest management professionals (pictured above), homeowners/renters and businesses. 100% of the homeowners/renters felt confident they could create an action plan. 100% of the total participants would recommend the program to others. Feedback included, “WONDERFUL training! Hands-on is so beneficial.”



70 years of Backyard Farmer — In 2022, Nebraska Extension’s popular gardening TV show celebrated its 70th year helping Nebraskans solve lawn and garden problems. This year, Extension Educators Sarah Browning (pictured at right) and Kait Chapman (second from left) were regularly featured experts, answering horticulture and entomology questions. Over 130,000 viewers watch the live show weekly and over 1.3 million YouTube viewers watch more than 50,000 hours of recordings annually.



Domestic water/wastewater management — Extension Associate Becky Schuerman serves as Extension’s statewide water coordinator. Her duties include collaborating with other organizations, developing resources and teaching. Pictured is Becky at the inaugural year of the Build A Hut Camp, a summer STEM program through Douglas/Sarpy Extension. She was a member of the curriculum writing team and assisted with activities.

From the Unit Leader: Global Connections

This summer, our office had a unique opportunity to meet and engage with 25 Mandela Washington Fellows. These professionals represented 18 African countries.

Each Fellow positively impacts their home community through a variety of ways such as developing youth leadership and educational conferences, establishing non-profit organizations, and addressing environmental challenges and



Karen Wobig addresses Mandela Washington Fellows.

climate concerns.

I was able to share the Extension model of translating

University research into programs and information that directly benefits people. The Fellows were highly receptive of this model as they strive to connect with and help residents in their African countries.

Connecting with people from a global lens benefits us all, and it was a privilege to have this interaction.

Karen Wobig

Karen Wobig,

Extension Educator & Unit Leader



4-H Programs Engaged 32,332 Youth

through opportunities such as clubs, workshops, school enrichment programs, afterschool/out-of-school activities and camps



4-H school enrichment — Lancaster County 4-H presents several programs in local schools which meet Lincoln Public Schools, Nebraska or national education standards. Pictured is Extension Assistant Calvin DeVries presenting iGrow – Corn. This new program teaches students about corn production and how agriculture affects their daily lives. During its first year, 1,389 students at 22 schools participated.



4-H clubs — With over 70 clubs ranging from 5 to 54 youth members, clubs are an important part of the Lancaster County 4-H program. 4-H clubs are led by adult volunteers, hold regular meetings, elect youth officers, recite the 4-H pledge, learn together and do community-service projects. Pictured is Extension Associate Mary Jane Frogge teaching Horticulture 4-H Club members how to propagate plants.

4-H prepares youth for successful futures



4-H STEM — Science, Technology, Engineering and Math (STEM) 4-H programs help equip youth with the skills they need to succeed in life. In 2022, Lancaster County 4-H increased its STEM footprint which provided more youth with opportunities to acquire these essential skills. Pictured is Extension Assistant Elizabeth Thiltges teaching afterschool youth how to create code for robots.



4-H at Lancaster County Super Fair — 525 4-H/FFA exhibitors showcased nearly 4,500 exhibits (including static exhibits, animals, contest entries and Clover Kids exhibits). The Super Fair provides 4-H youth an opportunity to share the projects they’ve worked on throughout the year. Pictured are youth congratulating each other at a horse show. Lancaster County has the largest 4-H county fair horse show in the state.

Setting Sustainable, Healthy New Year's Resolutions

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

Happy New Year! The new year is upon us, and for many it brings a sense of renewal, a chance to refocus and, of course, set our New Year's Resolutions. Millions of people will set a New Year's Resolution to improve their health, but often those resolutions fizzle out in the first few months of the year. A common reason may be that we set unrealistic goals and get frustrated when they don't happen right away. So, how can you set a healthy New Year's Resolution and actually stick to it? Read on for my top seven tips.

1. Set SMART goals.

SMART goals stands for Specific, Measurable, Achievable, Realistic and Time-bound. Consider when, where, what and how you will achieve that goal. For example, rather than saying, "I will be more physically active this year," set a SMART goal such as, "I will walk for 30 minutes a day at least four days a week." Be mindful about the steps you will take to achieve that goal, and write them down. These steps can serve as mini goals or milestones and should be what you focus on each week to achieve your overall goal.

2. Plan ahead for challenges and obstacles.

Think about what has prevented you from achieving your goals in the past. Is it time? Is it the type of activity? Is it fatigue or boredom? Determine a plan for how you will overcome that obstacle. For instance, if your goal is to walk four days per week, what will you do in the event of inclement weather? Do you have an



alternative activity planned? Establish a Plan B, but don't be too hard on yourself if you slip. Remember, life happens; don't give up just because you had one "bad" day!

3. Track your progress to maintain motivation.

There are several apps available to help you track your physical activity and/or healthy eating habits, such as "Start Simple with MyPlate," "My Fitness Pal," or "Runkeeper" to name a few. If you prefer pen and paper, grab a journal, and write down your progress each week.

4. Determine a healthy way to reward yourself.

When you reach a mini goal or milestone, reward yourself in a healthful way. Consider a reward that relates to your goal. For example, new workout clothes or shoes for reaching a fitness-related goal, or maybe a new kitchen gadget if your goals are based on healthy eating habits.

5. Identify an accountability partner.

Whether it's someone with the same goal as you or simply someone to help cheer you on, it's always easier with a support system! Your support system may consist of family, friends, coworkers or potentially fellow members from a class or program you enrolled in.

6. Add variety.

It's easy to get tired of eating the same foods or participating in the same activity. Add some

variety to your routine to keep things interesting and prevent burnout. If you are getting in the habit of walking a few days a week, consider adding strength training one or two days a week, as is recommended by the Department of Health & Human Services Physical Activity Guidelines for Americans.

7. Be adaptable.

If you are consistently meeting your goals early in the year,

consider making it more challenging. For example, if your goal was to exercise four days a week and you are consistently achieving it with ease, consider increasing your minutes of exercise each day or increasing to five days a week. On the flip side, if you set out to be active for five days a week and you've been consistently active for three days a week, adjust your goal and gradually work towards increasing

over time. Consistency is key in building new habits, so find what is realistic and what works for you. You've got this!

Resources:

- <https://newsinhealth.nih.gov/2010/12/making-your-resolutions-stick>
- <https://www.myplate.gov/resources/tools/startsimple-myplate-app>
- <https://food.unl.edu/newsletter/healthy-bites/tips-resolutions-last>
- https://health.gov/sites/default/files/2019-09/Physical_Activity_Guidelines_2nd_edition.pdf

RECIPE OF THE MONTH

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

January 28th is National Blueberry Pancake Day! Celebrate with this "Berry Good Pancake" recipe.

BERRY GOOD PANCAKES

(Yield: 8 servings)

2 eggs

1 1/2 cups low-fat or fat-free milk

2 Tablespoons vegetable oil

1 cup whole wheat flour

1 cup all-purpose flour

2 Tablespoons baking powder

2 Tablespoons sugar

1 cup blueberries, fresh or frozen

Fruit sauce or berry jam for topping (optional)

1. Wash hands with soap and water. Break eggs into a clean, large bowl. Be sure to wash your hands after handling the raw eggs. Add milk and oil. Mix well.
2. Add the whole wheat flour, all-purpose flour, baking powder and sugar to the milk mixture. Stir just enough to wet the flour.
3. Gently mix in the blueberries. Cook pancakes on a lightly greased griddle or frying pan.
4. Cook until the pancakes are full of bubbles and the under-surface is lightly browned. Lift with a spatula and flip over. Lightly brown the other side.
5. Store leftovers in a sealed container in the refrigerator for up to four days.

Note: Though pancakes taste best fresh from the griddle, they can be held briefly as you make others by placing them in a single layer on a baking sheet in a 200°F oven.

Tip: Freeze leftover pancakes and pop them in the toaster to reheat for a quick breakfast option throughout the week.

Nutrition Information: Serving Size (1/8 of recipe): Calories 190; Total Fat 5g; Saturated Fat 1g; Cholesterol 45mg; Sodium 400mg; Total Carbohydrates 31g; Fiber 3g; Total Sugars 7g; includes 3g Added Sugars; Protein 7g; Vitamin D 6%; Calcium 20%; Iron 10%; Potassium 4%; ESHA Food Processor

Source: food.unl.edu



Photo by Marusa Jonas, Nutrition Education Program

GARDEN GUIDE THINGS TO DO THIS MONTH

By Mary Jane Frogge, Extension Associate in Lancaster County

Avoid heavy traffic on the frozen, dormant lawn. The crown of the plant may be severely damaged or killed.

Brush snow from evergreens as soon as possible after a storm. Use a broom in an upward, sweeping motion. Serious damage may be caused by heavy snow or ice accumulating on the branches.

January and February are a good time to order flower and vegetable seeds. Many varieties sell out early.

Turn and prune house plants regularly to keep them shapely. Pinch back new growth to promote bushy plants.

Check all house plants closely for insect infestations. Quarantine gift plants until you determine they are not harboring any pests.

Add garden record keeping to the list of New Year's resolutions. Make a note of which flower and vegetable varieties do best and which do poorly in your garden.

Use sand instead of salt for icy spots on the sidewalk.

During the winter, most houses are too dry for house plants. Humidity may be increased by placing plants on trays lined with pebbles and filled with water to within 1/2-inch of the bottom of the pot.

House plants with large leaves and smooth foliage, such as philodendrons, dracaena and rubber plant benefit if their leaves are washed to remove dust, helping keep the leaf pores open.

When reviewing your garden catalogs for new vegetable varieties to try. An important consideration is improved insect and/or disease resistance. Also watch for drought-tolerant types.

Analyze last year's planting, fertilizing and spraying records. Make notes to reorder successful varieties as well as those you wish to try again.

Move garden ornaments such as urns or jars into the garage or basement to prevent damage during the cold winter season. If containers are too large to move, cover them to prevent water collecting in them or turn them upside down during the winter, so water will not collect and freeze in them causing breakage.

Extension's 2023 Master Gardener Volunteer Training Begins Soon

If you have a strong interest in gardening and enjoy helping others, you are invited to become a Nebraska Extension Master Gardener Volunteer.

This program will increase your knowledge and understanding of horticultural topics such as:

- Best cultural practices for growing flowers, vegetables and turf.
- Plant disease and insect pest identification and control.
- Preserving beneficial insect and wildlife habitat and much more!

Instructors are Extension specialists, educators, associates and horticulture professionals.

To become a Master Gardener volunteer, you must attend all training sessions, pass an examination and

volunteer for Extension educational programming. Many fun and educational volunteer opportunities are available, including answering gardening questions from the public, teaching 4-H youth gardening, assisting at the county or state fair, assisting community garden participants and many others.

The cost for those participating in the 2023 training class is \$225 per person.

There are two options for Master Gardener training in Lincoln.

Daytime Training

The Lancaster County Extension-based training program will begin March 2023; training hours are during the day, online and in-person. For additional

information, call Mary Jane Frogge at 402-441-7180. Application deadline is Friday, Jan. 13. To apply online, visit <http://lancaster.unl.edu/become-an-emg>.

Evening Training

The campus-based training program will begin January 2023, with training taking place in the evening and online. For more information, contact Terri James at 402-472-8973. Apply online at <http://mastergardener.unl.edu/master-gardener-application>.

Don't miss this opportunity to increase your gardening knowledge, share it with others in the community and have fun!

Upcoming Green Industry Conferences

NEBRASKA TURFGRASS CONFERENCE • JAN. 4-6

LaVista Conference Center, LaVista, NE
Agenda and registration – <https://nebraskaturfgrass.com/conference>



GREAT PLAINS GROWERS CONFERENCE • JAN. 13-14

Missouri Western University, St. Joseph, MO

Agenda and registration – <https://greatplainsgrowersconference.org>



NEBRASKA ARBORIST ASSOC. WINTER CONFERENCE •

JAN. 17-18
Embassy Suites, Lincoln, NE

Agenda and registration – <https://nearborists.org>



TUESDAY, FEB. 21
8:30 a.m.–4 p.m.

Nebraska Extension in Lancaster County conference rooms,
444 Cherrycreek Road, Suite A, Lincoln

Workshop for nursery & green industry professionals, public works employees, landscape managers, arborists, tree board volunteers and cemetery & groundskeepers.

Cost \$20/person

ISA and NAA CEU credits available

REGISTRATION DEADLINE: FEB. 13
Register at <https://go.unl.edu/prohort>

For more information, including a full agenda, visit <https://go.unl.edu/prohort> or call Sarah Browning at 402-441-7180.

2023 Pesticide Applicator Trainings

If you have a pesticide applicators license expiring April 2023 — either private or commercial, or you need to get a new license — classes begin soon. Make plans now to participate in the training option that best fits your needs.

Commercial/ Noncommercial Applicators

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

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

Traditional In-Person Training Classes

Visit <https://pested.unl.edu> for dates, locations and registration. Registration is required. Cost is \$95 per online registration. Trainings will be held at the Nebraska Extension in Lancaster County conference rooms, 444 Cherrycreek Road, Suite A, Lincoln.

- **Initial trainings** start at 8:30 a.m. — Tuesday, Jan. 31; Tuesday, Feb. 14; Tuesday, March 14 and Wednesday, April 5.
- **Recertification trainings** start at 8:30 a.m. — Thursday, Feb. 2; Thursday, March 2; Thursday, March 16 and Thursday, April 6.

In-person trainings are a supplemental learning opportunity; they DO NOT replace pre-class studying of category manuals or flip charts for test preparation. Study materials for



all commercial categories must be purchased online at <https://pested.unl.edu>.

Online Self-Paced Option — Recertification Only

This is a 100% online training, which includes watching the General Standards recertification video, plus a video for each additional category to be renewed. Cost is \$95 per participant. Register at <https://pested.unl.edu>.

Conference Options: Recertification Only

Crop Production Clinics — General Standards (00), Ag Plant (01) or Demonstration/Research (D/R) categories. See related article at right. Registration is required, cost is \$95 per participant.

Nebraska Turf Conference — General Standards (00) and Ornamental & Turf (04) categories. Visit <https://nebraskaturfgrass.com/conference> for more information.

Urban Pest Management Conference — General Standards (00), Structural Health (08), Wood Destroying Organisms (08w) and Fumigation (11) categories. Visit <https://www.nspca.org> for more information.

Testing-Only Options

Closed-book exams are given by the Nebraska Department of Agriculture (NDA). Visit <https://pested.unl.edu> for a list of available test-only dates, times and locations.

NDA computer-based testing is provided through the Pearson VUE

company. Visit https://nda.nebraska.gov/pesticide/pearson_vue_testing.html for a list of testing sites, exams available, dates and registration information. There is a charge of \$55 per exam charged by Pearson VUE.

Private Applicators

Private applicators are farmers or producers raising an agricultural commodity on land they own or rent or an employee making pesticide applications on their employer's farm. Private applicators have four ways to recertify or get a new license.

Traditional In-Person Classes

Call your local Extension office, <https://epd.unl.edu>, for training dates in your area and to register. Lincoln dates will be held at Nebraska Extension in Lancaster County conference rooms, 444 Cherrycreek Road, Suite A, Lincoln on Wednesday, Feb. 22, 1–4 p.m., Thursday, Mar. 9, 6–9 p.m. and Thursday, Mar. 30, 1–4 p.m. Cost is \$50 per participant, collected at the door. Register at <https://croptechcafe.org/training>.

Crop Production Clinics

Initial training in General Standards (00) and Ag Plant (01) is available for private applicators. See related article at right. Registration is required, cost is \$95 per participant.

Online Self-Study Program

This is a 100% online, self-paced training with 10 modules. There are questions within the modules and a score of 100% is needed to pass. Visit <https://pested.unl.edu/certification-and-training> for more information and a link to register. Cost is \$50 per participant.

NDA Testing Options

Take a written, closed-book exam given by the Nebraska Department of Agriculture. Visit <https://pested.unl.edu> for a list of available test-only dates, times and locations.

Crop Production Clinics

In January 2023, the Crop Production Clinics sponsored by Nebraska Extension will be presented in person at eight locations across the state. They offer practical, profitable, environmentally sound, high-impact training for agricultural professionals and producers. All clinics will offer pest management topics (meets pesticide applicator recertification requirements) and crops, economics, soils and water management topics.

All trainings will be 8:45 a.m.–3:30 p.m. Cost \$95 per participant, includes lunch (for in-person trainings) and training materials.

The in-person Crop Production Clinics in southeast Nebraska will be:

- Wednesday, Jan. 11 — Ithaca (Eastern Nebraska Research, Extension and Education Center, 1071 Co. Rd. G)
- Thursday, Jan. 12 — Beatrice (Holiday Inn Express, 4005 N. 6th St.)
- Friday, Jan. 20 — York (Holthus Convention Center, 3130 Holen Ave.)

If you are planning to receive recertification as an applicator, arrive early and check in with the Nebraska Department of Agriculture (NDA) at the registration table.

Certified Crop Advisor credits will be available for crop production, nutrient management, integrated pest management, water management and precision agriculture.

For more information and to register, go to <http://agronomy.unl.edu/cpc>.

Upcoming Ag Workshops

Grain Marketing Workshops, Jan. 18

Two upcoming Nebraska Extension workshops will help farmers develop grain marketing plans for 2023. Both will be held Wednesday, Jan. 18 at the Nebraska Extension in Lancaster County conference rooms, 444 Cherrycreek Rd, Suite A, Lincoln. Both workshops are free to attend, but registration is required by calling 402-441-7180 by Jan. 16.

The first workshop, “Grain Marketing Lingo,” will be held 1–2:30 p.m. Do you ever wonder what analysts are really saying about the grain markets? Using real audio and video examples, this workshop will help participants get the “market talk” decoded. Jessica Groskopf, extension educator with the Panhandle Research and Extension Center, will discuss basis, bears, bulls, long, short and more.

The second workshop, “Grain Marketing – Playing the Long Game,” will be held 3–4:30 p.m. In this workshop, Cory Walters, associate professor in the University of Nebraska-Lincoln’s Department of Agricultural Economics, will explore how grain markets have evolved over time and ways to incorporate this information into your 2023 grain marketing decision making and production cost environment.

Four-Session Women in Ag Program on Land Leasing January–February

“The Power of Negotiation and Communication: Land Leasing Strategies for Midwestern Ag Women” is a four-part Extension workshop produced in collaboration between Women in Agriculture programs in Nebraska, Kansas and Indiana. It will focus on the basics of land management, leasing and conservation for both landlords and tenants. The sessions will be held on consecutive Wednesdays, Jan. 18, Jan. 25, Feb. 1 and Feb. 8 from 5:30–8:30 p.m.

Nebraska Extension in Lancaster County conference rooms, 444 Cherrycreek Road, Suite A, Lincoln will be a host site. Registration is required by Jan. 13 by calling 402-441-7180 or going to <https://wia.unl.edu/negotiation>. The workshop series costs \$50 per person and includes a meal each session. A virtual option is available for \$75 for those unable to attend in person, although in-person attendance is highly encouraged to better network with other attendees and interact with speakers.

Land Management Workshop, Feb. 1

Nebraska Extension and the University of Nebraska–Lincoln Center for Agricultural Profitability are hosting a “Farm and Ranch Lease Considerations for 2023” workshop at locations across the state. One will be held in Lincoln on Wednesday, Feb. 1, 10:30 a.m.–2:30 p.m. at the Nebraska Extension in Lancaster County conference rooms, 444 Cherrycreek Road, Suite A. The workshop is free to attend, but registration is required by calling 402-441-7180 by Jan. 27. Lunch will be included.

The workshops will offer updated leasing information relevant to landlords and tenants, including tips for communication and negotiating. They will address topics like equitable rental rates, managing and adjusting farmland leases, landlord-tenant issues, pasture leasing, crop share leasing and other management considerations. The presentations will be led by Allan Vyhnaek, an extension educator specializing in farm and ranch transition and succession, and Jim Jansen, an extension agricultural economist. Both are with the University of Nebraska–Lincoln’s Center for Agricultural Profitability.

Other workshop locations include Beatrice on Monday, Jan. 9. Complete schedule is at <https://cap.unl.edu/succession>.

Minimizing the Impact of Winter Weather on Water & Wastewater Systems

By *Becky Schuerman, Extension Associate, Domestic Water/Wastewater Management*

In Nebraska, extreme winter weather can hit us quickly and hang around for extended periods of time. Long periods of cold can be hard on things, but what impact do they have on your septic system and/or private well/water system? Are there things you can do to minimize the impact?

A common misconception is that bacteria in a septic tank produce heat as they work to digest the waste within your wastewater system. The truth is, the digestion process does not produce heat, and once temperatures in a tank reach approximately 39°F, almost all of the bacteria activity comes to a halt. Without working bacteria, the wastewater is not properly treated. It is important to keep your tank working and to prevent water within the tank from freezing.

Normal winter conditions usually do not pose a problem for a properly installed tank because the soil and groundcover, such as grass, help serve as a natural insulator. Some newer septic tanks are installed with a layer of insulation on the lid of the tank. Unfortunately, when “normal” turns to “extreme,” natural or added insulation may not be enough to protect the system.

When there is no snow cover, extreme winter temperatures are of the most concern to septic systems. Snow cover helps serve as a natural insulator, protecting the tank and other system components from direct exposure to extreme cold temperatures. However, with or without snow cover, once those very cold temperatures stick around, the following tips can help prevent your tank from becoming an expensive igloo:

- Spread warm water (hot is even better) use throughout the day and week. For example, run the dishwasher in the

morning, and do a load of laundry in the evening. Baths or showers also help introduce warm water to the system. As always, spread the use out so as not to overload your system, and never run water constantly.

- Do not compact the soil over your drainfield. Avoid driving over, locating heavy objects on or doing other activities that can compact the drainfield soil, causing potential system damage. These type of activities in the winter can be even more damaging because they force frozen solids into the drainfield. They can cause the system to “back-up” or the drainfield to become broken or clogged.
- If you are traveling for the holidays or for a winter vacation, ask a friend to stop in daily to run a load of laundry or dishes.
- If you migrate south for the winter months or have a seasonal residence, you may want to consider hiring a certified professional to install a tank heater or add insulation around the tank.
- Next fall, consider spreading a thick layer of mulch (8–12 inches) over the tank and other system components to help protect the system from periods of extreme cold.

Water wells are generally less susceptible to periods of extreme cold. The well pump is the most at risk to extreme cold temperatures. If your well pump is in an above-ground well house, make sure the house is insulated.

Another key to protect your water system is to close the shut-off valve for outdoor hydrants to prevent the water from freezing within the hydrant and distribution pipes. Ice can cause pipes to rupture or create other issues in your distribution system. As always, disconnect and drain all hoses from outdoor faucets and hydrants.

Source: Some content in this article was originated by former Extension Educator, Meghan Sittler.

Bringing Motor Play Indoors for Young Children

By Hayley Jackson, Extension Educator in Lancaster County

With the cold weather and shorter days during winter, it is sometimes hard for young children to get all of their energy out. Although there may be days when children are able to go outside to play during the winter, there are many times when it gets dark too early or the weather conditions aren't conducive to playing outside. Gross motor play involves the movements we do with our whole body, such as throwing a ball or running. According to the National Association for Educators of Young Children (2018), gross motor skills help children with their coordination, balance and core strength. Gross motor play typically happens outdoors, so what can we do on those days when you can't get outside? Here are a few fun and creative ideas to encourage gross motor play indoors:

- **Create an obstacle course.**

Using objects you normally find around the house, such as chairs, books and plastic cups, you can create an obstacle course for your child to maneuver. You can encourage them to crawl under chairs, hop over books and throw small balls into plastic cups in order to complete the obstacle course. If there are multiple children, you can time each child and have a competition to see who can complete the course fastest. One way to expand this activity is to have the children create their own obstacle courses

after you have shown them how it's done.

- **Go Noodle.** Go Noodle is a free website (www.gonoodle.com) that has tons of different high-energy videos for



Photo provided by Canva

An example of an indoor obstacle course.

children to engage with. Some of my personal favorites include “Heartbeat” (where you run in place and do other various exercises to get your heart pumping faster) and “Fabio’s Meatball Run” where children help Fabio dodge various obstacles on his way to deliver meatballs to his grandmother. Go Noodle has hours of engaging active videos that allow children to expel some of their energy in the comfort of their living room.

- **Indoor bowling.** Indoor bowling is a great way to get some energy out and have fun as a family. You can use empty 2-liter pop bottles as the pins and then any kind of ball as the bowling ball. Children can even take the time to decorate the bowling pins and these materials are great to reuse the next time they are bored and they aren't able to play outside.

Tiny Bugs in the Snow — The Snow Flea

By Kait Chapman, Extension Educator in Lancaster County

Insects and their relatives have miraculous ways to survive the cold bite of winter, whether it is migrating southwards like the monarch butterfly, burrowing deep into the soil or finding pockets of warmth under logs, leaves and sometimes even our homes. However, some insects thrive in the cold and continue to be active in winter despite the presence of ice and snow.

Meet the snow flea — a cool temperature-loving arthropod that's not really a flea or an insect. Snow fleas are actually a type of springtail, soil-dwelling arthropods that have six legs like insects but have mouths that retract into their head — something insects can't do. Because they're not insects, they're also different than the fleas we associate



Photo by Jody Green, Extension Educator in Douglas/Sargy Counties

Snow fleas are 1/10 of an inch long (shown highly magnified).

with biting and infesting our four-legged companions. Instead, snow fleas are thought to feed on decaying organic matter and microscopic fungi and algae, and while they do “jump” like regular fleas do, they use a special forked appendage called a furcula to help them move around.

As their common name suggests, snow fleas are most often encountered on top of snow, or on sidewalks and

the winter when the snow starts to melt. Their dark, purplish-blue bodies are small, but they make up for their tiny size in sheer numbers. People are often left perplexed and sometimes distressed by the sudden appearance of hundreds or thousands of arthropods outside of their home. Despite being a nuisance, snow fleas are harmless and should be left alone.

How the snow flea is able to tolerate the cold of the snow while many other insects and people cannot, is a pretty spectacular feat of science. Snow fleas produce a special protein in their body that acts similar to antifreeze, letting them continue to stay active despite the chill. So, while we may be deprived of our larger, beautiful insects this season, continue to keep an eye out for these fascinating little springtails.



Jon and Taryn Vanderford



Lancaster County 4-H is proud to announce Jon and Taryn Vanderford of Lincoln as co-winners of the January “Heart of 4-H Award” in recognition of outstanding volunteer service.

They have volunteered with 4-H in a variety of ways for several years:

- As parent volunteers with the Pick-A-Pig 4-H club, which gives urban youth the opportunity to work with pigs.
- As emcees of the 4-H Rabbit Specialty Show at the Lancaster County Super Fair.

In addition, as anchors of the TV show Pure Nebraska, Jon and Taryn feature a segment about Nebraska 4-H every Friday morning.

Taryn says, “It’s fun to have my daughter involved in 4-H showing pigs. As a family, we enjoy helping her with her project and helping the Pick-A-Pig club as a whole. Whether it’s feeding the pigs, taking them to the fair and shows, or helping the other club members grow in their knowledge of caring for livestock, the 4-H journey has been a rewarding one for our family.”

Jon says, “I like being a 4-H volunteer because I get to see kids find their passions and possibly zero in on what they’d like to do in the future as a career. The Pick-A-Pig club has opened up many doors for our daughter, Olivia, and because of her experiences with the club, she is going to pursue a degree in agricultural communications at the University of Nebraska–Lincoln.”

4-H staff member Calvin DeVries says, “Jon and Taryn Vanderford are superior advocates for Nebraska 4-H. Through their efforts with Pure Nebraska, 4-H youth are heard and recognized throughout the state! Both are always willing to lend a hand during the Lancaster County Super Fair, especially helping the Pick-A-Pig 4-H club behind the scenes.”



Allison Walbrecht

Lancaster County 4-H is proud to announce Allison Walbrecht of Lincoln as winner of the February “Heart of 4-H Award” in recognition of outstanding volunteer service.

In 2019, 4-H member Allison created the Unified Showing program in Lancaster

County to provide youth with disabilities the opportunity to learn about lambs and show them at the Lancaster County Super Fair. She pairs youth with disabilities with youth buddies who help throughout the process. The program has expanded with clubs she leads in Lancaster, Otoe and Gage counties. The lambs are provided and kept at her family’s farm. Allison recently earned a Nebraska 4-H Gives Back Award for this project! She plans to continue leading the clubs even though this was her last year exhibiting in 4-H. The Unified Showing program is being replicated in Box Butte County.

“I love being able to give back to a community that helped grow me,” Allison says. “But I also love the kids and getting to see agriculture from their eyes. My favorite experience was definitely the first ever Unified Showing show. Being able to see all our participants’ hard work pay off — as well as see them fall in love with their animal — was an incredible experience.”

For information about joining the club, contact the Extension office at 402-441-7180 by March 13. Youth with disabilities ages 8–18 and youth without disabilities ages 14–18 are encouraged to apply.



4-H Rabbit Show, March 18

The 4-H Spring Rabbit Show will be held on Saturday, March 18, 9 a.m. at the Lancaster Event Center Fairgrounds – Exhibit Hall. Open to all youth ages 8–18, with a Clover Kids class for youth ages 5–7. 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, and to learn and practice showmanship. Rabbit Quiz and Breed Identification contests are free for youth to enter! New this year: the knowledge contests are open to adults for a minimal fee! Show flyer will be posted at <https://lancaster.unl.edu/4h/companionanimal>. For questions, contact Kate Pulec at kpulec3@unl.edu or 402-441-7180.

4-H Specialty Clubs Invite New Members

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

4-H TEEN COUNCIL — a leadership organization for youth in 7th–12th grade. Meetings are held the second Sunday of each month through April, at 3 p.m. at the Nebraska Extension in Lancaster County, 444 Cherrycreek Road, Suite A, Lincoln.

CLOVER KIDS CLUB — for youth ages 5–7. Meetings are held through July once or twice a month on Monday evenings at the Nebraska Extension in Lancaster County, 444 Cherrycreek Road, Suite A, Lincoln.

UNIFIED SHOWING — empowers youth with disabilities ages 8–18 through learning about and showing lambs with the aid of youth buddies ages 14–18. Lambs are provided. Applications accepted Jan. 1–March 13.

4 ON THE FLOOR DOG CLUB — for youth ages 9–18. Will restart on Monday, Jan. 9 at the Lancaster Event Center Fairgrounds – 4-H office located by Pavilion 3. Meetings will be held every other Monday at 6:15 p.m. Contact club leader John Croghan at 402-957-3651 by Dec. 25.

RABBITS R US — focuses on rabbits, as well as a variety of other projects. Open to all youth ages 8–18. Usually meets monthly.

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

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

WONDER CATS CLUB — Open to all youth ages 8–18. Meetings will be held the last Thursday of every month at 4:45–5:45 p.m. Location will rotate and will be held virtually every other month.

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

2022 4-H Horse Awards Night Results

The 2022 4-H Horse Awards Night, held Oct. 27, recognized top achievements at the Lancaster County Super Fair and other accomplishments throughout the past year. Congratulations to all Lancaster 4-H equestrians for your outstanding accomplishments! Additional results, video and photos are online at <https://lancaster.unl.edu/4h/horseawards>.

HORSEMANSHIP ADVANCEMENT LEVELS

The Nebraska 4-H Horsemanship Advancement Levels program is designed to serve as a guide for instruction and evaluation of each member's progress. The correct handling of horses is emphasized from the beginning level to the most advanced level.

Level I Walk/Trot — Josephine Polk, Collin Schepers, Christina Zade

Level I — Elsie Black, Brooklyn Blunt, Corrine Byrne, Gracen Byrne, Layla Graham, Claire Harre, Gavin Hartweg, Charlotte Heese, Khloe Jackson, Mary LaPlante, Addisyn Lorenson, Reece Mansfield, Renae Mansfield, Micah Monroe, James Moss, Michael Moss, Maria Polk, Emma Riley, Ava Schepers, Paige Schepers, Evelyn Smith, Olivia Thompson, Campbell Tran, Lucy Wacker, Madi Wilson, Lily Wood

Level II — Avery Black, Elsie Black, Liz Boshart, Thaxton Bourek, Xavyer Bourek, Gemma Bunz, Easton Byrne, Isabella Garrett, Lena Gropp, Gavin Hartweg, Anne Hastings, Charlotte Heese, Clairra Heinze, Lyra Krutak, Kamree Leader, Ozzie Pederson, Stella Pederson, Drake Plautz, Ameila Proffitt, Mason Raisch, Allison Renken, Max Roberts, Paige Schepers, Taeva Taylor

Level III — Scarlett Battles, Lola Bunz, Makenna Coe, Kiara Eppenbach, Samantha Fox, Kayla Isaacs, Tanner McInteer, Morgan Roof, Paige Schepers, Ava Smith

INCENTIVE AWARDS

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

Bronze (minimum of 100 hours or points) — Josephine Polk, Maria Polk, Greta Rogers

Silver (minimum of 225 hours or points) — Brogen Frink, Lena Gropp, Charlotte Hesse, Caraline Higgins, Lyra Krutak, Max Roberts, Amelia Proffitt, Ava Schepers

Gold (minimum of 390 hours or points, and completed horse record book) — Liz Boshart, Makenna Coe, Anne Cashmere, Kiara Eppenbach, Shea Frink, Addison Gropp, Calli Robinson, Paige Schepers, Ava Smith, Ava Wharton, Lily Wood

SPECIAL RECOGNITION AWARDS

Top Incentive Stories — Liz Boshart, Addison Gropp, Lena Gropp, Amelia Proffitt

Top Incentive Notebooks — Kiara Eppenbach, Lena Gropp, Ava Wharton, Lily Wood

Back In The Saddle Award — extra recognition to two youth who got back in the saddle and showed some great grit and passion for their 4-H horse project — Violet Green, Lyra Krutak

TOP AWARDS

Bluestem All-Around Miniature Horse Award for high point 4-H miniature horse and youth pair in two age divisions at the Lancaster County Super Fair, sponsored by the Bluestem Miniature Horse Club — Senior: Shyann Severson (horse "Doc"); Junior: Paige Schepers (horse "B Diamonds Fully Loaded")

High Score Dressage Rider Awards for high score riders in the 4-H Dressage Show in both the dressage classes and the western dressage classes at the Lancaster County Super Fair, sponsored by Nebraska Dressage Association — high score dressage riders: Xavyer Bourek (champion) and Alexa Starner (reserve champion); high score western riders: Ava Smith (champion) and Lyra Krutak (reserve champion)



Horse Incentive Awards — Silver Level



Horse Incentive Awards — Gold Level

Lowell Boomer High Point Jumping Award

for the all-around champion in the 4-H jumping classes at the Lancaster County Super Fair — Paige Schepers

Top NRHA Reining Awards for highest NRHA pattern score in each age division at the Lancaster County Super Fair 4-H Reining competition, sponsored by Dr. Kelly Stich — Senior: Chase McInteer (horse "I am Magnificent"); Junior: Tanner McInteer (horse "Dual Shernic"); Elementary: Addisyn Lorenson (horse "Glory")

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

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

All-Around Cowboy/Cowgirl Award — age division awards for most total points scored from specified classes at the Lancaster County Super Fair — Senior: Natalie Plautz; Junior: Madison Blair; Elementary: Drake Plautz

All-Around Ranch Horse Awards — age division awards for All-Around Ranch Horse at the Lancaster County Super Fair — Senior: Scarlett Battles (horse "Xtra Little Whiz"); Junior: Addison Gropp (horse "Fit N Cloud Dancer"); Elementary: Drake Plautz (horse "Leo Down Joe")

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

JUDGING CONTEST

The Horse Judging Contest (a Lancaster County Super Fair contest) emphasizes how much 4-H members know about horse conformation as they judge four or more classes of horses along with the opportunity to give oral reasons. The champion of each division receives a buckle.

Senior Division: Erin Oldemeyer (champion), Makenna Coe (reserve champion), Faith Oldemeyer (3rd), Noah Jelinek (4th), Taylor Root (5th), Liz Boshart (6th), Caraline Higgins (7th)

Junior Division: Amelia Proffitt (champion), Shea Frink (reserve champion), Kiara Eppenbach (3rd), Lily Wood (4th), Clairra Heinze (5th)

Elementary Division: Lena Gropp (champion), Paige Schepers (reserve champion), Claire Harre (3rd), Maria Polk (4th), Josephine Polk (5th), Katy Weaver (6th), Brogen Frink (7th), Greta Rogers (8th), Emma Mumm (9th), Ava Schepers (10th)



Bluestem All-Around Miniature Horse Award



Top NRHA Reining Awards



All-Around Cowboy/Cowgirl Award



Wilhelmina Wittstruck Memorial All-Around Champion (pictured with Extension Associate Kate Pulec)

Outgoing 4-H Council Members

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

Youth Members:

- Ava Wharton served two years, one as secretary.
- Samuel Babcock served three years.

Adult Member:

- Cathy Babcock served six years, three as treasurer.
- Lancaster County 4-H thanks them for their leadership!



(L-R) Ava Wharton and Cathy Babcock (Samuel Babcock not pictured).



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

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.

2023 4-H CALENDARS

Lancaster County 4-H has compiled three handouts of 2023 events:

- Overall Calendar at <https://go.unl.edu/4hcal>
- Horse Calendar at <https://go.unl.edu/horcal>
- Rabbit Calendar at <https://go.unl.edu/rabcal>

HORSE INCENTIVE PROGRAM BEGINS

JAN. 1 — Any Lancaster County 4-H'er may participate in the horse incentive program and earn points by participating in horse-related activities. The more points you earn, the more valuable the reward! Log hours/points by participating in various horse-related activities Jan. 1–July 21. To be eligible for rewards, families must have paid annual \$20 family dues to Lancaster County Horse VIPs. Instructions and forms are available at <http://lancaster.unl.edu/4h/horse>.

4-H AWARDS & SCHOLARSHIP FORMS

DUE JAN. 3 — Many Lancaster County 4-H award forms and college scholarship applications are due Jan. 3. Forms are available at <http://go.unl.edu/4has> and the Extension office. Recipients will be announced at Lancaster County 4-H Achievement Celebration on Thursday, Feb. 16.

CROCHETING WORKSHOP, JAN. 21

— 4-H youth ages 10 and up are invited to learn how to crochet a washcloth utilizing the single crochet stitch at the “Basic Crocheting” workshop on Saturday, Jan. 21, 9 a.m. until about 11 a.m. at the Nebraska Extension in Lancaster County conference rooms, 444 Cherrycreek Road, Suite A, Lincoln. No cost to attend — all supplies will be provided. Parents/adults are encouraged to attend to help 4-H'ers, especially if they are younger. Must register by Monday, Jan. 9 by calling 402-441-7180 or emailing Kristin Geisert at kristin.geisert@unl.edu so supplies can be ordered.

ACHIEVEMENT CELEBRATION, FEB. 16

— 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 Thursday, Feb. 16, 6:30 p.m. at the Nebraska Extension in Lancaster County conference rooms, 444 Cherrycreek Road, Suite A, Lincoln. 4-H members, clubs and volunteers receiving awards, scholarships or milestone pins will be mailed invitations. The evening's theme is “Celebrating Awesomeness.” Award winners are asked to submit award-related photos to <http://go.unl.edu/Lancaster4HPhotos> by Thursday, Feb. 2.

JAMMIE SEWING WORKSHOP, FEB. 18

— 4-H youth ages 8 and older are invited to practice their basic sewing skills and make pajama or lounge wear pants or shorts using a pattern at the “Jammie Jamboree” sewing workshop on Saturday, Feb. 18, 9 a.m.–12 p.m. at the Nebraska Extension in Lancaster County conference rooms, 444 Cherrycreek Road, Suite A, Lincoln. 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. Make sure your machine is in good working order. A few office machines are available upon request. To avoid mistakes, do NOT cut out pants/shorts ahead of class time! No registration fee. Register by Monday, Feb. 6 by calling 402-441-7180 or emailing Kristin Geisert at kristin.geisert@unl.edu.

SPEECH & PSA CONTESTS

— 4-H Speech & PSA Contests are open to all 4-H'ers ages 5–18. The 4-H Speech Contest is planned for Sunday, March 5 at the Nebraska Extension in Lancaster County conference rooms, 444 Cherrycreek Road, Suite A, Lincoln. Check-in between 1–1:30 p.m., contest begins at 1:30 p.m. Register by Wednesday, March 1 by calling 402-441-7180 or emailing kpulec3@unl.edu with your name, speech title and age division. 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 Kate Pulec at kpulec3@unl.edu or on a CD to the Extension office by Wednesday, March 1. 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.

HORSE STAMPEDE ENTRIES

— The statewide 4-H Horse Stampede is planned for Saturday, March 25 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 Monday, March 6. 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 7

— 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 7, 6–7 p.m. at the Lancaster Event Center Fairgrounds – Pavilion 2. Exhibitors planning on exhibiting market beef, breeding beef and feeder calves at State Fair must have DNA sampled (new in 2023). It is strongly encouraged to have DNA hair samples collected and EID tagged at the time of weigh-in. For more information or to RSVP, contact the Lancaster County Extension office at 402-441-7180.



Lancaster County 4-H Teen Council
presents its annual...

Theme:
Neon
Night

Overnight Lock-In for 4th & 5th Graders



Sleep Over!
Fun Projects!
Games!
Snacks!
Movies!

Friday, Jan. 20, 8 p.m.–
Saturday, Jan. 21, 8 a.m.

Bring your
sleeping bag,
pillow, toothbrush,
toothpaste,
active wear,
sleepwear (sweats).

Nebraska Extension in Lancaster County
conference rooms, 444 Cherrycreek Road, Suite A

Cost \$20/person

Registrations due by Jan. 18

No refunds

To register: Make check payable to Lancaster County 4-H Teen Council and mail with “NEBRASKA 4-H PARTICIPANT PERMISSION AND HEALTH FORM” (available at the Extension office and at <https://go.unl.edu/4hhealthform>) BY JAN. 18 to: Tracy Anderson, Nebraska Extension in Lancaster County, 444 Cherrycreek Rd., Suite A, Lincoln, NE 68528

For more information, call 402-441-7180.

(Lobby phone during 4-H Fun Night is 402-441-7170)

Meet the 2022–23 4-H Council



The 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: (front row L-R) Clare Bauman – Secretary, Kylie Hansen – Vice-President, Hannah Dean, Lilee Chevalier; (middle row L-R) Sara Hansen, Tammy Sheldon, Pam Cuttlers – Treasurer, Emalea Dean, Kari Schepers; (back row L-R) Phil Wharton – President and ex officio Extension Board representative, Riley Peterson; (not pictured) Ruby Dean, Analisa Peterson, Sheri Ramirez, Caleb Kirchhoff.

Meet the 2022–23 4-H Teen Council



The Lancaster 4-H Teen Council is a leadership organization for youth in grades 7–12. This year, 20 youth are active in Teen Council. Members are involved in several leadership activities and community service projects such as donating hygiene kits to People's City Mission (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. (Not all are pictured.)

4-H Thanks 2022 Sponsors

The Lancaster County 4-H program — a partnership between Nebraska Extension and the Lancaster County government — would like to thank all of the businesses, organizations and individuals who sponsored 4-H events, activities, programs and trophies during the 2022 4-H year. This support enhances the educational experience of the 4-H youth. 4-H also thanks all of our valuable volunteers!

Ames Simmental Tracy & Jason Anderson Arends Interiors Arrow Pest Control Artisan Custom Builders Awards Unlimited Rhonda Bartels Lorene Bartos Jo Ann & Bob Battenhausen Jim & Cindy Bauman Bayer Crop Science Beatrice 77 Livestock Sales Co. Belmont Husky Service Gary Bergman Don & Darlene Bermel Memorial Patty Beutler Bluestem Miniature Horse and Pony Club Ron Bonar Memorial Bosch Sher & Randy Brophy Tom & Susan Burkey Shelby C. Byler, DDS The Byrne Family Capital City Horse & Pony Club Alicia Cariotto Casey's Cattlemen's Nutrition Services The Warren Cheney Family Chili's Grill & Bar Chopsticks Chinese Cuisine Cigarz Lounge Cliff's Smoke Shop Kay Clinch Memorial Collective 5740 Home Solutions Shirley Condon Mike & Kath Conroy Cooper Specialty Feeds Copples Chevrolet GMC Craft Axe Throwing Crawford Family Shorthorns John & Krista Croghan Crooked Creek Golf Club Steve & Marty Cruickshank	Culver's of Lincoln (all three locations) CVS Health The Dearmont Family Calvin & Jordyn DeVries The Dog Spaw Dowding Shorthorns Ron & Arlene Dowding Angie Downing East Campus Starrs Ehlers Animal Care Electrical Enterprises Tom Erlandson (with Woodland Hills Golf Course) Famous Dave's Bar-B-Que Farm Credit Services of America Farmers Cooperative - Dorchester Farmers Cooperative - Raymond Fitch Trucking Five Alarm Farm – MAK Boer Goats Four Winds Farms The Fox Family Freddy's Frozen Custard & Steakburgers Joe & Lois French Brad & Susan Frink JJ, Amy Frink & Family Frisbie Family Farm Frontier Cooperative Kim Funk - Nebraska Realty Gana Farms Gana Trucking & Excavating Garr Creek Farms Gear Up Electronics The Glissman Family Gossin Agency Gotham at Haymarket Great Plains Security Systems Greater Lincoln Obedience Club The Groom Room H L Muhlbach Construction	Hafer Cattle Company (Larry & Julie Hafer) Sara Hansen The Hanson Family Hard Knock Horse Shoe'n The Heather Family Hendrix Genetics Lyle & Teresa Hespen Tim, Jenny & Caraline Higgins Hillcrest Animal Clinic Hog Wild Pit Bar-B-Q Rod Hollman The Home Agency The Home Depot (Lincoln South) Julie & Fred Hoppe Rachel Huenink Yoga & Reiki Husker Rehabilitation & Wellness Center Hy-Line North America HyVee at 27th & Superior HyVee at Williamsburg (40th & Old Cheney) JT Home Solutions Jake's Cigars & Spirits James Arthur Vineyards Leonard Jedlicka Vicki Jedlicka Judson & Kaye Jesske Linda John Doug & Cheryl Johnson Jeff, Anne Johnson & Family Amanda Kaiser Kelly's Carpet & Furniture Jeanne Keyser Kiwanis – Lincoln Center Kiwanis – Northeast Gary & Diane Kubicek Lancaster County 4-H Council Lancaster County 4-H Horse VIPS Committee Lancaster County 4-H Livestock Booster Club Lancaster County 4-H Rabbit VIPS Committee	Lancaster County Agricultural Society Lancaster County Farm Bureau Lancaster Event Center Fairgrounds Kevin & Toni Lewis Lincoln Saltdogs Lincoln Stars Lincoln Women's Chamber of Commerce Cheryl Lorensen Lost in Float Glenda Mach Angie McClelland Cole & Kylea Meador Gina Mentzer Mi Mexico Lindo Midwest Bank Marty Minchow Jerry Morris MotorFood Mueller Farms Kathy Mueller Tom & Megan Mueller Harry & Lois Muhlbach Matt Mullendore – Edward Jones N Street Drive In Nebraska 4-H Foundation Nebraska Agriculture in the Classroom – Nebraska Farm Bureau Foundation Nebraska Dressage Association Neemann Refuse Nelson Cattle Co. Neogen Dena Noe Nore Acres Norris FFA Olive Creek Acres Performance Horses & eather Orsheln Farm & Home Oxbow Animal Health Don & LaDonna Pankoke Parrott & Walbrecht Cattle Barry & Trudy Pedley	Bradley Perry Paula Peterson Deloris Pittman Platte Valley Equipment Plum Creek Gifts Tim Powers Memorial Precision Performance Kent Prior The Pulec Family Pump & Pantry Rabbits R Us 4-H Club Rainbow Ends Sheri Ramirez Rick, Tammy, Nick & Andra Rasby Raymond Grange #391 Rembolt Ludtke, LLP Will & Barb Rishel Rixstine Recognition Rock Creek Ranchers Kendra & Bruce Ronnau Runza (33rd & Hwy 2) Runza (Waverly) The Cary & Becki Sandell Family Urijah Schnell Calvin & Rochelle Schrock Becky & Tom Schuerman Scoops Sara Sexton The Curtis & Tammy Sheldon Family Erica Siemek Simply A-Maize-N Popcorn & Snacks (North Store) Slim Chickens Andy & Jen Smith Chelle Smith Soukup Dentistry Southeast Community College State Farm Insurance - Vinnie Krikac Dale & Marilyn Stertz Stevens Creek Mowing Kelly Stich, DVM The Still Ron & Barb Suing	Merrilee Sump Mitch & Kathy Sump Sun Valley Lanes & Games The Swotek Family Tecumseh Poultry – Smart Chicken Ryan & Judy Terwilliger Mary Teten James & Jennifer Tietjen Toppers Pizza Toys from the Past – Mike & Dan Bretta Tractor Supply Co. (both Lincoln stores, Waverly store and Waverly Distribution Center) John Trayer Triple RRR Farms University of Nebraska Federal Credit Union University of Nebraska-Lincoln Entomology Department Urban Legends Art Studio The Vanderford Family Wachal Pet Health Center The Walbrecht Family Rick Waldren Walmart Supercenter (North 85th St.) Waverly Grange #369 Charles & Dorthy Weichert Wilhelm Auto Repair Wilkinson Sheep Farm Jay & Brenda Wilkinson Dayle Williamson Roger Wing Jim Wissel Memorial Joan & the late Dwayne Wittstruck Karen Wobig Woodland Hills Golf Course Yarn Guild of Lincoln
--	---	---	--	--	--

If you notice any corrections, please call 402-441-7180.

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

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.

Nebraska Extension educational programs abide with the nondiscrimination policies of the University of Nebraska–Lincoln and the United States Department of Agriculture.

NEBLINE

Subscriptions via mail are free to Lancaster County residents. There is an annual \$5 mailing and handling fee to addresses in zip codes other than 683—, 684—, 685—, 68003, 68017 and 68065.

Would You Prefer Digital?

E-newsletter and PDF versions are at lancaster.unl.edu/nebline

Subscribe to Digital or Print Versions

Subscribe/unsubscribe to the print and/or digital versions by going to lancaster.unl.edu/nebline or by calling 402-441-7180.

Copyright ©2023

4-H Cat Show/Clinic, Feb. 11

A 4-H Cat Show/Clinic will be held on Saturday, Feb. 11, 9 a.m. at the Lancaster Event Center Fairgrounds – Exhibit Hall Lancaster County Farm Bureau Room, 84th & Havelock, Lincoln. Open to all youth ages 8–18 with a Clover Kids opportunity for youth 5–7. Show flyer will be posted at <https://lancaster.unl.edu/4h/companionanimal>. For more information, contact Elizabeth Thiltges at elizabeth.thiltges@unl.edu or 402-441-7180.



EXTENSION CALENDAR

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

January

1	4-H Horse Incentive Program Begins	
3	4-H Award and Scholarship Applications Due to Extension	
3	4-H Council Meeting	6 p.m.
8	4-H Teen Council Meeting	3 p.m.
13	Extension Board Meeting	8 a.m.
13	Deadline for Master Gardener Applications	
18	Grain Marketing Workshops	1–2:30 p.m. & 3–4:30 p.m.
18	Land and Leasing Strategies for Midwestern Ag Women – Part 1	5:30–8:30 p.m.
19	Pesticide Applicator NDA “Walk-In” Testing Session	9 a.m.–2 p.m.
20–21	4-H Teen Council’s Lock-In for 4th & 5th Graders	8 p.m.–8 a.m.
21	4-H Crochet Workshop	9–11 a.m.
25	Prescribed Fire Basics Workshop	9 a.m.–3 p.m.
25	Land and Leasing Strategies for Midwestern Ag Women – Part 2	5:30–8:30 p.m.
30–31	4-H EGG Cam Chicks Hatching, go.unl.edu/eggcam	
31	Commercial Pesticide Applicator Initial Training	8:30 a.m.

February (FEBRUARY IS NEBRASKA 4-H MONTH)

1	Farm and Ranch Lease Considerations for 2023 Workshop	10:30 a.m.–2:30 p.m.
1	Land and Leasing Strategies for Midwestern Ag Women – Part 3	5:30–8:30 p.m.
2	Commercial Pesticide Applicator Recertification Training	8:30 a.m.
7	4-H Council Meeting	6 p.m.
8	Land and Leasing Strategies for Midwestern Ag Women – Part 4	5:30–8:30 p.m.
9	Pesticide Applicator NDA “Walk-In” Testing Session	9 a.m.–2 p.m.
11	Cat Show/Clinic, Lancaster Event Center Fairgrounds – Exhibit Hall Lancaster County Farm Bureau Room	9 a.m.
12	4-H Teen Council Meeting	3 p.m.
14	Commercial Pesticide Applicator Initial Training	8:30 a.m.
16	4-H Achievement Celebration	6:30 p.m.
18	Jammie Jamboree Sewing Workshop	9 a.m.–12 p.m.
21	ProHort Lawn & Landscape Workshop	8:30 a.m.–4 p.m.
22	Private Pesticide Applicator Training	1–4 p.m.

EXTENSION NEWS

Staff Earn Statewide Extension Awards

Nebraska Extension recently announced their 2022 Extension Awards and Service Awards. Several staff members from Nebraska Extension in Lancaster County were recognized!

- **Excellence in Extension Team** award for “Impact” was presented to the **Cultivating Healthy Intentional Mindful Education (CHIME) team**, which includes Extension Educators **Jaci Foged** and **Hayley Jackson**, as well as other Extension staff throughout the state. CHIME teaches early childhood professionals how to incorporate mindfulness and reflective practice into their daily routine, teaching and caregiving.
- **Excellence in Extension Team** award for “Exceptional Teaching and Learning” was presented to the **Build a Hut team**, which includes Extension Associate **Becky Schuerman**, as well as other Extension staff throughout the state. The inaugural Build a Hut camp and competition in Omaha taught STEM to 6th–9th graders.



The Cultivating Healthy Intentional Mindful Education (CHIME) team includes Jaci Foged (back row, 3rd from right) and Hayley Jackson (front row, far right).



The Build a Hut team includes Becky Schuerman (front row, far right).

Outgoing Extension Board Members



(L–R) Dena Noe and Board President Chris Scow. (Not pictured is Nate Woods.)

The December Lancaster County Extension Board meeting marked the final meeting for two outgoing board members: Dena Noe, who also served as secretary/treasurer for two years, and Nate Woods. Lancaster County Extension thanks them for their service, advocacy, guidance and leadership.