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Nose Printing as a Method of Cattle Identification

Deanna Karmazin
Extension Associate

For many years, 4-H and FFA members have been required to nose print their calves to be eligible to show at the State Fair and other events. Nose printing is a reliable method for verifying the identity of the animal. By nose printing cattle at 4-H and FFA weigh-ins, we are able to verify the identity of show or class winners, or any cattle selected at random from the State Fair and Ak-Sar-Ben. When questions arise regarding whether a youth has really owned and cared for an animal since the initial weigh-in during the spring, noseprinting can provide reliable answers to these questions and helps maintain the overall integrity of the 4-H youth development livestock program.

It is commonly known we all have our own unique fingerprints, unlike any other fingerprints in the world. Everyone’s prints are totally unique, and they never change. The same goes for nose prints of cattle. Each calf has a pattern on their nose, very similar to a human’s finger print. Each print is unique and serves as a method of permanent identification—a form of identification that can’t be cut out and replaced like an ear tag.

4-H strives to have a program built on credibility and integrity. Along with nose printing, youth with livestock projects are required to participate in a program called Quality Assurance Training. The goals of the program are to:

- Help youth understand the responsibilities involved in raising livestock for food
- Teach youth the technical knowledge of quality assurance, and
- Change management practices of the youth and/or family members to be consistent with quality assurance practices.

The Lancaster County youth understand if they raise one head of livestock or one thousand, they are considered a producer of food. Every 4-Her or FFA member accepts responsibility and needs to continually keep learning about, and improving, practices that can affect the quality and safety of food products.

Steps in Nose Printing Cattle

1. Make sure the animal is securely placed in a head gate to make sure they are safe from harming themselves and others.
2. Stand on the side of the calf with your arm and body restraining the animals head from swinging or jerking.
3. Completely dry the nose area with a towel. This method removes all dirt and debris and removes moisture which will cause the ink to run and fill up the grooves of the nose, resulting in a smeared, unreadable print.
4. Once the nose is dry, quickly roll an ink pad over the non-haired portion of the calves nose, making sure to cover the entire area with black ink.
5. Quickly, before the nose can build up perspiration or moisture, using a block of wood, immediately press the index card against the nose and roll it off.

Eye-Catching Technology

Nose printing is just one method of identifying animals. Some high tech producers are using retinal scans, DNA typing from hair samples, Bar Code scanning with tag, and high frequency Radio Tags. Nebraska 4-H is considering moving from nose printing to retinal scanning or DNA testing to ensure accuracy and reliability in animal identification.

Bruce Golden, a professor at Colorado State, found the retinal vascular pattern in an animal does not change from birth and is unique to each individual animal. Even each eye of the same individual animal is different.

Retinal scanning of cattle, sheep and swine is becoming more popular in the animal industry each day. An OptiReader, developed by a team of Colorado State professors, is the technical instrument used to perform this procedure. It is a combination handheld computer and digital video camera. It actually takes a picture of the animals’ retinal vascular pattern (the pattern of blood vessels located at the back of the eye).

The camera is held close to the animal’s eye and uses near-infrared light to illuminate the animal’s retinal vascular pattern. The camera records the pattern and transmits it at 30 frames per second for the handheld computer for storage and later transmission to an Internet-accessible database.

The handheld computer also has the capability to encrypt the image with not only a time and date stamp but a global positioning location. This information would provide pinpoint accuracy when tracking the potential spread of a pathogen.

At a recent workshop, several Nebraska 4-H staff were introduced to this technology. According to Deanna Karmazin, “Because of its global database tracking ability, retina scanning has the potential to become an efficient method of ensuring the safety of America’s meat supply.”
Henbit or Ground Ivy — How to Tell the Difference

Infestations of henbit (Lamium amplexicaule) and ground ivy (Glechoma hederacea) result in the patches of purple we see in the spring. These plants are not always welcome in our yards. Identification can sometimes be tricky. Both belong to the mint family (Lamiaceae) and have the characteristic square stems. However, they differ in their life cycles. Henbit is a winter annual (completes its life cycle in the spring), but ground ivy is a perennial (life cycle lasting more than one year). These plants can bloom as early as April and ground ivy can continue to bloom into June. The flowers are tiny, tubular, pink to purple and can be found in the upper leaf axils of both plants. Ground ivy’s stems generally lie along the ground, rooting at the nodes and the short horizontal stems are round to kidney shaped. However the reproductive stems are more ascending and can sometimes be confused for henbit. When looking at the reproductive stems, ground ivy leaves are borne on petioles. Whereas, the henbit has sessile (leaf is attached directly to the stem) leaves. (MIF)

Night-Blooming Flowers

During the day, most people are at work and don’t have time to enjoy their gardens. Evenings offer the only time you get a chance to sit back and relax. What could be more relaxing at the end of a long day than a fragrant, luminous garden? Gardens designed for evening enjoyment are called moon gardens. Plants used in moon gardens have one or more of the following characteristics: evening bloom time, fragrance and white flowers or foliage. Plants that bloom in the late afternoon or night allow for evening enjoyment. Fragrant flowers provide aromatherapy at the end of a hard day. Illuminated only by moonlight, white or pale flowers and foliage add a celestial quality to a garden. Several night-blooming flowers rely on a strong fragrance, rather than bright colors, to attract pollinators. Other plant possibilities for a moon garden include: artesania, lamb’s ear, fragrant roses, dusty miller and white flowering annuals and perennials.

Growing Parsley

Parsley, (Petroselinum crispum) a member of the carrot family, is a lot more than a decorative green leaf on the side of a restaurant plate. In fact, it is one of the most nutritious of all herbs. An excellent source of vitamins A and C. Parsley leaves are comprised of three leaflets on short stems, that branch in threes at the tips of eight inch long bare stalks. Leaves of common parsley are dark green with divided tips that curl tightly. Those of Italian parsley are lighter green and more deeply divided and feathery, resembling celery foliage. A common parsley plant typically grows 9 to 18 inches tall and spreads about 6 to 9 inches.

Although parsley is a biennial, it is usually treated as an annual and is pulled up at the end of the first season. That is why its flowers, which appear in early summer of its second year, are seldom seen. They are flat clusters composed of tiny, greenish yellow florets, and resemble Queen Anne’s lace. As with most herbs, flowering tends to make the foliage bitter and less useful for cooking. Parsley grows best in full sun. The ideal soil is moderately rich, moist and well drained. To direct sow seeds in rows, trace a shallow indentation in the soil with a stick or pencil to guide planting. Then sow the seeds by dribbling them through your thumb and forefinger into the indented rows. Plant seeds a half inch deep. Parsley is very slow to germinate. After 3 or 4 weeks, when sprouts are a few inches tall and show their first true leaves, thin them to allow 8 to 10 inches of space between the remaining ones so they can grow freely.

Young parsley plants need regular watering until they become established. Spread one to two inches of mulch, such as grass clippings or chopped leaves on the soil around parsley plants when they are about 6 inches tall. This mulch helps the soil retain moisture and discourages weeds.

Begin harvesting parsley when it produces leaf stems with three segments. Harvest the larger leaves at the outside of the plant first, leaving the new interior shoots to mature. Store freshly picked leaves in the refrigerator in a plastic bag for 2 weeks. Parsley also dries well. Store dried parsley in a air-tight jar for up to a year. (MIF)
**Environmental Focus**

April 2004

**UPCOMING WORKSHOP**

**Everything Homeowners Need to Know About Termite Control**
Where: Thursday, May 13, 6:30–9:30 p.m.
Where: Lancaster Extension Education Center, 444 Cherry Creek Road, Lincoln

A workshop for homeowners who are concerned about termites in their homes.

- **Location**: 444 Cherry Creek Road, Lincoln
- **Cost**: $25
- **Call 441-7180 for more information.**

**Spring Turkey Hunting Workshop**
Wednesday, March 31, 2004
6:30–9:30 p.m.
Lancaster Extension Education Center

- **Location**: 444 Cherry Creek Road, Lincoln
- **Cost**: FREE
- **For more information, call 441-7180 or 441-5558.**

**2004 Household Hazardous Waste Collections**

More collection dates and locations than ever! Residents of Lancaster County can bring household hazardous wastes to the following collection sites.

- **Saturday, April 24**
  Goodyear Tire & Rubber Co.
  9 a.m.–1 p.m.
  4021 North 56 Street

- **Friday, May 21**
  Pfizer Animal Health
  9 a.m.–1 p.m.
  601 West Cornhusker Highway

- **Saturday, May 22**
  Union College
  9 a.m.–1 p.m.
  Parking lot, 52 Cooper

- **Friday, June 25**
  Deer Valley
  9 a.m.–1 p.m.
  3140 North Street, South parking lot

- **Saturday, Sept. 11**
  Lancaster-Lincoln County Health Dept.
  9 a.m.–1 p.m.
  3140 N Street, South parking lot

- **Saturday, Nov. 6**
  State Fair Park, 4-H Youth Complex
  9 a.m.–1 p.m.

- **Items you can bring for disposal:**
  - **HEAVY METALS**: items containing mercury such as thermostats and fluorescent bulbs.
  - **SOLVENTS**: mineral spirits, turpentine, paint strippers and thinners, oil-based paints, varnishes, stains, polishes, waxes.
  - **PESTICIDES**: weed killers, garden sprays, wood preservatives, pet flea and tick products, roach powder, rat poisons. You may also bring banned products, like DDT, chlordane, 2,4,5-T, pentachlorophenol, silvex.
  - **PCBS**: ballasts from old fluorescent fixtures, small capacitors from old appliances, including radios, motors and televisions.
  - Leave products in their original container and keep the label intact. If the label is destroyed or unreadable, label the products to the best of your knowledge. Open, leaking or rusted containers should be placed in a clear plastic bag during transport. Do not mix chemicals.

- **For more specific information, call the Lincoln-Lancaster County Health Department at 441-8040.**
Fertilizing Grass Pastures and Hay Lands

Pastures are important to many livestock producers in Nebraska, but production from many pastures is low. Research shows that fertilizing, weed control and rotational grazing increases total grass production from pastures, resulting in greater livestock production.

Nitrogen Management on Grasslands

Apply nitrogen (N) fertilizer yearly to grass pastures and haylands to maximize production. Nitrogen improves both grass yield and protein content. It also improves the vigor of grass plants, which can thicken stands and reduce weed invasion. When adequate soil moisture is present, economic rates of nitrogen can more than double forage production.

Fertilizing Cool-Season Grasses

For cool-season grasses, such as smooth bromo, maximum growth occurs in mid-to late-spring. These grasses grow very little in July and August. Growth resumes on cool-season grasses in favorable fall temperatures. Favorable fall growth, however, is only a small portion of the total growth for the entire season. Nitrogen can be applied in either fall or spring on cool-season grasses. The risk of losing applied nitrogen by either leaching or run-off is reduced if it is applied in early spring. Therefore, spring applications are preferred. Some people will apply two applications of nitrogen, this practice is known as split application of nitrogen. Split applications of nitrogen for production of cool-season grasses under dryland conditions are useful only when more than 100 pounds of nitrogen per acre are to be applied during the growing season and good growing conditions are anticipated during September and October.

Fertilizing Warm-Season Grasses

Apply fertilizer in mid-to late-May to pastures and haylands containing warm-season grasses, such as switchgrass, indiangrass, big bluestem and little bluestem. Do not fertilize warm season grasses in early spring. Early spring application increases the risk of leaching nitrogen fertilizer below the rootzone and it will stimulate the growth of cool season grass species that compete with the warm-season grass species. Begin fertilization application in mid-May in southern Nebraska and delay until late-May in the northern portion of the state.

Table I. Nitrogen Recommendations for Pastures and Haylands in Nebraska

<table>
<thead>
<tr>
<th>Nitrogen Availability</th>
<th>Cool-season Grasses</th>
<th>0-120</th>
<th>100-150</th>
<th>75-100</th>
</tr>
</thead>
<tbody>
<tr>
<td>Low</td>
<td>0-50</td>
<td>40</td>
<td>20</td>
<td>10</td>
</tr>
<tr>
<td>Medium</td>
<td>50-100</td>
<td>50</td>
<td>40</td>
<td>30</td>
</tr>
<tr>
<td>High</td>
<td>100-150</td>
<td>70</td>
<td>60</td>
<td>50</td>
</tr>
</tbody>
</table>

Note: Use the higher rate if a full profile of soil moisture is present.

Fertilizing Mixed Grass Pastures

Some pastures and haylands contain a mixture of both cool- and warm-season grasses. Fertilizing grasses with nitrogen in early spring stimulates the cool-season grasses which carry over into warm season grasses present. To maintain warm-season grasses in such a mixture, it is best to fertilize in late May. It also may be necessary to apply herbicides or conduct other practices to suppress the cool-season grasses. Liquid and dry forms of nitrogen fertilizer are equally effective for increasing pasture production when certain precautions are taken. Do not apply urea nitrogen to pasture or hay lands on high pH calcareous soils when air temperatures are above 85° F. Nitrogen losses from ammonia volatilization can be high under such conditions. Since urea supplies more than half the nitrogen in 28 percent liquid N (urea ammonium nitrate), be cautious of the potential for volatilization losses from this nitrogen source as well.

Pasture production is highly dependent on rainfall, so nitrogen recommendations are adjusted accordingly. Suggested application rates for nitrogen are shown in Table 1. The lower rates listed are the minimum amounts recommended for average conditions and management factors. The higher rates are needed when summer rainfall is below normal, the use of 80 pounds of nitrogen per acre usually will increase production economically on pastures and haylands in eastern and northeastern Nebraska. Use the higher rates listed for each zone when there is a full profile of subsoil moisture at the start of the growing season. Phosphorus Fertilizer on Pastures and Hay Lands

In addition to nitrogen, phosphorus fertilizer also is needed on many pastures in Nebraska. Research in eastern and northeastern Nebraska indicates that the combination of nitrogen and phosphorus frequently produces higher yields than the application of either nutrient alone. Phosphorus recommendations are based on the availability of phosphorus in the soil as measured by a soil test. Phosphorus recommendations for grasslands are listed in Table II. If legumes make up one-fourth or more of the stand, apply 50 percent more phosphate than for grass alone. Phosphate fertilizers can be applied with the nitrogen in either spring or fall.

Repeated applications of phosphate fertilizers may increase the level of available phosphate in the soil. When soil phosphorus levels are in the high range, phosphate application can be eliminated until soil test levels fall below the high range. When grasslands are used to hay lands, soil sample more frequently. Phosphorus may need to be applied more often, since removal of nutrients will be greater than on grazed land.

Other Nutrients

Results of studies conducted throughout eastern and northern Nebraska indicate that applying potash, sulfur and zinc does not improve pasture production. There is a small possibility some pastures and grasslands on sandy soils may require sulfur. This nutrient is needed for sulfur, however, has not yet been demonstrated in research trials.

Liming Acid Soils—pH and Buffer pH

Question: My soil test report shows a number for pH and another number for buffer pH. What does pH measure and what is the difference between pH and buffer pH?

Answer: pH is a measure of the acidity or alkalinity of a soil. When the soil pH falls below 7.0, the soil contains equal numbers of hydrogen ions (H+) as hydroxyl (OH-) ions, the soil is neutral. A pH lower than 7.0 indicates the soil is acidic and a pH greater than 7.0, the soil is basic. The scale is logarithmic. A pH of 7.0 is considered the neutral point. The pH of 1.0 means 100 times more acidic than a soil with a pH of 7.0. A soil with a pH of 5.0 is 10 times more acidic than a soil with a pH of 6.0 and 100 times more acidic than a soil with a pH of 7.0. Soil acidity can be thought of as two types: active or soil solution acidity and reserve or exchangeable acidity. The active acidity of a soil is measured directly by the pH value of the soil solution. Reserve acidity depends on several factors, such as amount and type of clay, amount of organic matter and soil aluminum concentration in the soil. Therefore, two soils can have the same pH but one will still have different active amounts of lime to change the pH value and it correct back to a more neutral pH.

Active calcium carbonate (calcium carbonate) in the soil will react with rainwater to raise the pH of an acid soil to a desired level. This buffer solution reacts with the soil to temporarily hold the pH close to neutral and spares the active acidity. The change in the pH of the buffer solution in the laboratory has been calibrated for lime rate required in the field. This measurement is reported on the soil test report as buffer pH. A rule of thumb for buffer pH values is, for every 0.1 point below pH 7.0, it takes about 1,000 pounds of lime per acre to bring the pH to 7.0. The soil test report shows the amount of soil (about two million pounds of soil) up to a measured value of pH 6.5 (6.5 is considered the ideal pH for most crops). For example, a soil with a buffer pH of 6.3 would require (7.0 - 6.3) x 1,000 pounds of lime per acre or about 700 pounds of lime per acre to bring the pH value up to 6.5. If the pH is incorrect but higher than 7.0, a larger amount of lime is required to neutralize the acidity because you are affecting a greater mass of soil.

For more information, contact University of Nebraska-Lincoln Extension's Crop and Soil Science Department at http://lancaster.unl.edu/Ag/Factsheets/ 301-03.pdf or Liming Acid Soils from Kansas State University online at www.oznet.ksu.edu/library/CRPS12/ MF605.PDF (TD)

Scrap Tire Collection May 15 & 16

Individuals will have an opportunity to get rid of scrap tires that may have accumulated around your place. Tires (without the wheels) will be accepted May 15 and 16 from 9 a.m. to 9 p.m. at the Bratemoor parking lot 48th and West Street, Lincoln. Thirty hundred and fifty tons of tires will be accepted in this recycling effort on a first-come, first-served basis. Please have a count of the number of tires that you are donating.

This program is funded through a grant from the Nebraska Department of Natural Resources and sponsored by the Environmental Quality Program and hosted by officials from the Sanitary Improvement District No. 6. Sorry, this opportunity is open to individuals only — the grant strictly prohibits tire dealers.

For more information, call (402) 476-3590. (TD)
Many new windbreaks, woodlots, Christmas trees and wildlife habitat plantings will be planted this spring by enthusiastic tree planters. An important consideration in establishing these seedling trees and shrubs is removal of weed competition. New trees and shrub plantings should receive weed control for at least three years until the roots are established. The first year is critical; young trees depend on surface moisture to survive. Control for moisture, light and nutrients by aggressive weeds and grasses may severely stunt or kill newly planted trees and shrubs.

Methods of controlling weed competition include cultivation, mowing and the use of chemical herbicides. The best time to control weeds and grasses is just before the final seedling stage. Newly germinated weed seed can be killed easily by cultivation or chemicals.

Removal of competing vegetation about two feet on each side of tree rows or in a four-foot-diameter circle around each seedling is most critical. Either cultivation or chemical weed control is effective.

Pre-emergent herbicides, such as simazine, applied to mineral soil just after planting will usually control most weeds for the growing season when applied in the proper amount and at the right time.

Cultivation is the surest method to control weeds and retain moisture for the seedlings. Cultivation shouldn’t be too deep and should never ridge soil against the trees. Where moisture is sufficient and a cover between rows is desirable to prevent soil erosion, mowing vegetation between tree rows is an alternative.

People often want to plant aggressive grasses such as bromegrass or fescue between tree rows, but this generally isn’t recommended. These grasses will smother out seedlings, but will give young trees the worst kind of competition for moisture and nutrients. If perennial grasses must be planted, less competitive cool-season grasses, such as blue grass or rye grass or short warm-season grasses, such as blue grama or side-oats grama, should be considered. (D1)

SOURCE: Dennis Adams, Nebraska Forest Service, NUANR

Use Drainfield Systems to Treat Effluent; Minimize Risks to Humans and Environment

For More Information on Drainfields

For more information on placement, operation, and potential maintenance of drainfields, Jan Hygnstrom, extension project manager, NUANR, suggests you refer to the following NE Guides available at local Cooperative Extension offices:
- Residential On-site Wastewater Treatment: Site Evaluation (G1469)
- Residential On-site Wastewater Treatment: The Role of Soil (G1468)
- Residential On-site Wastewater Treatment: Traditional Drains Field Systems for Effluent Treatment (G1479)
- Residential On-site Wastewater Treatment: Greasless Drainfield Systems for Effluent Treatment (G1480)
- Residential On-site Wastewater Treatment: Septic System and Drainfield Maintenance (G1424)

To ensure that a drain field system design is in compliance with Nebraska regulations, see Nebraska Department of Environmental Quality Title 124; Rules and Regulations for the Design, Operation and Maintenance of On-site Wastewater Treatment Systems. (D1)

Use Drainfield Systems to Treat Effluent; Minimize Risks to Humans and Environment

Traditional drainfield systems use gravel for filter material, but a gravelless system is a good alternative to a traditional one if the lot is remote, space is tight and clean gravel or other filter material is difficult to obtain.

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Salads with Eggs

Celebrate Egg Salad Week the week after Easter with some easy and delicious salads, deviled eggs, egg salad sandwiches or a vegetable egg spread using hard-cooked eggs. When left in their shells, hard-cooked eggs will remain edible for one week. As long as the eggs are not out of refrigeration over two hours, they will be safe to eat.

For perfect hard-cooked eggs, we have the recipe and tips for you. Keep in mind the fresher the egg, the harder it is to peel. Try to buy your eggs a week or two in advance and refrigerate them. Enjoy this delicious and easy-to-make recipe using leftover hard-cooked eggs.

Egg Salad Spread Supreme
(serves 6)

6 hard-cooked eggs, chopped
½ cup zucchini, shredded
2 carrots, shredded
2 tablespoons celery, chopped
1 tablespoon green onion, chopped
½ cup fat free cream cheese, softened
2 tablespoons plain yogurt (or mayonnaise)
⅛ teaspoon seasoning salt
⅛ teaspoon dill weed
pinch of dry mustard, salt and pepper

Combine eggs, zucchini, carrots, celery and green onion in a bowl, set aside. Mix cream cheese, yogurt and seasonings until thoroughly blended. Combine cream cheese mixture and egg mixture and refrigerate until ready to use.

Serve on split hard rolls, bagels, whole wheat or white bread slices or croissants.

Nutritional Analysis per serving: 90 calories, 9 g protein, 5 g fat (1.5 g saturated); 2 g carbohydrates; 180 mg sodium; 215 mg cholesterol.

For more free egg recipes, egg decorating tips or information related to eggs and food safety, please contact Mary Torell, Public Information Officer, Nebraska Department of Agriculture, Poultry & Egg Division at mttorell@unl.edu or call 402-472-0752. (AH)

Easter Egg Food Safety Tips

Guest Author: Mary Torell
Public Information Officer, Nebraska Department of Agriculture

Eggs are a springtime symbol of renewed life. For many centuries, eggs have been decorated, blessed and given as gifts to celebrate both Easter and the return of spring! The egg has always been a symbol of new life, and people have believed eggs given at this season would bring good luck.

Egg Handling and Safety Tips

Eggs are handled a great deal more than usual around Easter, but there are some important safe handling methods to remember at this time of year when you’re decorating, cooking or hiding those eggs and those include:
- Wash your hands thoroughly with hot soapy water and rinse them before handling the eggs.
- When cooking, cooling, drying and hiding them.
- Inspect the eggs before purchasing them, making sure they are not dirty or cracked. Dangerous bacteria may enter a cracked egg.
- Store eggs in their original cartons in the refrigerator.
- If you’re having an Easter egg hunt, consider hiding places carefully. Avoid areas where the eggs might come into contact with pets, wild animals, birds, reptiles, insects or lawn chemicals.
- Make sure you find all the eggs you’ve hidden and then refrigerate them. Discard cracked eggs. As long as the eggs are NOT out of refrigeration over two hours, they will be safe to eat.

Fun Easter Egg Dyeing Ideas

Microwave Egg Dye
In a cup of water combine ¼ teaspoon liquid food coloring, and 1 tablespoon vinegar. Microwave on high for ¹⁄₂ to 1 minute. Dye the hard-cooked eggs. Dye can be reheated and reused. Coat eggs with vegetable oil for shine after dyeing eggs.

Multicolored Eggs
Wrap hard-cooked eggs in a small square of an old terry cloth towel (wet). With an eyedropper, drop different colors of egg dye on different places on the wet cloth wrapped egg. Colors will run together. Let sit for 15 minutes and then carefully remove the towel.

Plaid or Stripped Eggs
Wrap hard-cooked eggs with rubber bands or strips of narrow masking tape before placing them in the dye. Be sure the egg is completely dry before removing the bands.

Designs of Nature
Place small leaves or flowers on the hard-cooked egg. Hold in place by wrapping with a square of stocking, tied with a twisty. Dye, dry out and then remove the stocking. The imprint of the leaf or flower will appear.

Make Meals Easy with “Mise en Place”

Mise en place is a French term for having all your ingredients measured, cut, peeled, sliced, grated, etc. before you start cooking. Pans are prepared. Mixing bowls, tools and equipment set out. It is a technique chefs use to assemble meals so quickly and efficiently.

Practicing mise en place has several benefits:
- Any missing ingredients can be spotted before it’s too late for a quick trip to the store or your neighbor next door.
- Special preparation for ingredients — such as toasting nuts, letting certain ingredients come to room temperature, etc. — can be handled before cooking rather than in the midst of another preparation step when time delays may affect food quality.
- There is time to clean the mixing area as you go along rather than face a counter full of mixing equipment when you’re done.
- You can group ingredients or place them in the order used to assure all recipe steps are included.
- It makes complicated recipes more fun to prepare when you’re not doing a juggling act, trying to complete several tasks simultaneously.
- You may find it helpful and brings out your “inner chef” to buy a set of 4 or more “pinch” or “mini” bowls. They come in different sizes and may hold from 1 to 3 ounces. You often will see TV chefs using these to hold smaller amounts of such ingredients as spices, a single egg, a couple tablespoons of cornstarch, etc. As another option, a set of smaller-sized custard cups may work as well for you. (AH)

Main Ingredients of Arabic Food

Arabic food has a lot of variety and its ingredients are far too many to name here. However, there are certain ingredients that make up many Arabic recipes. Wheat is the staple grain of Arabic cooking and it is used in bread, pastries, salads and main dishes.

Rice is another staple ingredient. In fact, rice is the Arab what potato is to the Irishman, as rice is often used in Arabic recipes. It is most often cooked with vegetables, chicken, lamb or beef.

Vegetables and beans are also found often in Arabic recipes. Compared to Western cooking, Arabic cooking contains a large variety of vegetables including eggplant, cauliflower, zucchini and spinach. Beans, such as garbanzo and Lima, are often used in dips such as hummus.

The basic dressing used for salads is olive oil, garlic and lemon. Olive oil is also used in beans, yogurt and vegetable sauces and dips. Lamb is a common meat used throughout the Arab world, especially festive or religious occasions. For centuries, Arabs have served stuffed lamb on their most special occasions and to their most honored guests.

Most Arabic desserts, which are an important part of Arabic meals, consist of very thin pastries stuffed with dates or nuts, spices and butter and covered in a honey syrup.

Tabbouleh

6 servings

1¾ cups bulgur, uncooked
1½ cups boiling water
2 cups diced unpeeled tomato
1 cup raw cucumber, peeled and seeded
¾ cup chopped fresh parsley
¼ cup sliced green onions
2 tablespoons chopped fresh mint
⅓ teaspoon salt
1 ½ cup fresh lemon juice
2 tablespoons olive oil

Combine bulgur and boiling water in large bowl. Stir well. Let stand 30 minutes or until water is absorbed. Add tomato and remaining ingredients and serve chilled.

Nutrition Analysis: 163 calories, 27 g carbohydrates; 5 g protein; 0 mg cholesterol; 5 g fat; 211 mg sodium

Food & Fitness

Enjoy Nebraska Foods!

Healthy Eating

Web site: lancaster.unl.edu

The NEBRINE

April 2004

Web Resources of the Month

Visit our NEW collection of Web resources to help you control your weight. Includes online food calculators, etc. at lancaster.unl.edu/food/weight.htm

Check the updated look of our FOOD page at lancaster.unl.edu/food

View a year’s worth of Cook It Quick monthly tips at lancaster.unl.edu/food/cqttips.htm

To keep up-to-date on new tips, resources and recipe ideas to help you prepare healthy foods in a hurry, sign up for our monthly Cook It Quick e-mail messages at lancaster.unl.edu/food/insight/jpg.htm
Annual Report 2003 in Review

2003 was a good year for weeds, more acres of noxious weed sites were found and more weed abatement violations were found.
There were 7,422 inspections made of 3,334 sites on 27,800 acres during the year. There were 2,685 violations found on 7,826 acres. Violations dropped 86 from last year but acres of violations increased by 86.

Lancaster County Noxious Weed Control Program
We found 1,093 infestations on 6,694 acres. The number of infestations found decreased by 316 but the acres increased by 824. There were 344 less acres of purple loosestrife infestations found. The number of infestations found by noxious weed is shown below. Landowners controlled 781 of these sites. The Authority controlled 26 sites and 19 were contract controlled and owners billed $12,142. There were seven properties assessed for non-payment.

City of Lincoln Weed Abatement Program
There were 4,412 inspections made of 1,959 sites. As a result of 1,920 complaints, we found 1,592 violations. This was 103 more violations than in 2002. There was a continuing emphasis on obtaining voluntary compliance of landowners. After notification, 93 percent of owners cut their overgrowths. This was accomplished with 43 percent legal notifications. Forced cutting had to be performed on 101 sites at the cost of $188,824. Of these sites, 76 had to be specially assessed for $13,260.

Lancaster County Weed Control Web site
The Lancaster County Weed Control Authority Web site at www.ci.lincoln.ne.us/cnty/weeds provides very useful information about the Authority’s program and activities and about weed control and management. The site is continually being updated. In 2003, the site received more than 27,500 hits.

- Via the Web site, you can:
  - Contact the Weed Control Authority.
  - Make a weed complaint.
  - Make a real-time search of current weed inspections.
  - Look at a map of noxious weed locations in the county.
  - See the latest listing of possible weed special assessments.
  - Study noxious weed and weed abatement laws and regulations.
  - Learn about noxious weed identification.
  - Read about the County Noxious Weed and City Weed Abatement Programs.
  - See plans and reports.
  - Check on noxious weed controls.
  - Learn about managing natural areas in an urban setting.
  - Test your knowledge about Nebraska weeds.
- The Lancaster County Weed Control Authority:
  - Nebraska Weed Control Association: www.neweed.org
  - North American Weed Management Association: www.nawma.org
  - Federal Noxious Weed Program: www.aphis.usda.gov/ppp/weeds

Map of Noxious Weed Locations
Maps of noxious weed locations are available on the Authority Web site. A county map is displayed with the noxious weed locations. You may zoom into an area of interest. As you zoom in, an aerial photo background with ownership lines becomes visible. You also can see symbols representing the approximate location of a noxious weed. You then may find 2003 information on the site by clicking on a symbol.
Weed Awareness

Seven plants have been designated as “noxious weeds” in Nebraska. Five of these can be found in Lancaster County:

- **Musk Thistle** (1,040 reported infestations in 2002)
- **Leafy Spurge** (307 reported infestations in 2002)
- **Purple Loosestrife** (143 reported infestations in 2002)
- **Plumeless Thistle** (12 reported infestations in 2002)
- **Canada Thistle** (12 reported infestations in 2002)

Key Herbicides for Weed Control

**Tordon 22K**
- **Active Ingredient:** Picloram
- **Introduction:** Provides the best control of noxious and other perennial weeds.
- **Labeled Crops:** Tordon 22K herbicide is labeled for use in areas west of the Mississippi River on rangeland and permanent grass pastures, fallow cropland, non-cropland and CRP.
- **Overview:** Tordon is an important tool to manage noxious weeds like leafy spurge, field bindweed, knapweed and thistles for long-term control. Prior to use, it is critical to control the most troublesome perennial weeds such as pricklypear and cedar trees.
- **Application Timing:** Treatment and application information can be very specific to the target weed species. Specific rate, application timing and treatment information for Tordon 22K is listed on the label.

**Grazon P+D**
- **Active Ingredient:** Picloram + 2,4-D
- **Introduction:** Provides consistent, broad-spectrum control of annual and perennial broadleaf weeds on rangeland and pasture.
- **Labeled Crops:** A convenient mix of the active ingredients Picloram and 2,4-D is effective against a broader spectrum of annual and perennial weeds than 2,4-D alone, while providing longer-lasting control. Grazon P+D is foliar- and soil-active, and it is applied in a manner that ensures thorough wetting of the weed to control the entire plant, even the roots. Yet it’s gentle to desirable grasses.
- **Application Rates:** When this product is applied to early emerging weeds at two pints per acre, excellent broad-spectrum control is obtained. As the season goes on and weeds become larger, higher rates of herbicide, up to four pints per acre, will be needed. (See label for recommended rates.)
- **Mixing Instructions:** To provide more complete wetting of the foliage, use the recommended rate of an agricultural surfactant. Using a drift-control additive for drift reduction and improved deposition is strongly recommended.

**Plateau**
- **Plateau®** herbicide, developed by BP, is labeled for control of a wide range of broadleaf, invasive and noxious weeds (including leafy spurge) while allowing desirable grasses, shrubs, forbs and wildflowers to flourish. BASF is stopping the sales of this herbicide to private individuals. Suppliers may have one-gallon containers available in their territories. They may continue selling in cases of two, one-gallon containers until the supply is gone.

**Habitat**
- **Habitat®** Herbicide has received full label approval from EPA for Aquatic Weed Control. Habitat, a BASF herbicide, is labeled for controlling undesirable emergent, shoreline and woody wetland aquatic vegetation in and around standing and flowing water.

**Overdrive**
- **Overdrive® Herbicide**, a novel formulation of dicamba and diflufenzopyr (DFFP). Overdrive reduces dicamba use by half, with consistent or improved control of target weed species, making Overdrive an ideal complement or alternative to existing mowing and herbicide strategies for use in roadside vegetation management and streamer water.

What’s New With Herbicides

Plumeless Thistle (12 reported infestations in 2002)

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Overdrive controls over 90 annual broadleaf weeds, including kochia, Russian thistle, mare孽at, sowthistle and prostate spurge, as well as more than 50 biennial and perennial weeds, such as musk thistle, yellow starthistle, Canada thistle, western ragweed and horse nettle. Ideal for use along roadsides, Overdrive is also well suited for range, land and bareground. It has been shown to increase the effectiveness of the control of leafy spurge when tank mixed with Tordon 22K.

Calibrating a Boom Sprayer

The simplest method of calibrating boom equipment is using the volume method.

1. Place the sprayer on level ground and fill tank with water to a line marked on the tank.
2. Mark the start of your calibrating course with a stake and measure off the distance required to make 1/10 acre. There is 4,356 square feet in 1/10 acre. There is 4,356 square feet in 1/10 acre. Calculating distance required to make 1/10 acre. Divide 4,356 by width of the boom. For example, the calculation for the 15 foot boom width would be 4,356 divided by 15:

\[
\text{feet which equals 290 feet} \times \text{Then place a stake at the end of the course.}
\]
3. Spray the length of the course. As you pass the starting mark, open the valve and drive at the speed you will be using when spraying.
4. Shut off the valve as you pass the mark at the end of your calibrating course. Return the sprayer to level ground and measure carefully the amount of water needed to refill the tank to the mark on the tank. A gallon jug or a pail with quantity markings shown on the side may be used for the measurement. Multiply the amount required to fill the tank back to the level of the mark by 10. This gives the quantity of water your sprayer delivers per acre.
5. Mix the per acre rate of herbicide with the quantity of water you have determined your sprayer will be applying per acre.
Weed Awareness

Prevention

Prevention keeps weeds from occurring or increasing in an area. Preventive techniques include planting high quality, weed-free crops or grass seed. These areas need to be maintained to prevent vigorous weed-free growth. (See Livestock Grazing and Weed Prevention on Acreages and Pastures in the 2012 Weed Awareness at Lancaster County eHomes/2012/02/review.pdf)

An important preventive measure related to control is to keep weeds from going to seed. This is important for annuals and biennials, because that is the only way they reproduce. Perennials reproduce from seed, as well as vegetatively, from their root systems. Annual weeds live for one growing season, biennials for two and perennials more than two. However, preventing seed set is extremely important to keep perennials from starting new infestations some distance from existing ones.

Eradication

Eradication is the removal of weeds from an area so they will not recur unless reintroduced. If eradication creates an open area revegetate the ground to prevent another weed infestation.

Control

Control, the most common management strategy, reduces a weed population to a level where you can make a living off of or enjoy using the land. Adequate control also may prevent future infestations. There are four control methods: cultural, mechanical, biological and chemical.

Cultural control methods promote growth of desirable plants. Fertilization, irrigation and planting at optimum densities let crops compete with weeds and not with each other. While nitrogen fertilization increases yields in grass hay meadows, it also fosters weed establishment and growth. Fertilize cautiously, especially with nitrogen, and only when necessary as determined by soil testing. Mechanical control methods physically disrupt weed growth. This is the oldest control method and is used most often worldwide. Tillage, hoeing, hand-pulling, mowing and burning are examples. To malach or smother weeds often is considered mechanical, even though it simply excludes light rather than physically disrupting weed growth. Biological control methods use an organism to disrupt weed growth. Often the organism is an insect or disease and a natural enemy of the weed. See Biological Control discussion elsewhere in this insert.

Chemical control methods use herbicides to disrupt weed growth. The first rule of any pesticide use is to read the label before using the product and follow all directions and precautions. (NOTE: Avoid using soil-active herbicides, such as Tordon, Vanquish/Clarity or Telar, near windbreak plantings and other desirable woody vegetation. Plant injury or death can occur. Do not allow any herbicide to drift onto woody or other desirable vegetation for the same reason.)

Weed-Management Systems

A weed-management system uses two or more control methods. The key is to encourage desirable plant growth with optimum fertilization, when necessary, and/or irrigation (cultural control). Plant competition is then the only tool to use first, not exclusively. Tillage, hoeing, hand-pulling, mow or mulch (mechanical control) where possible. Herbicides (chemical control) are powerful tools that should be used judiciously, not exclusively.


2004 Guide for Weed Management in Nebraska

This 160-page University of Nebraska Cooperative Extension publication “2004 Guide for Weed Management in Nebraska”, EC94-130 is available online at http://epubs.unl.edu/fieldcrops/ec94-130.htm or you may purchase a copy for $3 at the Lancaster County Cooperative Extension office.

The 2004 Weed Management Guide features several new sections as well as the latest research-based updates to the existing information on weed control and herbicide efficacy for a range of Nebraska crops and cropping practices.

Additions and improvements:

• Range and pasture weed response tables are included for the first time.
• Pre-emergence herbicides that can be used as post-emergence are listed.
• Fertilizer-herbicide compatibility information is provided.
• An updated Glyphosate Pre-Comparison Table contrasts many of the common glyphosate herbicides registered for Roundup Ready corn and soybeans.
• Noxious Weed control is now a separate section preceding Troublesome Weeds.

Weeds of the Great Plains

The Nebraska Department of Agriculture announced the release of Weeds of the Great Plains. This publication replaces Weeds of Nebraska and the Great Plains distributed since 1994. Weeds of the Great Plains is a collaborative effort between the University of Nebraska and the Nebraska Department of Agriculture. Weeds of the Great Plains is a 7 x 10 inch, hardbound book. The intent of this important weed identification book is to meet the needs of farmers, ranchers and homeowners, as well as the more technical expectations of botanists to accurately identify weeds and common plants in the great plains.

The price of this book is $25 per copy which includes postage and handling. Individuals wishing to purchase the book at the Department of Agriculture’s office in Lincoln may do so for a cost of $22.50. Credit card orders may be made over the phone by calling 402-471-2394.

Planning Tips for Noxious Weed Control in CRP Contracts

Following are some planning tips to consider prior to establishing or enhancing vegetation in a Conservation Reserve Program contract.

1. Aggressively treat noxious weed infestations prior to seeding or interseeding.

2. Map areas of noxious weed infestations. Mark these areas on your plan map. Canada thistle and leafy spurge will recur from roots and seed. Musk and plumeless thistle and knawpweeds will recur from seed and over-wintering of fall germinated plants.

3. Avoid tillage or seeding through noxious weed infestations as much as possible. Tillage may cause germination of seeds and the spread of the infestations to other areas by the transported seed of any of the noxious weeds and the root parts of Canada thistle and leafy spurge.

4. Noxious weed control and legume considerations:

• Avoid planting legumes in known noxious weed infestations.

• If it is decided to seed legumes in an infested area, aggressively treat the noxious weed infestations prior to the seeding.

• Remember, if legumes are planted in a noxious weed infestation, it will make noxious weed control difficult, expensive and labor intensive.

5. Control Options in legumes:

• Individual plants of all noxious weeds can be spot treated with the appropriate herbicide for the targeted plant.

• Individual plants of musk and plumeless thistle and knawpweeds could be dug or pulled.

• Mowing is not a satisfactory control option.

• Mowing will prevent seeding of Canada thistle and leafy spurge, but will not kill the plants or prevent the spread of the roots.

• Mowing will delay seeding of musk and plumeless thistle and knawpweeds, but will not stop the plants from further flowering and seed production.
**Weed Awareness**

**Biological Control Methods Underway In Nebraska**

Nebraska’s noxious weeds are not native to the state and, in most cases, not native to the United States. These plants have been introduced either on purpose or by accident. When this happens, the natural enemies that can attack these plant species are usually left behind in the plant’s home environment. Natural enemies are most often a plant disease or insect, which may attack one or several species of a plant.

**Cooperators**

Since 1988, the United States Department of Agriculture (USDA), divisions of Animal and Plant Health Inspection Service (APHIS) and Plant Protection and Quarantine (PPQ), in cooperation with the Nebraska Department of Agriculture (NDA) and the Nebraska Weed Control Association (NWCA), have been releasing biological control (biocontrol) agents for certain noxious weeds in Nebraska. These natural enemies are insects, which have been collected from their native environment.

Screening before the prospective biocontrols can be released, they are placed in quarantine to determine if they are host specific to the plants they are intended to control. (This means the agent will only attack the intended plant species and will not affect other plants, which are valuable to our environment.) Once the quarantine process is completed, the biocontrol agents are released in the field to establish insectaries. The insectaries are monitored for insect survival and population levels. When the desirable population is reached, the biocontrol agents are ready for redistribution to new locations to develop other insectaries. After several insectaries have been established, small populations of agents are moved to smaller noxious weed infestations.

**Future**

Currently, work is being done to pursue biocontrol agents for all of Nebraska’s noxious weeds. USDA/APHIS/PPQ, NDA and NWCA are actively investigating new agents for release. While this approach may never completely control noxious weeds, we view biocontrol as another tool to help battle these invasive plant species.

**Weeds and Biological Control Agents**

<table>
<thead>
<tr>
<th>NOXIOUS WEED</th>
<th>INSECT CONTROL AGENT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Purple Loosestrife</td>
<td>Aphetora cerasinae, Aphetora laccata</td>
</tr>
<tr>
<td>Leafy Spurge</td>
<td>Gallerucella calamiariae</td>
</tr>
<tr>
<td>Musk (Nodding) Thistle and Plumeless Thistle</td>
<td>Rhinocyllus conicus, Triochosoralus hordii</td>
</tr>
</tbody>
</table>

**Results**

Biological control is just one part of an effective control program. It must be used along with other methods of control such as herbicides, mechanical and competitive vegetation. It takes many years after the initial release of biocontrol agents for the population to grow large enough to cause significant damage to the target plant. Rhinocyllus conicus (thistle-head weevil) is now having a significant impact on musk thistle, 30 years after it was first released.

**Lancaster County Biocontrol Releases**

There are three formal release sites in Lancaster County and informal type releases and/or spread from other counties of the thistle-head weevil. Aphetora laccata, a leafy spurge flea beetle was released in 1996 and 1999, Gallerucella calamiariae, a purple loosestrife flea beetle in 1998. These biocontrol agents have become established, but it will take several years before they have a significant impact or the sites can be harvested for insects for release to other sites.

**Amendments to the Nebraska Noxious Weed Control Act**

The Agricultural Committee of the unicameral has introduced LB 869 to amend the Nebraska Noxious Weed Control Act. LB 869 provides additional cash fund support for the Department of Agriculture’s responsibilities under the Noxious Weed Control Act. The bill provides for a series of transfers from the fund established in LB 869 to the Noxious Weed Control Fund and directs a portion of revenues from future sales of the weed book to the noxious weed program.

Additionally, the bill requires the state to appointed two new weed management authorities to the Department of Agriculture to enhance tools for responding to noxious weeds and invasive plants. Specifically, LB 869 authorizes the director to (1) temporarily designate plants as noxious weeds and (2) to administer a grant program to encourage the formation of multi-stakeholder weed management entities and other types of projects led by local weed control authorities to proactively address noxious weed control concerns and emerging invasive plant problems. The grant program is not specifically funded but the director is authorized to seek grants and other revenue sources. The bill is also intended to coordinate with pending federal legislation that would provide federal pass-through funds to encourage eligible projects similar to those enumerated in the bill and thereby prepare Nebraska to effectively compete for and administer federal funds should they become available.

**2004 Weed Control Plan**

**Inspections**

The authority plans on making 7,300 inspections of 3,100 sites in the 2004 weed season to encourage landowners to voluntarily manage their noxious weeds and provide for weed abatement.

**Weed Abatement**

There are plans to make 4,200 inspections of 1,900 sites as a result of complaints received and observations by inspectors. Advance inspections will be scheduled for about 100 problem sites. Pre-season letters will be sent to 170 owners with multiple violations last year.

**Noxious Weeds**

It is anticipated 3,020 inspections will be made on 1,200 sites. We have pre-selected 1,097 sites for inspection. This includes 150 sites on railroads, 130 sites on county roadsides, 59 sites on the sanitary landfill and 767 sites on private land. These inspections will be made for the following noxious weeds:

- Purple loosestrife
- Musk thistle 766
- Leafy spurge 266
- Canada thistle

The authority will again contract for weed control on sanitary landfill sites.

**Awareness**

The education of the public concerning noxious weeds and weed abatement are a high priority. The Purple Loosestrife Information Campaign will continue. Assistance will be provided on use of natural areas. The “Be Neighbor Friendly” brochures on noxious weeds and weed overgrowth will be updated. The Internet homepage at www.cz.lincoln.ne.us/weeds/weeds will be maintained and updated. A Weed Awareness Insert will be prepared for the Cooperative Extension Service Neiline.

**Program Management**

Monthly reports provided to the City Council, Mayor and County Commissioners. Annual plan and budget will be prepared. Voluntary service will be utilized from community corrections to assist with office operations. Efforts will be coordinated with Parks & Recreation Department on maintenance of landscape plantings within sidewalk space.

**Fifth Annual National Invasive Weed Awareness Week**

Russell Shultz, the Authority Superintendent participated in a week-long series of events and activities held in Washington, D.C. during the Fifth Annual National Weeds Awareness Week, February 23-27. He is a board member of the North American Weed Management Association that works cooperatively with groups and other regional, national and private organizations to raise the awareness and increase understanding of invasive plant management issues in the United States.

Over 100 people from across the country participated in events that included exhibits and a children’s fun day at the U.S. Botanic Garden Conservatory. Presentations, briefings with U.S. Department of Agriculture and Interior Agencies, meetings with non-governmental groups and organizations, visits with Legislators and discussions on further enhancing the fight against invasive plants, were presented at the “kick-off breakfast.”
Reading to Your Child Has Many Benefits

Story time is one of thebest ways to deepen a parent-child relationship and to also increase a child’s attention span. You have more control over thebooks you offer your child than you have over almost any other influence in his/her young life. The only books that can harm achild are the ones so static and boring they destroy the child’s natural love affair with literature.

Read Aloud ... Do’s
• Begin reading to children as soon as possible. The younger you start, the better.
• Use Mother Goose rhymes and songs to stimulate the infant’s language and listening. Simple and boldly colored picture books arouse children’s curiosity and visual sense.
• Read as often as you and the child have time for.
• Remember the art of listenings is an acquired one. It must be taught and cultivated gradually — it isn’t a natural right.
• Picture books can be read easily to a family of children who are separated in age. Novels, however, pose a problem. If there are more than two years between the children, each child would benefit greatly if you read to him or her individually. This requires more effort on the part of the parent but it will reap rewards in direct proportion to the effort expended. You will reinforce the specialness of each child.
• Vary the length and subject matter of your readings.
• Follow through with your reading. If you start a book, it is your responsibility to continue it — unless it turns out to be a bad one. Don’t drop the child hanging for three or four days between chapters and expect their interest to be sustained.
• Occasional study read aloud above the children’s Intellectual level and challenge their minds.
• Avoid long descriptive passages until the child’s imagination and attention span are capable of handling them. There is nothing wrong with shortening or eliminating them. Pre-reading helps to locate such passages and they can then be marked with a pencil in the margin. Or:
• If you are reading a picture book, make sure the children can see the pictures easily.
• Use plenty of expression when reading. If possible, change your tone of voice to fit the dialogue.
• Adjust your pace to fit the story. Don’t read so fast you pass over the suspenseful part, slow down, draw your words out, bring your listeners to the edge of their seats.
• The most common mistake in reading aloud — is reading too fast. Read slowly enough for the child to see the pictures in the book without feeling hurried.
• Fathers should make an extra effort to read to their children. Research shows that the reading activities of pre-school teacher-children are woman, young boys often associate reading with women and school.
• Regulate the amount of time your children spend in front of the television. Excessive television viewing is habit-forming and may be harmful to a child’s development.
• Lead by example. Make sure your children are watching television reading for pleasure other than at read-aloud time. Share with them your enthusiasm for whatever you are reading. (L.B)

Workaholism — Its Affect on Children

Take a moment to think about each of these questions...
• Are you a perfectionist?
• Are you too hard on yourself and your child?
• Do you work long hours for fear of being laid off?
• Do you have a hard time saying “no” to work requests?
• Is it difficult for you to find time to eat family meals together or spend time with your child?
• Do you feel it almost impossible to rest and relax? Time flies by, just like in any of these questions, you may be a workaholic. Whether overwork is an admirable result of a habit, workaholism is a big problem because it can drive a wedge between family members. One effect that many parents are dismayed to discover is that they have more arguments with their children and young adults that are just like themselves: workaholics. There children study to the point of exhaustion, are stressed and distraught, are overtaxed, and seldom have time to spend with family.
• A parent’s habits or addictions affect the entire family. Divorce rates among workaholics are high and children often have problems. Different children react differently to the presence of a workaholic parent. Some imitate the parent and try, unconsciously, to surpass their mother or father by working even harder. Others rebel, retreating into a teen culture that offers an abundance of alternative values, including rejecting achievement. What can you do when your workaholic ways affect your kids?
• Change the example you are portraying to your kids. Start attending to yourself and your relationships.
• Have a heart-to-heart talk with your children about your own work habits.
• Be open with your children. Let them know you are aware of the harmful example you have been setting to them, and then take action to make amends.
• Build time into your schedule for play and relaxation.
• List your true personal priorities and share them with your children.
• Talk to your child about the importance of play and down time.

Overcoming the effects of parental overwork is a long, slow process and it begins with you for you are a “workaholic,” start now to develop a plan to move away from that mode and plan for healthier times with family.

The U.S. Department of Education offers free research-based publications to help families and educators make good decisions about learning. They can be ordered by contacting ED.Pubs. The Department of Educations publications Distributor Center at ED Pubs, P.O. Box 1398, Jessup, MD 20794-1398; 1-877-4-ED-PUBS or online at www.ed.gov/pubs/edpubs.html

Three available publications are:
• A Child Becomes a Reader: Proven Ideas for Parents from Research through Grade Three: The road to becoming a reader begins in the day a child is born and continues through the end of third grade. At that point, a child must read with ease and understanding to take advantage of the learning opportunities in fourth grade and beyond. This booklet offers advice for parents of children from grades K-3 on how to support reading development at home, and how to recognize effective instruction in their children’s classroom. This item is not currently available in hardcopy — available online only in .pdf format.

Reading Tips for Parents: available in English and Spanish. Includes: How Can I Help My Child Be Ready to Read and Ready to Learn? How Do I Know a Good Early Reading Program When I See One? Simple Strategies for Creating Strong Readers; and The Five Essential Components of Reading.

Tools for Student Success

Homework Tips for Parents: available in English and Spanish. Homework has been a part of students’ lives since the beginning of formal schooling in the United States. However, the practice has sometimes been accepted and other times rejected, both by educators and parents. This has happened because homework can have both positive and negative effects on children’s learning and attitudes toward school. Contains tips for reading and math homework. Sample copies are available at the extension office. (L.B)
You’ve Got Mail: E-mail Announcements
Lancaster County 4-H is now communicating announcements in addition to print media. The Web site (at lancaster.unl.edu/4-H) and select mailings.
If you provided your e-mail address during enrollment or re-enrollment, you will receive these e-mail announcements. If you haven’t provided your e-mail and would like to receive Lancaster County 4-H e-mail announcements, please send your e-mail address to lanrec2@unl.edu.

FAIR NEWS

2004 Lancaster County Fair

AUGUST 4-8

FAIR NEWS

ANNUAL COUNTY FAIR

Discover More in ’04!

2004 Lancaster County Fair

AUGUST 4-8

NASHER STATE FAIR

Aug. 27–Sept. 6

The 2004 Nebraska State Fair will run August 27-September 6. 4-H entry day for static exhibits will be Thursday, August 27.

State Fair Age Changes

Based on input from 4-H groups, the decision has been made to lower the age for in-person participation at the State Fair to 10 years of age (as of Jan. 1, 2004) for the 2004 State Fair. This change will effect all areas where a person must be physically present. This includes Style Revue and Presentation contests and livestock areas. In addition, some static areas will allow entry-level exhibits. (TK)

4-H Leader Training

April 13

Want to learn some new and innovative ideas for your 4-H club? then plan to attend the 4-H Leader Training Tuesday, April 13, 9:30 a.m. or 7 p.m. at the Lancaster Extension Education Center. Please bring your questions, concerns and success stories. To RSVP, call 441-7180 by Friday, April 9. (TK)

4-H Club Officer Training

April 19

Mark your calendars now for the upcoming April 19, 6:30 p.m. 4-H Club Officer Training. All 4-H members are encouraged to attend! Everyone will discover how to conduct a meeting and use parliamentary procedure. 4-H members will also have an opportunity to participate in a mock meeting. (TK/DR)

Muzzledogging Shooting Sports Club

If interested in joining the shooting sports discipline Muzzledogging, also known as black powder, please contact Tracy at 441-7180. Participants will need to be at least 12 years old and have completed their hunter’s safety course.

Photography Workshop

April 29

Everything you wanted to know about exhibiting photographs at the fair. This introductory workshop will concentrate on the basics of photography, including how to take a good picture, how to take a photo story, how to mount pictures and composition. It will be held Thursday, April 29, 6:30 p.m. at the Lancaster Extension Education Center. Bring your camera and film. See you there! (TK)

Nebraska Youth Beef Leadership Symposium

April 18-20

The Nebraska Beef Council and UNL are hosting the first annual Nebraska Beef Leadership Symposium on April 18-20 at UNL. The targeted audience is high school juniors and seniors and community college students. The purpose of this event is to enhance your capabilities of becoming future leaders in the beef industry through leadership development and industry education that focuses on current industry issues. The cost of this event is $50. If you are interested in attending, contact Deanna at 441-7180. (DK)

4-H 2003 Achievement Awards

Lancaster County 4-H Achievement Night was held Feb. 19 at the University of Nebraska East Campus Union in Lincoln as part of Nebraska State 4-H Week. The evening was sponsored by 4-H Council with partial support from University of Nebraska-Lincoln.

4-H 4-H, 4-H clubs and 4-H leaders were recognized for their 2003 achievements. Lancaster 4-H congratulates these youth who work throughout the year on their accomplishments and commit themselves to excellence! We also thank the 4-H leaders who volunteer their time and talents to invest in our community’s youth!

Awards list of award, scholarship and pin recipients (as well as additional photos) visit online at lancaster.unl.edu/4-H

CHARTER CLUBS:
Clewes and Company, Coo Clevens, Creative Clevens, Happy Coos, Lucky, Nice Pederson, Prisslees Jewels, Rokeye Ramblers, Shimmering Shamarocks, Silver Spars, Stack Pack, Star City Explorers, Star City Kids, Sunshine Clover Kitties, Super Shamrocks

AWARDS BOOKS
County winners

Consumer & Family Science: Laura Cassel Animal Science: Nicole Pederson Citizenship & Civic Education: Nicole Pederson Communication & Expressive Arts: Nicole Pederson Consumer & Family Science: Grace Farley Environmental Education & Earth Sciences: Nicole Pederson Health & Wellness: Nicole Pederson Personal Development & Leadership: Karol Clifton Plant Science: Nicole Pederson

Nominated to represent Lancaster County at District competition

Communications and Expressive Arts: Alyssa Fiala Consumer & Family Science: Laura Cassel and Nicole Pederson Personal Development and Leadership: Karol Clifton Plant Science: Nicole Pederson

SCHOLARSHIPS
4-H Council: Jessica Fill, Julie Lantis, Connie Lemenke, Jaki Rutt, Emily Veborg and Megan Wilkinson

Antony Cranamian Memorial: Melissa Ebeling
Lincoln Center Kiwanis: Melissa Raisch and Emily Veborg
4-H Teen Council: Connie Lemenke and Emily Veborg

Lancaster Community: Jessica Fill

4-H & Youth

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April 2004
Eagle Resident Enjoying Raising, Showing Rabbits

Peggy Brown
Editor, Waverly News

Note: Lindsay Brinson is a member of the Lancaster County 4-H Rabbit VIPs Committee.

Lindsay Brinson blames a friend for getting her interested in raising rabbits and traveling to shows throughout the county. “I didn’t know I would enjoy it so much back then,” she said. The back then was a dozen or so years ago.

The 1999 graduate of Waverly High School, now has some 30 rabbits at her grand­mother, Kaye Thorsen’s home in Eagle and it’s not unusual to see the two of them load anywhere from two to 17 rabbits in a red van and head off to rabbit shows over a weekend.

“It started out as a 4-H project,” Brinson said. She was a member of Rabbits R Us 4-H club and took part in county fairs as long as she could. Now, due to her age, she is only able to enter in the open class division.

When asked how a person got a rabbit ready for a show, she laughed and said nothing. “You carry a rabbit up to the table and let the judge look at them,” Brinson said adding that judges looked at the body type. Rabbits are divided into classes and the breeds of rabbits. A recent show had 23,000 rabbits taking part, all in one building. Brinson has gotten as high as 14 place at a show, which she said, is pretty good. It’s fun to watch judges look at your rabbit,” she laughed. One of her favorite judges is Ken Majors.

“When I was in 4-H club, he was my rabbit teacher at school and to this day I still call him Mr. Majors where everyone else calls him Ken,” she laughed. Brinson raises many of those different breeds, English Lop, Dwarf, or Fuzzy Lop and their name is attached to each cage. “Some I have raised from babies and some I have rescued from someone. That rabbit may just need a little extra attention.” And whom do you call when a rabbit is sick “Vets don’t know much about rabbits so I’ve learned a lot through the Internet and doctor them myself,” she said. Brinson graduated in nursing and is a dental assistant at the Eagle dentist office.

Even though she travels with her rabbits, Brinson also works in putting different local rabbit shows together. She also belongs to the American Rabbit Breed­ers Association, the Lancaster County VIP Committee, Fuzzy Lop Rabbit Club, and Nebraska Rabbit Club on the Plains Rabbit Club.

“Rabbits are clean animals,” she said adding that she cleans out the cages every day. “They are fed rabbit pellets and hay, and of course, carrots,” Brinson has also taken on the business of selling rabbits. “Unlike what people think, they only have four to five litters a year.”

Her awards fill a china cabinet in the home as well as a book where Brinson keeps records of each of her rabbits and its history. She also marks each rabbit with a tattoo in each ear. Even though they go to shows once a month, the next few months will be busy for Brinson.

“We had a 4-H rabbit show March 6 and a clinic March 4,” she said. In fact, she is helping her younger brother Blaise and sister, Chloe with their own rabbits.

Does she plan to give up the rabbit business anytime soon? “No way. They make the best pets. They don’t smell. They don’t make a noise. And they are so cute, she said.

Clover College June 22–25

Open to 4-H and non-4-H youth ages 5-18

Do you want to learn some new and exciting things? Do you like making projects and meeting new people? Plan to attend one or more of the workshops at the 2004 Clover College! Look in next week’s News for a full list of workshops, information and registration forms. Some possible workshop topics include sewing, table setting, outdoor education and nutrition. You may sign up for as many or as few of the workshops as you like. Most workshops will consist of one to four sessions with each session lasting two hours. A small fee will be required for most workshops. Call Tracy if you have any questions or may be interested in volunteering to assist with various workshops. (TK)

The Nebraska State Chess Association (NSCA) announces a joint venture: The 4-H Spring Chess Tournament and the NSCA Class/Amateur (CLAM) 2004 Tournament

Saturday, April 24

8:30–9:30 a.m. On-site registration
9:30–9:30 a.m. Check in

Southeast Community College
8800 “O” Street, Lincoln

The Lancaster County 4-H checkers club invites all Nebraska 4-H’ers to a chess tournament! The Chessmasters Tournament is open to 4-H friends and parents. It is non­routed, so no United States Chess Federation membership is required.

Note: If you wish to play in a rated tournament, you are encouraged to register for the NSCA CLAM tournament—same day, same location. Go to www.nechess.org for info.

The 4-H tournament is a four-round, Swiss system chess tournament. Players who note their games will be eligible for special drawings.

Note: Supervision of youth will not be provided.

Registration Information

Due to limited space, preregistration is encouraged. Preregistration deadline is April 21. Entry fees: 4-H members: $3, Non-4-H members: $5. Payment should be made at time of check in. On-site registration will depend upon availability of space. On-site entry fees for those not preregistered: 4-H members: $4, Non-4-H members: $6.

Registration form, schedule and rules are available at the extension office or online lancaster.unl.edu/4-H.

For more information, contact James Walla, Checkmasters leader, at 470-2094 or e-mail jwalla@unl.nebraska.edu

The Lancaster County 4-H is proud to announce Keith Dev as winner of April’s “Heart of 4-H Award” in recognition of outstanding volunteer service.

Keith has been a 4-H volunteer for 11 years as leader of the Flying Hoofs 4-H club, member of the Horse VIPs committee, and superintendent of various horse classes at the Lancaster County Fair. He was overall horse superintendent for three years. In addition, he was a member of 4-H for 14 years (he just finished his term) and was Council president and 4-H liaison to the Lancaster County Extension Board for three of those years.

“My favorite experience as a 4-H volunteer was the chance to work with more than 100 of Lancaster County’s finest youth, now known as Keith. ‘To help them learn and to learn from them. It’s like being a part of a huge family, providing opportunities, teaching, learning and caring.’

Keith lives in Hickman with his wife Renay. Their daughter Kaleena is a recent 4-H alumn. He relaxes by playing drums, riding his motorcycle and scuba diving.

Congratulations to Keith. Volunteers like him are indeed the heart of 4-H!"
Be Prepared for Stormy Weather

Lorene Bartos
Extension Educator

Are you prepared for the stormy weather? Already we have experienced many different types of weather. With spring approaching there will be more activities such as thunderstorms, tornadoes, floods, hail and damaging winds. Before the severe weather hits, it is important to be prepared in case basic services such as gas, water, electricity or telephone are cut off. Knowing the terminology used to define conditions is important for all ages. A watch is when weather conditions are right for a severe thunderstorm or tornado. A warning is when severe weather or a tornado has been sighted or indicated by weather radar.

Have a Disaster Plan
To be prepared a disaster plan should be developed.

1. Develop an emergency storm plan for all family members whether at home, work, school or outdoors.
2. Explain the dangers and what to do in case of a disaster.
3. Teach children the name of their county and neighborhood.
4. Alert friends, neighbors or people in case of an emergency.
5. Have a battery operated radio, flashlight and new batteries available where you can easily locate if the electricity should go out.
6. Discuss the types of disasters most likely to happen. Explain what to do in each case.
7. Pick two places to meet. Right outside your home in case of a sudden emergency, like a fire, or outside your neighborhood in case you can’t return home. Everyone must know the address and phone number.
8. In case of a tornado, if you are in a home with a basement — go near the basement wall in the most sheltered and deepest below-ground part of the basement.

Prepare a Disaster Kit
The Emergency Management Agency suggests the following disaster supplies. Store these supplies in easy-to-carry containers such as backpacks, duffel bags or covered trash containers or plastic totes in case of evacuation.

1. Three day supply of water (one gallon per person per day) and food that won’t spoil.
2. One change of clothing and shoes per person and one blanket or sleeping bag per person.
3. Sanitation supplies
4. Special items for infants, elderly or disabled family members.
5. Flashlight and extra batteries.
6. Battery-powered radio and extra batteries.
7. Emergency food and water.
9. Essential medicine.

Doug Alberg, Lancaster County Emergency Management Director, suggest having ample supplies for your family for 72 hours and have a planned location to go. Most important is having a battery-operated radio, flashlight and extra batteries.

Other Tips
Lightning is one of nature’s most spectacular displays but also the most frequent weather threat to personal safety during a thunderstorm. Take precautions and avoid dangerous lighting situations. Do not stand with lightning staying away from trees, poles and other isolated tall objects. Do not stand in open areas such as crop fields, ball fields, golf courses or stadiums. Stay away from wire fences and water.

Protect valuable records by maintaining safe deposit locks of family and business papers that cannot be replaced. Review specific wind and flood damage protection provided by your insurance policy. Also prepare records that will help verify losses for insurance, taxes or federal disaster declarations.

Mr. Alberg, encourages residents to take part in the free training available for Community Emergency Response Teams (CERT). These teams are trained to take care of themselves and then help other communities for 72 hours following a disaster. The 21 hour training blocks are free and scheduled are available from the local Emergency Management Agency at 441-7441. For more information on preparing for emergencies visit the Web site www.ci.lincoln.ne.us/cert and click on Emergency Management.

Most importantly use common sense before, during and immediately after the strongest parts of thunderstorms. Safety is a top priority. Take time to check your home and review emergency plans in case of severe weather or a disaster.

Grantsmanship Training Scheduled for May 3–7
The Grantsmanship Training Program will again be offered to the Lincoln community May 3–7. The “Grant Writing 101” workshop covers all aspects of researching grants, writing proposals and negotiating with funding sources. Designed for both novice and advanced grant seekers, the program participants are given follow-up services, including expert grant proposal reviews for a full year following training. To maximize personal attention, the group size for the workshop is limited.

Since 1997, Lancaster County Extension has hosted the Grantsmanship Training Program. Approximately 120 individuals representing various Lincoln and area agencies have participated in the past.

For more information and to register as early as possible, contact The Grantsmanship Center at (800) 421-9512 or go to www.icgci.com (GB)

We’re Looking for Eggs — Ducks, Geese, Pheasants, Turkeys, Unusual Chickens
Do you raise or own poultry? Would you be interested in allowing us to hatch eggs from your flock on EGG Cam this spring and through July?

From Australia to Arkansas, Nebraska to the Netherlands, thousands of children, parents and teachers turn to EGG Cam about embryology and watch eggs hatch from their computers at home and in school. To check it out, visit lancaster.unl.edu/egg/embryology.

If you are interested in donating eggs, please call Soni or Marty at 441-7180. Any birds that hatch from eggs you can donate, can be returned to you. (SC)

Knights of Ak-Sar-Ben Pioneer Farm Family Award
If your family has owned your farm in Lancaster County for 100 years or more, consecutively, you are eligible to apply for the Nebraska Pioneer Farm Awards sponsored by the Knights of Ak-Sar-Ben Foundation and the Nebraska Association of Fair Managers.

Honoree’s receive an engraved plaque and a gatepost marker as permanent recognition of this milestone. To date, nearly 6,000 families in 53 Nebraska counties have been honored.

If your family qualifies for this special award, please obtain an application from Deanna Karmazin at the University of Nebraska Cooperative Extension office in Lancaster County or by calling 441-7180. Applications are due into the Extension office or the Lancaster Event Center by May 1. Winners will be notified no later than June 1 and the award will be presented during a special ceremony at the 2004 Lancaster County Fair.

If you have any further questions regarding this award, please call the Knights of Ak-Sar-Ben office at 402-354-9600, extension 100. (DK)

Nebraska Agricultural Youth Institute Applications Due April 15
High school juniors and seniors are invited to take part in the Nebraska Agricultural Youth Institute (NAYI) which will be held July 11–15. The NAYI is to help build leadership skills, cooperative aspects of agriculture and encourage young people to become more involved with and remain in agriculture. The Institute takes place at the University of Nebraska-Lincoln. All meals, lodging and activities are sponsored by the Nebraska Department of Agriculture. The only expense for students is transportation to and from the Institute. Applications are due April 15. Contact extension for an application, if interested. (LB)

Jedlicka is 2003 County Employee of the Year
Vicki Jedlicka, Publication and Media Assistant at UNL Cooperative Extension in Lancaster County, was recognized as the 2003 Lancaster County Commissioner’s award winner by the 2003 Annual Commissioner’s Award of Excellence. Vicki was selected from the 12 monthly winners of the County Commissioner’s Award of Excellence—she was the November 2003 winner. The award recognizes county employees who work together to provide outstanding service and work that demonstrates exemplary personal commitment to Lancaster County.

She was nominated by Extension Educator and Unit Leader Gary Bergman in the area of productivity. Eleven co-workers made supporting statements endorsing the nomination. Vicki said “I have high standards for her performance and as a result, she has had a pivotal role in enhancing Lancaster County Extension’s reputation for excellence.”

Vicki’s duties include monthly layout of the Nebraska Extension News; designing flyers, brochures, posters, displays for educational programs; photography; and sending news releases to the media. She has been an instructor at 4-H Clover College, judged Public Service Announcements at the 4-H Fair Contest and assisted with creating School Enrichment teacher curriculums. In addition, she is also a member of the statewide 4-H marketing team.
EXTENSION CALENDAR

All programs and events will be held at the Lancaster Extension Education Center unless otherwise noted.

MARCH
22 FCE Council Meeting, Green Gateau, 330 S. 10th St. .......... 12:45 p.m.
22-23 Marathon Breakfast Workshop, Spring Turkey Hunting Workshop .......... 9:30-9:30 p.m.
23 FCE & Community Leader Training Lesson — Food: Choice or Chance .......... 1 p.m.
31 Spring Turkey Hunting Workshop .......... 6:30-9:30 p.m.

APRIL
2-3 4-H State Leader’s Forum, Eastern NE 4-H Center, Gretna .......... 7 p.m.
6 4-H Council Meeting .......... 7 p.m.
6 4-H Citizen Washington Focus (CW) Etiquette Banquet .......... 7 p.m.
9 Extension Board Meeting .......... 8 a.m.
11 Dine Out for 4-H CWF, Don & Milly’s, 5200 S. 56th Street .......... 11 a.m.
13 4-H Leader Training .......... 9:30 a.m. & 7 p.m.
13 Composting Workshop, Air Park Recreation Ctr, 3720 NW 46 St. .......... 6:30 p.m.
13 Child Care Conference: A Fun Day at the “Zoo” .......... 8 a.m.–4 p.m.
13 Kwanis Carnival, Lancaster Event Center .......... 7 p.m.
18 4-H Teen Council Meeting .......... 3 p.m.
19 4-H Officer Training (Everyone Welcome) .......... 6:30 p.m.
20 Dine Out for 4-H CWF, Runza, 80th & Holdredge .......... 5-6 p.m.
20 Composting Workshop, Belmont Recreation Ctr, 1234 Judson St. .......... 6:30 p.m.
20 Composting Workshop, Calvert Recreation Ctr, 4500 Stockwell St. .......... 6:30 p.m.
23-24 4-H State Leader’s Forum, 4-H 4-H Camp, Malad
24 4-H Chess Tournament in conjunction with the NSCA Class/Antler (CLAM) Tournament, Southeast College Community .......... 6:30 a.m.
27 Composting Workshop, Easterday Recreation Ctr, 6130 Adams St. .......... 6:30 p.m.
28 4-H Photography Workshop .......... 6:30 p.m.
28 Composting Workshop, Irving Recreation Ctr, 2010 Van Dorn St. .......... 6:30 p.m.

Kiwanis Carnival
April 17
Karnival time is here! The Kiwanis Carnival is a free family event sponsored by Lincoln County Kiwanis. It is scheduled for Saturday, April 17, 7–9 p.m. at the Lancaster Event Center, 4th & Havelock, in the Exhibit Hall. There will be bingos for the adults and treats for all. Plan now to attend this fun, family activity.

4-H clubs or families are needed to provide carnival-type game booths for the evening. Each booth will have an area 4’ x 6’ to use. Prizes are provided. If your club or family would like to provide a booth, call the extension office to register by April 2.

For more information, call Lorene at 441-7180. (LB)

Dine Out for 4-H's CWF at Runza’s on April 20
Runza’s at 80th and Holdredge is hosting a Dine Out for 4-H’s Citizen Washington Focus (CW) group on Tuesday, April 20 from 5-8 p.m. 15 percent of all sales will go to CWF to help pay for their 2005 trip to Washington D.C. You and your family can support CWF by dining out at Runza’s during this time! Need not specify you are eating for CWF.

Note: Don & Milly’s at 5200 S. 56th Street still hosts Dine Out for 4-H CWF on the second Sunday of each month, 11 a.m. to 4 p.m. When people indicate they are eating for 4-H, Don & Milly’s donates 20% of the profits of those meals.

Radon in New Construction Seminar
April 26
“Radon Resistant New Construction” will be the topic of a seminar Monday, April 26, 1–5 p.m. This course is geared towards builders, architects, prospective home buyers and anyone else interested in new home construction. It will cover techniques to reduce the potential for elevated radon levels, costs, and other general information about radon. Bruce Snedall will be the instructor. He has had years of experience in the building trade as well as in radon.

This course is provided by the Nebraska Health and Human Services System. To register for the free course call Sara at 471-8320. (LB)

Nominate Your Favorite 4-H Volunteer!

A “Heart of 4-H Award” is awarded to a Lancaster County 4-H volunteer each month! Nominate your favorite 4-H volunteer or leader by submitting the following form (also available online at lancaster.unl.edu). Nominees of co-volunteers accepted:

1. ________________________, nominate for a “Heart of 4-H Award” because

I can be reached at (phone) ____ or (e-mail) ____________________________

Mail to: UNL Lancaster County Extension, 444 Cherry creek Rd, Ste. A, Lincoln, NE 68528.

The NEBLINE

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Phone: 441-7180
Fax: 441-7188
Website: lancaster.unl.edu

NURSFACTS Information Center: 441-7188
Composting Hotline: 441-7139

All programs and events listed in this newsletter will be held (unless noted otherwise) at:
Lancaster Extension Education Center
444 Cherry creek Rd. (event room posted); Lincoln
Lobby Phone: 441-7170

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Perennials with Colorful Foliage

Most perennials are grown for their attractive flowers. They bloom for a few days or weeks, but are green, unassuming plants during the remainder of the growing season. There are, however, some perennials that have colorful foliage. These perennials add color to the garden from spring to fall. The following is a partial list of perennials that have attractive foliage.

Hostas are a favorite foliage perennial. There are hundreds of hosta varieties. The varieties differ in leaf color, leaf shape, plant size and flower color. The foliage may be green, blue, gold or variegated. The leaves may be long and narrow, nearly round or heart-shaped. Hosta varieties vary in height from 2 to 3 inches to 3 to 4 feet. Flowers may be white, blue or purple. Some varieties have fragrant flowers.

Lungworts or pulmonarias are clump-forming perennials that possess distinctive white or silver spots on their foliage. Lungworts do best in partial to heavy shade. Sedums are easy to grow, tolerant dry conditions and have few pests. They perform best in full sun and well-drained soils. A perennial with burgundy foliage is Pentstemon digitalis ‘Husker Red’

Diplodia Tip Blight of Pines

Extremely wet spring weather promotes the development of this disease. Fungus spores are dispersed primarily on rain splash from March to October. High humidity also promotes the germination of spores. New shoots are most susceptible during the two- to three-week period starting when the buds begin to open and continue to be susceptible through mid-June. Two applications of fungicide applied during this period are recommended. In eastern Nebraska, an application made during the third week in April and a second application in the first week of May provides optimum control. Applications made after mid May are ineffective. Bordeaux mixture, liquid copper (Cupric salt) or fixed copper (Basic copper sulfate, Tribasic copper sulfate) are effective in treating this disease. Read and follow all label directions carefully before application. (MIF)

Can You Guess It?

Did you guess it? Find out at lancaster.unl.edu

Did you guess it from the March NEBLINE? The answer was a Honeybee pollen brush (a structure on their legs which is used to scrape pollen from the hairs on other parts of their body)

Western Conifer Seed Bug

A pine or Douglas fir trees where they feed on early flowers and developing seeds. Females lay rows of eggs on pine needles. In about ten days, eggs hatch into small nymphs that feed on green cones and needles of favored pine and fir trees, reaching adulthood by late August. Adults feed on ripening conifer seeds until they seek protected areas to overwinter. There is only one generation per year. These insects are very difficult to completely exclude from the home. The best action is to do your best to seal cracks, doors and windows. Screening and small window screens and fireplaces may also help to block their points of entry. There are no pesticides specifically registered to control this pest. Vaccumating these insects is the best means of controlling these accidental invaders. (BPO)