



AGceptional

WOMEN'S CONFERENCE

RED WORKSHOPS

KEYS TO PREVENT ALZHEIMER'S DISEASE

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

- Explore a comprehensive plan for reversing the symptoms of Alzheimer's Disease and cognitive decline by looking at nutrition, exercise, stress, sleep, and engagement.
- Learn why Alzheimer's Disease is being referred to as "Type III Diabetes."
- Learn why Insulin resistance testing is recommended and the means of reversing it.

OPPORTUNITIES IN LIVESTOCK PRODUCTION

Alliance for the Future of Agriculture in Nebraska

- Find out how adding livestock to a current operation may be able to bring a generation back to the family farm.
- Learn more about the opportunities that are available in each industry (Pork, Poultry, Beef, and Dairy).

BLENDING OLD AND NEW DECOR

Connie Zimmerman, The Milkhouse

- Seasonal tabletop decor.
- Seasonal floor decor.
- Using lighting to decorate.
- Audience participation!!

ECONOMIC OPPORTUNITIES FOR VALUE-ADDED SORGHUM PROCESSING IN NEBRASKA

Nate Blum, Executive Director, Nebraska Grain Sorghum Board

- Sorghum fits specialty markets worth billions of dollars (Non-GMO, Gluten-Free, Sustainable).
- Nebraska is uniquely situated to host processing facilities which will allow companies to reduce supply lines and logistics, while also reducing their carbon footprint.
- Locating processing proximate to grain production means increased on-farm revenues and economic opportunities for communities across the state.

DRINK CLEAN BY GOING GREEN

Marty Marx and Kristin Schlueter

- Discover the benefits that can be realized by moving towards a total no-till system and incorporating cover crops.
- How to manage pasture/rangeland for improved soil health.
- Working demonstration of a table top rainfall simulator showing varying degrees of runoff under different management systems.

SUCCESSION PLANNING- ENSURE YOUR FARM & RANCH WILL TRANSITION TO THE NEXT GENERATION

Brandon Dirkschneider, FSC, Insurance Design Management

- As the saying goes: "Equal is not always fair and fair is not always equal."
- Proactive planning versus reactive planning to ensure the success for future generations.
- Potential federal tax changes make planning now more important than ever!

A BRIEF HISTORY OF CORN AND INTRODUCTION TO SWEETCORN BREEDING AND GENETICS

Robert Beiriger, University of Florida Institute of Food and Agricultural Science

- Domestication of corn still affects sweetcorn plants and ear traits.
- Choice of sweetcorn gene or genes determines sweetness and taste of ear.

WHITE WORKSHOPS

HEALTHY FOOD FAST: USING YOUR AIR FRYER

Hannah Guenther, Nebraska Extension Educator

- Learn how to use an air fryer to make quick, nutritious meals for your family.
- Parts and functions of the air fryer
- How to cook various foods in the air fryer.
- Proper food safety practices.

SUCCESSION PLANNING- ENSURE YOUR FARM & RANCH WILL TRANSITION TO THE NEXT GENERATION

Brandon Dirkschneider, FSC, Insurance Design Management

- As the saying goes: "Equal is not always fair and fair is not always equal."
- Proactive planning versus reactive planning to ensure the success for future generations.
- Potential federal tax changes make planning now more important than ever!

REASONS FOR THE SEASONS

Tina Collison, Group Fitness Director, Norfolk Family YMCA

- We are all aware of the different seasons of the year and how they affect the way we feel about ourselves, the way we decorate our homes, and the clothing we wear. But did you know there are multiple different seasons in our lives and that those might be beautiful, painful or difficult?
- Find out what season you are in, celebrate it, and make the most of it.
- Discover what your favorite season says about you & of course, there will be homemade door prizes for winter, spring, summer, and fall!

AG-RELATED TAX ISSUES

Lynndy Beckmann and Andrew Steffensmeier, McMill CPAs & Advisors

- Child Tax Credit
- New Tax Laws
- What's New for 2021

SKIN CANCER- YOU CAN PREVENT IT!

Dr. Mark Shashikant, M.D., Faith Regional Health Services

- What skin cancer is and the different types.
- The warning signs of skin cancer.
- How you can prevent skin cancer.

ECONOMIC OPPORTUNITIES FOR VALUE-ADDED SORGHUM PROCESSING IN NEBRASKA

Nate Blum, Executive Director, Nebraska Grain Sorghum Board

- Sorghum fits specialty markets worth billions of dollars (Non-GMO, Gluten-Free, Sustainable).
- Nebraska is uniquely situated to host processing facilities which will allow companies to reduce supply lines and logistics, while also reducing their carbon footprint.
- Locating processing proximate to grain production means increased on-farm revenues and economic opportunities for communities across the state.

A BRIEF HISTORY OF CORN AND INTRODUCTION TO SWEETCORN BREEDING AND GENETICS

Robert Beiriger, University of Florida Institute of Food and Agricultural Science

- Domestication of corn still affects sweetcorn plants and ear traits.
- Choice of sweetcorn gene or genes determines sweetness and taste of ear.

BLUE WORKSHOPS

ECONOMIC OPPORTUNITIES FOR VALUE-ADDED SORGHUM PROCESSING IN NEBRASKA

Nate Blum, Executive Director, Nebraska Grain Sorghum Board

- Sorghum fits specialty markets worth billions of dollars (Non-GMO, Gluten-Free, Sustainable).
- Nebraska is uniquely situated to host processing facilities which will allow companies to reduce supply lines and logistics, while also reducing their carbon footprint.
- Locating processing proximate to grain production means increased on-farm revenues and economic opportunities for communities across the state.

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

HEALTHY FOOD FAST: USING YOUR AIR FRYER

Hannah Guenther, Nebraska Extension Educator

- Learn how to use an air fryer to make quick, nutritious meals for your family.
- Parts and functions of the air fryer
- How to cook various foods in the air fryer.
- Proper food safety practices.

SUCCESSION PLANNING- ENSURE YOUR FARM & RANCH WILL TRANSITION TO THE NEXT GENERATION

Brandon Dirkschneider, FSC, Insurance Design Management

- As the saying goes: "Equal is not always fair and fair is not always equal."
- Proactive planning versus reactive planning to ensure the success for future generations.
- Potential federal tax changes make planning now more important than ever!

ENGAGING IN THE MEATLESS MEAT DEBATE

Crystal Klug and Sara Sindelar

- CommonGround volunteers Sara and Crystal will give you the tools to effectively engage with consumers about the meatless meat debate.
- They will examine both the nutritional aspect of the debate as well as the positive impact that livestock have on the environment vs the myth that eating less meat will help the environment.
- Come join Sara and Crystal in the conversation and equip yourself to engage with others about this hot topic.

APPRECIATION COMMUNICATION: HOW DO YOU DO IT?

Stacey Aldag, Lisa Guenther, and Terry Nelson

- Come hear how appreciation can motivate and validate the people in your life.
- A little appreciation can light up anyone's world.
- Warning: this session will be highly interactive

A BRIEF HISTORY OF CORN AND INTRODUCTION TO SWEETCORN BREEDING AND GENETICS

Robert Beiriger, University of Florida Institute of Food and Agricultural Science

- Domestication of corn still affects sweetcorn plants and ear traits.
- Choice of sweetcorn gene or genes determines sweetness and taste of ear.

AG-RELATED TAX ISSUES

Lynndy Beckmann and Andrew Steffensmeier, McMill CPAs & Advisors

- Child Tax Credit
- New Tax Laws
- What's New for 2021