



RED BREAKOUT SESSIONS

WIN BY A NOSE!

Dr. Keith Vrbicky, MD, FACOG, Midwest OB/GYN, Midwest Health Partners, PC

- Learn why the way you're breathing may be detrimental to your entire life.
- Learn why you need to immediately reevaluate your entire approach to breathing.
- Learn the health benefits of proper breathing and how chewing positively transforms your face and airways.

SOIL HEALTH – TOOLS OF THE TOOLBOX

Marty Marx and Kristin Schlueter, NRCS

- Simple water infiltration demonstration.
- Shows how water moves through or off soil depending on management and residue.
- Water "rains" on soil and then either runs off or soaks through the pore spaces in the soil.

USING STRENGTHS IN FARM TRANSITIONS

Hilary Maricle

- An introduction to using Gallup Strengths as a tool
- Talk about farm transitions using every team member's top talents

MY DOG IS DOING WHAT?!? – FIRST AID FOR YOUR DOG

Dr. Kassie Wessendorf, DVM, Veterinary Technology Instructor, Northeast Community College

- What to include in an at home pet first aid kit
- What you can do for first aid for your dog at home
- When you absolutely need to get to a veterinarian ASAP

HIRING INTERNS ON THE FAMILY FARM

Rob Thomas, Farm Manager, Northeast Community College

- Learn the value of interns on a family farm.
- Learn how to teach with hands on experience.
- How to make an intern experience positive for employer and employee.

WHITE BREAKOUT SESSIONS

WHAT'S IN A NAME?

Tee Bush, Agriculture Instructor, Northeast Community College

- Confused by the names of plants when you're shopping?
- Let's explore the naming of plants in our everyday world.
- This session will cover scientific names, and helpful hints for grouping plants by family to make some general assumptions about care and habit.



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BACK PAIN, TEXT NECK, and TENNIS ELBOW; OH MY! INJURY TREATMENT AND PREVENTION

Jon McManaman, D.C., A Center for Chiropractic & Alternative Medicine, PC

- Leading cause of disability worldwide.
- Text neck.
- Tennis/golfers elbow.

ENGAGING WITH CONSUMERS ABOUT THE ENVIRONMENT

Ruth Ready and Joan Ruskamp, Common Ground Volunteers

- How should we engage with urban consumers about agriculture's impact on the environment?
- The misinformation about environmental benefits of plant-based meats.
- The tips for engaging in conversation about agriculture's environmental impact.

INVESTING IN YOUR GREATEST ASSET: YOU!

Tina Myers, Personal Color Consultant, House of Colour

Beth Stoddard, Aesthetic RN, Licensed Esthetician, The Retreat Med Spa

- Your start to taking care of yourself after quarantine!
- Learn how to properly care for your skin.
- Change out of those sweatpants into stylish clothing.

APPRECIATION COMMUNICATION, HOW DO YOU DO IT?

Stacey Aldag, Lisa Guenther and Terry Nelson

- Come hear how appreciation can motivate and validate the people you work with.
- A little appreciation can light up your world.

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BLUE BREAKOUT SESSIONS

POISONOUS PLANTS AND PRODUCTS IN LARGE AND SMALL ANIMALS

Ryann Henn, LVT, Northeast Community College Adjunct Instructor, Veterinary Technology Program

- Learn about common environmental and human made toxicities in dogs and cats.
- Learn about common environmental and human made toxicities in cattle and horses.
- What your first response should be if your animal is exposed or ingests poisonous/ toxic materials.



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Kristin Schlueter, Marty Marx

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PLANNING TO GROW

Tee Bush, Agriculture Instructor, Northeast Community College

- It's almost spring! Let's look at the steps we should take to plan and prepare for a successful gardening season.
- This session will look at timing, ordering of materials, garden prep, and more.
- Feel free to bring seed catalogs if you have questions about the planning process.

WHAT IS YOUR PREFERRED LEARNING STYLE?

Dr. Amanda Hafer and Andrea Suhr

- Have you ever been placed on a committee that can never move forward? Have you ever wondered what in the world fellow committee members are talking about?
- Take a quick time-out to find out what learning style you have.
- This information may help you to better understand why people think the way they do and why you work better with some people than others.

FOOD IN THE FIELD

Hannah Guenther, Nebraska Extension Educator

- How to make small shifts towards a healthier eating pattern.
- Valuable tools to make the healthy choice the easier choice.
- Tips and tricks for preparing and packing healthy food for the field.

WHEN LIFE GIVES YOU LEMONS...SQUEEZE THE HELL OUT OF THEM!

Tina Collison, Group Fitness Director, Norfolk Family YMCA

- Isn't it ironic how something so sour, as a lemon, can actually turn into something so sweet? Even though lemons can make your lips pucker, there is something so happy about them.
- Lemons can brighten up a dish or drink, make centerpieces stand out & can even make an adorable craft. We will look at different ways to deal with life's lemons & how to turn negativity into positivity.

- Along the way, we will learn some new lemon recipes, including lemon meringue pie s'mores & laugh out loud at some lemon puns, including, "When life hands you lemons, find someone with vodka."