EXTENSION
Lancaster County

NEBLINE

LANCASTER COUNTY

Nov./Dec. 2026 • Nebraska Extension in Lancaster County • 402-441-7180 • lancaster.unl.edu • email: lancaster@unl.edu

INFORMATION ON DEMAND

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Extension: Your Trusted Resource

By Karen Wobig, Unit Leader

Nebraska Extension is a partnership between county government, federal government and the state's land grant-university, the University of Nebraska–Lincoln. In 2026, the national Cooperative Extension System celebrated 112 years of helping people enhance their lives and livelihoods through research-based education.

Extension connects university research and expertise with people in their homes, farms, schools, businesses and communities. Through education, resources and hands-on learning, Lancaster County Extension helps people solve problems and improve their quality of life in the following areas:

Changing lives and strengthening communities



Vicki Jedlicka, Nebraska Extension in Lancaster County

Lancaster County Extension staff are your local connection to university research-based information.

4-H YOUTH DEVELOPMENT
- Life skills
- Hands-on learning
- Career readiness

EARLY CHILDHOOD
- Parenting resources
- Child development
- School readiness

AGRICULTURE
- Crop production
- Soil health
- On-farm research

HEALTH & WELLBEING
- Nutrition
- Physical activity
- Healthy living

INSECTS, SPIDERS & MORE
- Identification
- Pest management
- Beneficial insects

WATER & WASTEWATER
- Water quality
- Wastewater management
- Environmental stewardship

YARD & GARDEN
- Gardening support
- Plant health
- Sustainable landscapes

DIAGNOSTIC SERVICES
You may email pictures or bring plant and insect samples for identification and management recommendations to the Extension office, Mon.–Fri., 8 a.m.–4:30 p.m.

WHAT WE PROVIDE

- Local Experts
- Answers to Your Questions
- Classes, Workshops & Educational Events
- Trusted Resources
- Adult, Youth & Family Programs
- Connection to the University of Nebraska

Extension Board: Building Community **Connections**

Extension Boards, established by law (Nebraska Statute 2-1602), are an integral part of the Extension system. They serve as a vital link to our community and help support and direct our programs as our staff educate and serve the residents of Lancaster and surrounding counties.

Lancaster County Extension Board members are active in the community and represent a cross section of business, agriculture and youth interests. They play a key role in helping community members and elected officials understand the impact of Extension programs. They convey why and how the public benefits from Extension work in both Lancaster's rural and urban settings.



Lancaster County Extension Board members Phil Tegeler (center) and Nicole Miller (right) attended Husker Harvest Days, where they connected with University of Nebraska and ag industry stakeholders.

Lancaster County 4-H
Nebraska Extension in Lancaster County
444 Cherrycreek Road, Suite A
Lincoln, Nebraska 68528-1591

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GIVE YOUR HEART A LITTLE LESS PRESSURE THIS HOLIDAY SEASON

By Emily Gratopp, MS, PCC, ACTC, Extension Educator in Lancaster County

What if taking care of your heart wasn't one more thing on your holiday to-do list — but something that helped you enjoy your life a little more?

As the holiday season fills our calendars, we hear plenty of advice about what we should do for our health. Eat this. Don't eat that. Exercise more. Stress less. Most of us aren't looking for another list of things we're supposed to do while at the same time, we do want to feel good enough to enjoy the people and things that matter to us.

Building Heart Health Before We Need It

Heart disease remains the leading cause of death in the United States. Heart health isn't something that begins in the emergency room after a diagnosis or when something goes wrong. We build it over years through ordinary days; the foods we enjoy, the ways we move, our sleep, how we respond to stress, our relationships, whether we use tobacco and, most importantly, whether we know and manage our blood pressure.

Taking care of our health helps us enjoy all of the festivities that come with holiday seasons. Instead of building a must-do list, let's reclaim the heart-healthy habits we really enjoy — or explore new habits to embrace this holiday season in the spirit of fun and feeling good.

Heart healthy habits can look a little less like forcing yourself to do exercise you hate and a little more like taking a short walk in the crisp air because it helps to clear your head. It can look a little less like 'not eating this or that' and a little more like packing grapes and cheese cubes or carrots and ranch with lunch because you find them delicious, refreshing and less draining than a heavy meal.

Or, maybe it's stepping outside for a moment and breathing deeply. Or, stopping by a friend's house just because you know the connection will lift both your spirits.

Try a heart-healthy habit like physical activity. Go for a walk with a friend, join a class at a gym, play pickleball, take a pet for a walk. Find something you enjoy and do it often.

Know Your Numbers

One of the most important ways to care for your heart is also one of the easiest to overlook: know your blood pressure. High blood pressure often doesn't cause obvious symptoms, but over time, it can place a strain on your heart and blood vessels. If you have high or elevated blood pressure, your healthcare provider may recommend monitoring your blood pressure at home. Did you know that Nebraska Extension has trained hypertension health coaches who can help you learn how to properly measure your blood pressure?

Learn more about heart health and managing hypertension at *https://go.unl.edu/bcdx.*

Heart health is worth investing in because your heart carries you through everything else you love. Everyday patterns can help manage blood pressure and reduce heart disease risk. The goal is creating routines that are good for your heart and your life. Try asking: "What makes me feel the way I want to feel — and also happens to be good for my heart?"

Help Us Build What's Next

Nebraska Extension is working to better understand what Nebraskans want and need when it comes to heart health and high blood pressure. We don't just want to know what information people need; we want to know how they want to receive it.

We'd Like to Hear From You

Take our short survey at *https://go.unl.edu/i349* and help Nebraska Extension shape future heart-health and hypertension resources for communities across Nebraska.

RECIPE OF THE MONTH

By Emily Gratopp, MS, PCC, ACTC, Extension Educator in Lancaster County

This tasty seasonal salad features sweet acorn squash, dried cranberries and zesty feta. It's full of flavor and all the colors of fall and winter. I recommend pairing it with pork chops or herb-seasoned chicken breast alongside brown rice for a tasty balanced meal. Fruit and yogurt for dessert would help you achieve all five food groups in one meal!

ACORN SQUASH, CRANBERRY & KALE SALAD

(Yield: 8 servings)

1 cup brown rice, uncooked
2 cups no salt added vegetable broth
1 acorn squash, scrubbed with clean vegetable brush under running water, cubed
2 Tablespoons vegetable oil
1/4 teaspoon salt
1/4 teaspoon pepper
2 Tablespoons balsamic vinegar
1/4 cup vegetable oil
1 Tablespoon maple syrup
1 teaspoon mustard (Dijon or other)
4 cups kale leaves, gently rubbed under cold running water, chopped
1/2 cup dried cranberries
1/4 cup pumpkin seeds
1/2 cup crumbled feta cheese (optional)



Photo by Maruxa Jonas

1. Wash hands with soap and water, and wash and prepare vegetables.
3. Preheat the oven to 375°F.
4. Cook rice in broth according to package directions.
5. Mix cubed squash with vegetable oil, salt and pepper.
6. Place squash in a baking dish. Roast squash for 20 minutes or until fork tender.
7. Combine vinegar, vegetable oil, maple syrup and mustard in a small bowl until well combined.
8. Place kale in a large bowl and pour half the dressing over the top. Massage leaves for about 2–3 minutes until softened. Add cooked rice, squash, dried cranberries, pumpkin seeds and feta cheese if using. Mix until combined.
9. Pour desired amount of remaining dressing and mix.
10. Store leftovers in a sealed container in the refrigerator for up to four days.

Nutrition Information: Serving Size (1 cup): Calories: 280; Total Fat: 15g; Saturated Fat: 3.5g; Cholesterol: 10mg; Sodium: 210mg; Total Carbohydrates: 34g; Fiber: 2g, includes 5g Added Sugars; Protein: 5g; Calcium: 6%; Iron: 6%; Potassium: 8%

Nutrition Software Used: ESHA Food Processor

Source: North Carolina Department of Public Health & North Carolina Cooperative Extension

Commercial/Noncommercial Pesticide License Renewal

Applicators needing a new license and those with licenses expiring in April 2027 have several options to obtain their license.

2027 Traditional Classroom Training

In-person training classes are held from January through April. Training schedules will be available at *https://pested.unl.edu*. Registration is required. Cost is $95 per online registration. In-person trainings are a supplemental learning opportunity; they DO NOT replace pre-class studying of category manuals or flipbooks for test preparation. Study materials for all commercial categories must be purchased online at *https://pested.unl.edu.*

2027 Conference Options

Extension and industry-sponsored events also offer opportunities to renew a license. **Recertification only**.

- **Jan. 6–26** | NE Crop Production Clinics *(only listing SE Nebraska):*
  Jan. 13 — Eastern Nebraska Research, (ENREEC), Mead
  Jan. 14 — Gage County, Holiday Day Inn Express, Beatrice, NE
  Jan. 21 — York County, Holthus Convention Center, York, NE — General Standards (00), Ag Plant (01) or Demonstration/Research (D/R) categories. Registration is required, cost is $110 per participant. *https://agronomy.unl.edu/cpc*
- **Jan. 12–14** | NE Turfgrass Conference, *LaVista Conference Center, 12540 Parkway, La Vista, NE* — General Standards (00) and Ornamental & Turf (04) categories. Visit *https://nebraskaturfgrass.com* for more information.
- **Feb. 10–12** | Urban Pest Management Conference, *Lincoln Marriott Cornhusker Hotel, 333 S. 13th St., Lincoln, NE* — General Standards (00) and Structural Health (08) categories. Visit *https://nspca.org* for more information.
- **Feb. 16–17** | Custom Applicator Re-Certification, *Central Community College, 550 S. Technical Blvd., Hastings, NE* — General Standards (00) and Ag Plant (01)
- **Feb. 22–24** | Annual NATA Convention, *Younes Conference Center-North, Kearney, NE* — General Standards (00) and Aerial (12).

Testing-Only Options

Closed-book exams are given by the Nebraska Department of Agriculture. Preregistration is not required and there is no cost. For test-only dates, times and locations, visit *https://go.unl.edu/nda_testing_only*.

NDA computer-based testing is provided through the Pearson-Vue company. For a list of testing sites, categories, dates and registration information, visit *https://go.unl.edu/pearson-vuetesting*. Cost is $55/exam. (For applicators with multiple categories on their license, each category is charged the full testing fee.)

EXTENSION Master Gardener Volunteer Spotlight



SHARI BITNEY has been an Extension Master Gardener Volunteer for 7 years and has volunteered over 200 hours. Shari has mentored new volunteers, taught youth how to garden and answered phone questions.

Why did you become an EMGV?
When I retired from teaching at LPS, I wanted to go through the training to become a Master Gardener. I've been able to combine my love of working with children and my love of gardening in this role.

If you could encourage someone else to volunteer, what would you say?
Volunteering is an educational experience; I'm always learning new things, either through training, answering the Master Gardener phone at the extension office, from my fellow volunteers or even the kids I work with. Volunteering in an area where you have a special interest is very meaningful. It feels good to share your knowledge and to work alongside others who have a similar interest. It feels good to know you're helping others in your community!

GARDEN GUIDE
THINGS TO DO THIS MONTH

By Mary Jane Frogge, Extension Associate in Lancaster County

Minimize traffic on a frozen lawn to reduce winter damage.

Place Christmas trees away from fireplaces, heat vents and anything else that could dry the needles. Keep your Christmas tree well watered from the time it is brought home until it is recycled.

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

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

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

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

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

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

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

House plants with large leaves and smooth foliage such as philodendrons, dracaena and rubber plant, benefit if their leaves are washed with a damp cloth to remove dust.

Clean power tools of all plant material and dirt. Store all tools in their proper place indoors, never outdoors where they will rust over the winter.

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

Managing Water & Wastewater Demands Can Make Gatherings More Enjoyable

By Becky Schuerman, Domestic Water/Wastewater Management Extension Associate

Fall and winter gatherings are upon us and that often means a bustling house full of family, friends and preparation of tasty recipes in the kitchen. All of these things should make for joyful times, but they can potentially have a stressful impact on your private water well and onsite wastewater systems. This time of year also has a greater impact on municipal systems as well, so following the best daily practices below is a good idea for municipal customers, too.

With the ownership of water well and wastewater systems, comes great responsibility. You oversee the upkeep, not a municipality. While your immediate family should know how to avoid undue stress on these systems, your guests may not, so share information on the best daily practices. With everyone in the know, you will help each system perform efficiently despite the increased demands while having additional houseguests.

- Water conservation and staggering of higher water demands throughout the day can have a positive impact in reducing strain on both systems.
- 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 before having a house full of guests. If necessary, winterize pipes/faucets/hydrants that could be impacted by freezing temps.
- Ask everyone to take quick showers and stagger the water usage by having some shower in the morning while the others shower in the evening.
- Lessen wasted water by reminding everyone to turn off the water while brushing teeth, washing hands/face or shaving.
- Combine smaller loads of laundry and only do one or two loads per day to conserve water and energy.
- Run the dishwasher and/or washing machine at night when water use is at its lowest.
- Minimizing solids within your wastewater will improve your system's performance. Solids add to the organic load in the system, and too much can produce an unbalanced system, resulting in inadequate treatment. Problems can include clogged pipes, clogged filter screens or a clogged and/or saturated drain field.
- Choose composting or the trash over using the garbage disposal to get rid of items such as vegetable skins and trimmings.
- Do not pour cooking oils or grease down the drain at any time; rather pour into a disposable container, refrigerate until solid and throw away.
- Always avoid flushing items other than septic-friendly toilet paper and human waste, even if the items say they are flushable.

By implementing these best daily practices, you will help to ensure your water and wastewater systems will not be to blame for a potentially messy and costly disruption of your gatherings.

You can read more on "Private Drinking Water Wells: Planning for Water Use" (NebGuide G2149) at *https://go.unl.edu/private_water_wells*

Harvest is an Opportunity to Understand Issues That Will Affect Future Crops

By John Nelson, Extension Educator in Lancaster County; Matheus Ribeiro, Extension Educator in Saline County and Ritika Lamichhane, Extension Educator in Nemaha County

As combine yield monitors have become more commonplace and reliable, we have begun to use the technology as a real-time scouting technique during harvest. "Scouting" during harvest is actually a very good method to identify problem areas and challenges for subsequent crops. Nebraska Extension is offering two opportunities for farmers to test for possible yield limiting issues from the 2026 growing season.

The Nebraska Soybean board currently sponsors analysis for any Soybean Cyst Nematode (SCN) samples taken from Nebraska fields. If problem areas have been observed in soybean fields this fall, it is possible that SCN is contributing to the issue. SCN is the leading yield-limiting biological threat to soybean production in North America, but testing is the only way to know if they are affecting your fields, as SCN can cause yield reductions of up to 30% without showing noticeable aboveground symptoms. More information on sampling procedures and sample submission is available at *https://go.unl.edu/nematode-soil-testing.*

SCN populations are likely highest at the end of the soybean growing season, so harvest and postharvest are the best times to sample. Effective management options do exist, but it is important to confirm SCN populations to properly tailor your plans for each affected field.

Another serious concern Nebraska farmers have been facing is herbicide-resistant weeds. Weed scientists at the University of Nebraska–Lincoln are collecting seed samples this fall from suspected herbicide-resistant weed populations across the state. In eastern Nebraska, herbicide resistance is most associated with waterhemp. Pigweed species like waterhemp are very difficult to manage because of their ability to produce hundreds of thousands of seeds per plant. When resistance develops in these species, it can multiply quickly because of the abundant seed production. We are well acquainted with glyphosate and acetolactate synthase (ALS)-inhibiting herbicide-resistance weeds across the state, so weed scientists are now interested in pigweeds that are demonstrating tolerance to 2,4-D, dicamba and glufosinate. Because these three chemistries are so important in our corn-soybean systems, it is especially important to monitor and protect their effectiveness. If you have fields where these herbicides have been applied this season and notice some escaped pigweed species, it would be very helpful to collect some seed heads and submit them to the UNL weed science group for resistance screening. Information on sampling and seed submission, as well as details on the statewide resistance monitoring effort are available at *https://go.unl.edu/herbicide-resistant-weeds.*



Photo by Michelle.

Lost Lady Beetles? Stop These Spotted Home Invaders

By Taylor Cammack, Extension Instructor in Platte County & Kait Chapman, Extension Educator in Douglas-Sarpy Counties

Outdoors, lady beetles are beneficial insects that feed on small, soft bodied bugs like aphids. However, the multicolored Asian lady beetle can also become an annoying pest and a common household problem every fall, winter and spring. Now with colder weather upon us, many of us may have to deal with these beetles in our homes.

Like their name implies, multicolored Asian lady beetles are a non-native species of lady beetle, or ladybug, that first established populations in the U.S. in 1988. Since then, they have spread across the country and are now an annual problem here in Nebraska. Related to our native lady beetles, multicolored Asian lady beetles will move into homes and other structures for winter, while most of the other lady beetles overwinter outside.

In Nebraska, these beetles begin entering buildings around the end of September/beginning of October. In their native range, multicolored Asian lady beetles will overwinter on vertical rock faces in the mountains. With Nebraska's lack of mountains, they instead look for good, warm spots to survive the winter — exactly what many homes offer.

Multicolored Asian lady beetles gain entry through cracks or openings in exterior walls, then moving into attics, ceilings and wall voids. And while they do not feed on wood, clothing or food, nor do they reproduce over the winter, lady beetles can release a smelly liquid when handled or crushed, which can stain fabrics, walls or carpets yellow.



Photo by UNL Dept. of Entomology

Multicolored Asian lady beetles can come in a variety of spot patterns.

They Are in my Home! What do I do?

You can use several techniques to prevent and manage these lady beetles. The most effective way to prevent them is to exclude them from coming into your home. Be sure to inspect the outside of your house and seal up any cracks or other entry points around windows, doors, siding, utility pipes, chimneys or fascia. Use good, quality caulk or silicone and install weather stripping as needed. Replace any damaged screens on windows or doors, and make sure to cover any openings like attics, chimneys and exhaust vents with number 20 screen mesh to physically stop them from moving in and becoming a pest.

After sealing your home, a perimeter spray around the exterior of the home can be effective if carefully timed, but keep in mind, these products can wash away and are only used to prevent the lady beetles from entering buildings.

If you do find beetles in your home, the best method of removal is your vacuum. Smashing the insects or trying to sweep them away may cause the insects to release that smelly liquid and potentially stain your carpet. Because the beetles do not reproduce indoors, indoor use of insecticides for multicolored Asian lady beetles is not recommended. Using foggers (aka "bug bombs") or other insecticides to kill beetles in wall voids, may leave you with a plethora of dead beetles which then invites other pests into your home.

You may not notice a multicolored Asian lady beetle problem in your home until the spring, when temperatures warm up and they become active again. Once again, a vacuum will usually do the trick for removal.

FOR MORE INFORMATION

Read "How Do Insects Survive Winter" at *https://lancaster.unl.edu/how-do-insects-survive-winter*

Chasing Shadows and Catching Curiosity

By LaDonna Werth, Extension Educator, Early Childhood in Holt/Boyd Counties

Have you ever seen a child suddenly stop in their tracks because their shadow surprised them?

One minute they're walking along the sidewalk, the next they're jumping, waving, spinning, completely fascinated by the shape following them around. That shadow isn't just entertainment. It's learning in action.

Children are naturally drawn to light and shadow. They flip light switches on and off. They shine flashlights under blankets. They notice sunlight streaming through a window or the long shadows cast by trees in the evening. These simple moments spark big thinking.

When children play with light, they're exploring cause and effect. What happens if I move closer? What if I turn the light off? Why did the shadow disappear? They're experimenting, predicting and problem-solving, without even realizing it.

Best of all, light and shadow play doesn't require special toys. A flashlight, a sunny window or a walk outdoors is more than enough. Try shining a light on the wall and making hand shadows. Tape colored paper to a window and watch how the room changes. Step outside and see how shadows stretch and shrink throughout the day.

There's no right or wrong way to explore. Sometimes children squeal with delight. Other times they feel frustrated when something doesn't work the way they expect. Both reactions are important. Both are part of learning.



Photo by Anna

So, the next time your child pauses to look at their shadow, pause with them. Wonder out loud. Ask what they notice. You might be surprised at what you learn together. Because sometimes, the smallest discoveries leave the biggest impression.

HEART OF 4-H VOLUNTEER AWARD

Recognizing Outstanding Volunteer Service



Doug Savicky is receiving Lancaster County 4-H's November "Heart of 4-H Award." He has volunteered with 4-H shooting sports for 6 years and is a certified shotgun instructor. Doug is head coach of the Malcolm Trap Club. Members focus on trap shooting, but some members also participate in skeet and sporting clays. The club competes in Eastern Cornhusker Trapshooting Conference shoots and various 4-H competitions, such as the Nebraska State 4-H Shotgun Championships.

"I like working with the kids and watching them improve and gain confidence," says Doug.



Bret and Ranelle Korth are receiving Lancaster County 4-H's December "Heart of 4-H Award." They have volunteered with 4-H shooting sports for over 10 years. They volunteer with the Raymond Central Youth Trap Club and previously volunteered with the North Star Trap club. Both clubs focus on trap shooting and compete in Eastern Cornhusker Trapshooting Conference shoots and various 4-H competitions. Bret and Ranelle assist with club organization, coordinate trap meet logistics, keep score during competitions and mentor youth.

"We enjoy having the opportunity to support the kids and watch them learn, grow and become more confident in their abilities," says Ranelle. "It is rewarding to see them develop important life skills, build friendships and learn the value of teamwork, responsibility and sportsmanship. We also enjoy being involved in our community, working alongside other volunteers and families who share the same commitment to supporting youth."

State 4-H Shooting Sports Results

Several 4-H shooting sports competitions happen throughout the year including archery, BB gun, air rifle, shotgun, air pistol and small bore pistol. Here are the results from competitions where youth from Lancaster County placed in the top ten. Complete results are at *https://4h.unl.edu/shooting-sports*.

4-H Indoor Archery

The 2026 Nebraska State 4-H Indoor Archery Championships were held Jan. 24 at the Aurora Cooperative Pavilion at Fonner Park in Grand Island with over 200 exhibitors. Six Lancaster County 4-H'ers participated. Here are the Lancaster County exhibitors who placed in the top ten:

- **Basic Bow (BB) Youth:** Alexa Smith (1st), Aiden Powers (2nd)
- **Freestyle (FS) Young Adult:** Liam Steinmeyer (6th)
- **Freestyle Limited Recurve (FSL/R) Young Adult:** Ayla Salistean (2nd), Suzy Hanley (4th)



Alexa Smith earned 1st place in Indoor Archery basic bow youth.

4-H Outdoor Archery

The 2026 Nebraska State 4-H Outdoor Archery Championships were held Sept. 19–20 at the Heartland Public Shooting Park in Grand Island. Here are the Lancaster County exhibitors who placed in the top ten:

- **3D TOURNAMENT — Basic Bow (BB) Youth:** Adelaide Metcalf (1st)
- **OUTDOOR 600 TARGET TOURNAMENT — Basic Bow (BB) Youth:** Adelaide Metcalf (1st)



Adelaide Metcalf earned 1st place in the Outdoor Archery basic bow youth 3D and 600 Target tournaments.

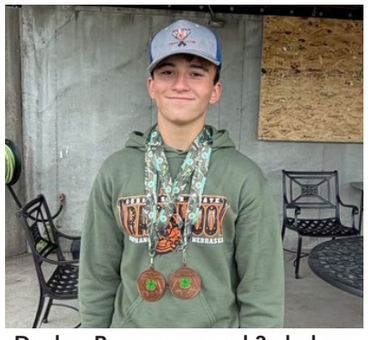
4-H Shotgun

The 2026 Nebraska State 4-H Shotgun Championships were held Sept. 12–13 at the Heartland Public Shooting Park in Grand Island. Here are the Lancaster County exhibitors who placed in the top ten:

- **Trap Intermediate:** Declan Renner (3rd), Brody Wilson (4th), Carter Thieman (5th), Cody Watts (9th)
- **Skeet Intermediate:** Carter Thieman (5th)
- **Sporting Clays Intermediate:** Declan Renner (3rd), Carter Thieman (5th), Cody Watts (8th)
- **Overall Intermediate:** Carter Thieman (4th), Declan Renner (5th), Cody Watts (10th)



Carter Thieman placed in Shotgun intermediate Trap, Skeet and Sporting Clays.



Declan Renner earned 3rd place in Shotgun intermediate Trap and Sporting Clays.

4-H Specialty Clubs Invite New Members

Several Lancaster County specialty 4-H clubs are looking for new 4-H members.

4-H TEEN COUNCIL — Are you a 7th–12th grader looking for a fun way to build leadership skills, make new friends and give back to your community? Meetings are held the second Sunday of each month, September through April, at 3 p.m. at the Nebraska Extension in Lancaster County conference rooms, 444 Cherrycreek Road, Suite A, Lincoln. Contact Tracy Anderson at tracy.anderson@unl.edu or 402-441-7180.

4 ON THE FLOOR DOG CLUB — for youth ages 9–18. Will resume on Monday, Jan. 4 at the Sandhills Global Event Center – 4-H office located in the South Hall. Meetings will be held every other Monday at 6:15 p.m. and last about an hour. Focus is on obedience and showmanship. 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. Contact club leader Sarah Lanik-Frain at 402-570-9994.

CLOVER KIDS CLUB — for youth ages 5–7. The club meets once a month, October through July, on Mondays, 6–7:15 p.m. at the Nebraska Extension in Lancaster County conference rooms, 444 Cherrycreek Road, Suite A, Lincoln. Contact club leader Kristin Geisert at kristin.geisert@unl.edu or 402-441-7180.

LINCOLN SHOOTING STARS — open to all youth ages 8–18. Beginners can start with the BB gun or archery project. As members progress, additional opportunities for participation include air rifle, air pistol, .22 pistol, shotgun, muzzleloader and/or hunting skills. Club meetings are Wednesday evenings 5:30–7 p.m. at the Nebraska Game & Parks Turpin Outdoor Education Center, 4703 N. 44th St., Lincoln. For more information, email lincolnshootingstars4h@gmail.com or call club leader Rachel Carlson at 402-560-1843.

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

The 4-H e-newsletter at *https://go.unl.edu/lan4hnews* has up-to-date information about upcoming 4-H opportunities.

PARTICIPATE IN THE LINCOLN VETERANS PARADE, NOV. 15 — The Lincoln Veterans Parade will be held Sunday, Nov. 15, 2 p.m. in downtown Lincoln, and all Lancaster County 4-H'ers are invited to participate! Clubs, individual members, volunteers and friends are welcome. Have fun handing out candy and bead necklaces. Participation in this event counts toward 4-H service and can be added as an activity to promote 4-H on Diamond Clover applications. Please wear 4-H clothing or other appropriate attire, if possible. If you have questions or are interested, contact 4-H Council member Tammy Sheldon at tammy.j.sheldon@gmail.com or text 402-730-4529.

ARCHERY CONTEST, NOV. 21; REGISTER BY NOV. 9 — Lancaster County 4-H is offering an Archery Contest on Saturday, Nov. 21, 8 a.m. at the Nebraska Game & Parks Turpin Outdoor Education Center, 4703 N. 44th St., Lincoln. Register by Monday, Nov. 9 at *https://lancaster.unl.edu/4h-archery-contest*. To participate, youth must be ages 8–18 (by January 1 of the current year) and actively enrolled in the 4-H shooting sports project under the direct supervision of a certified 4-H shooting sports instructor. The contest will consist of 12 ends of 5 arrows on an NFAA Indoor 40 cm target. Scoring X, 5, 4, 3, 2, 1 from the center out. Archers will be classified according to age division and bow style. If you have questions, contact Kate Pulec at kpulec3@unl.edu or 402-441-7180.

LET'S GET ARTSY! NOV. 14 — 4-H youth ages 8 and up are invited to the "Let's Get Artsy!" workshop on Saturday, Nov. 14, 9–11 a.m. at the Nebraska Extension in Lancaster County conference rooms, 444 Cherrycreek Road, Suite A, Lincoln. Youth will draw patterns on watercolor paper using a sharpie marker and then paint with watercolor paints. The completed art will be framed during the workshop and ready to exhibit in the Visual Arts Department at the Lancaster County Super Fair. Guest Instructor will be Caitlyn Heiden, Art Educator at Blessed Sacrament School. No cost to attend. Register by Monday, Nov. 2 by contacting Kristin Geisert at 402-441-7180 or kristin.geisert@unl.edu. All supplies will be provided.

SPEAK UP! DEC. 6 — 4-H youth ages 8 and up are invited to a communication "how to" workshop on Sunday, Dec. 6, 2 p.m. at the Nebraska Extension in Lancaster County conference rooms, 444 Cherrycreek Road, Suite A, Lincoln. Rotate through various fun and informative stations to learn how to participate in the Speech, Illustrated Presentations, Video Communications and Public Service Announcement (PSA) contests in early 2027. Parents are encouraged to attend with their 4-H'er(s). No cost to attend. Register by Monday, Nov. 30 by contacting Kristin Geisert at kristin.geisert@unl.edu or 402-441-7180. All supplies will be provided.

PILLOW SEWING WORKSHOP, JAN. 16 — 4-H youth ages 8 and up are invited to learn beginning sewing skills while constructing a pillow at the "Pillow Party" sewing workshop on Saturday, Jan. 16, 9 a.m. until about noon at the Nebraska Extension in Lancaster County conference rooms, 444 Cherrycreek Road, Suite A, Lincoln. No registration fee. Must register by Monday, Jan. 4 by contacting Kristin at 402-441-7180 or kristin.geisert@unl.edu. Bring your sewing machine (make sure it is in good working order), basic sewing equipment (scissors, pins, measuring tape), etc. Also bring 3/4 yard each of 2 coordinating/contrasting woven fabrics, pre-washed, 100% cotton (NO PLAID, NO KNIT, NO FLANNEL fabrics) and matching thread. Pillow forms will be provided. A few office sewing machines are available for use upon request. Parents/adults are needed to attend to help their 4-H'er(s).

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 *https://lancaster.unl.edu/4h/clubs/awards*. Recipients will be announced at Lancaster County 4-H Achievement Celebration on Thursday, Feb. 11, 2027. Families and club leaders are encouraged to submit photos related to award application accomplishments to *https://go.unl.edu/Lan4HPic* by Jan. 3. These photos may be used in the multimedia presentation at Achievement Celebration.

AWARDS

- Lancaster County 4-H Community Service Awards — based on number of hours of community service through 4-H.
- Lancaster County 4-H Council Leadership Awards — youth in grades 10–12 who show outstanding qualities in servant leadership.
- Lancaster County Outstanding 4-H Member Award(s) — youth in grades 11–12 who have excelled in their involvement with 4-H.
- Lancaster County Meritorious Service to 4-H Award — individuals or organizations who have exhibited consistent and strong support of 4-H.
- Nebraska 4-H Achievement Application — two versions: junior for ages 8–14 (county only) and senior for ages 15–18 (county and state). The senior application is utilized to select delegates for National 4-H Conference and 4-H Congress, as well as Nebraska 4-H Foundation scholarships.
- Nebraska 4-H Diamond Clover Program — encourages 4-H'ers ages 8–18 to engage in a variety of programs, projects and activities. Youth can progress from Level 1–6.
- Nebraska 4-H Dog Achievement Program — encourages 4-H dog handlers ages 8–18 to engage in a variety of dog-related opportunities. Youth may progress from Level 1–4.
- Nebraska 4-H Gives Back — a 4-H member or team completes a major service-learning project (over 100 hours of service).
- Nebraska 4-H Club of Excellence — meet criteria outlined by the state 4-H office.

COLLEGE SCHOLARSHIPS for graduating high school seniors

- 4-H Council — up to twelve $700 scholarships.
- 4-H Teen Council — up to five $300 scholarships.
- Lincoln Center Kiwanis — one $1,000 scholarship.
- Dick Fleming Leadership & Communication Scholarship — one $250 scholarship to a 4-H'er who has excelled in leadership and communication through 4-H.
- Lane Community 4-H Scholarship — one $200 scholarship to a 4-H'er attending Raymond Central High School.
- Nebraska 4-H Foundation Scholarships — several statewide 4-H scholarships (applications are via the 4-H Achievement Application).
- Nebraska Association of Fair Managers Martha & Don Romeo Scholarship — two $500 scholarships (note: deadline is Nov. 30).

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

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Accommodation requests for registration or attendance may be directed to Karen Wobig at least two weeks prior to the program at lancaster@unl.edu or 402-441-7180. Early requests are strongly encouraged to allow sufficient time to meet access needs.

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EXTENSION CALENDAR

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

November

3	Homeschool Youth Science Day. . . . . 9 a.m.–12 p.m. or 1–4 p.m.
3	4-H Council Meeting . . . . . 6 p.m.
6	Part 107 Remote Pilot (aka Drone) Exam Prep Course . . . . . 9 a.m.–5 p.m.
8	4-H Teen Council Meeting . . . . . 3 p.m.
11	Extension Office Closed for Veterans Day Holiday
12	Pesticide Applicator NDA "Walk-In" Testing Session . . . . . 9 a.m.–2 p.m.
13	Extension Board Meeting . . . . . 8 a.m.
14	4-H Let's Get Artsy! Workshop. . . . . 9–11 a.m.
21	4-H Archery Contest, *Turpin Outdoor Education Center, 4703 N. 44th St.* . . . . . 8 a.m.
26–27	Extension Office Closed for Thanksgiving Holiday

December

6	4-H Speak Up! Workshop . . . . . 2 p.m.
10	Pesticide Applicator NDA "Walk-In" Testing Session . . . . . 9 a.m.–2 p.m.
11	Extension Board Meeting . . . . . 8 a.m.
11	Part 107 Remote Pilot (aka Drone) Exam Prep Course . . . . . 9 a.m.–5 p.m.
13	4-H Teen Council Meeting . . . . . 3 p.m.
25	Extension Office Closed for Christmas Holiday

Homeschool Youth Science Day

Nebraska Extension in Lancaster County will present a Homeschool Youth Science Day on Tuesday, Nov. 3, 9 a.m.–12 p.m. OR 1–4 p.m. at the Nebraska Extension in Lancaster County conference rooms, 444 Cherrycreek Road, Suite A, Lincoln. Open to all homeschooled youth, grades K–6th (most lessons are geared towards 3rd–5th graders). Youth will focus on lessons involving science, technology, engineering and math (STEM) activities.

Fee is $10 per youth. Payment is required prior to the event (no refunds). Call the Extension office at 402-441-7180 to pay by credit card (there is a small transaction fee), or mail/deliver a check or cash to Nebraska Extension in Lancaster County, 444 Cherrycreek Rd., Suite A, Lincoln, NE 68528.

Register online at *https://go.unl.edu/homeschool-science-26* by Monday, Oct. 26. Please choose either the morning or afternoon session.

Part 107 Drone Course

Nebraska Extension is offering Part 107 Remote Pilot Exam Prep Course at various locations across the state to prepare participants to pass the FAA Aeronautical Knowledge Exam required to earn a Remote Pilot Certificate, commonly known as a drone license.

The 1-day course will be presented at the Nebraska Extension in Lancaster County conference rooms, 444 Cherrycreek Road, Suite A, Lincoln on Fridays, Nov. 6 and Dec. 11 from 9 a.m. to 5 p.m. Pre-registration is required with a $275 registration fee by the Monday before the training.

Details and registration link are at *https://go.unl.edu/Part107Course*. If questions, contact Dirk Charlson at dirk.charlson@unl.edu or 402-460-0742.

Outgoing 4-H Council Members

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

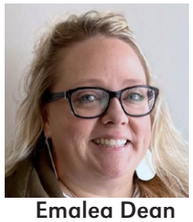
Adult member:
- Emalea Dean served 5 years.

Youth members:
- Rachel Koch served 2 years.
- Emma Thomson served 2 years.

Lancaster County 4-H thanks them for their leadership!



Emma Thomson


Emalea Dean


Rachel Koch

Ag Society Annual Election & Meeting

The Lancaster County Agricultural Society (which acts as the Fair Board) will hold its Annual Meeting and Board election on Tuesday, Dec. 1 at Sandhills Global Event Center, 4100 N. 84th St., Lincoln, in the Ag Society Hall. Voting will take place 5:30–6:30 p.m. for three positions on the Lancaster County Agricultural Society Board (three-year terms). Any registered voter in Lancaster County may vote. Please bring valid photo ID. The Ag Society Annual Meeting, starting at 6:45 p.m., is an opportunity for the public to learn more about the Super Fair and Sandhills Global Event Center, as well as hear the election results.

Any Lancaster County resident interested in running for a position on the board must submit a short biography and a photo at Sandhills Global Event Center office by Monday, Nov. 16 in order to be placed on the ballot.

For more information, visit *https://sandhillsglobaleventcenter.org* and click on "About" or contact Ag Society Board President Kendra Ronnau by leaving a message at 402-441-6545, option 0.