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Nebraska Extension's CHIME program Enhancing childcare professionals' well-being with mindfulness

Jaci Foged
Extension Educator

Have you ever walked across your classroom and forgotten what you wanted? Have you ever driven to work and not remembered the trip? Has your child or a child in your classroom ever said something you later struggled to recall? If you answered yes to any of these questions, you may benefit from more presence and focused attention in your life.

Why should early childhood teachers practice mindfulness?

An exciting and growing area of research has highlighted contemplative practices, such as mindfulness and reflective functioning, as promising and practical ways to prevent and reduce the stress of teachers. Dr. Amy Saltzman defines mindfulness as paying attention to your life, here and now, with kindness and curiosity. Early childhood teachers who formally practice mindfulness report to have lower levels of depression and workplace stress and higher quality student-teacher relationships.

The field of early childhood is full of joy, laughter and making memories with a plethora of staff and families. It is also a field where teachers are subject to multiple stressors, including low wages, challenging child behavior, low occupational prestige and inadequate role preparation (Friedman-Krauss et al., 2013; U.S. DHHS et al., 2016; Whitebrook et al., 2016).

Programs close and new programs open. Families move their residence, children grow up and go to school and teachers search for new positions for reasons such as increased income, different hours or to care for their own children.

With 60 percent of U.S. 3-5 year olds spending an average of 36 hours a week in



Photos by Jaci Foged and Vicki Jeddlicka

Last spring, Extension Educator Jaci Foged (top center) led a CHIME program in Lancaster County. During the Mindfulness and Gratitude session, participants make "happy thought necklaces" while reflecting on what makes them happy and what they are thankful for.

center-based childcare (Mamedova et al., 2015), teachers form a central part of many young children's lives.

Extension develops CHIME program

Cultivating Healthy Intentional Mindful Educators (CHIME) was created by Nebraska Extension to support and enhance the well-being of early childhood educators. In a 2017 pilot study led by Dr. Holly Hatton-Bowers, assistant professor and early childhood Extension specialist at University of Nebraska-Lincoln, 43 early childhood teachers from four programs in Lancaster and Seward counties participated in

the initial development of the CHIME program.

Hatton-Bowers says, "It's imperative that our early childhood workforce, particularly early childhood directors and teachers, are physically and emotionally well. Teachers who are well, who have better health, are going to have more supportive and healthier relationships with children and families. CHIME aims

see CHIME on page 3



In each CHIME session, participants spend time reflecting on how they used mindfulness the previous week as well as how they intend to use what they learned in the upcoming week.



Listening is an intentional act. During the Mindfulness in Listening session, participants shake plastic eggs filled with various items to guess what is inside as well as consider how hearing the sounds make them feel.

Interactive play is a wonderful way caregivers can teach children about different emotions. During the Mindfulness and Emotions session, participants build their own "emotions animals" dice.

CHIME participant feedback

"I loved it! I looked forward to our class — always wanting to come. So many great ideas and information was shared."
—Childcare provider, Lancaster County

"I love the handbook and the 'extras' in it."
—Home visitor, Seward County

"I can't tell you how much I enjoyed each and every class. Honestly, the best class I've taken! I appreciate everything you did for us."
—Family childcare provider, Gage County

"This (listening to understand) is a helpful thing, how much do I love to be listened to and understood, and of course we all do.... Changing my mindset is one more thing that this class has brought to me this past week."
—Childcare teacher participating in online class

"I use several mindfulness techniques in my classroom every day. It is a very helpful class, both professionally and personally. I walked away with skills to help me be more patient and a better listener. I experience moments more now, instead of always thinking of the next moment."
—Childcare provider for preschool-age children, Lancaster County — from 3-month follow-up survey

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IN THIS ISSUE

Food & Health	2
Farm & Acreage	3
Early Childhood	3
Pests & Wildlife	4
Horticulture	5
4-H & Youth	6-7

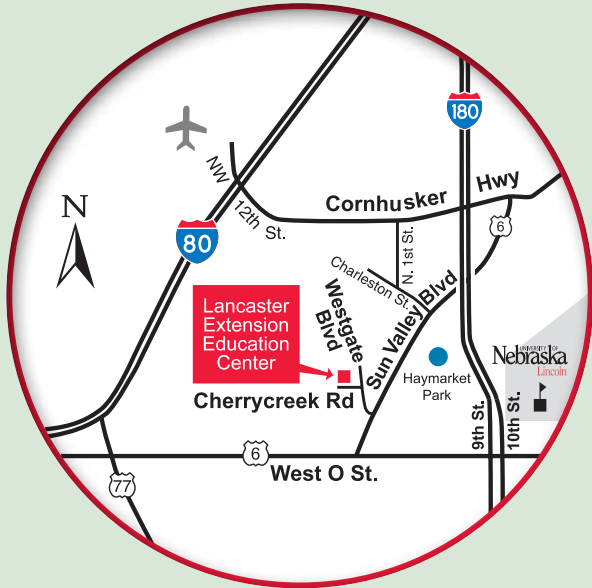
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NEBLINE

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Happy, healthy Halloween



Kayla Colgrove, Nebraska Extension in Lancaster County

Kayla Colgrove, MS, RDN, ACSM-CPT
Extension Educator

Candy and costumes and pumpkins, oh my! Halloween is near and it's important to mix in healthy alternatives with all the sweet treats you will be able to find this time of year. Try these Halloween alternatives to help find a healthy balance:

Enjoy candy in moderation

It is important to enjoy candy and sweet treats in moderation. They have a lot of calories but few nutrients. Practice portion control by eating candy over a period of time while keeping the candy out of sight to avoid mindless eating. Pick out your favorite candy and enjoy a few pieces each day. Offer a smaller serving such as fun-size candy or splitting a candy bar. To add some healthy nutrients, eat a piece of candy with a glass of milk or apple slices.

Offer non-food treats

This is not only a great idea for trick-or-treaters looking for healthier options, but it also allows kids with food allergies to enjoy trick-or-treating. If offering non-food treats, join the Teal Pumpkin Project® by FARE, which raises awareness of food allergies while creating a safer, happier Halloween for all kids. Simply place a teal pumpkin in front of your home to indicate you have non-food treats available for trick-or-treaters.

Don't forget to keep your food treats and non-food treats in separate bowls. Offer candy or a non-food item for each trick-or-treater to choose.

Options for non-food treats include:

- Glow jewelry such as bracelets or necklaces
- Fun pencils, crayons or erasers
- Novelty jewelry such as bead necklaces, rings or bracelets
- Bubbles
- Stickers or rubber stamps
- Slinky toys
- Temporary tattoos

Make your own healthier treats

When you make food at home, you are in control of the ingredients and portions. Choose recipes that include fruits, vegetables, whole grains, low-fat dairy and/or lean protein while limiting added sugars, saturated fat and sodium for healthier options. Serve fruit as a naturally sweet dessert or snack instead of foods with added sugars.

Halloween Fruit Parfaits (recipe below) utilize the natural sweetness of pineapple and mandarin oranges topped with Greek yogurt to add protein and calcium. One piece of candy corn is added for a festive healthy snack or dessert. Make this simple fruit parfait with a Halloween twist for your family and friends.

Reference:

• Food Allergy Research & Education's (FARE) Teal Pumpkin Project at www.foodallergy.org/education-awareness/teal-pumpkin-project.



RECIPE OF THE MONTH

Kayla Colgrove, MS, RDN, ACSM-CPT, Extension Educator

HALLOWEEN FRUIT PARFAITS

(6 Servings)

- 1 can (20 ounces) pineapple tidbits in 100% juice, drained**
- 2 cans (15 ounces) mandarin oranges in water, no sugar added, drained**
- 2 cups nonfat vanilla Greek yogurt**
- 6 pieces candy corn**



Kayla Colgrove, Nebraska Extension in Lancaster County

1. Drain pineapple tidbits and mandarin oranges.
2. Layer 1/3 cup pineapple tidbits, 1/3 cup mandarin oranges and 1/3 cup yogurt in each of the 6 clear plastic cups (9 ounces).
3. Keep parfaits in the refrigerator until ready to serve. Garnish with a piece of candy corn right before serving.

KAYLA'S NOTES:

- Select fruit canned in 100% fruit juice or water rather than syrup when choosing canned fruits.
- Try fresh fruit in place of canned fruit.
- Swap out any yellow and orange fruit you like best such as using peaches or cantaloupe for mandarin oranges.

Nutrition Information per serving (1 parfait) – nutrition information will change if substitutions are used: Calories 157, Total Fat 0g, Saturated Fat 0g, Cholesterol 1.7mg, Sodium 37mg, Total Carbohydrate 31.5g, Dietary Fiber 1.3g, Sugars 24.1g, Protein 7.7g

What to do with your acreage

Tyler Williams
Extension Educator

Acreages often come with 20 or more acres of tillable land that may be farmed. There are many questions to answer: What should I plant? Do I have the equipment? What do I do with the product? Should I rent out the land? What is it worth? These questions are difficult to answer, so it requires you to list out the pros and cons and the options you have.

There is often a sense of pride when plowing, planting and harvesting your own land. For many acreage owners, this is part of the reason you chose to live on an acreage. Getting your hands dirty and growing food is something many people don't get to experience and now you have the opportunity to make that happen.

Know your land

The first step to making this decision is to evaluate your land. Is your land suitable for farming? What is the soil type or are there any geographic features that make growing a crop difficult? What is the current state of the land? For many acreages, the previous owners have made that decision for you. If the land had previously been farmed, there is a good chance the ground is suitable for farming. If the land is still in a prairie, this may hinder your decision to put it into farm ground.

You will also need to make sure you follow any local guidelines or permitting for land use in your area. Depending on your location, you may have county or city zoning regulations that need to be

met. You should first contact the local zoning authority to find out if there are any restrictions to farming or housing animals.

Your land may also be more valuable and less stressful to rent it out. Pasture or tillable farm land is often sought out by farmers and ranchers in the area. Determining what the land is worth is not a simple answer, but is a combination of local demand, quality of land and cost of alternative feed (if grazing land). Nebraska Extension produces an annual survey of land values and cash rental rates, which can help with this question. This can be found at <https://lancaster.unl.edu/ag>.

Starting a farm

If this land is farmable, do you have the equipment, time and resources to farm the land? Depending on the system, this often requires at least a tractor, planter/drill, harvest equipment or haying equipment. There is sure to be a break down along the way too, so tools, parts and a problem-solving attitude are often necessary to get through the day.

I would guess most new acreage owners do not have the equipment, tools and resources to farm the ground right away. If this is the case, there are other options to get your operation underway. Many local growers often hire custom operators to provide these services to your land — however, they come with a price. A great guide for custom farming rates is produced by Nebraska Extension and is titled "2018 Nebraska Farm Custom

Rates." This can be found at <http://lancaster.unl.edu/ag> (click on "Farm Management"). This will give you an idea of the costs associated with the many farming practices. This option allows you the thrill of making the farming decisions, but you don't have the initial cost of the equipment or the need to take time to do these field operations.

Another option is to start small. Start with a medium-to-large-sized commercial garden that does not require large equipment. Once you have some experience (and possibly profit) under your belt, it won't be as big of a risk to expand your operation. If you decide this is the direction to go, you should visit your local Farm Service Agency (FSA) office to learn about the beginning farmer program and

other opportunities available for registered farms.

If the land is still in a grassland, raising animals may be an option.

Horses, sheep, cattle, goats, etc., are all viable options when adequate grassland is available, but it is not that simple, of course. Animals require daily care, water and often need supplemental feed or nutrition.

For larger animals, 10–20 acres is likely not able to support a couple horses or cows for the entire year. This will require you to purchase hay or other feed to get the animals through winter.

You will also have to decide your desired outcome for the animals. Are they being raised as pets, livestock or for another purpose? This will lead to another set of questions, such as reproduction, marketing, transportation and facilities. Raising a few animals, however, may provide good use of the land without the necessary investment in equipment.

There are many positives to owning and operating a small farm. They can provide excellent experiences, develop life skills, and create opportunities for you and your family. It is important, however, to consider all of the possible positives and negatives to living and operating on a farm, in order to make sure the negatives aren't "deal-breakers."

FOR MORE INFORMATION

Nebraska Extension has many resources to aid in your journey of starting a farming or ranching operation. Visit <https://extension.unl.edu> to find resources and contacts related to your specific needs.



CHIME

continued from page 1
to support early childhood educators in enhancing and improving their well-being so that they can be more effective caregivers. The program is about facilitating thinking in being more present in one's personal and professional life, and to find the space to care for children with joy, even during the most difficult and stressful moments."

Results of the pilot demonstrated that practicing mindfulness and reflection led to less depletion of teachers' cortisol, a biomarker of stress, as they progressed through the workday (Hatton-Bowers et al., 2018).

Extension Educators Jaci Foged, Carrie Gottschalk and LaDonna Werth contributed to the materials developed by Dr. Holly Hatton-Bowers and have facilitated CHIME sessions to participants. The handbooks and materials were designed by Karen Wedding of Nebraska Extension in Lancaster County and Mary Thompson of the UNL College of Education and Human Sciences' Pixel Lab.

How does CHIME work?

Since the pilot, CHIME has been offered in Lincoln and Seward. An online class had participants from across Nebraska.

The CHIME program consists of



Nebraska Extension developed all the materials for the CHIME program, including a guiding teacher manual, participant handbook, journal, handouts, posters, cards, etc.

eight weekly sessions.

- Session 1 – Introduction to Mindfulness
- Session 2 – Mindfulness in Breathing
- Session 3 – Mindfulness in Listening
- Session 4 – Mindfulness and Emotions
- Session 5 – Mindfulness in Speech
- Session 6 – Mindfulness and Gratitude
- Session 7 – Mindfulness and Compassion
- Session 8 – Setting Intentions

Participants in CHIME receive a

participant handbook and journal which are used throughout the CHIME sessions. The handbook contains everything childcare professionals need to participate in the class — including handouts, readings and homework. The guiding teacher tracks completion of the homework assignments, so some of the pages are printed on duplicate paper. The participants use the journals in each session, as well as daily, for the duration of the program.

A guiding teacher manual was developed for facilitators to use throughout the program. Participants who complete the full program (eight sessions) earn up to 16 Nebraska Department of Health and Human Services approved in-service hours.

Growing CHIME

CHIME was recently presented to collaborators in Recife, Brazil and will be translated into Portuguese.

This fall, Extension educators from across the state will participate in an intensive eight-week training named Just Be, followed by a 2-1/2-day training retreat where they will be trained to facilitate CHIME in their area of the state. Hatton-Bowers, Foged, Gottschalk and Werth will develop and teach this new training. Personal practice in mindfulness and guided reflection is necessary to be able to successfully provide instruction

to others.

CHIME will be delivered to early childhood educators across the state beginning in the spring of 2019. Nebraska Extension plans to conduct parallel studies for delivering CHIME as a means to learn more about various ways to promote the well-being of educators and the children for whom they care.

If you or someone you know is interested in learning more about CHIME, or would like to have CHIME delivered at your program, contact Dr. Holly Hatton-Bowers at hatttonb@unl.edu or 402-472-6578.

FOR MORE INFORMATION

Nebraska Extension has the following NebGuides:

- Self-Regulation in Early Childhood (G2288) <http://extensionpublications.unl.edu/assets/pdf/g2288.pdf>
- Strategies for Helping Young Children with Self-Regulation (G2287) <http://extensionpublications.unl.edu/assets/pdf/g2287.pdf>

Upcoming CHIME program

Nebraska Extension will teach a CHIME program for childcare providers in early 2019 at the Lancaster Extension Education Center, 444 Cherrycreek Road. The 2-hour "Introduction to Mindfulness" will be Wednesday, Jan. 30, 6:30–8:30 p.m. Sessions will then be held Wednesdays, Feb. 6, 13, 20 & 27, March 6, 13 & 20, 6:30–8 p.m. For additional information or to sign up, contact Jaci Foged at jfoged2@unl.edu or 402-441-7180. Registration form at <http://lancaster.unl.edu/family>.

Helping you make decisions about managing pests



Karen Wedding

Jody Green
Extension Educator

As an Extension educator, my job is to help educate others. I provide resources to help homeowners, communities, businesses and organizations to help them make good decisions about their pest problems. My specialties include identifying and providing education about structural, household or biting insects and spiders.

Presentations

I've provided educational presentations to pesticide applicators, 4-H youth, public schools, childcare providers, healthcare professionals, property managers, senior living centers, various community groups, maintenance personnel, food industry and various professional associations.

If you have a request, please contact our office (402-441-7180) to inquire about speaker fees and details about your audience. I often use PowerPoint and props to tell a story to make learning interesting.

Insect identification

It is estimated that there are over 1 million insects in the world, 1,000 species of ants in the U.S., and it is surely possible to reside with 100 different species in and around our homes at any given time. It is important to know not all arthropods are pests. No good will come of panicking. The first step in solving an insect or arthropod-related issue is to have the organism identified.

I can help you with this. To make the process as efficient as possible, I need to see the specimen and some important information. **See chart below.**

Biting pests

If you have been bitten AND have captured the specimen that bit you, please keep and have it identified. **If you do not have a sample and did not witness the bite, I cannot identify what bit you.**

Because every individual has their own unique immune system, it is impossible to diagnose the cause of the skin reaction by looking at lesions or bites alone. Neither I, nor a medical doctor, can say for certain that a skin reaction was caused by a particular insect. If you are suffering from a skin reaction, it is recommended you see your physician, dermatologist or someone in the medical profession who can help you treat your symptoms.

Without positively identifying a pest, I will not recommend insecticide treatment as a solution. For most insect issues,

I will typically recommend sanitation, habitat modification and pest exclusion techniques as part of an integrated approach because I care about long-term solutions for you and your family. Sometimes insecticides are a useful tool that can be used as part of the treatment. Always read and follow the pesticide label to protect non-targets from the negative effects of pesticide exposure.

Recommending a Pest Control Company

Many people call and ask if I can recommend a pest control company. As Nebraska Extension, we cannot compete with local business nor do we offer recommendations. My advice to homeowners about choosing a pest management company includes:

- Call more than one company.
- Call the Better Business Bureau.
- Inquire about the specific treatment and what the contract entails (inspection, chemical and non-chemical treatments, guarantees, specific products).

	PHYSICAL SPECIMEN	DIGITAL PHOTO
HOW TO CAPTURE A SPECIMEN	Catch as many as possible while alive, put in a clear container with a lid, or sealed baggie, and put in freezer to kill and preserve.	Use smart phone to capture 2–5 pictures of organism, do not zoom in, try and get focused shot of identifying characteristics (use penny or ruler for scale, overall shape, antennae and distinct body parts).
PROHIBITED ITEMS Do not bring these items to the office or mail them. Do not email photos of these items.	Due to potential biohazards/safety concerns we CANNOT accept or examine: <ul style="list-style-type: none"> • Human skin, blood or bodily fluids. • Clothing, fabric or textiles. • Food items. • Sponges, cleaning cloths, lint roller sheets, toilet/tissue paper, vacuum cleaner bags or sweepings. • Complete sticky trap or glue boards. • Any liquids (other than ethanol used for preservation). 	Photos of skin lesions, bites, scrapes or body parts of humans or animals.
WHAT INFORMATION MUST COME WITH THE SAMPLE	Where are you seeing this organism? How long have you been seeing them? How many have you seen? Describe the damage this pest is causing. Contact information — email is preferred. It will take longer to respond if you only leave your phone number.	Where are you seeing this organism? How long have you been seeing them? How many have you seen? Describe the damage this pest is causing. Contact information — email is preferred. It will take longer to respond if you only leave your phone number.
WHERE TO DELIVER/SEND SAMPLE(S)	Lancaster County, Nebraska residents: samples can be left at the Extension office, 444 Cherrycreek Rd, Ste. A in Lincoln. Office hours are Monday–Friday, 8 a.m.–4:30 p.m. except holidays. There is an after-hours, drop-off box by the front door. Outside of Lancaster County, Nebraska: contact your local Extension office.	Email photos along with the submission information to jgreen17@unl.edu

When groundhogs become a pest, trapping is an option

Dennis Ferraro
Professor of Practice – Conservation Biologist/Herpetologist and Community Engagement Coordinator

Groundhogs (*Marmota monax*), also known as woodchucks, can be sighted throughout the eastern half of Nebraska. Groundhogs are brownish with a grizzled appearance, reaching a length of 16–20 inches and an average weight of 7–10 pounds. The groundhog has a short, wide head, very small ears and a short fluffy tail. This short-legged, heavy-bodied animal is sometimes referred to as a land beaver. Actually, the woodchuck is closely related to the ground squirrel.

Groundhogs typically live in burrows at the edges of woodlands rather than in open grasslands. They prefer to dig their holes in slopes or banks. Groundhog burrows normally have two entrances — a main hole, identified by a large accumulation of soil around it, and



Shenandoah National Park

a second entrance, often hidden by vegetation. Holes and dirt mounds from groundhogs can be hazardous for horses, motorcycles and farm equipment. Groundhogs sun themselves near the main entrance of their burrow and hunt for food in daylight. They may wander 100–200 feet away from their burrows.

Groundhogs feed primarily on native grasses and forbs (flowering plants), cultivated alfalfa and clover. In urbanized and suburban locations, these animals

will eat sweet corn, squash, root crops, cucumbers and peas. A foraging family of groundhogs can clear a small vegetable garden in less than a week. Gardens close to wooded or sheltered areas are more likely to be attacked than a small garden in an open area.

Fencing can help keep groundhogs off the property, but the fence must be strong, about 4 feet tall and buried to a depth of at least 1 foot. Trapping is the best alternative for managing this animal when it becomes a pest. Before you attempt any controls, decide if the situation warrants management of the animal. If the animal is in a location which isn't going to disturb property or cause erosion, consider leaving them alone.

The only legal way to manage groundhogs in Nebraska is to trap them. Poison baits are not registered for control of groundhogs in Nebraska. To trap groundhogs, get a square cage trap and place it right near the hole. Cover the live trap with burlap and wire the trap open.

Bait options for groundhogs include cucumber, zucchini or apple. Bait the trap and let the animals take the bait for a day or two before putting in fresh bait and unwiring the trap.

If you catch a groundhog in your trap, remember it is against regulations in the State of Nebraska to translocate a groundhog. If you are going to release it live, you have to release it within one hundred yards of the original point of capture. The animal may or may not come back. To discourage the groundhog from coming back after you've removed it from the burrow, pack the hole with gravel and cover with soil. If you can find the groundhog's second hole, the escape hole, you can pack that hole with gravel and cover with soil as well.

FOR MORE INFORMATION

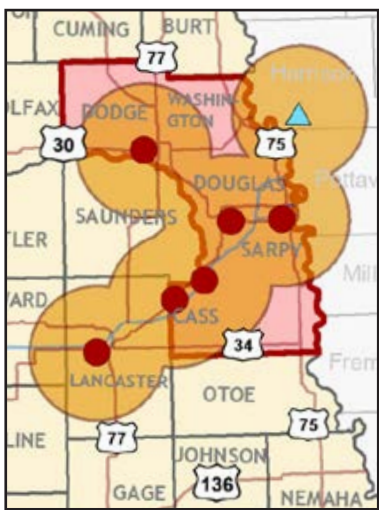
Nebraska Extension's wildlife website has a short video on Controlling Woodchucks, as well as numerous resources on a wide variety of wildlife at <http://wildlife.unl.edu>

Emerald ash borer confirmed in Lincoln

Sarah Browning
Extension Educator

In case you missed it, on Thursday, Aug. 22, Nebraska Department of Agriculture (NDA) confirmed the discovery of emerald ash borer (EAB) adults in Lancaster County. Adult beetles were caught in a monitoring trap set up northwest of Pioneer's Park.

An ash tree in Fremont, Neb. with signs and symptoms of EAB infestation has also been reported, although confirmation of the insects is not yet completed. EAB's continued spread in Nebraska is not a surprise. Since its detection in a Detroit, Mich. suburb in 2002, the insect has spread to 33 states and the Canadian provinces of Ontario, Quebec and Manitoba.



Emerald Ash Borer detections with 15-mile treatment consideration zones (NDA map as of Aug. 23, 2018).

NDA has updated the EAB Detection Map showing the newest confirmations and recommended 15-mile treatment zones (see above). Later this year, once the adult beetle flight period has ended, NDA will adjust the quarantine areas. The most current EAB confirmation

map can always be found on the Nebraska Forest Service EAB website, <https://nfs.unl.edu/nebraska-eab>.

How does this new confirmation affect Lincoln and Lancaster County homeowners?

15-mile treatment consideration zone

The Nebraska Forest Service recommends not beginning to treat until your property is within 15 miles of an EAB-confirmed site. Treating trees outside of the 15-mile zone provides little or no benefit to trees, yet exposes humans and the environment to pesticides, wastes money and, in the case of trunk injections, causes unjustified tree damage.

The new confirmation puts the majority of Lincoln and Lancaster county within the 15-mile zone.

All ash species are at risk, including white, green and black ash. Popular ash cultivars 'Autumn Purple,' 'Marshall's Seedless' and 'Patmore' are susceptible. Mountain ash is not affected by EAB, because despite its common name it is not a true member of the ash family.

What is the best time of year to treat?

Trees take in the systemic insecticides used against EAB best from April through early June. Research has shown that fall applications, although discussed on some product labels, require double the amount of product to provide the same level of control as spring applications. Considering the slow-moving nature of EAB, waiting until spring is the best choice even if you live right next to Pioneer's Park.

But not all ash trees should be saved. If a tree is in a poor location, possibly too close to your house's foundation, why spend money to treat it? Treatments are not like immunizations, they don't protect the tree forever. Trees require treatment every 1 or 2 years, depending on the chemical used, to provide continued protection.

If a tree is already in bad health for reasons unrelated to EAB, it's unlikely the tree will survive the treatments.

The better long-term solution is to allow these trees to die or remove them and replant with resistant species. For help in deciding whether your tree is a good candidate, review "Selecting Trees for Emerald Ash Borer Treatments," <http://nfs.unl.edu/Selecting%20ash%20for%20EAB%20trt%20full%20sheet.pdf>.

What treatments can be used

Two main types of treatments — injection or soil drench — can be used depending on the size of the tree. But with either type of treatment, the systemic chemicals used are taken in best by the trees in spring and early summer.

In large trees, 45-inch circumference and over measured at 4 feet above the ground, injection of systemic insecticide provides the best control. But injections have drawbacks — specifically, they cause damage to the tree. Most are applied by drilling holes into the tree's trunk, which opens up the trunk to insect pests and decay fungi. Drilling may also break through internal barriers, created by the tree within the trunk, to wall off internal decay. Breaking this barrier allows decay to spread into healthy wood. In addition, the pesticide itself can cause internal damage that may accumulate over years

of repeated injections and potentially kill the tree, even if the pest is controlled.

Small trees, under 45-inch circumference, can be treated with soil applications. Soil drench products are easy to apply, don't require any special equipment or wounding of the tree and provide good control on young trees.

There's plenty of time to treat

EAB does not kill trees quickly — it takes a few years of continued infestation before trees begin to decline. Often insects have been in a tree for 2–3 years before signs of decline are noticed and 1–2 more years before the tree dies completely. This is another reason homeowners shouldn't rush to treat trees this fall, but instead wait until next spring to begin

treating healthy trees.

If treatment begins when 30 percent or less canopy dieback has occurred, an otherwise healthy vigorous tree can usually be expected to fully recover. Trees with over 50 percent canopy dieback, however, are less likely to recover.

FOR MORE INFORMATION

The Nebraska Forest Service emerald ash borer website at <https://nfs.unl.edu/nebraska-eab> has many resources, including:

- EAB: Guidelines for Nebraska Homeowners, <http://nfs.unl.edu/documents/EAB/EABhomeowner-fullsheet2012Oct.pdf>
- Emerald Ash Borer Treatment Options, <https://nfs.unl.edu/documents/EAB/EABTrunkInjectionTmtOptions.pdf>

Emerald ash borer seminar

Thursday, Oct. 18, 6:30–8:30 p.m.

**Lancaster Extension Education Center
444 Cherrycreek Road, Lincoln**

**Registration is required by calling
402-441-7180 by Oct. 15.**

Cost is \$15 per person/couple for one set of educational materials. Debit/credit card payment available over the phone through Oct. 15 for an additional fee. Or pay at the door, making checks payable to Nebraska Extension in Lancaster County.

At this seminar, property owners will:

- Learn how to identify ash trees. If you are unsure if a tree in your landscape is an ash, bring small branch samples or pictures for identification.
- Learn how to determine which of your ash trees are the best candidates for treatment. Many owners will decide to let some trees die — particularly low-vigor trees, those in poor locations or with existing problems.
- Find out about the available treatment methods, their advantages and disadvantages, and when they should be applied.
- Learn about good replacement trees. Diversity is key!

Presenters:

**Sarah Browning, Nebraska Extension Horticulture Educator
Laurie Stepanek and Dave Olson, Nebraska Forest Service - Forest Health Specialists**

Drying gourds

Mary Jane Frogge,
Extension Associate

Harvest gourds when the vine and stem dries and begins to turn brown. Be sure to complete your harvest before the first hard frost. Immature gourds will not cure correctly and rot, so only harvest mature fruit.

After harvest, wash the gourds with dish soap and dry off with a soft cloth. Discard any bruised, diseased or damaged fruit. To dry, place gourds in an open box. Make sure they do not

touch each other and are located in a warm, dry, well-ventilated location.

Curing can take one to six months, depending on the type of gourd. The outer skin hardens in one or two weeks, while the internal drying takes at least an additional month. Poke a small hole in the blossom end of the gourd to quicken internal drying. Occasionally turn the gourds, checking for uneven drying or soft spots. When you shake the gourd and hear the seeds rattling, it is cured and ready for a coat of paint if desired.



Vicki Jedicke, Nebraska Extension in Lancaster County

Are you interested in gardening and enjoy helping others? Become a Master Gardener volunteer!

Nebraska Extension in Lancaster County Master Gardeners receive 40 hours of training in return for volunteering 40 hours to Extension programs and activities.

The 2019 application and details about the program are online at <http://lancaster.unl.edu/mastergardener>

GARDEN GUIDE

THINGS TO DO THIS MONTH

Mary Jane Frogge, Extension Associate

Fall is an excellent time for taking soil samples in your lawn and garden. Soil tests will measure the pH of the soil, organic matter content and the levels of some of the major elements required for plant growth, such as phosphorus and potassium.

Cure pumpkins, butternut and hubbard squash at temperatures between 70–80°F for two or three weeks immediately after harvest. After curing, store them in a dry place at 55–60°F.

Use dried herbs to make fragrant wreaths and dried flower arrangements.

Fall watering is important for trees and shrubs. Continue to water until the soil freezes.

Dig and bring in cannas, dahlias and gladiolus. Dry, clean and store in a cool location free from frost.

Pick bagworms from evergreen shrubs. This will eliminate the spring hatch from overwintered eggs.

Remove leaves from lawn to reduce lawn problems. Compost or shred and use them for mulch.

Plant spring flowering bulbs such as tulips, daffodils and crocus.

Cut down stems and foliage of herbaceous perennials after two or three hard frosts and when leaves begin to brown.

After several hard frosts add mulch to your perennial flower garden. A one inch layer of straw or chopped leaves will help conserve soil moisture and protect the root system.



HEART OF 4-H VOLUNTEER AWARD

Brandy Wollen

Lancaster County 4-H is proud to announce Brandy Wollen of Omaha as winner of the October "Heart of 4-H Award" in recognition of outstanding volunteer service.

She has been a superintendent of the 4-H Home Environment project areas at the Lancaster County Super Fair for eight years, ever since she aged out of being a 4-H member. Brandy also helps teach furniture painting workshops each spring (pictured above).

"I like being a volunteer, because it is neat to see all the exhibits the kids have created," she says. "Each year at the fair, I enjoy talking to the kids and learning how the exhibit was made. My favorite part about being a volunteer is helping out at the furniture painting workshop. It is amazing to see the kids work on a project from start to finish, and being able to teach them some techniques."

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



Horse Awards Night, Oct. 4

The annual Lancaster County 4-H Horse Awards Night will be Thursday, Oct. 4, 6:30 p.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln. The Horse VIPS Committee will provide snacks. Awards presentation includes Incentive Awards, Horsemanship Levels, All-Around Awards, Herdsmanship, Top Judging buckles and ribbons, and a few surprise awards! Come help celebrate the outstanding accomplishments of the 2018 Lancaster County 4-H equestrians!

Rabbit Clinic, Oct. 13

A free 4-H Rabbit Clinic will be held Saturday, Oct. 13, 9 a.m.–noon at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln. Open to all youth and families. This is a great opportunity to learn about the 4-H Rabbit Program which is open to all youth ages 8–18. For more information, call Kate at 402-441-7180.

4-H Leader Update, Oct. 25

All 4-H leaders, parents and volunteers helping with clubs and independent members are encouraged to attend the Fall 4-H Leader Update on Thursday, Oct. 25 at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln. Attend either the 9 a.m. or 6:30 p.m. session. Information will focus on 4-H club organization, new project books, leadership, opportunities for your 4-H members and more. Share ideas, connect and network with other parents and leaders. You MUST preregister by Tuesday, Oct. 23 by calling 402-441-7180.

4-H paper basket workshop, Nov. 3

4-H youth ages 8 and up are invited to a workshop to engineer and construct a woven paper basket using recycled newspapers on Saturday, Nov. 3, 9 a.m.–noon at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln. No cost to attend. Register by Friday, Oct. 26 by calling 402-441-7180. Bring a needle-nose wire cutter for cutting wire. All other supplies will be provided.

4-H Council alumni scholarship

Lancaster County 4-H Council is sponsoring a new \$500 4-H alumni scholarship. Must be a Lancaster County 4-H alumni at least one year post-high school and has continued involvement in 4-H program as a leader or volunteer. Application form is available at <http://go.unl.edu/4has> and at the Extension office. Deadline is Sept. 30.

4-H Council seeks new members

Serving on Lancaster County 4-H Council is a great opportunity to support 4-H, help provide leadership and work with a great group of people! Lancaster County 4-H Council is composed of youth (9th grade or higher) and adults working together in the interest of promoting activities of Lancaster County 4-H. Meetings are held the first Tuesday of each month at 6 p.m. at the Lancaster Extension Education Center. Terms are three years for adults and two years for youth. Each may serve two terms. If interested, please complete the "Lancaster County 4-H Council Application for New Members" available online at <http://lancaster.unl.edu/4h/council.shtml> and at the Extension office.

4-H thanks 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 2017–2018 4-H year. This support enhances the educational experience of the 4-H youth.

Anonymous (4)
Acre Management
Adventure Golf Center
Antelope Creek Family Dentistry
Arends Interiors Inc.
Matt & Connie Arnold
Arrow Pest Control
Artisan Custom Builders
Auto Body Supply, Inc.
Chet Axthelm Memorial
Jim & Cindy Bauman
Beatrice 77 Livestock Sales
Behind the Glass Comic Book Art Gallery
Belmont Husky Service
Gary Bergman
In memory of Don & Darlene Bermel, 4-H Leaders & Golfers
Big Red Keno
Big Shots Indoor Range & Gun Store
The Bike Rack
Bison Inc.
Bluestem Miniature Horse Club
Bluestem Valley Farms
Randy & Sher Brophy
Bulling Farms
Shelby C. Byler, D.D.S., Family & Cosmetic Dentistry
Capital City Horse & Pony Club
Carpenter Family
Cattlemen's Nutrition Services
Ellen Chapelle Memorial
Cheddar's Scratch Kitchen
Warren Cheney Family
Chili's Grill & Bar
Cloverleaf Suites
Colby Ridge Popcorn
Shirley Condon
Dick & Cookie Confer
Mike & Kath Conroy
Costco Wholesale
Crawford Family Shorthorns
Crooked Creek Golf
Culligan of Lincoln

Custom Pallet Makers
Dairy Queen Grill & Chill (760 W. O St.)
Danny's Deli
Dearmont Family
Deer Springs Winery
The DelRay Ballroom
Diamond T Livestock
Dickey's Barbecue Pit
Don Dierberger Family
Alice & the late Ted Doane
Lynn & Carleen Dowding
Ron Dowding Family
Dowding Shorthorns
Sue Downing and Allison Riedman
Duffers' Golf League
Earl May (South Store)
East Campus Starrs
East Park Cinema – Marcus Theatres
The Eatery
Ehlers Animal Care
Eyes on Lincoln – Drs. Gildersleeve, Powell & Steger
Mark & Sarah Fahleson
Famous Dave's
Farm Credit Services of America
Farmers Cooperative (Dorchester Branch)
Tom & Laura Field
First State Bank
Fitch Trucking, Inc
Five Alarm Farm
Five Star 4-H'ers 4-H Club
Randy Flanagan
The Fort
Four Winds Farms
Sarah Lanik-Frain & Mike Frain
Jodi Freeman
Frink Family & Hard Knock Horse Shoe'N
Gagner Construction
Melvin & Linda Gagner
Gana/Nisley Show Cattle
Gana Trucking
Doug & Sheila Garrison
Gate 25 Bar and Restaurant
General Fire and Safety
Blayne Glissman Family
Gossin Agency
Green Family
The Groom Room
Nathanial Hamel
Patricia Heather & Kelly Heather
Pfarr of Back Home Photography
Lyle & Teresa Hespen
Hidden Valley Golf Course
Hillcrest Animal Clinic & Kelly Stich, DVM
Rod Hollman
Holthus Family
The Home Agency
Home Depot (North Lincoln)
Fred & Julie Hoppe
Commissioner Larry & Senator Carol Hudkins

Hunter's Pride 4-H Club
Husker Rehab
Hy-Vee (all Lincoln area locations)
JK's Pumpkin Patch
JT Home Solutions
James Arthur Vineyards
Judson & Kaye Jesske
Jimmy John's
Jeff & Anne Johnson Family
Amanda Kaiser
Kansas City Royals
Steve & Deanna Karmazin Family
Marc Kascke
Kenl Inn, Inc.
Kepler Family Chiropractic
Deborah Kinney
Kirby Family
Kiwanis – Lincoln Center
Kiwanis – Northeast
Kubicek Club Lambs
Gary & Diane Kubicek
LaKaBrTyDe Farms
LaMars Donuts
Lancaster County 4-H Council
Lancaster County 4-H Dog VIPS Committee
Lancaster County 4-H Horse VIPS Committee
Lancaster County 4-H Livestock Booster Club
Lancaster County 4-H Rabbit VIPS Committee
Lancaster County 4-H Teen Council
Lancaster County Agricultural Society (Fair Board)
Lancaster County Engineers
Lancaster Event Center
Larson Lifestyle Center
Anna Lenz – Anna's Animals Grooming Salon
Liberty First Credit Union
Lienemann Cattle Company
Lincoln Race Course
Lincoln Saltdogs
The Lincoln Sewing Guild
Lincoln Stars Hockey
Lincoln Women's Chamber of Commerce
Michael & Dana Lockee
Lonowski Family
Maureen Marshall
Mazatlan Mexican Restaurant
Cole & Kylea Meador
Kevin & Denise Meyer
Shayna Meyer
Midwest Farmers Cooperative (Martell Branch) – Jim Bauman
Shirley Morris Enterprises
Nancy & John Moser Family
Mueller Farms
HL Muhlbach Construction
Clyde & Helen Naber
Natural Resources Conservation Service (NRCS) Nebraska
Nebraska 4-H Foundation

Nebraska Army National Guard & Teegerstrom Family
Nebraska Auto Detail
Nebraska Dressage Association
Nebraska Lottery
Ian Neemann
Steven & Stephanie Nelson
Dave & Vicki Nielsen
Nita's Craftables
Nore Family
Norris FFA
Olive Creek Acres
Orscheln Farm & Store
Diane Ossenkop
Oxbow Animal Health
Padgett Business Services
Donald & LaDonna Pankoke
Duane Parrish Family
Parrott & Walbrecht Cattle
Larry Pershing
Edwin Peterson Memorial
Erica Peterson
Tom Peterson Family
Pick-A-Pig 4-H Club
Pine Lake Golf Course
Michael Pinho
Pioneer Greens Dentistry
Pitts Veterinary Hospital
Cathy Plager
Powell Family
Tim Powers Memorial
Pulec Family
Lyle & Sheila Purdum
R & J Angus
Justin & Lindsey Raikes
Rainbow Ends
Raising Cane's
Sheri Ramirez
Rick, Tammy, Nick & Andra Rasby
The Rawlinson Herd
Raymond Grange #391
Charli Richters
William & Barbara Rishel
Rixstine Recognition
Rock Creek Ranchers 4-H Club
Roper & Sons Funeral Services
In Memory of Ross
SP Group, P.C.
Salt Creek Wranglers
Sampson Construction
Cary & Becki Sandell Family
Scheels
Schlautman Farms
Schnase Family
Lyle Schneider with Sandvik Coromant
Urijah Schnell
Schoettger Orthodontics
Calvin & Rochelle Schrock Family
David & Diane Schubert
Shivers Sweets N Treats
Sid Dillion
Shar Sieck
Sieck Show Cattle

Slim Chickens
Sobotka Family
Calvin & Jodi Sterns
Dale & Marilyn Stertz
Straight Arrow Performance Horses – Chelsea Harders
Ron & Barb Suing
Kathy Sump
Merrilee Sump
Sun Valley Lanes
Super Saver (Fallbrook)
Sysco Lincoln
TD Angus
T & T Ranch
Texas Roadhouse
James & Jennifer Tietjen
Toys from the Past – Mike and Dan Britta
Tractor Supply (North Store)
Tractor Supply (South Store)
Tractor Supply (Waverly)
Triple RRR Farms
United Country First State Realty
United Farm & Ranch Management
University of Nebraska–Lincoln College of Engineering
University of Nebraska Federal Credit Union
Vincenzo's Italian Ristorante
The Voice News
Wachal Pet Health Center
Walbrecht Family
Waverly Grange #369
Wendy's (2615 S. 48th St.)
West Gate Bank
Wether-Ewe Farm – Doug & Cheryl Johnson
Charles Wiechert Family
Wilbeck Family
Wilhelm Auto Repair
Jay & Brenda Wilkinson
Wilkinson Sheep Farm
Dayle Williamson
Wilton
Jim Wissel Memorial
Joan & the late Dwayne Wittstruck
Karen Wobig
Women's Clinic of Lincoln P.C.
Woodland Hills Golf Course

We apologize for any inaccuracies. If you notice any corrections, please call 402-441-7180.

Thank you to volunteers

Nebraska Extension in Lancaster County thanks all of the people who donate their time and talents to help enrich the lives of the youth in the Lancaster County 4-H youth development program.



EXTENSION CALENDAR

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

September

- 22 **Quilting for a Cause Workshop** 8 a.m.–Noon
- 22–23 **AKSARBEN 4-H Horse Show**, *Fonner Park, Grand Island*
- 25 **Nutrition and Physical Activity Self-Assessment for Childcare Workshop (NAP SACC)** 6:15–8:15 p.m.
- 27–30 **AKSARBEN 4-H Stock Show**, *Fonner Park, Grand Island*

October

- 2 **4-H Council Meeting** 6 p.m.
- 2 **Nutrition and Physical Activity Self-Assessment for Childcare Workshop (NAP SACC)** 6:15–8:15 p.m.
- 4 **4-H Horse Awards Night**..... 6:30 p.m.
- 6 **Quilting for a Cause Workshop** 8 a.m.–Noon
- 7–13 **National 4-H Week**
- 9 **Nutrition and Physical Activity Self-Assessment for Childcare Workshop (NAP SACC)** 6:15–8:15 p.m.
- 11 **Co-Parenting for Successful Kids Class** 9 a.m.–12:30 p.m.
- 11 **Pesticide Applicator NDA Walk-in “Testing Only” Session**.. 9 a.m.–2 p.m.
- 12 **Extension Board Meeting**..... 8 a.m.
- 13 **4-H Rabbit Clinic** 9 a.m.–Noon
- 13 **Composting Demonstration**, *Pioneers Park Nature Center’s backyard composting demonstration area across from Nature Center..... 10 a.m.*
- 14 **4-H Teen Council Meeting** 3 p.m.
- 16 **4-H Information Night** 6 p.m.
- 18 **Emerald Ash Borer Seminar**..... 6:30–8:30 p.m.
- 25 **4-H Leader Trainings**..... 9 a.m. & 6:30 p.m.
- 25 **Pesticide Applicator NDA Walk-in “Testing Only” Session**.. 9 a.m.–2 p.m.

Quilting workshops

4-H member Ellie Babcock, is offering “Quilting for a Cause” workshops on Saturday, Sept. 22 (8 a.m.–noon), Saturday, Oct. 6 (8 a.m.–noon), Saturday, Nov. 3 (2–5 p.m.) and Thursday, Nov. 15 (6–8:30 p.m.) to be held at the Lancaster Extension Education Center at 444 Cherrycreek Road, Lincoln. All youth ages 8–18 may attend one or more sessions. Register the Wednesday before each workshop by calling 402-441-7180 or emailing kristin.geisert@unl.edu.

Pre-cut quilt top kits will be available at each workshop and ready to be sewn together. Finished quilt tops will be donated to Quilts for Kids, an organization that gives quilts to ill children in hospitals. Youth of any sewing skill level are welcome, including those who have never sewn before.

Bring a sewing machine, neutral colored thread, pins and a pair of scissors. A few office sewing machines are available upon request. Donations of cotton quilting fabric and unopened packages of batting are welcome. Questions may be directed to Kristin Geisert.

Make It With Wool contest, Nov. 17

The 2018 state Make It With Wool contest will be held Saturday, Nov. 17 beginning at 9 a.m. at the Dawson County Extension Office in Lexington, Neb. The fabrics/yarns used for the wool contest must be 100% wool or wool blend (minimum 60% wool or specialty wool fiber) for each fashion fabric or yarn used.

Participants may be youth or adults and model their creations for judges. There is also a “Made for Others” category. Entry forms, wool samples, registration and wool testing fees are due Oct. 15 to Andrea Nisley, P.O. Box 757, Lexington, NE 68850. For more information, go to www.nationalmakeitwithwool.com or call 308-324-5501.

Deadline For Extension Board applications, Nov. 1

The Lancaster County Board of Commissioners seek community members to serve on the Lancaster County Extension Board. Vacancies will be filled with three year appointments beginning in January 2019.

Extension Board members advocate for and assist Extension staff in focus areas such as: 4-H youth development; beef systems; community environment; community vitality; cropping & water systems; food, nutrition & health; and the learning child. The board meets monthly (usually the second Friday of the month at 8 a.m.).

Registered Lancaster County voters interested in serving should complete an Extension Board application by Nov. 1. Additional information and an application can be obtained from: Nebraska Extension in Lancaster County, 444 Cherrycreek Road, Suite A, Lincoln, NE 68528 or by calling 402-441-7180. Applications are also online at <http://lancaster.unl.edu/lancaster-county-extension-board>

EXTENSION NEWS

Tyler Williams receives national achievement award

National Association of County Agricultural Agents (NACAA) awarded Extension Educator Tyler Williams with their 2018 Achievement Award for Nebraska in recognition of excellence in Extension educational programs. This honor is awarded each year to an NACAA member in each participating state who has less than ten years of service and has demonstrated outstanding performance. The award was presented at the recent national meeting in Chattanooga, Tenn.



(L–R) NACAA President Alan Galloway with Tyler Williams.

Vicki Jedlicka recognized as a friend of Super Fair



(L–R) Ag Society board member Jim Swanson, Vicki Jedlicka and board member Ron Suing.

At the VIP Luncheon at the 2018 Lancaster County Super Fair, Extension Publication and Media Assistant Vicki Jedlicka was recognized by Lancaster Event Center Managing Director and Lancaster County Agricultural Society Board as a friend of the Lancaster County Super Fair and Lancaster Event Center. Vicki designs and edits the Super Fair Schedule & Map publication which is printed annually in the Nebline, as well as available before and at the fair. She also does publicity and social media for the 4-H activities at the Super Fair, livestreams several shows and takes numerous photographs.

Ag Society Hall of Fame 2018 awards

The Lancaster County Agricultural Society Hall of Fame Award, established in 2009, formally recognizes individuals who have dedicated time and effort to the Lancaster County Agricultural Society beyond the normal volunteer and who have made significant contributions to the establishment, development, advancement or improvement of the Lancaster County Fair. The 2018 Hall of Fame recipients were Marty Cruickshank and Allan Wood.

Marty Cruickshank was an Extension Associate at Nebraska Extension in Lancaster County for over 13 years prior to her retirement in 2017. Her primary role involved teaching youth. She could have left it at that, but she reached above and beyond instruction. Her invigorating spirit encouraged youth across Lancaster County to take their passion to a higher level. She impacted thousands of lives with innovative work in the 4-H poultry, rabbit and horse programs. Notable projects included the Lincoln Public Schools embryology curriculum and an equine “horse course” academic program. Her natural ability as a leader and role model for 4-H youth grew the Lancaster County Fair’s horse entries from a regular event to one rivaling a state horse show. Her compassion, advocacy for youth and hours of hard work made the Lancaster County 4-H horse program the largest in the state. Her promotion of a fun and competitive county fair lives on today.



4-H Information Night

Tues., Oct. 16 • 6pm

Lancaster Extension Education Center
444 Cherrycreek Rd., Lincoln

See animals such as rabbits and llamas

Part of National 4-H Week Oct. 7–13

Free hot dogs!

Find Out How Youth Ages 5–18 Can Join 4-H!

Adults – Help Youth Grow By Volunteering!

