Youth/Adult Partnership is Key to Success of 4-H Horse Program

Marty Cruickshank
UNL Extension Associate

The Nebraska 4-H mission statement is, “To empower youth to reach their full potential working and learning in partnership with caring adults.” This mission is strong within the ranks of the Lancaster County 4-H Horse Program, which is the largest county horse program in the state. Currently there are 337 Lancaster County youth enrolled in the 4-H horse project and 22 horse clubs. More than 55 dedicated adult volunteers work hard to make the horse program a meaningful, learning experience for youth.

4-H Horse Project

The University of Nebraska–Lincoln Extension 4-H Youth Development program emphasizes learning by doing. Through hands-on projects, youth develop practical and life skills. The 4-H Horse Project follows curriculum provided by UNL, which includes information on feeding, anatomy and training methods. As 4-H’ers work with their horse project, they develop responsibility, self-discipline and patience.

Within the curriculum are four built-in advancement levels which serve as guides for instruction and evaluation of each 4-H member’s progress. Levels include written tests, club demonstrations, papers on health care and feeding, and also skills tests. 4-H member Josie Ang (age 10) says, “4-H makes me set high goals for me through my horse and has taught me about sportsmanship.”

Adult Volunteers

Lancaster County 4-H is lucky to have many knowledgeable, caring and supportive club leaders who provide the frontline leadership for the 4-H Horse Program. These adults are the ones who organize meetings and teach the horse curriculum to club members. Since horses are large animals and can be dangerous if not handled right, leaders need to know how to keep kids and horses safe.

At the core of the Lancaster County 4-H Horse Program is a very active VIPs (Volunteers in Program Service) Committee which meets monthly. Many club leaders are on the VIPs Committee. Horse VIPs sponsor clinics, organize an incentive program, helps with skills level testing and provides vital support for the county fair horse show. They determine county fair classes and rules, help hire judges and raise money for trophies. Members act as superintendents for fair classes.

Keith Dey, president of Horse VIPs, says, “4-H gives me the chance to help some of Lancaster County’s finest youth learn—and to learn from them. It’s like being a part of a huge family, providing opportunities, teaching, learning and caring.”

Lincoln has two active adult horse clubs—the Salt Creek Wranglers and the Capitol City Horse & Pony Club—which go out of their way to support youth activities. They host quality local shows for youth to participate in and learn from. Behind each horse exhibitor is a family who gives hands-on support by hauling the horse, helping put on tack and other tasks. Younger kids even need help getting on their horse. Owning a horse takes a significant financial and time commitment. Many families make sacrifices in other areas in order to be able to afford the horse project.

Educational Opportunities

The 4-H Horse Program offers numerous educational clinics throughout the year. Local, district and state horse shows are learning opportunities while also allowing youth to exhibit their horsemanship skills. The state Horse Stampede features academic horse contests such as judging, quiz bowl, art, speech and demonstration.

The Lancaster County Fair has the largest county fair 4-H horse show in Nebraska. It is a five-day show with nearly 100 classes (including dressage, jumping, English, ranch & roping, trail, western rail, games, miniature horse and judging). In 2006, there were 1,500 total horse entries at the fair. “The dedication needed to successfully show an animal at this level provides an excellent outlet for youth,” says Kala Ball, see 4-H HORSE on page 10.
When alarmed or threatened skunks can spray people, pets and automobiles. They also are known to spray inside basements, garages, windows wells and under porches. The musk they spray is a yellow-tinted oily liquid that can temporarily blind and stun individuals sprayed in the face. Victims also may experience watering eyes, nasal irritation and nausea. Asthmatics may experience breathing difficulties. The musk is the virus and not transmitted through skunk musk.

When deodorizing, consider removing the source of the odor, ventilation the area with fresh air and washing or applying deodorants to the source of the odor. Air fresheners can be used to mask residual odor in the air and laundry detergent may be used to remove residual odor in fabrics. Never overlook the act of taking a shower, shampooing laundry detergent or borax. Be sure to follow any directions that are specific to washing a particular fabric.

A chemical solution that neutralizes skunk odor contains 1 quart of 3 percent hydrogen peroxide, 1/4 cup baking soda and 1 to 2 teaspoons liquid dish soap. The ingredients should be mixed in an open container. Never mix the ingredients in advance because the oxygen released from the hydrogen peroxide could cause a closed container to explode. This solution can be used externally on pets or people. Avoid getting the solution into eyes. Allow the solution to remain on hair for five minutes before rinsing with warm water. Never use the solution on clothing because it may discolor the fabric. Although widely believed, tomato juice does not effectively neutralize skunk odor. The skunk odor only seems to disappear because the tomato smell is so strong. Hang clothes that cannot be washed or dry-cleaned, such as shoes, outside to allow fresh air to carry the odor away. Over time and as the odor decrease, provided the material is not re-exposed to skunk musk. Any cleaning fluid or household bleach can be used separately to remove skunk odor from fabrics.

When deodorizing a house, be sure to change the air filter of the furnace or air conditioner. Sometimes air filters can be contaminated with skunk musk and continue to disperse the smell throughout the house. A variety of odor control products are available in stores, such as Skunk-Off, Odor-Mute, Nature's Miracle Skunk Odor Remover and Freshway. Always read and follow all product label directions and warnings.

Skunk odor may reoccur during periods of high humidity. However, if the odor does not decrease in one week or two, the skunk may have sprayed or died on the property.

Shade trees provide much-needed comfort when temperatures begin to rise. However, shade trees contribute to the landscape in many ways and should be carefully chosen to obtain maximum benefits.

Besides keeping the landscape cool, shade trees add beauty to the landscape. Shade trees also can help homeowners save energy by reducing cooling and heating costs. For example, trees planted on the south or southwest corner of a house can shade the warmest part of the day and decrease the cost of running an air conditioner. It is important to understand that different trees create various amounts of shade. Honeylocust, for example, creates a filtered shade that allows patches of sunlight to reach the ground beneath. Sugar maple, on the other hand, has very dense foliage that may prevent some turfgroups and forbs from growing under the canopy. If turf quality is a concern, it may be best to select grasses such as certain selections of fescue or bluegrass that better tolerate shade.

The key to planting shade trees is to think ahead, says Dennis Adams, UNL forestry specialist. “Before planting a shade tree, visualize what the tree will look like in the years to come. Certain species may grow too large to be planted close to buildings and will have to be cut down.”

The type of shade tree planted depends on personal preference. However, select species that are hardy and adapted to Nebraska. Hardiness is generally not a problem with native trees such as ash and green ash. Ornamental trees may be used, but check their hardiness zone before investing the time and money.

Severe weather season makes it even more important to make home repairs and renovations to reduce the impact and damage costs from high winds and other aliments.

According to Niemeyer, Ph.D., UNL housing and environment specialist, “Severe thunderstorms, wind and hail can do damage to house exterior surfaces, drive in rain, break shingles and cause roof damages. Straight winds or downbursts, with winds of 58 miles per hour or greater, can cause significant damage to well-constructed homes and remove roof coverings.”

Winds in Nebraska can reach hurricane category levels with at least one wind speed recording in Nebraska at 144 mph. As a comparison, hurricane category one wind speeds are at 74-95 mph and category two at 96-110 mph. Vertical winds associated with tornadoes can be strong enough to temporarily levitate heavy objects, such as roof shingles, says Niemeyer. “Although damage to homes from disasters can’t be completely prevented, it can be reduced.”

Changes in materials can help reduce damage to homes from wind and thunderstorms. New home insurance companies may even provide reduced insurance costs when certain types of disasters do not cause much damage. For example, some metal shingles and roof types are more resistant to hail and wind.

Install impact-resistant windows that have a better chance of surviving a windstorm and hail. Also larger rain and wind overhangs may protect windows from hail, high winds, falling objects or trees. According to the Institute for Business and Home Safety or IBHS, doors should have at least three hinges and a dead bolt security lock with a bolt at least one inch long. Door frames close to buildings and will have to be cut down.”

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Install impact-resistant windows that have a better chance of surviving a windstorm and hail. Also larger rain and wind overhangs may protect windows from hail, high winds, falling objects or trees. According to the Institute for Business and Home Safety or IBHS, doors should have at least three hinges and a dead bolt security lock with a bolt at least one inch long. Door frames should be anchored securely to wall framing and sliding glass doors should be installed with impact-resistant doors made of laminated glass, plastic glazing or a combination of plastic and glass. If replacing a roof, make sure both the roof covering and the sheathing it attaches to will resist high winds, hail, and wind-driven water. Old coverings should be removed down to the bare wood sheathing. Inspect the sheathing for needed repairs and how well it is anchored to the roof structures. Add screws and additional fasteners or nails to secure the sheathing. In tests, a few nails through sheathing that miss the trusses can expose the home’s interior of the home to major damage if the sheathing is caught and lifted by winds.

Instead of covering designed to resist high winds and shingles that are more resistant to hail than some types of metal shingles. Modified asphalt shingles also are likely to perform well in hailstorms. Ask about hail impact tests, wind-driven rain and wind resistance and compare various shingles. Seal roof sheathing joints with self-stick rubberized asphalt tape to provide a secondary moisture barrier. If the roof sheathing needs added protection, glue the sheathing to the rafters and the trusses. The addition of hurricane clips can make roof structures more secure.

“Points where the roof and the foundation meet the walls of the house are very important in resisting high winds and the pressure put on the entire structure” says Niemeyer. “Make sure the walls are properly anchored to the foundation.” IBHS also recommends anchoring the roof to the walls with metal clips and straps. Make certain that the upper story wall framing is solidly connected to the lower framing in multi-story homes. A construction engineer or architect can help determine where joints need retrofitting. Securing or bolting the house sill plates to the foundation and the roof to the wall also may result in less wind damage and may help lessen peripheral damage from nearby tornadoes.

Garage doors are highly vulnerable to wind damage, especially garage doors more than eight feet wide. Permanent wood or metal stiffeners can be installed. IBHS suggests contacting the door’s manufacturer for recommendations about temporary center or household supports that can be attached when severe weather threatens and then removed easily. Wind breaks also are important to direct wind currents and buffer winds. Weak trees and limbs that may damage the roof if hit by high winds should be removed. Remove trash and objects from around your yard or home that could become wind borne or secure them to the ground.

Finally, review your homeowner’s or renters insurance with your agent to clarify what is and is not covered such as mold following a rain and wind incident or tornado.

Additional bracing and support reinforces roofs and can prevent wind damage.

Sugar maple

Hackberry

Green ash

Honeylocust

Burr oak acorn
Low-Toxic Fly Management for Horses

Barb Ogg
UNL Extension Educator

DURING warmer months, horse and stable flies are common pests around equine facilities. Horse flies are primarily a nuisance, although they are potential disease vectors. On the other hand, stable flies cause a biting pain, especially on the sides of the neck, lower legs and underneath of animals—places where the animal can’t swat and fly control can be very limited. In the absence of an animal, stable flies also bite people. Occasionally on bare lower legs (Figure 1).

House flies and stable flies breathe, exist, decaying organic matter mixed with animal manure. Common places include spoiled animal feed or soiled straw bedding. High numbers of stable flies cause animals to become weakened from blood loss, nervous and irritable.

Sanitation is Important
To reduce fly breeding sites, there is no substitution for sanitation. Maintain sanitary conditions in and around your equine facility including:

- Removal of manure from stalls, barns, corrals, exercise areas and turnout areas.
- Cleaning up leftover or spilled feed, grain and hay on a daily basis.
- Keeping manure storage areas dry. As soon as possible, spread manures on pastures so it can be exposed to sunlight and dry out.
- Making sure all areas and barn have proper drainage to eliminate wet and moist areas whenever possible.

Larval Control with Insect Growth Regulators
There are a number of insecticidal products that control adult flies, including perimise sprays, bait stations and on-animal insecticides. These provide only temporary relief and must be reapplied frequently.

However, there are some newer products that control larval flies at the source, in the manure. The active ingredients of these products are known as insect growth regulators (IGRs) which interfere with growth and development of fly maggots.

How do IGR products work? The life cycle of a fly consists of egg, larva (maggot), pupa and adult (Figure 2). The adult female fly lays eggs in manure or other suitable organic matter. The eggs hatch into tiny maggots, which feed on the manure. These maggots molt several times to larger stages. When maggots reach maturity, they pupate, later emerging as adults.

There are two active ingredients found in IGR products registered for fly larval control on horses: diflubenzuron and cyromazine. Diflubenzuron and cyromazine are called chitin synthesis inhibitors because they interfere with the formation of chitin, the primary component of the insect cuticle (the skin). Insects exposed to these IGRs will not molt properly so most of the maggots will die when they molt and flies will not emerge from the manure. These products control the flies while in the manure and are more efficient than relying on fly sprays.

Diflubenzuron. Difluben- zuron is found in the feed-through products SimpliFly™ and Equitrol® II, manufactured by Farnam. These products are identical. SimpliFly® and Equi- tol II are top dressed on grain or mixed with the ration to provide 6.8 mg per 100 pounds of body weight. For a 1,000 pound horse, the dosage is 1 ounce Equitrol II or SimpliFly per 100 pounds of body weight.

Cyromazine. The product containing cyromazine and registered in Nebraska for horses is Solitude IGR™. It is an alfalfa-based pellet, manufactured by Pfizer Animal Health. Dosage of Solitude is not based on body weight, but each horse should be fed 1/2 ounce Solitude per day.

Safety and Effectiveness. Because nothing is a process only arthropods do, warm-blooded animals, including birds and mammals will not be affected by IGRs. Studies have shown these products are safe for both woman and man, (including humans), beneficial insects and non-target organ- isms. For biocontrol results, start feeding these additives before the beginning of the fly season, continue through the summer and into the fall until cold weather reduces fly activity.

If you decide to use an IGR larval control product mid-season, you may need to use products that control adult flies (such as on-animal insecticides, premise sprays and bait stations) until the IGR product is fully utilized under control. Then use these additional products only as needed.

What About Fly Sprays? These products are often sold where equine feed and supplies are sold or through veterinarians. In the Lincoln area, these products can be found at Fort Western and Tractor Supply Company (both locations) [Note: this list may have expanded from the print edition]. These products can also be purchased from insecticide retailers.

Problems with Control. Sometimes flies will not be controlled as well as one would like. This can occur when:

1. Sanitation is not good. Flies breed in organic matter other than manure. Spoiled feed or hay, wet bedding, grass clippings, poorly managed compost and other organic matter will breed flies. These IGR feed-through products only control flies breeding in manure.

2. For some reason, horses do not get the recommended daily IGR dose. If you do not have the ability to control dosage, control may not be achieved.

3. Other livestock or pet waste is producing flies.

4. Flies from surrounding areas travel to your equine facility. If your neighborhood livestock/horses and is not con- trolling their fly population, even the best fly management will be compromised. Studies have shown flies can travel consider- ably distances. Stable flies and house and stable flies will only travel a mile or two.

5. Resistance by flies to these IGR products is possible, especially if you use the same product year after year. If the product you have chosen seems to lose its effectiveness over time, you may need to use a different product or approach.

What About Using Parasites for Fly Control?

Another non-toxic way to use parasitic wasps which lay eggs in imma- ture stages. The wasp larva quickly hatches, feeds on the pupa and kills it before it emerges. However, research studies in Nebraska showed wasp releases did not achieve reductions in fly popula- tions, even when four times the recommended numbers of wasps were released.

Note: Products named are for the convenience of the reader and not an en- dorsement. Use care to read, understand and follow all label directions. Never use products not labeled specifically for use on horses.

Household Hazardous Waste Collections

Saturday, May 19, 9 a.m.—1 p.m.
Pitzer Inc., 601 W. Cornhusker includes Latex Paint Exchange

Friday, June 22, 9 a.m.—1 p.m.
Union College Parking Lot, 52 & Coopper St.

Saturday, June 23, 9 a.m.—1 p.m.
NE Wesleyan, parking lot, 56 & Huntington St.

Some items you can bring for disposal:

- Thermometers, thermostats containing mercury, solvents, oil-bonded paint, thinner pastiches, (even banned products like DDT), items containing PCB’s (ballasts from fluorescent fixtures and expansions from old appliances).

- On May 19 only, you may bring late paint for the paint exchange. Do not bring asbestos, tires, batteries, used oil, medicines, fertilizers, explosives and ammunition.

These collections are for household only; not for businesses.

Termite Workshops for Homeowners in May

To become more informed about termites, attend a workshop, “Everything Homeowners Need to Know about Termites and Termite Control.” At this extension educa- tors, Barb Ogg, Dennis Ferrari and Pesticide Education Specialist, Clyde Ogg, will discuss termite biology and behavior, home inspection tips, differences between professional and DIY treatment and how to get professional help if needed.

These workshops will be held at the following Nebraska locations:

- May 3—Omaha, Douglas-Sarpy Counties Central Office; 4034 W. Center, 6:30–9:30 p.m.

- May 15—Weeping Water, Cass County Extension Office, 8404 144th Street, located on the Cass County Fairgrounds, 9:30–5:30 p.m.

- May 17—Lincoln, Lancaster Extension Education Center, 444 Cherryccreek Road 6:30–9:30 p.m.

There is a $25 registration fee for this workshop. In addi- tion to training, participants will receive up-to-date reference materials. For more information or registration form, go to http://lancaster.unl.edu/pest/termite.shtml or call 441-7180.
Carrots are an excellent source of Vitamin A, which is necessary for healthy eyesight, skin health, and also aids in our bodies in resisting infection.

Carrots have a higher natural sugar content than all other vegetables with the exception of beets. This is why they make a wonderful snack when eaten raw and make a tasty addition to a variety of cooked dishes.

Carrots are available all season long. Look for well-shaped carrots. Pick carrots that are firm and of the correct size as well as other vegetables. This is why it is best to store fruits and vegetables separately.

Dried fruits and vegetables are high in fiber and carbohydrates and low in fat. However, dried foods are more calorically dense than their fresh counterparts. The recommended serving size for dried fruits and vegetables is half that of fresh.

**Carrots and Raisins**

**Sunshine Salad**

Preparation Time: 25 minutes  
Number of Servings: 4  
Cups of Fruits and Vegetables Per Person: 1

**Ingredients:**
- 1 pound carrots (5 or 6), peeled and shredded
- 1/2 cup raisins
- 1 carton (8 ounces) low-fat vanilla yogurt
- 1/2 cup raisins
- Salads

In a large bowl, mix all ingredients together, except lettuce. Cover with plastic wrap and refrigerate for 15 minutes. Toss again before serving. Serve on lettuce leaves.

**Nutrition Facts:** Serving size 1/4 recipe. Calories: 160; Total Fat, 2g; Saturated Fat, 0g; Cholesterol, 0mg; Sodium, 240mg; Carbohydrates, 32g; Fiber, 5g

**The First Step to Food Safety — Clean!**

Helping limited resource families learn to prepare nutritious and safe foods while stretching their food dollars.

**Kelly Fisher, RD, LMNT**  
Extension Assistant

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The best place to thaw frozen perishable foods—like frozen meat, poultry, seafood, vegetables, fruit and cooked pasta and rice—is in the refrigerator! Make sure your refrigerator is 40 degrees F or lower. Thaw packages of meat, poultry and seafood on a plate on the bottom shelf of the refrigerator. This prevents their juices from dripping on other foods.

When microwave defrosting perishable food, cook it immediately after thawing. Some areas of the food may start to cook during microwave defrosting and become warm. Any bacteria present wouldn't have been destroyed and may reach optimal temperatures for growth.

**Food Quiz: Keep or Toss?**

Test your food safety savvy by taking this short quiz! Should you “Keep” or “Toss” the following foods?

1. Tacos left on the kitchen counter overnight?  
Keep or Toss?

2. Ham on the counter all day on the kitchen counter?  
Keep or Toss?

3. Lettuce placed in the refrigerator within 2 hours after it was cooked?  
Keep or Toss?

4. Cut or peeled fruits and vegetables left at room temperature MORE THAN 2 hours?  
Keep or Toss?

5. Leftovers kept in the refrigerator for over a week?  
Keep or Toss?

**Answers:**

1. Toss. Even if you refrigerate tacos left out overnight, some bacteria can form a heat-resistant toxin that cooking won’t destroy.  
2. Toss. Remember how bacteria may have formed heat-resistant toxins when the tacos were thrown out overnight?

3. KEEP. If perishable foods have not been left at room temperature for longer than two hours (in temperatures above 90 degrees F), they should be safe. Refrigerate promptly; eat within three to four days.

4. Toss. Once you have cut through the protective skin of fruits and vegetables, bacteria can enter. Refrigerate cut or peeled fruits and vegetables within TWO hours! Just one bacteria in foods can grow to 2,097,152 bacteria in seven hours! Bacteria on the outside of fruits can be transferred to the inside when fruit is peeled or cut. Rinse fruits with peels (even when the peel is removed) such as melons and citrus fruits!

5. Toss. Even refrigerated leftovers may become unsafe within three to four days. You can’t always see or smell or taste if a food is unsafe. You could still get sick eating a toss. Remember: When in doubt ... TOSST IT OUT!!!

**Cleaning Fruits and Veggies**

1. Remove and discard outer leaves.

2. Rinse under clean, running water just before preparing or eating. Don’t use soap or detergent as it can get into produce and make you sick.

3. Rub briskly—scrubbing with a clean brush or hands—to clean the surface.

4. Dry with a clean cloth or paper towel. Moisture left on fruits and vegetables helps bacteria grow. Dry them if you won’t eat or cook them right away.

5. Cut away bruised and damaged areas.

**Fruits and Veggies**

More Matters for Better Health

The Nutrition Facts: Serving size ¼ recipe. Calories, 160; Total Fat, 2g; Saturated Fat, 0g; Cholesterol, 0mg; Sodium, 240mg; Carbohydrates, 32g; Fiber, 5g

Toss again before serving. Serve on lettuce leaves.

In a large bowl, mix all ingredients together, except lettuce.

1 carton (8 ounces) low-fat vanilla yogurt

1/2 cup raisins

**Ingredients:**

**Cups of Fruits and Vegetables Per Person:** 1

**Preparation Time:** 25 minutes

**Number of Servings:** 4

**Carrots are best stored between 32-40 degrees F in the crisper section of the refrigerator. Storing them in the refrigerator will preserve their flavor, texture and the beta carotene content. Do not store them with fruits. Fruits produce ethylene gas that may ripen this gas will do the same to the carrots as well as other vegetables. This is why it is best to store fruits and vegetables separately.

Dried fruits and vegetables are high in fiber and carbohydrates and low in fat. However, dried foods are more calorically dense than their fresh counterparts. The recommended serving size for dried fruits and vegetables is half that of fresh.
Cleaning Up After Getting Dirty

The cleaning season is here, when working inside or outside the home you may get a variety of stains on clothes, carpets, rugs, mud, dirt, paint and rust stains will appear with around-the-home cleanup. Here are some tips to clean up the stains.

**Grass:** Pretreat or presoak stains using a liquid laundry detergent or a prewash stain remover. Follow the directions on the label. Launder, using the hottest water safe for the fabric. If the stain persists, launder again using chlorine bleach, if safe for the fabric, or oxygen bleach.

**Mud and dirt:** Let the mud dry thoroughly. Brush off as much mud and dirt as possible. Pretreat with a paste of powder detergent and water, liquid laundry detergent or a liquid detergent booster. Launder for heavy stains, pretreat or presoak with a laundry detergent or a presoak product. Launder, using the hottest water safe for the fabric.

**Paint, water-based:** Rinse the fabric in warm water while the stains are still wet and cold. Once the paint is dry, it can’t be removed.

**Paint, oil-based:** Treat the stain while it is fresh. Use the same solvent the label on the paint can recommends in a thinner. If the label isn’t available, use turpentine. Read the garment care instructions and test the solvent on an inconspicuous area of the garment before treating the stain. Rinse. Pretreat with prewash stain remover or laundry detergent. Rinse and launder.

**Pollen:** Gently shake the stained item to remove as much pollen as you can. Then use the sticky side of a piece of tape to lift off the remaining particles. Pretreat with a prewash stain remover. Launder using chlorine bleach, if safe for the fabric, or oxygen bleach.

**Rust:** Use a commercial rust remover. It’s available in supermarkets and hardware stores. These products contain toxic acids, so be sure to read and follow the label directions carefully. Never use chlorine bleach or a product containing chlorine bleach on a rust stain. It will permanently set the stain.

**FCE Scholarship Applications Due May 1**

A $400 scholarship provided by the Lancaster County Family and Community Education (FCE) Council is available for a graduate of a high school in Lancaster County or a permanent resident of Lancaster County majoring in Family and Consumer Science or a health occupation. This is open to full-time students beginning their sophomore, junior or senior year of college in the fall of 2007 or who have completed two quarters of study in a vocational school. Applications are due May 1 in the extension office.

**District Meeting Report**

Thirty-five members attended the Southeast District FCE meeting held on March 29 at the Lancaster Extension Education Center. State FCE President Dixie Allbery reported on the past year and gave a review of some of the highlights of 2006-2007. The March Council meeting, held at 6 p.m. on your calendar for May 10, will include a presentation by UNL Professor Fayrene Hamouz, “Chocolate...Chocolate” was given by Fayrene Hamouz, UNL Associate Professor in the Culinary Arts. Otoe County members presented a Hearth & Home Series skit—“Woman to Woman—Searching for Chocolate.” Lancaster County FCE member Janet Broer is serving as Southeast District Director this year.

**Sizzling Summer Sampler, July 10**

Mark Tuesday, July 10 at 6 p.m. on your calendar for the Sizzling Summer Sampler. Learnshops will follow a light meal. Invite your friends to join you for this fun evening!

**FCE News & Events**

**Everyone is welcome!**

**Club Baskets**

FCE clubs are asked to prepare baskets for the scholarship raffle. Baskets were distributed at the March Council meeting, if your club was not represented, you are asked to prepare additional baskets, call the office. Choose any theme and use your creativity. The raffle will be held at the Sizzling Summer Sampler.

**May is Clean Air Month**

Clean air is important for healthy lifestyles. Many youth and adults are affected by asthma episodes. Triggers caused by the airways’ sensitivity to various triggers in the environment. Each person reacts differently to these environmental factors that may trigger asthma, including: respiratory infections, colds, cigarette smoke, allergic reactions to pollen, mold, animal dander, feathers, dust mites, scents, food and cockroaches; exposure to cold or sudden temperature change; exercise; asthma can develop quickly and it can range from being a mild discomfort to a life-threatening attack if breathing stops completely. Asthma problems are often separated by symptom-free periods.

Dust mites are found in all homes and can be a major cause of asthma problems. Dust mites are tiny micro-scorpionic animals related to ticks and spiders living in virtually every home. Dust mites feed on skin flakes and can be found throughout the home, including mattresses, pillows, carpets and furniture. These creatures produce airborne particles (allergens) that can trigger allergic reactions or asthma symptoms when inhaled by children or adults who are sensitive to them. The higher level of mite allergens in the home, the greater risk to children living in the home.

**How to Control Dust Mites**

• Use a dehumidifier or air conditioner in the summer to maintain the relative humidity in your home at 50 percent or below. Reducing moisture in your home is the single most effective control for dust mites—they thrive in high humidity. • Encase your mattress and pillows in dust-proof or allergy-impermeable covers (available from specialty supply mail order companies, bedding and some department stores). Dust mite levels in mattresses are most closely linked with asthma attacks than dust mites on the floor. • Wash bedding and blankets once a week in hot water (at least 130-140 degrees F) to kill dust mites. • Replace wool or feather-stuffed bedding materials with synthetic materials. Select washable stuffed animals and toys. • If possible, replace wall-to-wall carpets in bedrooms with hard surface (linoleum, tile or wood) floors. • Use a damp mop or rag to remove dust. Never use a dry cloth this stirs up mite allergens in the air. • Use a central vacuum cleaner vented to the outdoors or a vacuum cleaner with either a double-layered micro-filter bag or a HEPA (High Efficiency Particulate Air) filter to trap allergens that pass through a vacuum’s exhaust. • Reducing indoor pollutants, including high efficiency furnace filters and whole house electronic air cleaners, may be helpful in reducing indoor air pollutants when used in conjunction with proper ventilation and filtration. • For more in-depth information on asthma and asthma resources, go to www.lungusa.org.
May is Time to Control Leafy Spurge

Tom Dorn
UNL Extension Educator

In my travels around the county, I have seen many patches of Leafy spurge. Leafy spurge is a persistent, deep-rooted perennial which reproduces by seeds and roots. Leafy spurge has a somewhat woody crown below the soil surface. Each crown area produces several upright stems giving the plant a clump-like appearance. In addition, new stems arise from buds on lateral, secondary roots. See Figure 1. Stem growth starts in April, making leafy spurge an early, vigorous competitor with forage and pasture plants. The plant bears numerous linear-shaped leaves with smooth margins. Leaves have a bluish-green color but turn yellowish or reddish-orange in late summer. Leafy spurge produces a flat-topped cluster of yellowish-green, petal-like structures called bracts, which bear the true spurge flowers. The showy, yellow bracts appear in May and give the plant a “blooming” appearance. See Figure 2. The true spurge flowers, however, develop about 10 days later and have small, green bracts. See Figure 3. The distinction between yellow bract appearance and true flowering is important for timing herbicide applications. Spring-applied herbicides are more effective when applied on plants with developing true flowers.

Figure 1 — lateral, secondary roots

Identification
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Figure 1 — lateral, secondary roots

Seed recommendations listed in UNL

Seeds are borne in pods which contain three gray-brown, sometimes speckled, oblong, smooth seeds. At maturity, pods pop open, throwing seeds up to 15 feet from the parent plant. About 140 seeds are produced per stem and seeds may remain viable in the soil for up to eight years. Leafy spurge peak germination time is late April to early May. New seedlings develop throughout the summer but usually do not flower during the first year. Leafy spurge seedlings can vegetatively reproduce from root buds within 7–10 weeks after germination.

Control
Chemical control recommendations listed in UNL.

Figure 3 — true flowering

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Black spot Infestation on Roses

Black spot is a common fungus found on roses during the spring and summer. Therefore, it is important to look for symptoms of black spot early and learn the proper techniques to keep it from harming plants and spreading to other plants in future years. Black spot is spread by poor sanitation in flowerbeds. The fungus produces spores that overwinter on fallen leaves and diseased rose canes. These spores are easily transported from place to place by rain splash in spring. When it rains, water splashes from the infected plant surface and spreads the fungus to the sides of new healthy leaves, carrying fungal spores with it. Spore production on black spot normally begin to appear in the spring when humidity levels are high and foliage dries off slowly following rain or overhead irrigation. On average, it takes only one day for spores to infect a plant and four to five days for symptoms to show. The leaves of an infected rose bush will turn brown and develop black dots. Black spot initially starts plant growth. However, if left untreated, it may eventually kill the plant.

The only effective method used to treat an infestation is to follow a regular spray program. Even with this treatment, however, black spot will typically return in subsequent years if environmental conditions are favorable. Therefore, it is a good idea to stop black spot before it starts.

The key to preventing black spot is to clean rose beds in the fall to get rid of any debris in which spores may overwinter and again in the spring to remove leaves that may have blown into the plants. Remove last year’s mulch and replace it with fresh mulch. Select roses that are resistant to black spot to reduce or eliminate the need for a spray program.

Remove leaves throughout the growing season as symptoms of black spot begin to appear. To be successful, fungicide applications must be made preventatively to healthy foliage. The fungicide provides a protective barrier that kills fungal spores on the leaves as they germinate and begin to grow. On high value plants with a history of black spot infection, fungicide applications should begin as soon as foliage emerges in spring and continue throughout the summer at frequent intervals. Refer to the fungicide label for reaplication recommendations. Several fungicides can be used, including Fungine. Fungicide control will not be effective if good cultural and sanitation practices are not followed.

For more information, see the following:

- Nebraska Extension
- Nebraska Department of Agriculture
- UNL Landscape Horticulture Specialties
- UNL Cooperative Extension Service
- UNL Horticulture Newsletter

Billbugs on Turf

Plants Affected: Primarily Zoysiagrass and Kentucky Bluegrass

Description: Billbugs are small, brown, snout-tipped weevils. The adult may cause some minor feeding damage to the turfgrass but the “grub” is the stage that can cause serious problems. Billbug grubs are legless and are a creamy-white color with a brownish head. Eggs are laid on blades of grass through late spring and early summer. The young larvae tunnel up and down the stem until they become too large and drop to the ground where they begin to feed on crowns and roots. Maturer larvae may feed several inches deep in the soil. If billbug damage is suspected, inspect the turfgrass crowns. Infested plants are easily pulled up and separate at the soil surface. The crown area is swollen, hollowed out and ragged with frass (a sawdust-like material) present. Digging into the soil will often reveal the grubs.

Recommendations: Billbugs are one of our most difficult turfgrass insects to control. The adults are well armored and do not ingest insecticide while penetrating a grass stem during feeding. The grubs spend much of their lives boring inside grass stems where they are protected from insecticide sprays. However, adults are easier to control than the grubs because they feed on top of the soil where they are more easily contacted by insecticides. Unfortunately, most people don’t notice them because they do not cause significant turf damage.

Start looking for the adults when the surface of the soil approaches 65 to 68 degrees F. They will often be seen crawling on the ground at this time. Spraying for the adults is normally done in late April to early May. Grub damage is often first seen about mid-July. The effectiveness of control is dependent on whether the insecticide reaches the billbugs. If larvae are still inside the stems or if they are deeper than the insecticide reaches, the chemical will be ineffective.

Sources: UNL Landscape Horticulture Specialties

Billworm Control

Bagworm eggs hatch in early June and young worms will begin to feed on junipers, cedars and arborvitae in eastern Nebraska. Bagworms also occur on various deciduous trees such as flowering crab, plums, lilacs, and evergreens. The bags attached to the trees are actually larvae that construct silk and plant material. At this stage, the larvae are susceptible to insecticides; but after 6 weeks, they will be more difficult to control. Suggested control materials are carbaryl (Sevin), permethrin (Eight) and various formulations of “B” (Dipel, Thuricide). Follow label directions and be sure to spray trees and shrubs thoroughly to penetrate foliage. Good coverage is essential if control is to be effective.

Garden Guide

PLANTS

- Black spot
- Bagworm
- Billbugs
- Black spot
- Bagworm
- Billbugs

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Sources: UNL Landscape Horticulture Specialties
Chris Scow

Lancaster County 4-H is proud to announce Chris Scow as winner of May’s “Heart of 4-H Award” in recognition of outstanding volunteer service.

Seven years ago, Chris started as a parent volunteer for his daughters’ club, Boot Scootin’ 4-Hers. This wife Tracy and her sister Lisa Preston are leaders of the club. Four years ago, Chris became a member of 4-H Council and has served on the scholarship and food booths committees. As current 4-H Council president, Chris represents 4-H on the Lancaster County Extension Board. He is also active on the Horse VIPS Committee. Chris and his wife Tracy have helped extensively with the 4-H Miniature Horse Show at the Lancaster County Fair.

“I like being a 4-H volunteer because of the positive influence you can have on the lives of our youth through this program,” says Chris. “My favorite experience as a 4-H volunteer was helping and observing some of our youngest members as they work on and take pride in their projects. Then, on the other end of the spectrum, watching and hearing exhibitors celebrate the confidence and poise they have gained through their 4-H years. It’s easy to observe the value this program offers.

In addition to volunteering for 4-H, Chris coaches YMCA Spirit Soccer and Softball, and is active at his church.

Congratulations to Chris. Volunteers like him are indeed the heart of 4-H!

Nominating your favorite 4-H volunteer by submitting the form online at http://lancaster.unl.edu/4h or setting it up in the extension office.

Live Animal Training Session
Tuesday, May 8, 6 – 9 p.m.
Lancaster Event Center, Multipurpose Arena
Lancaster County 4-H, in cooperation with ADM Alliance Nutrition and MoorMan’s ShowTec, is presenting a FREE animal training session – topics include showing, fitting, nutrition and management of beef, sheep, goats and goats. A light meal will be served.

For more information, contact Deanna Karmazin. Please RSVP by May 1 by calling 441-7180.

Windstream 4-H Camp Scholarship Applications Due May 1
Thanks to the generosity of Windstream Communications, two Lancaster County 4-H’ers will receive full scholarships to attend a 4-H summer camp at the Eastern Nebraska 4-H Camp. The scholarship is based on need, applicants must be age 9 or older and currently enrolled in 4-H. Deadline is May 1. Applications are available at the extension office and online at http://lancaster.unl.edu/4h

Sheep Tagging Days, May 15 – 17
4-H’ers who will exhibit sheep at this year’s county fair need to have their animals tagged by June 15. Deanna Karmazin will be visiting farms May 15 – 17. Contact her at 441-7180 to set up a tagging time that works for your family or 4-H club.

Pre-Fair Leader Training, May 24
New leaders, experienced leaders, 4-H members and parents are invited to this monthly training on Thursday, May 24, 9:30 a.m. or 7 p.m. at the Lancaster Extension Education Center. Come and receive information on how to fill out the entry tags, the in’s and out’s of interview judging. Live Challenge, presentations contest and other important county fair information. Preregister by May 23 by calling 441-7180.

Animal ID’s Due June 15
All identifications for 4-H/FFA sheep, goats, swine, breeding beef, bucket calves, dairy cattle and rabbits which will be entered in the Lancaster County Fair are due to extension by Friday, June 15. Note: animal ID forms are not available online because they are carbon copy triplicates. Pick up forms at extension office.

All Riding Skills Level Tests Must be Done in Group Testings

Elementary Dressage Clinic Rescheduled for May 3
The Felice Rose Elementary Dressage Clinic has been rescheduled for Thursday, May 3 at the Lancaster Event Center in the warm-up arena. Session one will start at 6 p.m. and session two will start at 7 p.m. Both sessions are full, but anyone is welcome to come watch and learn!

County Fair Horse IDs Due June 1
Horse ID forms are due in the 4-H office on Friday, June 1. ID forms will not be accepted. Please take the time to fill them out completely and thoroughly. Be sure to draw your horse’s markings on the picture as accurately as you can. Also, be sure and indicate the horse’s color on the drawing. ID forms can be picked up at the extension office.

District/State Entry Forms Due May 11
District and state horse show entry forms are now available and can be found at http://lancaster.unl.edu/4h under Horse News. You can also pick them up at the office. district/state entry forms are due to the county office by Friday, May 11. No late entries will be accepted. (Make checks payable to Lancaster County Extension.)

You must be 12 years of age as of January 1 to be eligible for district and state. Junior age group is 12–14; senior age group is 15 & up.

If you are going to district or state:
• All horse IDs must be in the office by Friday, May 11.
• You must have filled out a 4-H enrollment form for the year 2007.
• You must have passed all parts of the Horsemanship Level II test.
• You do not need to qualify at a district show to enter the state Roping, Hunter Hack, Elementary Dressage, Advanced Western and English Pleasure, Speed Pleasure, Western Horsemanship, Advanced English Equitation, 2 year old Steer FIt, 1 year old Western Pleasure, Trail and Working Ranch Horse. You must, however, have passed all parts of the level III test.
• You must have passed the level IV test to enter the state Western Riding.
• No minimum skills level is required to enter state in hand classes.

Any questions, call Marty at 441-7180.

All 4-H Horse Judging Contests
There are two upcoming horse judging contests. This month’s contest is open to all 4-H’ers, but will not be held at the county fair. Any questions, call Marty at 441-7180 or go to http://lancaster.unl.edu/4h

Horse Course Testing Party
The second e-mail horse course testing party is set for March. The level IV test will be held March 7 at 1:30 p.m. Winning for the second time were Elizabeth Boender in the senior division and Elli Dearmont in the elementary division. Congratulations to both of you!
Four days of “hands-on” workshops full of fun and learning! Youth may attend as many workshops as they wish. Attending workshops that overlap the lunch period should be avoided (unless otherwise stated in the workshop description). If you have questions, contact Troy Kulm at 411-7410.

**REGISTRATION FORM ON PAGE 11**

### 1-Day Workshops

**Clover Kids 4-day Day Camp**

Clover Kids will participate in various hands-on activities with topics about health, food, science, the outdoors and much more. Check out the workshops provided for this workshop.

**TUE, JUN 20; 8-10AM**

AGES 8 & up • FEE $5

- Beginner Iris Paper Folding
  - Fee is $5 and includes materials and instructions.

**THURS, JUN 21; 10:15-12:15PM**

AGES 8 & up • FEE $8

- BizKidz: How to Build a Business
  - Fee includes material.

**FRIDAY, JUN 22; 3-5PM**

AGES 8 & up • FEE $5

- Business plan workshop
  - Fee includes a certificate of participation.

**SAT, JUN 23; 10-12PM**

AGES 8 & up • FEE FREE

- Basic Money Management Workshop
  - Fee includes a certificate of participation.

### 3-Day Workshop

**Kids’ Real Science Project**

A project for kids to use with fun, hands-on experiments. Each day will have different theme: Chemistry, Magic & Physics.

**TUE, JUN 19; 2:45-2:45PM**

AGES 8 & up • FEE $10

INSTRUCTOR: James Walla, 4-H Volunteer

**THURS, JUN 21; 3-5PM**

AGES 8 & up • FEE $10

INSTRUCTOR: Jessica Bauman, 4-H Volunteer

**SAT, JUN 23; 10-12PM**

AGES 8 & up • FEE $10

INSTRUCTOR: Jami Rutt, Extension Assistant

### Classic & Antique Cars

Learn about the automobile and the great vehicles that built it. Build a 1/25th scale model of a famous car that can be exhibited at the Lancaster County Fair.

**TUE, JUN 19; 8-10AM**

AGES 10 & up • FEE $5

INSTRUCTOR: Myron Smith & Sarah Broomall, Volunteers

**SAT, JUN 22; 10:15AM-12:15PM**

AGES 10 & up • FEE $5

INSTRUCTOR: Vicki Jedlicka, Extension Assistant

### Paper Piecing—What is it?

Use paper to layer and sew fabric into a colorful design. Create a wall hanging, tote bag or a gift item. Bring a pencil, ruler, scissors, pins, needle and any fabric or paper you wish to use with white thread.

**TUE, JUN 19; 1-3PM**

AGES 8 & up • FEE $5

INSTRUCTOR: Diane Spomer, 4-H Volunteer

### Create It

For those who know chess rules and play complete games. More advanced tactics and strategies to improve skills employed in adult matches.

**THU, JUN 21; 8-10AM**

AGES 8 & up • FEE $5

INSTRUCTOR: Kathleen Neuhille, Volunteers

**SAT, JUN 23; 8-10AM**

AGES 8 & up • FEE $5

INSTRUCTOR: Jared Hlava, Extension Assistant

### Old-Fashioned Raggedy Ann Doll

Make a Raggedy Ann doll that looks as pretty as can be. Paint the face, add hair and clothes for the antiqued look.

**TUE, JUN 19; 2-4PM**

AGES 8 & up • FEE $5

INSTRUCTORS: Kathy Hansen, 4-H Volunteer & Karen Witting, Extension Staff

###emitoutlet 1-Day Workshops

**Basic Iris Paper Folding**

Learn to make adorable cards, bookmarks and family holiday cards.

**TUE, JUN 19; 8-10AM**

AGES 10 & up • FEE $2.50

INSTRUCTOR: Marian Hagan, 4-H Volunteer

**THURS, JUN 21; 2-4PM**

AGES 8 & up • FEE $5

INSTRUCTOR: Kait Sahauff, 4-H Volunteer

### Baby Sewing Basics

Learn basic sewing skills needed to make clothes and projects for a baby. Bring fabric, thread, iron, scissors, etc.

**TUE, JUN 19; 10:15-12:15PM**

AGES 11 & up • FEE $5

INSTRUCTOR: Linda Bartos, Extension Educator

**TUE, JUN 19; 1:30-3:30PM**

AGES 8 & up • FEE $5

INSTRUCTOR: Karen Karmazin, Extension Associate & Chris Kucera, 4-H Volunteer

**FRIDAY, JUN 22; 1-3PM**

AGES 8 & up • FEE $5

INSTRUCTOR: Laura Mason, Extension Assistant

### Projects on the Prairie

Create art projects using the day’s field trips.

**TUE, JUN 19; 12:45-2:45PM**

AGES 8 & up • FEE $3.50

INSTRUCTORS: Hilary Strom, Extension Assistant and Jennifer Kucera, Extension Educator

**THURS, JUN 21; 12:45-2:45PM**

AGES 8 & up • FEE $5

INSTRUCTORS: Megan Stice, Extension Educator and Tori Hava, Extension Assistant

### Terrific Table Setting

Learn about table setting and service pieces and learn all you need to participate in the 4-H Table Setting Competition at the Lancaster County Fair. Fee includes table setting, white linens, glassware, silverware and stones to practice your modeling.

**TUE, JUN 19; 8-10AM**

AGES 10 & up • FEE $10

INSTRUCTOR: Extension Staff

**THURS, JUN 21; 7-9AM**

AGES 11 & up • FEE $10

INSTRUCTOR: Maureen Burson, Extension Educator

**FRI, JUN 22; 8-10AM**

AGES 11 & up • FEE $6

INSTRUCTORS: Daphne Zimmerman, Full Image Consultant and Jesseahn Schrock, Extension Intern

### Hooded Towels

Construct a cover and make a hooded towel for a baby or toddler. Fee includes towel and thread. Bring scissors, sewing pins, ruler and sewing machine (if available).

**THU, JUN 21; 8-10:15AM**

AGES 8 & up • FEE $6

INSTRUCTORS: Jhoni Kucera, Extension Assistant

**THU, JUN 21; 10:15-12:15PM**

AGES 10 & up • FEE $5

INSTRUCTORS: Lezaa Moyer, 4-H Volunteer and Teri Hlava, Extension Educator

**FRI, JUN 22; 8-10AM**

AGES 11 & up • FEE $6

INSTRUCTORS: Maureen Burson, Extension Educator

### Aquarius Beads

Create your own moss agate anklet or necklace using beads of your choice (agates are November’s birthstone).

**TUE, JUN 19; 10:15AM-12:15PM**

AGES 10 & up • FEE $8

INSTRUCTOR: Soni Cochran, Extension Assistant

**FRI, JUN 22; 12:45-2:45PM**

AGES 11-12 • FEE $10

INSTRUCTORS: TierOne Bank, in cooperation with the Lancaster County Extension Band

### Nail Art

Have fun learning how to make your nails pop off with designs on your nails. Bring your own nail polish, striping tape and beautiful nail pictures. Please come after 4:30 PM.

**TUE, JUN 19; 2-4PM**

AGES 8 & up • FEE $5

INSTRUCTOR: Jhoni Kucera, Extension Assistant

### Lights! Camer a! Styles! (LCS)

Explore how light affects photography and learn how to create different designs on your nautical, patriotic or socal theme. Bring your camera and light equipment.

**THU, JUN 21; 8-10AM**

AGES 8 & up • FEE $5

INSTRUCTORS: Vicki Jedlicka, Extension Assistant and Jhoni Kucera, Extension Assistant

**SAT, JUN 23; 8-10AM**

AGES 8 & up • FEE $4

INSTRUCTORS: Jhoni Kucera, Extension Assistant and Jesseahn Schrock, Extension Intern

### Great Events

Garage sales

Find the world of wonders and how they turn our garage into healthy food (called, vermicompost) for your plants and flowers. Create a worm habitat and enter your very own worm friends.

**TUE, JUN 19; 1-3PM**

AGES 8 & up • FEE $5

INSTRUCTORS: Susan Sandhurst, Master Gardener

### Henna

Learn about henna and how it is applied. Bring your own lotions and oils to make henna designs.

**TUE, JUN 19; 10AM-1PM**

AGES 8 & up • FEE $5

INSTRUCTORS: Jhoni Kucera, Extension Assistant

### Lights! Camera! Styles! II

Same description as #42, but this workshop is meant for Intermediate to Advanced levels.

**THU, JUN 21; 2-4PM**

AGES 8 & up • FEE $5

INSTRUCTORS: Vicki Jedlicka, Extension Assistant and Jhoni Kucera, Extension Assistant

### Color Galleria

Use color theory to help you best by wearing the right colors. Make your own color book in this interactive and fun workshop!

**FRI, JUN 22; 10:15-12:15PM**

AGES 8 & up • FEE $10

INSTRUCTORS: Jhoni Kucera, Extension Assistant and Teri Hlava, Extension Educator
Lincoln’s Community CROPS Program is Expanding

Ingrid Kirst  
Community CROPS Director

Community CROPS: Combining Resources, Opportunities and People for Sustainability is your local community garden and farm training organization. Through a network of gardens and a farm training site, we make it possible for families to grow food for themselves and market. They will be selling their produce Sundays at the Old Cheney Farmers’ Market and through the CROPS Community Supported Agriculture (CSA) Project, which provides a weekly box of vegetables to subscribing families.

We are working on some new projects this year, including an increased emphasis on youth gardening through our Urban Youth Agricultural Initiative in which we partner with existing youth organizations to help young people learn about growing and eating fresh vegetables. We are also involved in a USDA Community Food Project with Lincoln Parks and Recreation, Open Harvest and UNL Extension that will involve even more kids in gardening.

On Sunday, May 6, 11 a.m. to 3 p.m., Community CROPS is having a plant sale fund-raiser. We will be at the new West Gate Bank at 49th and O Streets with a variety of perennials, heirloom vegetables, flowers, house plants and more. This is a great way to get many great plants at low prices, while supporting the project at the same time. We’ll also be collecting donated tools for the gardens, so bring in a tool for a free plant.

For more information about these and other CROPS projects, go to www.communitycrops.org or call 474-9802.

The Nebraska LEAD Program  
(LEADERSHIP EDUCATION/ACTION DEVELOPMENT)

Applications are now being accepted for Nebraska LEAD Group XXVII, which begins in the fall of 2007. Thirty highly motivated individuals with demonstrated leadership potential will be selected. Application deadline is June 15.

The Nebraska LEAD Program is specifically designed for both males and females involved in production agriculture or agribusiness, in the general range of 25-50, who are intent on making a difference by providing quality leadership for the future of the industry and agriculture of the state of Nebraska.

For application or re-application materials and/or further information, call the Nebraska LEAD Program at 472-6810 or e-mail ablezek1@unl.edu

On the Web at www.lead.unl.edu

Your 4-H Talent Can Lead to an Exciting Career!

Teacher  Nutrition Scientist  Corporate Chef

The College of Education and Human Sciences offers 56 degree programs which can lead you to an exciting career!

For more information, call (800) 742-8800, ext. 0695 or go to http://cehs.unl.edu

4-H Horse Program  
continued from page 1

Editorial Services: Chris O’Dell

The Nebraska LEAD Program at 472-6810 or e-mail ablezek1@unl.edu

4-H Horse Program

member of Horse VIPS, “This drive to achieve shines in many other areas in life.”

Recent County Additions

Thanks to the hard work of volunteers, the horse program has expanded the past few years. Two “horseless” horse clubs offer youth who don’t own a horse the experience of belonging to a 4-H club and getting together with other youth who love horses.

A Horse Knowledge Club was started two years ago to develop well-rounded horsemen and to get more youth involved in the academic areas of the 4-H Horse Program such as quiz bowl and judging. This year it was replaced by an e-mail Horse Course.

The Horse Incentive Program has grown stronger in the past few years because of the generosity of monetary support from local Lincoln businesses. In 2006, 75 youth logged the hours they spent on/with their horse project and received rewards such as horse blankets, saddle pads and event chairs.

New at this year’s Lancaster County Fair will be a Special Needs Show with two classes: mounted obstacle assisted and non-assisted.

Youth Development

Ultimately, the goal of the 4-H Horse Program is to develop confident, competent, caring individuals who are connected to their communities.

Kim Bowen, leader of the Silver Spurs 4-H club says, “I enjoy watching the kids become better equestrians and more confident in themselves on and off the horse.”

Joyce and Jim Agena, members of Horse VIPS, say, “A great thing for us has been seeing the kids all working toward a greater goal and helping each other along the way. Watching an elementary rider being schooled by an older 4-H’er or, then years later, watching that same rider help one of the new elementary riders is a great thing!”

Fun and Friends

Often youth learn best when they don’t even realize they are learning.

“4-H is fun times, hard work, lots of laughing, sweating at the Event Center, lots of detailed rules and time with my horse,” says Anna Denell (age 16).

Her mother, Martha says, “The friends my girls and I have made are so valuable and special. It has been a big factor in the character development of my kids.”
April
22 4-H Teen Council Meeting ........................................ 3 p.m.
24 4-H Horse Level Testing, Lancaster Event Center
Warm-up Arena .................................................. 6:30 p.m.

May
1 FCE Scholarship Applications Due to Extension
Windstream 4-H Camp Scholarship Applications Due to Extension
1 4-H Council Meeting ........................................... 7 p.m.
3 4-H Horse Elementary Dressage Clinic, Lancaster Event Center
Warm-up Arena .................................................. 6 p.m. & 7 p.m.
8 4-H Horse Skills Level Testing, Lancaster Event Center
Warm-up Arena .................................................. 6:30 p.m.
8 Live Animal Training Session, Lancaster Event Center ........ 6–9 p.m.
10 2008 4-H CWF Meeting ....................................... 7 p.m.
11 Extension Board Meeting ...................................... 8 a.m.
15 County Deadline for 4-H District/State Horse Show Entries, 1.D./s., Level Tests
15 Guardianship Training .......................................... 5:30–8:30 p.m.
15–17 4-H Sheep Tagging Days
17 “Everything Homeowners Need to Know about Termites
and Termite Control” Workshop .............................. 6:30–9:30 p.m.
24 4-H Leader Training ........................................... 9:30 a.m. & 7 p.m.

Nathan Smith Named to State 4-H Youth Curriculum Committee
Lancaster County 4-H member Nathan Smith, son of Myron and Barb, was one of 13 Nebraska 4-H youth selected to participate in a statewide 4-H Youth Curriculum Committee. The committee consists of youth ages 14 and older and will give youth a voice in 4-H curriculum decisions such as selecting new project manuals, revising outdated materials, reviewing technology components and promoting new curriculum in counties. Additional information is at http://4h.unl.edu.
Nathan is a member of Lancaster County 4-H Council, Teen Council, the Creative Clowers 4-H club and Classic Cars R Us 4-H club.

ABC’s for Good Health Classes in June
UNL Extension Nutrition Education Program (NEP) is presenting “ABC’s for Good Health,” a three-part series aimed at limiting moderate income women. If you are receiving assistance such as food stamps or Medicaid, you could qualify to attend this program at no cost.
Upcoming classes are Wednesdays, June 6, 13 & 27. Choose between two time slots, 10 a.m.–12:30 p.m. or 6–8:30 p.m.
Learn that good health is as easy as:
A) Aim for fitness — Increase your physical activity with a personalized walking program.
B) Build a healthy base — Use MyPyramid to guide your food choices.
C) Choose sensibly — Balance the foods you need and enjoy.
Participants receive:
• A pedometer and inspiration to stay fit
• A notebook with practical nutrition information
• New recipes and food preparation ideas
• A cookbook (valued at $15) after completing the series
Sessions are held at the Lancaster Extension Education Center, 444 Cherrycreek Road in Lincoln. Please register by May 30. Call NEP at 441-7180 for more information or to register.

CLOVER COLLEGE REGISTRATION FORM
To register, complete the registration form (one person per form) and return with payment (make check payable to Lancaster County Extension). Registrations must be received by June 11. Registrations are handled on a “first come” basis and will only be accepted upon receipt of fees. Classes fill quickly — early registration is recommended. Telephone registration not accepted. All fees are nonrefundable unless a class is filled to capacity or canceled. May photocopy this form if needed.
Assume your registration is confirmed unless you contact about filled classes.

Name ___________________________ Age ___________________
Parents Name(s) __________________________________________________________________________
Address ___________________________________________________________________________________
City ___________________________ State __________ Zip __________
Daytime Phone __________________________ Evening Phone __________________________
Special Needs (allergies, etc.): _______________________________________________________________________________________________________
Workshop(s) # _______ Title _______________________________________________ Fee ____________
# _______ Title _______________________________________________ Fee ____________
# _______ Title _______________________________________________ Fee ____________
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Use additional sheet of paper if needed

Mail or bring registration form and payment to:
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4-H'ERS IN THE NEWS

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Can You Guess It?

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

Did you guess it from the April Nebline?
The answer was the 2007 Perennial Plant of the Year Nepeta “Walker’s Low”

U.S. Drought Monitor Map
As of April 10, Lancaster County was not in drought conditions.

Ag Awareness Festival Teaches 4th Graders About Agriculture

More than 400 fourth graders from Lincoln area schools attended the Ag Awareness Festival held on March 27 and 28 at the Lancaster Event Center. Students gained a greater understanding of agriculture and how it impacts their daily lives. Students rotated between 10 interactive stations: Farming Technology, Grain Products, Grain By-Products, Swine, Horse, Dairy Production, Dairy Calves, Ruminant Nutrition, Beef Products, Beef Production and Hay & Forages.

“\(2007:\) We want youth to understand the food process—that food doesn’t originate from a restaurant or grocery store,” said Festival organizer Deanna Karmazin. The Ag Awareness Coalition, led by University of Nebraska-Lincoln Extension, organizes the festival with the help of agriculture businesses, commodity associations and food industry companies.

Fifth Graders Learn About Water, Air and Land and Living Resources at earth wellness festival

Nearly 3,000 Lancaster County fifth graders attended earth wellness festival on March 21 and 22. Students discovered and explored the relationships and interdependency of land, water, air and living resources through hands-on activities. This year, the festival expanded from one to two days.

Now in its 13th year, the festival is organized by 10 local agencies, including University of Nebraska–Lincoln Extension in Lancaster County. Classrooms attending the festival received pre-festival learning kits in October.

“Students and teachers look forward to this annual event,” said Lois Mayo, member of the ewf steering committee and Lincoln Public Schools Science Curriculum Specialist.

Students examined abundant animal and plant life found in dirt during the “The Secret Life of Soil” session.

A long-eared owl was part of “The Raptors” presentation (right) by the World Bird Sanctuary of St. Louis, Missouri.

In “Trees to the Rescue” (below), students discovered the benefits of windbreaks, including effect on soil temperature.

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

One American farmer/rancher produces enough food for 129 people — 95 in the U.S. and 34 abroad.

Youth saw a preserved cow stomach as they learned a ruminant digestive system has multiple stomach chambers.

Is this timothy or alfalfa hay? Students learn the different types of forages and their uses.

Students got a close look at two-month-old barrows (male swine).

Students got a “hands-on” approach to learning about dairy production.

In the Farming Technology session, youth had a chance to sit in a combine cab.