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The NEBLINE, March 2007

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Legal properties that require some sort of notification and follow-up response favorably to a personal contact, card or letter. A legal notice is used in less than 25% of the notifications.

There were 2,003 inspections on 1,071 sites and 3,035 acres as a result of 2,866 violations of notification and follow-up. A legal notice was made of 3,467 sites during the year. These non-native plants complicate the production of crops and livestock and to the welfare of residents of this state. Noxious weeds make landowners, and the Weed Control Authority controlled 15 sites. The Weed Control Authority is responsible for ongoing noxious weed control on properties in Lancaster County.

They represent the following agencies and county departments:

- Airport Authority
- Army National Guard
- Education Lands & Funds
- Department of Corrections
- City of Lincoln
- County Engineer
- Air National Guard

Each of these land managers has special interest in University of Nebraska-Lincoln Extension and county roads. The Authority monitors and county roads. The Authority monitors.

Other activities included inspections of the two landfill sites and street maintenance. They represent the following agencies and county departments:

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For many people, their "extra" or "discretionary" calorie allowance is totally used by the foods they choose in each food group, such as higher fat forms of foods or sweetened products.

MyPyramid.gov

STEPS TO A HEALTHIER YOU

Oils. Because oils contain essential fatty acids, there is an allowance for oils in MyPyramid. Recommended intake ranges from 3 to 7 teaspoons daily based on age, sex and level of physical activity.

Step 4. Spend on “Extras” After the Necessities are Purchased

Depending on the foods you choose, you may be able to spend more calories than the amount required to meet your nutrient needs. These calories are the "extras" that can be used on luxuries like added fats, added sugars and alcohol, or on more food from any food group. They are your "extra" or "discretionary" calories. Total "extra" calories range from about 100 to 700 calories. YOUR level depends on age, gender and activity level. Learn more on eating for YOUR calorie & activity level at MyPyramid.gov.

MyPyramid’s recommended foods have the least amount of fat (especially solid fat) and no added sugar. Most solid fats and all added sugar calories are "extra" or "discretionary". Added sugars are sugars and syrups added to foods during processing or preparation. Added sugars do not include naturally occurring sugars such as those which occur in milk and fruits.

For example, the "extra" or "discretionary" calorie allowance is totally used by the foods they choose in each food group, such as higher fat forms of foods or sweetened products.

Step 5. Plan a Budget for YOU

Fine-tune what you’re already eating to meet MyPyramid guidelines. As you “budget,” choose foods that taste good as well as are good for you! Spend your “calorie salary” wisely!

More information on MyPyramid can be found at MyPyramid.gov.
Celosia ‘Fresh Look Gold’

Correctly named, these plants look fresh in September as they did when planted in the spring. ‘Fresh Look Gold’ plants are endowed with bright golden plumes that remain colorful all season, not “burning” as some varieties do. Since the plumes remain attractive, there is no reason to deadhead and no pest problems are expected, thus ‘Fresh Look Gold’ needs little maintenance in a sunny garden. It is a care-free annual useful in formal or informal gardens. The golden plumes can be woven into a garden border like a living tapestry because the plumes have a soft-laid texture. ‘Fresh Look Gold’ proved to be heat, humidity and rain tolerant in AAS Trials across North America. Plants will grow to a height of four to six feet. This celosia is one of the best annuals for season-long performance.

Petunia ‘Opera Supreme Pink Morn’

Iridescent pink blooms are the unique feature of this vigorous trailing petunia. A sliver shine causes blooms to shimmer, capturing an admirer’s attention from a distance. The 2.5-inch flowers are pink, shading to creamy white in the center, with a yellow throat. ‘Opera Supreme Pink Morn’ plants have many qualities that every gardener wants to find. Plants are continuous flowering. Gardeners can relax and let the plants do what comes naturally, flower. The hybrid plants are capable of spreading three feet in sunny locations. Plants attain a height of only 4 to 6 inches. ‘Opera Supreme Pink Morn’ can be relied on for exceptional garden performance, even without pruning or deadheading. Less work enables gardeners more leisure time in the garden.

Vinca ‘Pacific Burgundy Halo’

‘Pacific Burgundy Halo’ is the first vinca with a burgundy halo surrounding a large white center. This bicolor bloom is a vivid contrast, exceptionally visible in an annual garden. Early flowering with a well balanced plant form, ‘Pacific Burgundy Halo’ is highly recommended for spring or summer plantings. With proven heat and drought tolerance, the garden performance of ‘Pacific Burgundy Halo’ is assured. In a full sun garden location, these vinca plants will reach a foot tall and wide when mature. Due to the ease of growing and continuous flowering, ‘Pacific Burgundy Halo’ is perfectly suitable for any garden or patio planters that receive sun. Because Vinca needs less water than other annuals, planting ‘Pacific Burgundy Halo’ in containers may cause fewer trips with the hose to water. Gardeners can rely on ‘Pacific Burgundy Halo’ to provide color all summer without pinching or tending to plant maintenance.

Pepper ‘Holy Mole’

‘Holy Mole’ is a memorable name and the plant will provide a memorable harvest of peppers. It is the first hybrid pasilla-type pepper, which is used to make the famous mole sauce. ‘Holy Mole’ showed improved vigor, earliness and considerably higher yield than the comparisons in side-by-side trials. A reason for the higher yield is the virus resistances bred into the variety. ‘Holy Mole’ is resistant to two common viruses that stunt plants and reduce pepper production. The immature green peppers are 3 to 9 inches long and can be harvested in about 85 days from transplanting. If fruit is left on the plant, they will mature to a dark chocolate color. The pepper flavor is nutty and tangy. Mature plants are 3 feet tall; a perfect size for container. ‘Holy Mole’ is easily grown in a sunny location and thrives on summer heat.

Asparagus can be planted from seed. However, caring for the seedlings until they become established can be time consuming. Also, because the seeds are open at both ends, apart, the crowns will have to be dug and transplanted to their permanent, wider spaced location in the garden after one year. Thus, one year of potential spear production is lost due to transplanting.

Select the new all-male hybrid asparagus varieties such as Jersey Giant, Jersey Prince and Jersey Knight. These varieties produce spears only on male plants. Seeds produced on female plants fall to the ground and become a seedling weed problem in garden. The all-male hybrids out-yield the old Mary Washington varieties by 3 to 1.

Asparagus can be planted mid-April to late May after the soil has warmed up to about 50 degrees F. There is no advantage to planting the crowns in cold, wet soil. They will not grow until the soil warms and there is danger of the plants being more susceptible to Fusarium crown rot if crowns are exposed to cold, wet soils over a prolonged period. Plant the asparagus at the west or north side of the garden so it will not shade the other vegetables and will not be injured when the rest of the garden is tilled.

Dig a furrow no deeper than 1 inch. As shown the deeper asparagus crowns are planted, the more the total yield is reduced. Apply about 1 pound of 0-46-0 (triple superphosphate) or 2 pound of 0-20-0 (superphosphate) fertilizer per 50 feet of row in the bottom of the furrow before planting. This will make phosphorous immediately available to the crowns. Omitting this procedure will result in decreased yields and the spear production will not be as vigorous.

Place the crowns into the furrow on top of the fertilizer. The fertilizer will not burn the crowns. Space the crowns 1-2 feet apart in the row. If more than one row is planted, space the rows five feet apart from center to center. Wide between-row spacing is necessary to assure that crowns with a few growing fern will fill in the space quickly. Wide spacing also improves rapid drying of the fern to help prevent the onset of fungal diseases.

After planting, back fill the furrow to its original soil level. It isn’t necessary to gradually add soil to the crowns with a few inches of soil until the furrow is filled. In this way, do not compact the soil over the newly filled furrow or the emergence of the asparagus will be severely reduced. Spears should emerge within one week in moist soil.

Do not harvest the asparagus during the planting year. Spears will be produced from expanded buds on the crown. As the spears elongate and reach a height of 8 to 9 inches, the tips will open. The spear will become woody to support the small branchlets that become ferns. The ferns produce food for the plant and then move it down through the crown for next year’s spear production.

Asparagus is very drought tolerant and can usually grow without supplemental watering because it seeks moisture deep in the soil. However, if rainfall is insufficient when planting or afterwards, it is beneficial to irrigate the crowns. Otherwise the plants will become stressed and vigorous growth will be impeded.

Sign Up for Free E-mail Horticulture Newsletter

HortUpdate is a FREE e-mail newsletter from the University of Nebraska-Lincoln Extension which provides timely information to the lawn and landscape industry. This e-mail includes current lawn and landscape problems with control recommendations and a seasonal ‘To Do’ list. To subscribe, go to http://extensionhorticulture.unl.edu and submit request.
Alternative Agriculture Provides Opportunities For Enthusiastic Entrepreneur

By Jim Peterson
UNL Extension Educator

Nebraska agriculture tends to revolve around conventional crops and livestock such as corn, soybeans, cattle, sheep and swine. However, a wide variety of alternative products can be successfully grown and marketed within the state. The span of alternative products in Nebraska cover a broad range. Pasture-raised poultry and vineyard grapes are two such examples. However, alternative products do not need to be extreme. Garden fruits and vegetables are also an excellent choice for anyone interested in alternative agriculture.

Producers should be on the lookout for opportunities to sell their products. One of the easiest ways to begin selling a product is by taking part in a local farmer’s market. These events are fun, provide easy access to people who are interested in their product, and provide a starting point for gaining name recognition. Successful vendors must provide consumers with a reason to stop and look at the products they have to offer. This can be done by featuring a particularly unique product and providing customers with a wide variety of products to choose from.

Managing a roadside stand is another option for selling alternative products. Roadside stands are very convenient because the producer can work around his or her own schedule. However, constant hours of operation and diverse quality products are needed to satisfy customers and ensure future business. Some producers contact restaurants for possible sales. This is especially common in high-end restaurants where chefs are normally looking for locally grown products that can be featured in their menus. In these situations, it is a good idea to contact chefs to see what types of products they are most interested in.

Local grocery stores may also be willing to sell alternative products. However, providing the store with a steady supply throughout the year is often difficult, if not impossible, to accomplish. Nebraska recently began its own food co-op to provide a market for alternative products. In the organization, grower members provide the co-op with their products that are sold directly to consumers, restaurants or the wholesale market. Community Supported Agriculture also is a growing trend in the Midwest. This option allows growers to sell shares to consumers who are interested in their product. For example, a shareholder may receive a bag full of vegetables each week during the growing season in return for his or her share. This method works well because the buyer and seller share in both the bounty and risk of gardening.

As with all aspects of the marketing world, communication is the key to success. Often times, the best marketing tool is word of mouth. In other words, make sure the product being sold is worth talking about.

Before getting started, producers should develop a marketing plan. There are six points to keep in mind when developing a strategy:

• Make sure the product can be sold to a variety of consumers. Without willing buyers, a product has little value.

• Understand the time involved. Many alternative enterprises require a lot of effort and commitment. This can be especially difficult when working another job at the same time.

• Think realistically when it comes to financing. Many enterprises won’t pay back right away.

• Keep in mind the problems that can occur. Disease and insects are two common pests that can hinder production. It is a good idea to consult another producer who can provide expertise on such issues.

• Understand the cultural practices involved. It is important to step back and look at the big picture. Without the proper resources, getting started isn’t worth the time and money.

• Know the product’s market potential. Find out what consumers want and remember that some enterprises will sell better in certain areas than others.

Proper Precautions for Chain Saw Safety

By Dennis Adams
UNL Forestry Specialist

Higher energy costs have given many people the incentive to cut their own firewood. However, users should review safety precautions before handling a chainsaw to avoid serious injury.

Operators should begin by reading the instruction manual. This is especially important in situations involving a first-time user or new model of chain saw. Reread instructions to obtain a clear understanding of the operation process.

While chain saws are more efficient than manual saws, they are more likely to be used incorrectly and cause injury. Most injuries are the result of kickback. Kickback occurs due to the fast rotation of the blade. Most injuries are the result of kickback. Without willing buyers, a product has little value.

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Collection of Unwanted Pesticides, March 23

The Nebraska Department of Agriculture, in cooperation with the University of Nebraska Extension, the Environmental Trust Fund, the Nebraska Agri-Business Association and the Nebraska Department of Environmental Quality, will be hosting a pesticide disposal day on Saturday, March 23 on Farmers Cooperative Company Farmer Plant, Waverly.

Anyone with outdated or unwanted pesticides may bring them to this event between 9 a.m. and until noon. Pesticides should be brought in their original containers with label intact if possible, but pesticides which no longer have readable labels will be accepted. No pre-registration is necessary. There will be disposal of products from individual or firms. A small fee will be assessed for the amount over 500 pounds. Once received, the pesticides will be stored and packaged for shipment to a certified incinerator for disposal.

Remember to protect yourself and your surroundings when handling waste pesticides. You may need to wear personal protective equipment or, as a minimum, unlined neoprene or nitrile gloves, when handling waste pesticides. If the pesticide container has been damaged, pack it in another container that will hold the product if the first container should rupture while being transported. Use a container that can be left at the collection site, if it becomes contaminated.

There are three main categories of pesticides accepted:

• Unused, unused, old or damaged pesticides (includes insecticides, herbicides, fungicides, rodenticides and fumigants).

• Pesticides of all types (including crops, livestock, homes, grounds, structural, commercial), including those in aerosol containers.

• Farmer-supplied electrical transformers containing PCB’s from renovated irrigation systems.

Since different wastes need to be handled and disposed of differently, products that fit in one of the categories above are the only ones being accepted. Products not accepted include:

• Pesticide products in pressurized cylinders
• Designated tank filter
• Antifreeze
• Paints, varnishes and thinners
• Cleaners and solvents

The Waverly site is one of only 18 sites across Nebraska selected for this pesticide collection program in 2007. Don’t miss the opportunity to dispose of unwanted pesticides!

Computerized Farm Financial Recordkeeping, March 19

Over the years, Computerized Farm Financial Recordkeeping workshops have been one of the most popular in-depth programs offered by University of Nebraska–Lincoln Extension. Training for this workshop will be presented in six locations in southeast Nebraska. It will be held in Lincoln on Monday, March 19 from 9 a.m.–4:30 p.m. at the Lancaster Extension Education Center, 444 Cherry Creek Road, Please pre-register by March 15.

Other locations and dates are:
• March 21—Nemaha NRD Office, Tecumseh (402-335-3669)
• March 22—Richardson County Court House, Falls City (402-245-4324)
• March 26—Clay Center Community meeting room, Clay Center (402-766-3644)
• March 27—Seward County Extension Office, Seward (402-643-2981)
• March 28—Dodge County Extension Office, Fremont (402-727-2755)

A brochure with a registration form is available online at http://lancaster.unl.edu/agfinances/pdf or by calling 441-7180.

All workshops will be presented in a hands-on teaching style with participants sitting at computers performing the tasks being demonstrated. One extension educator will lead the discussion and the image from the instructor’s computer will be projected on a screen. Other educators will circulate and give individual help as needed.

In addition to seeing the actions performed by the instructor, participants will also receive-by-step written instructions for all tasks being demonstrated. These handouts are intended as a guide in the classroom and as references as participants set up their records at home.

Participants should have a basic familiarity with using a computer and typing skills on a computer keyboard. No prior computerized recordkeeping experience is necessary; however, some prior experience with a hand-held single entry accounting system (such as the延伸 blue book) would be useful.

The concepts taught in this workshop are applicable to any of several inexpensive computerized recordkeeping programs, with slight modifications in procedure. This workshop will be taught hands-on using QuickBooks 2007 Basic in the classroom.

Reference materials, lunch and refreshments are all included in the registration fee. The registration fee for each workshop is $50. A second person sharing the same computer will wait a day and also have to pay the registration fee in order to attend for an additional $10 to cover lunch and refreshments.

Workshops will be limited due to space and computer availability on a first-come, first-served basis. Preregistration must be received in payment in order to hold a place in the workshop.

Upcoming Pesticide Applicator Trainings

Commercial Pesticide Applicator Training

Commercial applicators are persons who apply restricted-use pesticides for any purpose on any property other than property owned or rented by the registrant to which it is applied for hire or compensation. Commercial applicators shall also include any person who applies lawn care or structural pest control pesticides whether restricted- or general-use to property of another person. Public employees (employed by a town, county, state) applying mosquito control pesticides whether restricted- or general-use, must also hold both a commercial or non-commercial certification.

To become licensed initially as a commercial applicator one must pass a written examination in the general standards category and one or more additional categories. A commercial license is good for three years. Once licensed in a category, you may reapply for the same category or attend a re-certification training session or by passing a written examination on a particular day.

In addition to seeing the actions performed by the instructor, participants will receive-by-step written instructions for all tasks being demonstrated. These handouts are intended as a guide in the classroom and as references as participants set up their records at home.

Participants should have a basic familiarity with using a computer and typing skills on a computer keyboard. No prior computerized recordkeeping experience is necessary; however, some prior experience with a hand-held single entry accounting system (such as the延伸 blue book) would be useful.

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Workshops will be limited due to space and computer availability on a first-come, first-served basis. Preregistration must be received in payment in order to hold a place in the workshop.

Commercial Recertification Training Sessions

Training sessions will be offered on Thursday, March 1 and Thursday, March 11, at the Lancaster Education Center, 444 Cherry Creek Road, Lincoln. The general standards session will begin at 9 a.m. and other categories at 1 p.m. or 3 p.m. These sessions are intended as a guide in the classroom and as references as participants set up their records at home.

Chemigation Training and Testing, March 13

Chemigation is the term used to describe any process whereby chemicals are applied to land or crops in or with water through an on-farm irrigation distribution system. State law requires the person overseeing a chemigation operation to be certified as a Chemigator by the Nebraska Department of Environmental Quality. In order to be certified as a Chemigator, a person must attend a training session, and pass a written test. The test covers knowledge of the Chemigation law in Nebraska, the required equipment, and the information contained in the notebook prior to the training session. In addition to seeing the Chemigation equipment, with slight modifications in procedure. This workshop will be taught hands-on using QuickBooks 2007 Basic in the classroom.

Reference materials, lunch and refreshments are all included in the registration fee. The registration fee for each workshop is $50. A second person sharing the same computer will wait a day and also have to pay the registration fee in order to attend for an additional $10 to cover lunch and refreshments.

Workshops will be limited due to space and computer availability on a first-come, first-served basis. Preregistration must be received in payment in order to hold a place in the workshop.

A Chemigation training and testing renewal fee to the NRD is $15. If you need a replacement Chemigation notebook, one can be purchased for $5. Studying the information contained in the notebook prior to the training session will increase the likelihood of passing the exam. You must preregister by March 11 at the extension office by preregistering for the training session and paying the training fee.

Note: The Nebraska Chemigation law states each injection site must have a current permit issued by the NRD. New chemigation sites must be inspected to check for the presence of all required safety devices before the NRD will issue a permit. Permits are valid for one year and must be renewed annually.

The NRD also conducts spot checks of permitted chemigation sites to check the condition of safety equipment. Contact the NRD office to obtain a permit for the site(s) you want the Chemigation in Nebraska. The NRD will collect a fee for each permit issued.
The most common moth found in homes is the Indian meal moth. The moth is about 1/2-inch long and grayish in color. When not flying, it rests on the wall by sitting at an angle, with its wings folded. The larval stage of this moth primarily feeds on seeds and nuts and grain-based processed foods, including dry pet food. It is particularly fond of peanuts. Some of the more unusual food sources we have seen include bird seed arrangements, Indian corn, dog biscuits or treats and hedge apples.

The moths lay eggs near the food sources. Eggs hatch into tiny larvae that feed under webbing at the surface of the food. After a couple of weeks of feeding the larvae crawl away from the food to pupate in cracks and crevices. They emerge as adults to repeat the cycle.

People can bring infestations home in bird seed and infested products from the grocery store. The Indian meal moth is the #1 stored product pest in warehouses and food processing plants. While most commercial food warehouse and processing plants control pests, it is always possible for some small infestations to be missed.

Indian meal moth infestations can take place any time of the year because our homes are warm.

The key to eliminating Indian meal moths is to locate and discard infested foods. Freezing or refrigerating uninfested food will prevent infestations.

One helpful tool is a pheromone trap which is available locally in many hardware and discount stores. (Safer Pantry Pest Trap is one brand.) It can also be found and purchased on the internet. This trap uses the female sex pheromone which attracts the male moths. Because this only captures male moths, it may not eliminate the infestation. It is best used as a monitoring device to alert you to a small infestation (or reinforcement) before it spreads.

These pantry pest traps are odorless to humans and last for several months. Because they can attract moths from 40-50 feet, only one is usually needed in a kitchen/pantry area. Place the trap on the top of the refrigerator or hang it in the middle of the kitchen, where slow moving air currents will carry the pheromone.

The Indian meal moth is the most common moth infesting stored foods, but there are many small grain and flour feeding beetles which infest food. These oval beetles do most of their damage in the summertime, so laundering and protecting clothing during the summer is important.

Clothes Moths Not Common in Nebraska

When people see tiny moths flying around the home, they often think of clothes moths. But, in Nebraska, clothes moths do not survive very well because our climate is too dry. Clothes moths are more of a problem in more humid areas of the U.S.

The most common infestations in Nebraska are carpet beetles. These oval beetles do most of their damage in the summertime, so laundering and protecting clothing during the summer is important.

The most common moth problem in Nebraska is the Indian meal moth. For more information, read "Managing Pantry Pests" available at the extension office or online at http://lancaster.unl.edu/post/resources/pantry-pests/04.shtml

Build a Bat House

Bat house construction can be an environmentally friendly and rewarding activity. Putting up a bat house, however, doesn’t guarantee bats will use it. In Nebraska, the brown bat (Eptesicus fuscus) and little brown bat (Myotis lucifugus) are most likely to live in bat houses. Both species are commonly found in attics, barns and other structures.

If you are considering a bat house, it is best placed in rural locations such as farms, acres or in natural areas where habitat is already available. You are more likely to attract bats to a bat house if you put the houses in areas where bats already live. If you currently have problems with bats living in your home and plan to evict them, installing a bat house outdoors and nearby, may encourage them to move into your bat house and not another human dwelling.

When looking at bat house designs, bats prefer larger houses over small ones. The bat house should be at least 24” tall x 16” wide x 4” deep. The house should be multi-chambered and the wood should be rough cut. The wood used in construction should be free of arsenic-based wood preservatives. The bats cannot paint the interior of a bat house. The exterior can be protected with a water-based paint; don’t use in medium or dark tones (avoid black because it may cause the house to be too warm).

Bats are more likely to occupy houses installed at least 12 feet above the ground, with at least 20-30 feet of clear flight space around the bat house. The house should be exposed to sunlight for more than seven hours per day. You can install the house on a pole, the side of an outbuilding or on a tree.

Make your bat house a project a family activity. Building and installing bat houses can teach children valuable skills. They’ll learn about basic woodworking, bat conservation and how bats can co-exist with wildlife in a mutually beneficial manner.

Fertilizing Crop Land with Biosolids

To learn about Lincoln’s Biosolids program, attend an educational workshop, Fertilizing Crop Land with Biosolids, held Tuesday, March 6 from 3:30-8:30 p.m. at the Lancaster Extension Education Center, 444 Cherry Creek Road, Lincoln. Presented by extension and City of Lincoln personnel, the workshop is aimed at those who may want to participate in the Biosolids Land Application program, though anyone may attend. Please preregister by Friday, March 2 by calling 441-7180 and ask for Karen Wedding. If you have any questions, please call and ask for Barb Ogg or Dave Smitler.

Workshop attendees will learn:

- using biosolids will reduce fertilizer costs and increase yields over conventional systems, especially on poor or eroded soil
- biosolids increases organic matter and water holding capacity
- how wastewater is processed and made safe for application
- how biosolids determine application rates and locations
- how GIS and GPS technology is used in Lincoln’s Biosolids Program

Program will also include a tour of the Theresa Street Wastewater Facility.

Potential Benefits and Hazards of Bats

The bats found in Nebraska are only insects. Where bats are plentiful, their foraging for insects can be a significant factor in reducing insect populations. Some insects are also deterred by bat echolocation. Echolocation is what bats use to find their prey.

Bats also present potential dangers. Bat houses increase the likelihood of human-bat encounters. Risks can be reduced by teaching children (and other adults) never to handle bats and by keeping vaccinations of pets current. Place fencing or ornamental plantings around the base of the bat house site to reduce access to the colony. If a human or pet comes in contact with a bat, even if it doesn’t appear to bite, contact a physician.

Use Pheromone Traps to Locate Indian Meal Moths Infestations

Pheromone traps can be used as a monitoring device to alert you to Indian meal moth infestations.

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To learn about Lincoln’s Biosolids program, attend an educational workshop, Fertilizing Crop Land with Biosolids, held Tuesday, March 6 from 3:30-8:30 p.m. at the Lancaster Extension Education Center, 444 Cherry Creek Road, Lincoln. Presented by extension and City of Lincoln personnel, the workshop is aimed at those who may want to participate in the Biosolids Land Application program, though anyone may attend. Please preregister by Friday, March 2 by calling 441-7180 and ask for Karen Wedding. If you have any questions, please call and ask for Barb Ogg or Dave Smitler.

Workshop attendees will learn:

- using biosolids will reduce fertilizer costs and increase yields over conventional systems, especially on poor or eroded soil
- biosolids increases organic matter and water holding capacity
- how wastewater is processed and made safe for application
- how biosolids determine application rates and locations
- how GIS and GPS technology is used in Lincoln’s Biosolids Program

Program will also include a tour of the Theresa Street Wastewater Facility.

Potential Benefits and Hazards of Bats

The bats found in Nebraska are only insects. Where bats are plentiful, their foraging for insects can be a significant factor in reducing insect populations. Some insects are also deterred by bat echolocation. Echolocation is what bats use to find their prey.

Bats also present potential dangers. Bat houses increase the likelihood of human-bat encounters. Risks can be reduced by teaching children (and other adults) never to handle bats and by keeping vaccinations of pets current. Place fencing or ornamental plantings around the base of the bat house site to reduce access to the colony. If a human or pet comes in contact with a bat, even if it doesn’t appear to bite, contact a physician.
Ground Beef Vegetable Soup with Rice

4 to 6 main dish servings

- 1 pound lean ground beef
- 1 medium onion, chopped
- 1 (28-ounce) or 2 (14.5-ounce) cans diced tomatoes, including juice
- 2 cups water
- 1 cup cooked brown rice
- 2 cups frozen, mixed vegetables
- Salt and pepper to taste

In a large skillet, brown ground beef and onion over medium heat 8 to 10 minutes or until beef is no longer pink, breaking up into 3/4-inch crumbles. Pour off drippings. Transfer browned meat and onion to a large pot. Add tomatoes and water. Bring to a boil. Add rice and vegetables. After mixture returns to a boil, reduce the heat, cover and simmer until vegetables are tender. Add salt and pepper to taste. Thin with additional water if it seems too thick and reheat until it starts to bubble.

**ALICE’S NOTES:**
- If you will be serving this soup to people who are reducing calories, you can add an additional cup of water.
- If you'd like a spicier soup, add 2 teaspoons of chili powder and some lime juice.
- If you need to thicken the soup, add 1/2 cup of brown rice.

**FACT 1:** Don’t count on your sense of smell, taste or sight to tell if a food is safe. Each year in the United States, 76 million people become ill from a foodborne illness and 5,000 people die.

**FACT 2:** It can take 1/2 hour to 6 weeks to become sick from unsafe foods. You usually feel OK immediately after eating and become sick later.

**FACT 3:** You can also experience the following from a foodborne illness:
- Vomiting, fever, diarrhea, dehydration. Less common, but possible severe condition include: meningitis, paralysis and death.

**FACT 4:** Some people have a greater risk for foodborne illnesses. A food you can safely eat may make others sick. People with a higher risk for foodborne illness include: infants, pregnant women, young children, older adults, people with weakened immune systems and individuals with certain chronic diseases.

**FACT 5:** People never used to get sick from their food. A foodborne illness went undetected in the past. Symptoms of nausea, vomiting and diarrhea were often and still are blamed on the “flu.”

## FREE Fruit & Vegetable Fact Sheets

Whether you’re a teacher or a parent, this colorful set of fruit and vegetable fact sheets can help get kids excited about eating fruits and vegetables!

This set of 30 fruit & vegetable fact sheets includes information about: nutrition, uses, description, varieties, where first cultivated and whether they are grown in Nebraska.

Color versions are color-coded to the five color groups (black & white versions could be printed on colored paper).

They may be downloaded free at [http://lancaster.unl.edu/nep/FruitVeggie.shtml](http://lancaster.unl.edu/nep/FruitVeggie.shtml)

**FREE Fruit & Vegetable Fact Sheets**

By Alice Henneman
UNL Extension Educator
Lincoln-Lancaster County Health Department

Don’t be “Myth”-lead by these food safety myths:

**MYTH 1:** If it tastes O.K., it’s safe to eat.

**FACT 1:** Don’t count on your sense of smell, taste or sight to tell if a food is safe. Each year in the United States, 76 million people become ill from a foodborne illness and 5,000 people die. Would this many people eat something if they thought it tasted, looked or smelled bad? Even if tasting would tell … a “tasty” taste may not protect you. As few as 10 bacteria could cause some foodborne illnesses, such as E. coli.

**MYTH 2:** If you get sick from eating a food, it was from the last food you ate.

**FACT 2:** It can take 1/2 hour to 6 weeks to become sick from unsafe foods. You usually feel OK immediately after eating and become sick later.

**MYTH 3:** The worst that could happen to you with a foodborne illness is an upset stomach.

**FACT 3:** You can also experience the following from a foodborne illness:
- Vomiting, fever, diarrhea, dehydration. Less common, but possible severe condition include: meningitis, paralysis and death.

**FACT 4:** Some people have a greater risk for foodborne illnesses. A food you can safely eat may make others sick. People with a higher risk for foodborne illness include: infants, pregnant women, young children, older adults, people with weakened immune systems and individuals with certain chronic diseases.

**FACT 5:** People never used to get sick from their food. A foodborne illness went undetected in the past. Symptoms of nausea, vomiting and diarrhea were often and still are blamed on the “flu.”

**Food Safety: What You Don’t Know CAN Hurt You**

By Alice Henneman
UNL Extension Educator

Karen Wobig
UNL Extension Educator

Cooking Peas with Your Pasta

Add a helping of color (and veggies!) to your pasta by tossing in some frozen “petite” peas at the end of cooking. “Petite” peas will thaw and cook rapidly in the pasta water. Here’s how it’s done:

- Before grocery shopping, open your cupboards and enjoy follow your pre-planned menus throughout the week. Smart shopping is just a “plan” away!

- If you get ill, contact the Poison Control Center at (402) 478-4242.

- Consider a “soup” course for your next holiday meal. Serve a variety of soups to keep from turning brown.

**Keep Fruits from Turning Brown**

Prepare the acidic fruit(s) first. Then, cut them into pieces. Add to salads or环节. Mix them in with the other fruits after the acidic fruits have been cut. Add a helping of color (and veggies!) to your pasta by tossing in some frozen “petite” peas at the end of cooking. “Petite” peas will thaw and cook rapidly in the pasta water. Here’s how it’s done:

- Add a helping of color (and veggies!) to your pasta by tossing in some frozen “petite” peas at the end of cooking. “Petite” peas will thaw and cook rapidly in the pasta water. Here’s how to do it:

  - Cook pasta according to package directions, until just tender but still firm to the bite (al dente)
  - Toss in about 1/2 cup of “petite” frozen peas per individual serving of pasta (they will be identified as “petite” peas on the package label)
  - Cook peas with pasta for about 30 seconds to one minute, until peas are heated through. Overcooking causes peas to lose their bright green color.
  - Drain pasta and peas. Serve, topped with your favorite pasta sauce.

—by Alice Henneman, Extension Educator
The primary goal of the Weed Control Authority is to educate landowners county-wide of the benefits of preventing and controlling noxious weeds and landowners in the City of Lincoln of the desirability of keeping weeds and worthless vegetation cut. As more landowners and managers keep their weeds under control, less inspections and notifications are needed to achieve compliance with the Nebraska Noxious Weed Control Act and City of Lincoln’s Weed Abatement Ordinance.

The Weed Control Authority’s inspection program identifies properties that require some sort of notification and follow-up action to obtain compliance. Most landowners are responsible and do not require notification. Almost all of those who require notification respond favorably to a personal contact, card or letter. A legal notice is used in less than 25% of the notifications.

**Inspection Activity**

A total of 7,498 inspections were made of 2,947 sites during the year. There were 2,866 violations found on 4,425 acres. Inspections increased by 323 from last year, a 5% increase.

**Lancaster County Noxious Weed Control Program**

- Infestations were found on 854 sites and 3,035 acres as a result of 2,003 inspections on 1,071 sites. The number of infestations found decreased by 150 from last year. There were 113 less purple loosestrife infestations found. This decrease was the result of less ornamental plants due to excellent cooperation from residential landowners. 772 of the noxious weed sites were controlled by landowners, and the Weed Control Authority controlled 15 sites.

**City of Lincoln Weed Abatement Program**

- A total of 2,495 initial and follow-up inspections were made on 2,396 sites and 1,474 acres. The 2,011 violations were found as a result of 1,717 complaints and inspector observations. This was 223 more violations than in 2005. Legal notices had to be published in the paper for 171 properties under foreclosure because of unclear ownership. Of these, 72 resulted in force cuttings, almost 50% of the total forced cuttings. Forced cuttings had to be performed on 153 sites at the cost of $21,107. This was an increase of 46 sites and increased cost of $7,145 from last year. Of these, 117 sites had to be specially assessed for $16,530. Only about one-third of those sites receiving a bill for forced cutting make immediate payment, collections for past special assessments make up the difference.

**Public Awareness**

The major information efforts are maintaining and updating a Web site (www.lincoln.ne.gov/cnty/weeds) and publishing a four-page Weed Awareness insert in University of Nebraska–Lincoln Extension in Lancaster County’s Newsl. In 2006, there were 57,000 hits on the Web site and 11,000 copies of the Weed Awareness insert printed. Other informational efforts last year included over 1,000 special mailings, approximately 2,866 notifications of violations, several newspaper articles and a state fair exhibit.

**Other Activities**

Other activities included making seven inspections for weed-free forage certification, participating with the Lower Platte Weed Management Area, attending weed-free forage certification, participating with the Lower Platte Weed Management Area, attending and county roads. The Authority makes insp. on the two landfill sites and arranges the contract with a contractor to do the noxious weed control. The Authority also makes inspections of and controls more than 150 leafy spurge infestations on county roadsides.

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**2006 Annual Report**

**INSPECTION SUMMARY**

2,866 violations/infestations

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**Learn to Recognize Nebraska’s Noxious Weeds**

The Nebraska Noxious Weed Control Act states it is the duty of each person who owns or controls land to effectively control noxious weeds on such land. Pictured are Nebraska’s noxious weeds which can be found in Lancaster County.*

*Nebraska’s noxious weeds Spotted and Diffuse Knapweeds have not been found in Lancaster County.
Musk Thistle Management Strategy

To successfully fight weeds, you need to know as much as possible about the weed and the area on which the weed is growing. In the case of musk thistle, it is always good practice to request a Certificate of Seed Analysis, which details every seed (including weed seeds) contained in the bag. Even if your dealer says the seed is certified, he/she is required by federal law to provide the certificate. You say the seed is certified, he/she is required by federal law to provide the certificate. Replant bare areas and water if necessary. Do not overgraze pastures. If farming, practice conservation tillage to minimize soil disturbance.

Prevent Spreading Weed Seeds

Another basic principle of prevention of new sites becoming infected is not to spread weeds and viable parts to new sites. This can be accomplished by being alert to activities that might spread existing infestations and not to infest new sites with movement of noxious weed contaminated articles or materials on to your property. Noxious weeds may be disseminated by several other methods or articles. Following are some treatments for articles capable of disseminating noxious weeds, when such articles are suspected to have noxious weeds present.

Harvesting machinery and equipment:
• Remove all loose material from the top and sides of the machine and all other places of loose material by cleaning or the use of forced air or water.
• Remove all noxious weeds from shakers, sieves and other places of lodgement.
• Run the machine empty for at least five minutes, alternately increasing and decreasing the speed.
• Follow the manufacturer’s detailed instructions for cleaning the machine.
• Whenever possible, aforesaid treatments should be performed while the article is still on the land on which it became infested. If aforesaid treatments cannot be performed at this location, the location selected should be as much as possible away from the areas of suspected noxious weeds.

Trucks, RVs, other vehicles and articles such as railroad ties, fence posts and fencing:
• Wash vehicles prior to moving from weed-free areas to weed infested areas whenever possible.
• Treat by brushing, sweeping, forced air, forced water and/or physical removal of noxious weeds.

Livestock:
• Avoid moving livestock directly from weedy to weed-free areas.

Grain and seed suspected to contain noxious weeds should not be sold or transferred to another person:
• Treat by using a seed cleaner which is effective in removing the noxious weeds from the grain and seed.
• Screenings remaining following treatment should not be used for feed or for any other purpose which could result in the dissemination of noxious weeds.

Soil, sod, nursery stock, hay, straw, manure and other materials:
• No known acceptable method of treatment exists for these articles. Such articles should not be moved from the location at which they initially became infested, but may be utilized at that location.

Leafy Spurge Management Strategy

The addition of 28 percent Urea Ammonium Nitrate (UAN) liquid fertilizer (32-0-0) to Plateau (the MSO) has occasionally increased long-term leafy spurge control. Plateau is safe to use around a variety of trees, many wildflowers and legumes.

Note: Plateau is not available for sale in all states. Check with the Jefferson County Weed Control Authority (402) 729-3602, justseed.com.

Phyllospas (e.g. Roundup) applied at a rate of one quart per acre from mid-July to mid-September can result in 80 to 90 percent control of leafy spurge. Note that glyphosate is a non-selective herbicide and will kill grasses and other desirable plants. A follow-up treatment with 2,4-D at one pint (four pound per gallon concentrate) the following year (mid-June to mid-July) is necessary to prevent seedling reinfection.

Mechanical and biological control:
Tillage, digging, mowing and grazing will control the top growth, but does not kill the roots.

Biological Control
Two Aphthona flea beetle species (A. flavicollis and A. leucogaster) are currently being tested in Lancaster County. Flea beetles typically take several years to impact leafy spurge in the field, and it is not clear how long they will remain. There is evidence that flea beetles do not eliminate leafy spurge. When flea beetles are introduced into a natural balance with the weed, reducing it to a non-impact plant and tolerable levels.

REFERENCE TEAM Leafy Spurge Fact Sheet. “Herbicide Control of Leafy Spurge” and “Biological Control of Leafy Spurge” online at www.team.ars.usda.gov under publications.
First Nebraska Invasive Plants Conference is a Success

The Lower Platte Weed Management Area (LPWMA) was created in 2003 in response to the discovery of purple loosestrife and saltcedar, invaders of riparian areas along the Lower Platte River and tributaries. As the extent of these noxious weeds and phragmites (a non-native plant not yet named to the noxious weed list) was noted, concerns were raised about the upstream seed source of these weeds and the lack of control efforts. As a result, the LPWMA spearheaded the planning and development of a “Farewell to Nebraska Rivers—Invasive Plants Conference” held in August 2006 at Kearney, sponsored by the Lancaster County Weed Control Authority superintendent Russ Shultz served on the conference planning committee as chairperson representing the LPWMA.

This was the first statewide conference on invasive plants. The purpose of the conference was to bring together individuals and groups that had like concerns and to promote a state-wide effort in restoring healthy riparian areas. Over 200 people attended the conference.

Some of the comments from attendees included: “It was an eye opening and informative conference with excellent presentations and tour. I was pleased to see all the agencies represented. Now if we can work together and get the landowner on board we can get something done.” “Outstanding learning experience.” And, “Excellent conference, informative, we need more conferences like this to communicate and share ideas.”

The conference received grant funds from the National Fish and Wildlife Foundation and the Nebraska Department of Agriculture. Thanks go to numerous individuals, groups, agencies and organizations that were very willing and generous in their efforts and support and especially the Nebraska Weed Control Association.

Conference Highlights

Representative Tom Osborne gave a passionate keynote presentation that set the stage for the subsequent conference. He made the case for providing funds for removal of invasive vegetation on the Republican and Platte Rivers.

Conference attendees then took a tour to view the phragmites explosion and invading saltcedar along the Platte River. Demonstrating the vigor of herbicide applications by four-wheelers, airboat and helicopter. Grazing by goats is also used to suppress the invading plants. Dr. Blossey

Representative Tom Osborne gave the keynote presentation.

provided hands-on guidance in distinguishing the difference between native and non-native phragmites. He also discussed the potential for biological controls.

UNK Researcher Robert Wilson reported at the conference that a 2006 survey found 8,500 acres of saltcedar and Russian olive along 120 miles of the North Platte River above Lake McConaughy. He stated, that based on research in western states, the removal of these invasive trees replaced with grass could liberate 25,000 acre feet of increased water flow annually. Chris Kelly reported on the Nebraska Weed Control Association Nebraska Invasive Weed Mapping Project (see article on next page). This is a Web-based cutting edge program to assist in identifying, tracking, mapping and analyzing invasive plants for weed managers, landowners, public and private land managers and general public.

A representative of the National Invasive Species Council discussed the coordination of federal activities regarding invasive species. As a result of the National Invasive Species Information Center at www.invasivespeciesinfo.gov is a gateway to invasive species information from federal, state, local and international sources.

Conclusions

A presentation by Russ Shultz included the following conclusions for a Nebraska action plan:

• All the native plant communities have been compromised.
• Invading plants are depleting water generally at a rate more than native plants are being replaced.
• The stream bed vegetation is greatly increasing the hazards of flooding.
• We can reverse the riparian impacts by the invading plants.

We can work with and assist the riparian landowners in restoring and maintaining healthy riparian systems.

A Healthy Riparian System Benefits All Citizens of the State

• Provide value for the wetlands for more stable stream flows.
• Reduce water depletion. Helps reduce drought conditions.
• Increase plant diversity.
• Improve wildlife habitat.
• Provide for improved livestock grazing.
• Provide better hunting and fishing.
• Improve recreational opportunities.
• Increase land values and tax base.

Steps Towards a Task Force

During the conference, there was overwhelming interest to address the issues and concerns. As a result of the LPWMA planning committee has monthly follow-up meetings to identify areas to continue and/or initiate actions. They have sought the creation of a state task force and action plan for healthy riparian areas. To date, there have been positive steps taken by the Governor and legislature — it appears likely a task force will be formed.

Conference presentations are online at http://www.neweed.org/tcnpoff.htm

The Purple Loosestrife Story

Purple loosestrife was designated a noxious weed in Nebraska as of 2001, after which time it could no longer be sold for planting. At this time there were many ornamental purple loosestrife plants growing in residential yards and probably less than 100 wild infestations in the county. There were thousands of plants growing in 2,003 acres or 390 acres. These plants were not causing a problem in these yards, but with a single plant producing over a million seeds, many seeds were carried by rain or irrigation water to new areas where they were subject to germinating and creating a wild infestation. The wild infestations are quite invasive. They will crowd out desirable plants and reduce quality of the wildlife habitat and plant diversity.

It was necessary to make homeowners with ornamental purple loosestrife aware of the threats and get their voluntary compliance to remove their plants. An information effort was initiated using the news media and extension. A two year purple loosestrife exchange program was developed in cooperation with nurseries and garden centers. The goal of the Purple Loosestrife Plant Exchange program was to get purple loosestrife and ornamental purple loosestrife out of flower gardens and reduce the potential for further spread. Owners received a 25 percent discount on eligible perennial plants up to the number of ornamental plants removed. Field inspections were made and landowners with purple loosestrife were notified by door hangers and letters that they needed to remove their plants. There were 1,676 inspections of 915 homeowner sites and 67 sites with wild infestations over the past six years in Lancaster County. All but two of these landowners responded favorably. Ornamental plantings found dropped from a high of 465 in 2001 to 3 in 2006 (see chart). A total of 67 wild infestations have been found. All but 20 of these have been eradicated. This very successful effort is a result of the excellent cooperation of the landowners. Although we feel that most of the ornamental plants have been removed, a plentiful supply of seeds have been transported to low lying areas and will remain in the soil until conditions are right for them to germinate. Wild purple loosestrife plants have been found in many of the Lincoln streams downstream of the ornamental plantings. This includes Dead Man’s Run, Antelope Creek, Beal Slough and their tributaries. Wild plants have not been found in Salt Creek to date.

Continued inspections will be made of the wild plant sites to assure they are kept under control.
This page discusses information on the Nebraska Weed Control Authority, their activities, and how they manage noxious weeds. The text includes a section on Purple loosestrife, a non-native plant that is a concern in the region. The text also mentions the New Statewide Weed Mapping Program, which is a GIS-based system developed by the Nebraska Department of Agriculture (NDA) and the Nebraska Environmental Trust. The program is expected to be used by the Weed Control Authority and county authorities to help manage noxious weeds in the state. Additionally, there is a mention of Phragmites, a invasive plant that has been designated a noxious weed in Nebraska. The text also includes a section on Riparian Area Concerns, which discusses the importance of managing natural areas in an ecosystem-friendly way to prevent invasive species from spreading.
FAMILY & COMMUNITY EDUCATION (FCE) CLUBS

President’s Notes — Alice’s Analysis

Alice Doane
FCE Council Chair

We had our Family and Community Education County Council meeting Jan. 22. We chose “Cedar’s Home” for one of our goals for 2007. The Environment Poster Contest was open to any grade student on the subject of “How Our Changing Environment Affects Wildlife.” The Creative Writing Contest is open to any fifth grade student on the title of “My Best Friend.”

We will be hosting the Southeast District meeting on Thursday, March 29, 8:30 a.m. to 2:30 p.m. at the Lancaster Extension Education Center. Hopefully we will have a good turn out from Lancaster County.

We have a scholarship of $400 available to a college student majoring in Family and Consumer Science or Health Occupations. For more information or to apply call Pam at 441-7180. The categories of the Heritage Skills Contest for FCE members are Quilting, Ceramics, Original Heritage Skill and Glass.

These items are due at our June 25 Council meeting. Members are asked to keep records of their volunteer hours. These forms are due at the October Achievement Night.

We are asking our friends to mark their calendar for July 10 to enjoy the evening at the Sizzling Summer Sampler. I have just returned from the contest in Maryland, it involved wool contest. I am happy to report that the participants came in fifth and our junior and adult contestants were honorable mention in their respective divisions. This is the 60th year for the national contest.

FCE News & Events

Council Meeting, March 26

The March FCE Council meeting will be Monday, March 26, 1 p.m. at the Lancaster Extension Education Center. Emerald and Live N Learn chair planning the program. Business meeting will follow.

Southeast District Meeting, March 29

Lancaster County is hosting the Southeast District FCE meeting on Sunday, March 29, 9:30 a.m.—2 p.m. at the Lancaster Extension Education Center, 444 Cherry creek Road, Lincoln, Jan Broer, Southeast District Director and a member of the Belle FCE in our conference organizing the event. Registration fee is $10 and includes lunch. Make checks payable to FCE District Nebraska. Mail your registration to Janet Broer, 2201 Cardwell Road, Lincoln, NE 68523.

AGENDA

9:30-9:45 Registration
9:45-10:00 Welcome & Introductions
10:10-10:30 Chocolate—Chocolate. Chocolate presented by Fayrene Homoz, UNL Associate Professor of Culinary Arts Report and review of new programs for 2007 by Diane Allberry, State FCE President
10:30-11:00 Catered lunch by Sullivan’s
11:00-11:45 Slot from Hearth Fire Series #7 slot presented by Women to Women—Searching for Chocolate
11:45-12:00 Closing Announcements

“Quick and Easy Salads”

Leader Training, March 22

A leader training lesson, “Quick and Easy Salads,” will be presented by Extension Educator Lorene Bartos. These items are due at our June 25 Council meeting. Members are asked to keep records of their volunteer hours. These forms are due at the October Achievement Night.

Don’t be distracted when you are cooking. Children act fast and can get hold of a product and swallow it in a surprisingly short time. Never leave cleaning buckets containing liquid unattended. Besides the obvious dangers of spilling, dripping, and sipping, there are the fact toddlers are “top heavy.” If they topple into a bucket, they could drown, even in a very small amount of liquid. Never leave children unattended around cleaning products. If you need to answer the doorbell or the phone, take the child with you. Call 1-800-222-1222 for poison-related emergencies. It’s the Poison Control Center’s nationwide, toll-free hotline.

Smart Storage

Close cleaning product caps securely. Products with more potential hazard, such as some oven or drain cleaners, come with child-resistant packaging. But, they don’t come with someone to close the cap properly. It’s up to adults to provide a safe environment! Lock products up. Store them in a location away from children, pets or food. Install child-proof locks on cabinets and doors. Keep cleaning products in their original containers.

If a child accidentally ingests or spills something on himself, the label provides information concerning the product’s contents and advice on what to do immediately first-to-first aid to perform. Carefully dispose of empties containers. To protect children, pets and garbage handlers, replace caps first, then discard in a sealed recycling bin or garbage container.
Linda Hanigan
Lancaster County 4-H is proud to announce Linda Hanigan as winner of March’s Heart of 4-H Award in recognition of outstanding volunteer service.

Linda has been a 4-H volunteer for eight years. She is an organization leader for the Friends in 4-H club. She has also helped with her kids’ activities in several other clubs, including The Checkmates, Rabbits R Us, Crazy Clovers and Shimmering Shamrocks. Linda has also volunteered at Kiwanis Karnival, with set up for the Lancaster County Fair and in the 4-H snack booth at County Fair.

“I have often learned as much as the kids,” says Linda. “4-H is a great way to get to know your kids friends and has brought me into contact with some wonderful and talented people. My favorite experience as a 4-H volunteer was seeing the groups’ exhibits at the fair. A close second is helping with Kiwanis Karnival. The girls come up with such great ideas!”

Linda lives in Lincoln with her husband Richard, and their four children who are all very involved in 4-H. Oldest daughter Marian was just awarded Outstanding 4-H member for the Kiwanis Karnival. The girls come up with such great ideas!”

In addition to her 4-H volunteer work, Linda is in charge of the label and box top collection at the Cathedral of the Risen Christ School.

Nominate your favorite 4-H volunteer by submitting the form online at http://lancaster.unl.edu/4h or available at the extension office. Nominations of co-volunteers welcome.

The Risen Christ School are indeed the heart of 4-H! (see next page). Congratulations to the Linda. Volunteers like daughter Marian was just awarded Outstanding 4-H member Kiwanis Karnival. The girls come up with such great ideas!”

4-H Clubs Needed to Help Provide Booths at Kiwanis Karnival, April 14

The annual Kiwanis Karnival, a FREE family event is sponsored by the Lincoln Center Kiwanis. This year, it will be held Saturday, April 14, 7-9 p.m. at Elliott Elementary School, 225 S. 26 Street, Lincoln. Elliott school students and their families will be invited to share the fun.

The Karnival features carnival type games for the kids, bingo for adults, prizes, snacks, fun and fellowship. Lincoln Center Kiwanis has sponsored this event for over 50 years providing prizes and snacks.

4-H clubs are needed to provide-carnival-type booths. This is a great community service and leadership activity for clubs. If your 4-H club or family would like to have a booth or for more information, call Lorene at 441-7180. Come join the fun.

Nearby 150 Taking E-mail Horse Course

Since the Horse Knowledge club is on hiatus this year, Lancaster County 4-H staff member Marty Cruickshank decided to offer a virtual “Horse Course.” Nearly 150 4-H’ers and family members have signed up to receive weekly lessons. With help from 4-H intern Jessie Bauman, Marty has created lessons covering basic anatomy, saddles, bits and bridles. A Hippology Testing Party was held in late January, Elizabeth Boender placed first in the senior division and Elli Dearmont and Megan Luedtke tied for first place in the elementary division. To sign up for the remaining lessons, contact Marty at mcruickshank28@unl.edu or 441-7180.
The Lincoln Center Kiwanis Club presents Outstanding 4-H Club Awards to the top 4-H clubs participating in the Lancaster County Fair. There are three categories based on number of club members. One category winner is awarded the Wayne C. Farmer memorial cup as the overall Outstanding 4-H Club for the year. Clubs receive points based on all members' total county fair exhibit and contest placings. The following clubs were recognized at a recent Lincoln Center Kiwanis meeting as well as at 4-H Achievement Night:

2006 Outstanding 4-H Club Awards

The Lincoln Center Kiwanis Club presents Outstanding 4-H Club Awards to the top 4-H clubs participating in the Lancaster County Fair. There are three categories based on number of club members. One category winner is awarded the Wayne C. Farmer memorial cup as the overall Outstanding 4-H Club for the year. Clubs receive points based on all members' total county fair exhibit and contest placings. The following clubs were recognized at a recent Lincoln Center Kiwanis meeting as well as at 4-H Achievement Night:

Marian Hanigan was awarded OUTSTANDING 4-H MEMBER. She has been a 4-H member for 8 years and is involved in leadership activities such as 4-H Council (currently as secretary) and 4-H Teen Council (currently as president).

The 4-H MERITORIOUS SERVICE award was presented to Cindy Fiala, who has been a dedicated 4-H volunteer for over 17 years. She has served in a variety of roles including 4-H leader, 4-H Council president, fundraising chairman for the 4-H Citizenship Washington Focus group and much more.

Before the awards presentation, City of Lincoln Mayor Coleen J. Seng proclaimed February as "Nebraska 4-H Month".

<table>
<thead>
<tr>
<th>CAREER PORTFOLIOS — COUNTY WINNER</th>
</tr>
</thead>
<tbody>
<tr>
<td>Consumer &amp; Family Science: Carly Belz</td>
</tr>
<tr>
<td>NOMINATED TO REPRESENT LANCASHIRE COUNTY AT DISTRICT COMPETITION</td>
</tr>
<tr>
<td>Consumer &amp; Family Science: Carly Belz</td>
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<tr>
<td>Consumer &amp; Family Science: Eliza Hammond</td>
</tr>
<tr>
<td>Science &amp; Technology: Nathan Smith</td>
</tr>
<tr>
<td>Consumer &amp; Family Science: Cassandra Spallmeyer</td>
</tr>
<tr>
<td>SPECIAL RECOGNITION</td>
</tr>
<tr>
<td>Kyle Pedersen won at the state level in the Plant Science category and attended 4-H Congress in Atlanta, Georgia</td>
</tr>
<tr>
<td>Gabrielle Warner and Michael Veburg were presented American Youth Foundation I DARE YOU awards for striving to achieve their personal best.</td>
</tr>
</tbody>
</table>

COMMUNITY SERVICE AWARDS are presented to 4-H'ers who have completed the most hours of community service.

Age 14 and over: Carly Belz, Kaley Cook, Grace Farley, Eliza Hammond, Marian Hanigan, Kyle Pedersen, Nicole Pedersen, Cassandra Spallmeyer Age 13 and under: Ann Dearmont, Spencer Farley, Abbey Spencer, Jaime Stephenson, Jessica Stephenson, Britni Waller

(Rabbits R Us 4-H Club of Lincoln is the Category III winner (clubs with 13 or more members). The club’s 34 members were enrolled in approximately 25 projects and entered 125 total exhibits. The club is winning this award for the second time. Sara Morton was club leader and there were two assistant leaders (currently Kirk Gunnerson is club leader).
**Lincoln’s Free Tax Preparation Services**

The Human Services Federation and the Lincoln Tax Assistance EITC Campaign will provide quality free tax preparation services at sites across Lincoln through April 16. Last year community volunteers and organizations filed taxes for more than 1,700 individuals and families and returned more than $3.7 million dollars back into Lincoln’s economy.

While the service is open to all taxpayers with basic individual tax returns, the campaign is specifically focused on serving people eligible for the Earned Income Tax Credit (EITC). The Earned Income Tax Credit (EITC) is a special tax benefit for working people who earn low to moderate incomes. Families eligible for the Earned Income Tax Credit (EITC) is a special tax benefit for working people who earn low to moderate incomes. Families making under $33,000 ($38,348 married filing jointly) may be eligible for a refund of up to $4,560.

**What You Need to Bring to Tax Preparation Sites**
- photo ID and Social Security Card (or Individual Taxpayer Identification Numbers) for yourself, your spouse and dependents (children, etc.)
- wage and earnings statements (W-2)
- interest & dividend statements
- interest & dividend statements
- wage and earnings statements
- all taxpayers with basic individual tax returns

**Lincoln VITA Program Tax Sites and Hours**
- All sites provide electronic filing unless noted. No appointment necessary!
- ANDERSON LIBRARY
  - 3635 Touson Avenue
  - Wednesdays 5:30–8pm
  - Sundays 1:30–4pm (E-filing closes Mar. 4)
- ASIAN CENTER
  - 2615 ‘O’ Street
  - Mon.–Fri. by appointment only, call 477-3446
- BENNETT MARTIN LIBRARY
  - 14 & N Streets
  - Tuesdays 1:30–3:30pm & 5:30–8pm
  - Wednesdays 1:30–3:30pm (E-filing through February only)
  - Sundays 1:30-4pm (E-filing closes Mar. 4)
- EISELEY LIBRARY
  - 1530 Superior Street
  - Mondays 5:30–8pm
  - Thursdays 1:30–3:30pm
  - Fridays 9am–11:30am
- EL CENTRO DE LAS AMERICAS
  - 2615 ‘O’ St., Suite D
  - Monday–Friday
- LINCOLN ACTION PROGRAM
  - 210 ‘O’ Street
  - Mondays 5:30–8pm
  - Tuesdays 1:30–4pm
  - Fridays 9am–11:30am
- LINCOLN ACTION PROGRAM
  - 210 ‘O’ Street
  - Mondays 5:30–8pm
  - Tuesdays 1:30–4pm
  - Fridays 9am–11:30am
- SALVATION ARMY
  - 16 & N Streets
  - Mondays 5:30–8pm
  - Tuesdays 1:30–3:30pm
  - Thursdays 12–2:30pm
  - Saturdays 1:30–4pm (E-filing closes Feb. 28)
- US BANK
  - 56 & O Street
  - Tuesdays 3:00–6:00pm
  - Wednesdays 3:00–6:00pm (E-filing closes Feb. 14)
  - Thursdays 3:00–6:00pm
  - Fridays 3:00–6:00pm
- UNL ACTION PROGRAM
  - 210 ‘O’ Street
  - Mondays 5:30–8pm
  - Tuesdays 1:30–4pm
  - Fridays 9am–11:30am

**University of Nebraska-Lincoln**

The University of Nebraska–Lincoln has teamed up with The Human Services Federation and the Lincoln Tax Assistance EITC Campaign to provide free tax preparation. At their “Super Site,” free child care and parking will be available.

Julie Dierberger of UNL’s Service-Learning & Volunteer Services is coordinating the effort. “The first return we filed generated $5,500 for a single parent who earns $12,000 annually,” she says. “The average return is taking 30 to 45 minutes. We have seven stations of volunteers who prepare and file taxes. The College of Education and Human Science Learning Community’s Super Site provides volunteer child care and the children are having a great time.”

Over 50 UNL students, faculty and staff are serving as volunteers. Service learning benefits both the community and the students—it can be an important dimension of a student’s college experience.

**Arends Wins Statewide Extension Volunteer Award**

Deb Arends of Lincoln was recognized with a statewide Outstanding Volunteer Award presented by the Nebraska Association of County Extension Boards (NACEB) at their annual meeting in January. NACEB presents four awards each year, with only one presented to a volunteer.

Deb has volunteered with University of Nebraska-Lincoln Extension in Lancaster County for nearly 17 years. In that time, she has impacted the lives of thousands of youth and adults. “Deb is a true product of the extension program. She shares her time, talents and passion for helping others through serving as an extension and community volunteer,” says Extension Educator Lorene Bartos.

Deb currently serves as president of the Lancaster County Extension Board. Fellow board member Dean Lesoing says, “Deb is a concerned citizen and adds valuable input when decisions are to be made where to invest resources in the community. She is a valuable member of the board and has made me a better board member with her insight and intellect.” For over 13 years, Deb made numerous contributions to the 4-H youth program as club leader, project leader, 4-H Council board member, County Fair superintendent, County Fair Food Booth volunteer, 4-H State & State Fair judge, VIPs committee member, event organizer, master of ceremonies, Cloverbud College instructor and Earth Wellness Festival presenter. An interior designer with Arends Interiors Inc., Deb generously shared her professional skills by teaching youth or helping with set up for 4-H events.

“The first time and talents!”

**UNL Super Site Offers Free Child Care and Parking**

UNL Extension in Lancaster County welcomes its newest extension board appointments recently appointed to a three-year term is George Boal. George is a long time farmer northwest of Lincoln. Reappointed to second, three-year terms were Carma Pfeil and Clarice Steffens. Extension board members assist extension staff in establishing and accomplishing extension program goals and objectives. The work is in partnership with UNL Extension on priority issues through educational programs in agriculture, horticulture, pest management, nutrition and food safety, family living, home environment, and 4-H youth development.

Outgoing member of the board, Jay Wilkinson was recognized during the January board meeting for his dedication and service to UNL Extension in Lancaster County.

**Extension News**

**New and Outgoing Lancaster County Extension Board Members**

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February
20   Guardianship Training ..................................................  1:30–4:30 p.m.
20   Acreage Insights Rural Living Clinic, “Landscape Design Basics” .....................  7–9 p.m.
22   FCE & Community Leader Training, “Tips for Conserving” .............................  1 p.m.
23–24  Strengthening Family Treasures: Daughter/Mother Camp, Carol Jay Holling Center ..............................................................................  5 p.m.–5 p.m.

March
1    R.B. Warren 4-H Horse Educational Scholarship ($500) Entries Due
1    Grand Island Saddle Club Scholarships ($1,000) Entries Due
1    Commercial Pesticide Applicator Initial Training ..............................................  9 a.m.
1    Biosolids Workshops ....................................................................................  3:30–8:30 p.m.
1    4-H Council Meeting ....................................................................................  7 p.m.
1    4-H Speech & Public Service Announcement (PSA) Workshop ............................  7 p.m.
1    Extension Board Meeting .............................................................................  8 a.m.
1    4-H Horse Stampede, UNL East Campus, Animal Science Building ................  8 a.m.
1    Teen Council Meeting ...................................................................................  3 p.m.
1    Chemigation Training ....................................................................................  6:30 p.m.
3    Acreage Expo, Agriculture Research and Development Center near Mead ..................  8:30 a.m.–3:30 p.m.
3    Computerized Farm Financial Recordkeeping ..................................................  9 a.m.–3:30 p.m.
3    Commercial Pesticide Applicator Recertification Training ....................................  9 a.m.
3    Acreage Insights Rural Living Clinic, “Forming for Farmers Markets and Other Direct Markets” .............................................................  7–9 p.m.
3    FCE & Community Leader Training, “Quick and Easy Salads” .........................  1 p.m.
3    Pesticide Disposal Collection, Farmers Cooperative Fertilizer Plant, Waverly ..........  8 a.m.–Noon
4    4-H Horse Course Testing Party .......................................................................  10 a.m.
4    Guardianship Training ....................................................................................  9 a.m.–3:30 p.m.
5    Family & Community Education (FCE) Council Meeting ....................................  1 p.m.
5    Family & Community Education (FCE) Southwest District Meeting ......................  9:30 a.m.–2 p.m.
5    Spring 4-H Rabbit Show, Lancaster Event Center, Exhibit Hall ..............................  7:30 a.m.
6    Child Care “A Window of Opportunity” Conference ..........................................  8 a.m.–3:30 p.m.

Nearly 300 Attend Special 4-H Showing of “Charlotte’s Web”

Special thanks to Lancaster County 4-H Council and Douglas Theatres for making the recent 4-H showing of “Charlotte’s Web” a success! Nearly 300 4-H members, volunteers and families attended!

Holiday Pies For Sale to Benefit 4-H CWF

Would you like someone to make your spring holiday pies for you and let you take all the credit for baking them? If so, Lancaster County 4-H Citizenship Washington Focus (CWF) program participants will make this possible. The CWF youth members have teamed up with the pie lady from Eustis, NE. She was recently featured in the Lincoln Journal Star for her outstanding homemade pies.

CWF will be selling fruit pies with a homemade, flaky double crust and fresh fruit for $15.50 until March 9. Some pies will weigh 3 to 4 pounds each. All you have to do is bake them when you are ready for them. If you are interested in all the variety of flavors or would like to place an order, call Deanna at 441-7180. Proceeds go towards CWF trip and educational funds.

Master Conservationist Entries Due April 1

Nebraska adults and youth in both rural and urban areas who have implemented soil and water conservation practices are eligible to enter the 2007 Master Conservationist Recognition program. The deadline for entries is April 1. There are categories for youth groups and individuals, residences, communities and private businesses as well as production agriculture (farming and ranching). Master Conservationist program brochures are available at the UNL Extension office. An online nomination form is available for the first time this year. It can be accessed at www.owh.com — click on “In the Community” and then click on “Master Conservationist Awards.”

Fair Books Due to be Mailed by Mid-May

2007 Lancaster County Fair Books will be mailed to all 4-H families and previous Open Class exhibitors by mid-May. Fair Books will also be available at numerous locations including UNL Extension in Lancaster County office, Lancaster Event Center, Lincoln City Libraries, numerous grocery stores and more. The 4-H portions of the Fair Book will be online at http://lancaster.unl.edu/4h and Open Class portions will be available at www.lancastereventcenter.com

Live Animal Training Session, May 8

Lancaster County 4-H, in cooperation with ADM Alliance Nutrition and MoorMan’s ShowTec, will present a live animal training session on Sunday, May 6, 6 p.m. at the Lancaster Event Center. Topics covered include showing, fitting and nutrition and management of beef, sheep, swine and goats. Open to anyone interested. No cost to attend. For information, contact Deanna Karmazin at 441-7180. More details will be published in the April NeblinE.

Extension is a Division of the Institute of Agriculture and Natural Resources at the University of Nebraska–Lincoln cooperating with the Counties and the United States Department of Agriculture.

University of Nebraska–Lincoln Extension
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Lincoln, NE 68528-1507
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http://lancaster.unl.edu
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Lancaster Extension Education Center
Conference Facilities
444 Cherry Creek Road, Lincoln

UNL Extension educational programs abide with the nondiscrimination policies of the University of Nebraska–Lincoln and the United States Department of Agriculture. We assure reasonable accommodation for people with disabilities. For assistance contact UNL Extension in Lancaster County at 441-7180.

Extension Educator & Unit Leader
Gary C. Bergman
Pictured: Bailee Gunnerson brought her stuffed pig to the show.

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Explore Career Options at Big Red Academic Camps

The 2007 Big Red Summer Academic Camps are a chance for high school youth to spend time investigating an interest or potential career, explore the UNL campus, meet people from across the state and have lots of fun. Held in June, Big Red Summer Academic Camps features 10 career exploration camps hosted by Nebraska 4-H and UNL faculty members. The camps are residence camps held on the University of Nebraska–Lincoln campus. Housing and food are provided. After spending several fun-filled days exploring a specific topic such as movie-making or fashion design, youth showcase their work at a special “capstone event” which family members are invited to attend. Brochures and registration forms are available online at http://bigredcamps.unl.edu or at the extension office. For more information and registration forms — available online at http://lancaster.unl.edu/camp or at the extension office.

Can You Guess It?

Did you guess it? Find out at http://lancaster.unl.edu Did you guess it from the February Nub? The answer was Wild Birdseed Mix

U.S. Drought Monitor Map

As of Feb. 9, Lancaster County was not in drought conditions.

Save 10% on 4-H Camps by Registering Before April 1!

4-H Summer Camps & Trips are open to all youth ages 5–19 — need not be in 4-H. Specializing in leadership development and team building, 4-H summer camps create positive memories which last a lifetime.

With three unique Nebraska locations at Halsey, Gretna and Alma, there are more than 40 camps ranging from half day to four days/three nights. Some camp sessions offer a range of activities while others focus on a specific theme. Most camps include one to four overnight stays in comfortable cabins. Six camps aimed at youth ages 5–8 are one-day camps and adult chaperones are invited!

UNL Extension, through its 4-H Youth Development Program, has been operating 4-H Camps for over 40 years. The 4-H camps and centers all meet over 300 standards established by the American Camping Association. Since the Eastern Nebraska 4-H Camp near Gretna is closest to Lincoln, many Lancaster County youth attend camps there, however local youth attend camps at the other two locations.

2007 4-H Summer Camp brochures have complete information and registration forms — available online at http://4h.unl.edu/camp or at the extension office.

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For the most recent map, visit http://www.drought.unl.edu/dm

Source: National Drought Mitigation Center, University of Nebraska–Lincoln

The answer was Wild Birdseed Mix

* Early Bird - 10% discount if camp fees paid by April 1, 2007
** Grade for fall ’07: Students who graduate in May ‘07 are welcome to attend.

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