**Eat Smart: How to Fill Up, Not Out!**

Alice Henneman, MS, RD
Extension Educator

Fill up, not out, with these six "Eat Smart" tips:

1. **Don’t Let Tastes Go to Waist**
   It takes an excess of about 3,500 calories to gain a pound. One hundred extra calories a day can put on 10 pounds a year. A bite here, a bite there, and we’ve run up 100 (OR MORE!) calories in just a few tiny tastes. If you’ve been adding “mystery” pounds, consider counting the calories in those "tiny bites"! (See related article, “Tiny Bites Total Big Calories” on page 6.)

2. **Avoid Portion Distortion**
   A Journal of the American Medical Association article (Jan. 22, 2003) reported that with the exception of pizza, food portion sizes consumed in the United States for persons 2 years or older increased for all categories studied: home, restaurant and fast food locations. The survey looked at these items: salty snacks, desserts, soft drinks, fruit drinks, french fries, hamburgers, cheeseburgers, pizza and Mexican food.
   
   Studies by Dr. Barbara Rolls, Pennsylvania State University professor and author of *Volumetrics: Feel Full on Fewer Calories* have found that the bigger the portion people are offered, the more they eat.

3. **Slow Down to Slim Down**
   It takes about 20 minutes after food enters our mouths before the brain starts perceiving we’re filling up. Take time to sit down and savor food flavors. When eating on the run, we miss the full impact of the taste sensations that come through when food is eaten more slowly. At the very least, we should wait until we’ve swallowed one bite before we take the next one!

4. **Turn Up the Volume!**
   “When left to their own devices, people choose a fairly constant portion of foods from day to day” according to Dr. Rolls in describing her research related to “volumetrics.” Volumetrics is based on maintaining the usual volume of food you eat yet lowering the calories in each portion so you can consume fewer calories yet feel just as full.” (See “Foods Which Help You Feel Full” at right.)

5. **Step to it!**
   Health experts recommend walking around 10,000 steps/day (about 5 miles) on most days for cardiovascular health. More steps may be needed for weight loss.
   
   “The average person gets less than 6,000 steps per day. Many people need to include some type of daily walking program for about a half hour to one hour to get to 10,000 steps. If you can’t get to 10,000 steps, becoming more active than you were before is still better than not being active at all.

   As a general guideline, a person will burn about 100 calories walking a mile. Fitness, weight and age will affect how many calories each person burns. Investing in an inexpensive pedometer is a good way to begin and stay motivated with walking. Determine your current number of steps for a couple of days and gradually build up.

   Some pedometers can be adjusted to calculate miles, speed and approximate calories burned, but simply monitoring the number of steps is enough and may be more accurate than some of the other measurements.

6. **Sleep on It!**
   Too little sleep may lead to weight gain. Research studies suggest that a sleep loss can make it harder to maintain or lose weight by affecting various components of metabolism that influence hunger and weight gain. Sleep experts say most adults need seven to nine hours of sleep nightly.

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**Foods Which Help You Feel Full**

Choosing nutrient-dense foods higher in fiber and water and lower in fat and sugar helps you feel full, obtain essential nutrients and aid in weight loss/maintenance. Some tips for food choices from the various food groups include:

- **Bread, Cereal, Rice and Pasta.** Choose those with higher fiber and water contents. For example, choose whole grain bread and cereals. Avoid eating lots of dry, low fiber foods that are easy to overeat, such as dry crackers, pretzels, etc.

- **Fruits and Vegetables**
  - Most fruits and vegetables can be eaten in unlimited quantities as they’re high in water and fiber. Just go easy on adding fat and sugar. Include a variety of forms of fruit, since juices by themselves offer very little fiber and dried fruits have a much smaller volume than regular fruit.
  - **Milk, Yogurt and Cheese.** Choose lower fat forms. We can have about two glasses of skim milk for the same calories as one glass of whole milk.
  - **Meat, Poultry, Fish, Legumes, Eggs and Nuts.** Choose lower fat forms and preparation methods. Enjoy small portions of nuts.
  - **Soup.** broth- and tomato-based soups tend to be lower in calories than cream-based ones and help you feel full.

- **Beverages.** While water-rich foods, such as fruits, vegetables and soups, will help you feel full, water alone doesn’t have the same effect. Soft drinks are processed differently by the body than milk-based drinks and drinks with protein. According to Dr. Rolls, “The hunger and thirst mechanisms are quite separate. A soft drink will trigger thirst mechanisms, but not hunger mechanisms, and add calories without satisfying hunger. You may end up consuming more total calories than if you didn’t take the drink.”

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**Portion Control Tips**

- **Home and Away**
  - Here are some commonly cited images to help visualize approximate portion sizes, whether at home or eating out.
  - Hand-size illustrations are just guidelines — we don’t get to choose the largest hand in the group!
  - 3 ounces of meat — a deck of cards or the palm of your hand
  - 1/2 cup of cereal, rice, pasta or ice cream — 1/2 baseball
  - 1-1/2 ounces of natural cheese — a 9-volt battery or 3 dominos
  - 1 teaspoon butter, margarine, mayonnaise or oil — a thumb tip (the top joint)
  - 1 ounce nuts — one handful (not heaping)
  - 1 tablespoon of salad dressing or peanut butter — 1/2 ping-pong ball

- **Restaurant**
  - If restaurant main dish portions are larger than you want, share them with a friend or order an appetizer or side dish instead. If you’ll be able to refrigerate leftovers within TWO hours of being served — take extra food home for a later meal. Eat within TWO days for best safety and quality.

- **Fast Food**
  - Be size-wise and order smaller burgers, fries and drinks. If we over-supersize our food, we may over-supersize ourselves as well!
East Campus Walking Tour

Look around East Campus and you will find all sorts of hidden treasures. From the Maxwell Arboretum to Jeanne Vierk Vetter Memorial Garden, each has scholarly and historical significance. Elizabeth Killinger understood that and created a walking tour of East Campus called the "Own Time, Any Time Tour." The tour allows people to enjoy the gardens and the history of the campus at their own pace.

Killinger, who received her horticulture bachelor’s degree, is now working on her master’s degree in horticulture at UNL. She completed the walking tour as part of her graduate project. The walking tour consists of nine stops. The number to call is 472-5555. Once on the voicemail system, participants choose one of seven-digit stops numbers. The stop numbers are visible on signs posted at the various locations.

The first five stops include the Dairy Store, Maxwell Arboretum, Jeanne Vierk Vetter Memorial Garden, Fleming Slope and the Flack Lilac collection. The last four stops offer information about what is new or different on campus, information about The Big Red Green Team, ReTree Nebraska and a project of description of the tour with a place to leave feedback.

In addition to history and design information about the stops, several offer information about UNL scholars and other important people, including Charles E. Bessey, John E. Weaver, George W. Beadle and Earl G. Maxwell. To take the tour, stop at the East Campus Visitor’s Center located inside the Dairy Store and pick up a brochure.

Source: UNL LNK News Service, Scarlet

All-America Selections for 2008

Osteospermum 'Asti White'

Pure white daisy flowers with blue centers are the main attraction for 'Asti White.' The large blooms, 2 inches across are borne on stems that gracefully wave in the wind. The thick fleshy leaves indicate its drought tolerance, which makes this a preferred annual in any area subject to dry conditions. 'Asti White' is the first white Osteospermum, or Cape Daisy, propagated from seed.

There are several advantages. The flowers will remain open under cloudy conditions, unlike other daisy flowers originating from South Africa, which close. 'Asti White' plants will bloom uniformly about 17 weeks from seed. Gardener's have the choice of growing from seed or purchasing plants depending upon their resources. 'Asti White' plants will bloom and recover from a slight frost. These plants can be placed in the spring or fall garden, weeks earlier than other tender annuals. The uniform plants thrive in a sunny garden, reaching about 17 to 20 inches tall and wide. 'Asti White' plants adapt perfectly to growing in containers, preferably 6-inch pots or larger.

Viola 'Skippy XL Plum-Gold'

Sunny gold faces charm people gazing at 'Skippy XL Plum-Gold.' The flowers are uniquely designed with plum shades surrounding the golden center, which contain radiating black lines affectionately called whiskers. The blossoms are small, about 1.5 inches, but are not to be underrated. The number of blooms produced more than makes up for the size. 'Skippy XL Plum-Gold' won the AAS Award for its ability to grow a lavish number of blossoms in the North. plants can be expected to bloom beginning with spring to the heat of summer. The petite plants growing 6 to 8 inches tall and wide are highly recommended for combination planters. Gardeners can rely on 'Skippy XL Plum-Gold' to provide abundant blooms whether growing in containers, window boxes or annual flower gardens.

Eggplant 'Hansel'

Best described as a miniature eggplant, 'Hansel' is a smaller-sized plant with finger-sized clusters of fruit. Just because of its smaller size, do not make the mistake of thinking it produces less fruit. The strong plant, reaching less than three feet, produces clusters of three to six fruit. They mature early, about 55 days from transplanting into warm soil. This is about 10 days earlier than the comparison eggplant. The 3-inch fruit clusters are left on the plant, they grow in size, but remain tender and non-bitter, unlike other eggplant. This trait offers gardeners flexibility in harvest such as when taking a much-needed vacation. The fruit will be waiting for you as long as it is not a three-week cruise. If you prefer to garden in containers, 'Hansel' adapts perfectly to container growing conditions. The diminutive plant fits on smaller patios or decks but provides high yields of shiny purple eggplants ready to marinate or grill.

Mary Jane Frogge
UNL Extension Associate

When buying a lily, look for a plant with flowers in various stages of bloom from buds to open or partially opened flowers. Foliage should be dense, rich green in color, and extend all the way down to the soil line. This is a good indication of a healthy root system. Look for a well-proportioned plant, one that is about two times as high as the pot. You also should check the flowers, foliage and buds for signs of insects and disease.

At home, keep your lily away from heat sources such as appliances and drying heat sources such as appliances or heating ducts. Bright, indirect light is best with daytime temperatures of 65 to 75 degrees F. Water the plant only when the soil feels dry to the touch, but do not over water. To Easter the life of the blossoms, remove the yellow anthers (pollen-bearing pods) found in the center of each flower.

Do not throw away your Easter lily after it is done blooming. You can save the bulb and plant it outdoors. Easter lilies can be replanted outside after the blossoms have gone. Plant the Easter lily outdoors as soon as the ground can be worked. Select a sunny site with well drained soil. Set the top of the bulb six inches below the soil surface. Cut off the old flowers, but leave the stem and leaves. Do not cut back the stem until it dies down in the fall, then cut it off at the soil surface. After the soil surface freezes in late fall, mulch the soil and do not remove the mulch until new growth begins in the spring.

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Colony Collapse Disorder
Recent Loss of Hives a Mystery

In the fall of 2006, a beekeeper in Pennsylvania reported he had unexpectedly lost 70 percent of his hives. Another bekeeper from other states reported they had lost hives. While colony losses often occur during the colder winter, the magnitude and rapidity of loss suffered by some beekeepers was highly unusual.

This phenomenon was termed “Colony Collapse Disorder” (CCD). The main symptoms of CCD are no or low numbers of adult honey bees present but with a live queen and no dead honey bees in the hive. Often there is still honey in the hive and immature bees (brood) are present.

Because honey bees are responsible for pollinating berries, fruits and vegetables valued at $15 billion, bee researchers mobilized and started working together to discover the cause(s) of CCD. Some of the theories included:

• Pesticides having unexpected negative effects on honey bees.
• A new parasite or pathogen may be attacking honey bees.
• Existing stresses may have unexpectedly weakened colonies leading to collapse. These stresses could include high levels of infection by the varroa mite (a parasite that feeds on bee blood and transmits bee viruses); poor nutrition and exposure to limited or contaminated water supplies.

One early theory held about had to do with cell phones, but researchers have discounted this having anything to do with disappearing bees.

Early Research Results

In September 2007, a research team published the results of an intensive disease screening of CCD-affected honey bee colonies and non-CCD-affected hives.

Researchers found a foreign virus in a high percentage of samples from honey bee colonies with CCD, but not in non-CCD colonies. This pathogen was the Israeli acute paralysis virus (IAPV), a virus that can be transmitted by the varroa mite.

This was the first report of IAPV in the United States. IAPV was initially identified in honey bee colonies in Israel in 2002, where the honey bees exhibited unusual behavior, such as twitching wings outside the hive and a loss of worker bee populations. The study also found significant levels of Nosema ceranae and Nosema apis, single-celled parasites of honey bees, in CCD-affected colonies. Current research efforts are underway to determine the interactions of various stresses and these pathogens in causing CCD. Researchers across the U.S. have divided this problem into two major goals: to avoid duplicating efforts. UNL Department of Entomology faculty, Marilen Ellis, bee specialist, and Blair Siegfried, insect toxicologist, will be examining if pesticides used to control pests and diseases in the hive may contribute to colony collapse disorder.

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Beginning Beekeeping 2-Day Workshop

Saturday, March 8, 9 a.m.—5 p.m.
Lancaster Extension Education Center, 444 Cherry Creek Road, Lincoln

Saturday, April 12, 10 a.m.—2 p.m.
Agriculture Lab, Agricultural Research and Development Center (ARDC), near Mead

On March 8, you will learn to:
• manage honey bees by understanding their biology and behavior
• identify the best Nebraska honey plants
• locate hives for best survival and production
• manage honey bee diseases

On April 12, you will learn to:
• install packaged bees
• assemble a hive
• harvest honey and beeswax
• prepare your crop for market

Registration fee: $20 per family (family includes parents and siblings living at home). Registration includes refreshments, one workbook and one lunch. Lunch for each additional family member is $10. Please pre-register by calling 441-7180.

We have had several phone calls about small fly-like insects in kitchens and bathroom areas. The name “drain fly” refers to several species of small flies whose larvae develop in the gelatinous gunk that accumulates inside plumbing pipes. These flies will also breed on food debris in a dirty garbage disposal, dirty garbage cans and in sump pits and pans under portable water barrels.

Inside, these tiny flies seem to appear suddenly and mysteriously, but the original breeding flies most likely entered the house from outside. In nature, these flies breed in polluted, shallow water, septic tanks and moist compost. They can also be found in dirty garbage cans, rain barrels and tree holes.

To solve the fly problem, first locate where the adult flies are coming from. Place a clear glass or plastic cup over a drain or sink outlet. Plug the overflow hole, if there is one and leave undisturbed overnight. If the flies are coming from the drain, they will be found resting on the inside of the cup. Another method is to place duct tape or masking tape over the drain opening. Leave a small opening in the tape to allow air movement for the flies to follow. If flies are exiting the openings, some of them will become stuck to the tape.

Treatment for drain flies involves eliminating the breeding area, which usually means cleaning the inside of the pipes to get rid of the goo the flies have accumulated. People are often too afraid to make these changes. In the home, there are a number of possible drains to check, including dry sink traps, kitchen and bathroom areas. The name “drain fly” refers to several species of small flies whose larvae develop in the gelatinous gunk that accumulates inside plumbing pipes. These flies will also breed on food debris in a dirty garbage disposal, dirty garbage cans and in sump pits and pans under portable water barrels.

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Rental Arrangements Changing with the Times
Part 1 – Traditional Leases

Tom Dorn
UNL Extension Educator

The new market for corn and soybeans in the bio-energy industry has impacted not only the price of corn and beans, but all grains, which has affected farm real estate market values and cash rents for farmland. Many rental agreements are being renegotiated this spring. We will discuss some of the traditional cash-lease arrangements and their potential implications vis-a-vis the new farm bill.

Cash Rent Leases
With a cash lease, the landowner and tenant come to an agreement on the rental price per acre and the payment schedule before any field work has begun. In this type of lease, the tenant pays all production expenses and receives all the crop. By law, all USDA farm program payments go to the tenant, since it is the tenant who is taking all the production risk. There has been a shift from crop-share to cash rental agreements in recent years. The shift to cash rental agreements is due to the complex nature of crop-share leases. Tenants like cash lease agreements because they simplify recordkeeping needed since production expenses and harvest are not split with the service provider. Communication with the landlord is more straightforward, requiring less of the tenant’s time and energy. Another reason tenants like cash leases is because it gives them an opportunity to reap full benefits resulting from their labor and management skills.

Many landowners prefer cash lease over crop-share lease because they know up-front the amount of income they will receive and they don’t pay any part of the production expenses. When in a crop-share lease, the tenant charges chemicals and seed to the landowner without keeping them informed. Often the landowner doesn’t know what the chemical or fertilizer is or whether the right application covered the field. Landowners also don’t have to worry whether they were credited with their full share of the crop. Another plus for the landowner is with cash rent, they don’t have to market the grain to receive their income.

Crop-Share Leases
In a crop-share rental arrangement, the landowner shares in the risks inherent in growing a crop and receives a share of the crop as his/her rent for the year. The income received depends on the yield and the price the landowner receives when the grain is sold. A “fair lease” is one where the crop is split between the landowner and the tenant in the same proportion each party will contribute toward the total cost of production. When negotiating a lease, the two parties ought to agree what the land is worth and what constitutes a fair rate of return on the value of the land as this constitutes the major contribution the landowner is providing to the partnership. The landowner is paying the property taxes. The depreciation on equipment, plus reasonable estimations for repairs, maintenance, etc., should be credited as part of the contribution the tenant is making. If the tenant chooses to hire a custom operator to perform any of these operations, the tenant pays for the custom work.

Many things have changed over the years. We now have genetically modified crops, which reduces the need for some insecticide applications and allowed the use of certain herbicides on crops not naturally tolerant of those herbicides. No-till farming methods, first touted for the soil conservation benefits they have been marketed as able due to genetic engineering which substitutes herbicides for tillage in many situations.

Technology advances have resulted in fewer field operations needed to grow a crop. This saves the tenant labor, fuel and equipment costs. However, the tenant provides all the equipment, labor and fuel for field operations plus grain hauling. These costs have gone up dramatically in recent years. Tractors and implements have had annual price increases of about eight percent per year. Energy prices have had even more dramatic increases. Table 1 below shows the springtime prices, year-to-year percentage increases for farm diesel over the past five years. Note: Diesel is over three times the price it was five years ago.

<table>
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<th>Price/gal</th>
<th>Increase</th>
<th>Yr to yr % Increase</th>
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<td>44%</td>
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<tr>
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<td>33.5%</td>
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Chemigation training and test session will be held on Thursday, March 6 beginning at 1 p.m. at the Lancaster Extension Education Center, 444 Cherry Creek Road, Lincoln. This session meets the requirements for initial certification of chemigators and recertification of chemigators whose certification expires in 2008. The training fee for initial chemigators is $20 and includes the Chemigation notebook. The fee for recertification is $15. If you need a replacement Chemigation notebook, it 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 can obtain a notebook at the extension office by pre-registering for the training session and paying the fee.

Pioneer Farm Family Award Applications Due May 1
The Knights of Ak-Sar-Ben and the Nebraska Association of Fair Managers will recognize Nebraska Pioneer Farm Families on the Lancaster County Fair. Titled “Nebraska Pioneer Farm Family Award,” local recognition requires the land of a family in Lancaster County must have been owned by some member of the family for a century or more.

Applications for this year’s recognition are due no later than May 1. Applications can be obtained by contacting Deanna Karmazin at dkarmazin2@unl.edu or 441-7180.
Plant Propagation: Grafting

Grafting involves the joining of different segments of two different plants to create a new plant. A branch or bud is joined to an understock. In order to graft, the cambium layers of the two different segments are aligned. End growth is too vigorous,斯塔恩s, so the ends should be removed the first summer. If growth of new graft is excessive, it may be restricted to roots and stems. If the poor drainage problem is mendable. It may also be helpful to rip at right angles to the row orientation. If the poor drainage problem is not mendable, it may be advantageous to install drainage tile. Consult the Soil Conservation Service (need to check correct new title) or your County Extension Office for advice on designing solutions to moderate drainage problems. Extremely poorly drained soils will be prohibitively costly to correct and should be avoided.

Conduct a Soil Test. Grapes grow well over a relatively wide range of pH, organic matter and fertility levels. However, if the soil is extremely infertile or possess very acid or alkaline characteristics it will be important to amend the soil to achieve a desirable range of values. Among the most important soil characteristics are pH levels, exchangeable potassium, calcium, magnesium, iron, and should not be grown on soils of pH in excess of 7.0. For a list of high pH sensitive cultivars, consult “Winegrape Cultivars for Nebraska” and “Grapes for Juice, Jelly, Table and Other Uses”. A good range for organic matter is from 1 to 3%. Very high organic matter may provide excess nitrogen, resulting in very vegetative, soft growth that is highly susceptible to winter injury and often may cause low fruit yields and quality.

Phosphorous is very immobile in the soil, so if phosphorous levels are low (below 40 pounds per acre), it is essential that phosphorous fertilization be applied prior to planting. It should be worked into the soil as deeply as possible because it will remain there. Generally speaking, grapevines require more care than pome fruits. Tree fruits requiring the most care to those requiring the least are nectarine, peach, cherry, plum, apple and pear. Conditions favoring disease development or insect occurrence vary depending on the particular disease or insect. Generally, warm, rainy or damp conditions are very conducive for the development of tree fruit diseases. For best control of diseases, pesticides should be applied before rainfall. In the case of specific trees, the earlier the season the better, particularly varieties that have a short growing season, as the stages of tree growth, fruit, are most susceptible to particular diseases and insect damage is likely to be greater than other stages of the growing season.

Soils

A wide range of soil types are satisfactory for growing grapes, with the exception of poorly drained soils (the “wet” problem mentioned earlier). Soils that will support root growth possess good aeration, moderate fertility, loose texture, good drainage (both internal and surface) and acceptable depth (typically 1 to 1.5 feet, with an impeding layer). A well- drained sandy loam soil is ideal for grape root development. Soil drainage is one of the most critical factors in site selection. Poorly drained soils cause poor root growth, resulting in slow vine growth, poor yields and reduced vine vigor and ultimately a lack of longevity. Grape roots may penetrate to depths of 10 feet or more in well-drained soils, but may be restricted to two feet or less in poorly drained soils. If the poor drainage is the result of an impermeable layer such as a hardpan, plow pan or similar, “clipping” (sub-soiling) the soil exactly where you will place the rows is recommended. It may also be helpful to rip at right angles to the row orientation. If the poor drainage problem is related to heavy soils with inadequate internal drainage, it may be necessary to install drainage tile. Consult the Soil Conservation Service (need to check correct new title) or your County Extension Office for advice on designing solutions to moderate drainage problems. Extremely poorly drained soils will be prohibitively costly to correct and should be avoided.

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A. Scion - the twig or bud which will become the upper portion of the plant. B. Understock - the root or root part of the plant upon which the scion is grafted.

Grafting is usually done in the spring. It involves collecting small branches called scion wood. These branches are 1/4 to 1/2 inch in diameter. Gather them several weeks before grafting is to occur. Collect wood that grew the preceding year. Select only wood with leaf buds, not flower buds. Scion wood should be gathered in winter when wood is dormant, but not frozen. Use sharp clippers so that wood is not crushed. New growth over one foot in length is usually best. Discard the wood at both ends of the branch and use the middle section. End growth is too succulent for grafting and wood closer to the base will graft more slowly. Label the scion wood, wrap it in moist paper towels or sphagnum peat, enclose it in an airtight, plastic container and place it in the refrigerator.

Scion wood must be joined to the understock in spring when buds swell. It is critical that the two pieces are nearly the same size and that sap has begun to flow. The day before actually grafting, remove scions from the refrigerator and soak off the bottom ends. Place the clipped scions in a pail of water overnight. It is critical that the cambium layer on the scion precisely matches that of the understock. Grafts can be placed on a root or stem and be joined by any of several methods. The union is held firmly in place using wax, tape, plastic wrap, rubber bands or plastic tubing. The grafted area must be protected from anything that may damage it. This is usually done with moss or plastic tubing.

After a few weeks the graft will begin to take. At this time, it is critical to remove the protective covering. If the graft does not take, it may be necessary to resuck the scion. If growth of new graft is satisfactory, do not fertilize the plant during the first year. There is danger that top growth will be very brittle and it could fail to harden off before the first frost. Source: Nebraska Statewide Arboretum

Soil fertility levels. However, if the soil is extremely infertile or possesses very acid or alkaline characteristics it will be important to amend the soil to achieve a desirable range of values. Among the most important soil characteristics are pH levels, exchangeable potassium, calcium, magnesium, iron, and should not be grown on soils of pH in excess of 7.0. For a list of high pH sensitive cultivars, consult “Winegrape Cultivars for Nebraska” and “Grapes for Juice, Jelly, Table and Other Uses”. A good range for organic matter is from 1 to 3%. Very high organic matter may provide excess nitrogen, resulting in very vegetative, soft growth that is highly susceptible to winter injury and often may cause low fruit yields and quality. Phosphorous is very immobile in the soil, so if phosphorous levels are low (below 40 pounds per acre), it is essential that phosphorous fertilization be applied prior to planting. It should be worked into the soil as deeply as possible because it will remain there. Generally speaking, grapevines require more care than pome fruits. Tree fruits requiring the most care to those requiring the least are nectarine, peach, cherry, plum, apple and pear. Conditions favoring disease development or insect occurrence vary depending on the particular disease or insect. Generally, warm, rainy or damp conditions are very conducive for the development of tree fruit diseases. For best control of diseases, pesticides should be applied before rainfall. In the case of specific trees, the earlier the season the better, particularly varieties that have a short growing season, as the stages of tree growth, fruit, are most susceptible to particular diseases and insect damage is likely to be greater than other stages of the growing season.

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If you’d like to eat any eggs from an Easter egg hunt, Mary Torell, public information officer, Nebraska Department of Agriculture, Poultry & Egg Division gives the following recommendations:

- If you’re having an Easter egg hunt and are using hard-cooked eggs instead of plastic eggs, consider hiding places carefully. Avoid areas where the eggs might come into contact with pets, wild animals, birds, reptiles, insects or lawn chemicals.
- Make sure you find all the eggs you’ve hidden to eliminate the chances of animals eating spoiled eggs. Then refrigerate them.
- Discard any cracked eggs.
- As long as the eggs are NOT out of refrigeration over two hours, they will be safe to eat. Eggs should be eaten within a week of the time they were first hard-cooked.

Here’s a quick recipe you can make from readily available ingredients.

## Easy Deviled Eggs

6 large hard-boiled and peeled eggs
1/4 cup mayonnaise
1/8 teaspoon salt
1/8 teaspoon pepper

Slice peeled, hard-cooked eggs into halves lengthwise.

Adapted, in part, from Kids a Cookin’, Kansas Family Nutrition Program

Lots of hard-boiled eggs are usually going to be available all year and used for decorating. The secret to the perfect hard-boiled egg is freshness. The FRESHER the egg, the HARDER it is to peel, so you will want to cook your eggs a week or two in advance. It is a minimorum to call eggs HARD-BOILED. Although the cooking water must come to a boil, eggs should NOT be boiled because high temperatures make them tough and rubbery.

### Method

Place eggs in a single layer in a saucepan. Add enough tap water to come at least one-inch above the eggs. Cover and quickly bring just to a boil. Remove the pan from the heat and let stand approximately 15 minutes for large eggs. Immerse the cold water over the eggs or put them in ice water (not standing water) until cool. This will eliminate a green rings around the cooked yolk. When the eggs are cool, store them in the refrigerator. To peel the egg, tap the egg gently on a hard surface. Thoroughly crack the shell and roll the egg between your hands to loosen the shell. Start at the large end and peel off carefully.

### Tips on Hard-Cooking Eggs

A greenish-gray ring may appear around a hard-cooked egg yolk. It’s unsightly, but harmless. The ring is caused by a chemical reaction involving sulfur (from the egg white) and iron (from the egg yolk), which naturally react to form ferrous sulfate. The reaction is usually caused by overcooking, but can also be caused by a high amount of iron in the cooking water.

Eliminate the ring by avoiding overcooking and by cooking the eggs quickly after boiling. Run cold water over the just-cooked eggs or place them in ice water (not standing water) until they have completely cooled. Then refrigerate the eggs in their shells until you’re ready to use them. Hard-cooked eggs in the shell can be refrigerated up to one week.

## The Perfect Hard-Cooked Egg

### BITE 1. One-fourth cup of orange juice remains in the carton. You might as well finish it, right?

#### Calories: 26

### BITE 2. Two翱poons of granoa are left in the box. It’s hardly worth returning to the cupboard. You add it to your serving of cereal.

#### Calories: 64

### BITE 3. You add two teaspoons of powdered cream substitute in the coffee at work. Someone made really strong coffee today. Adding creamer is the only way you can stand the taste.

#### Calories: 26

### BITE 4. You take just a small “sample” of the cake in the break room. Well, maybe a second “slice” would be O.K. too?

#### Calories: 73

### BITE 5.Oops! You forgot to ask them to leave the mayo off the hamburger this noon.

#### Calories: 100

### BITE 6. Add two mints. You also forgot to have them leave off the onion! Better have a mint or two for your breath, just in case.

#### Calories: 20

### BITE 7. You take a small chocolate from your co-worker’s candy jar. You have to crank out a big report this afternoon. This is for medicinal purposes only!

#### Calories: 8

### BITE 8. A second chocolate from your co-worker’s candy jar. You finished the report — what better way to celebrate? And besides, it’s just a tiny piece of candy.

#### Calories: 25

### BITE 9. There are with a handful of snack mix. The gang has gotten together after work to celebrate completing the report. You just order mineral water, but

#### Calories: 5

Surely just a handful of mix can’t have many calories.

#### Calories: 105

### BITE 10. Chocolate on cracker at grocery store. After all, it’s a small sample.

#### Calories: 5

### BITE 11. Two tablespoons macaroni and cheese. You’re trying out a new recipe. You taste as you cook to get the seasonings just right.

#### Calories: 85

### BITE 12. One-fourth cup macaroni and cheese. Your recipe is almost done; however, there’s a small amount left over. It hardly products worth the effort to refrigerate only a fourth cup. You don’t want to toss it, so you eat it.

#### Calories: 108

### The Grand Total “Extra” Calories For The Day:

675

An excess of just 100 calories can lead to a weight gain of 10 pounds a year!
The major goal of the Lancaster County Weed Control Authority is to get landowners to voluntarily comply with the Nebraska Noxious Weed Control Act and City of Lincoln Weed Abatement Program.

The first step is to make the landowner aware of these responsibilities and obtain their willingness to abide by them. The second step is to provide any needed assistance to landowners. And the third step is to carry out an inspection program, as needed, to identify infestations and violations for the purpose of getting landowners to prevent and control the noxious weed infestations or to avoid and correct weed abatement violations when they occur.

**Noxious Weed Program**

The Lancaster County Noxious Weed Program promotes awareness and educates landowners how to control noxious weeds. The program provides general awareness through the Lancaster County Weed Control Authority Web site, this annual Weed Awareness insert in the University of Nebraska–Lincoln Extension News, exhibits and newsletters.

The most direct awareness effort is carried out with an extensive survey and inspection program. This program utilizes a computer data base of all inspections conducted by the Lincoln Lancaster Geographic Information System used to record the locations of noxious weed infestations found.

Sites are selected for inspection from previous year’s inspection information which indicates the severity and extent of the infestation and the control efforts made by the landowner. Sites are selected where it is felt the landowner needs a reminder letter or assistance in control efforts and, in a few cases, the need for possible forced control. These landowners are provided with an aerial photograph showing the location(s) of the noxious weeds found by the inspector and recommended options for control. Additional sites are inspected when observed by an inspector or when a complaint is received. Follow-up inspections are made to assure control is accomplished.

**Musk Thistle** — In 2007, 407 sites were selected for inspection. An additional 30 sites were inspected because of complaints received and 92 sites observed by the inspectors during the season or when they surveyed the roads and adjacent lands when driving the 1,200 miles of county roads at the end of June. Over 8,800 acres were inspected, confirming 451 infestations on 1,298 acres. Cards were sent to 18 landowners with only trace infestations and 94 legal notifications were sent. The Authority contracted for forced control at two sites and the inspectors provided control at six sites. Landowners controlled 310 sites on 1,008 acres. Inspections were made of 57 sites in the fall that did not get their sites controlled in the spring.

**Leafy Spurge** — Of a total of 319 sites, 96 were selected for inspection. The 175 county roadside sites were contracted for spraying. The county has been spraying these roadside sites since 1989. Even with this annual spraying effort, all the sites have not been treated. The number of acres of sites have probably been reduced by 50%. This is a reflection of how difficult leafy spurge is to control. There was a total of 491 acres found infested on 259 sites. Reminder letters were sent to 75 landowners and legal notices were sent to six landowners.

**Purple Loosestrife** — All 50 known wild purple loosestrife infestations were selected for inspection. No ornamental sites were selected because all of the plants on the 1,380 sites inspected since 2000 have been removed. Four ornamental sites and two wildlife sites were also inspected as a result of being observed by inspectors. A total of 97 inspections were made on the 56 sites. Inspectors found 35 violations on 16 acres. No violations were found on the other 22 sites. Landowner notifications included four legal notices, 31 reminder letters and one personal contact. Landowners controlled 26 sites. Follow-up will be made on all 35 violations.

**Other Noxious Weeds** — Canada thistle inspections were made on five sites. Landowners controlled two of the three sites found infested. Saltcedar was controlled on all three sites found. Surveys for Potential Noxious Weeds — Two potential noxious weeds are showing up in the county. These are phragmites and sericea lespedeza. Surveys have begun to determine their extent and what possible action may be taken. See the stories about them on page four of this insert.

**City of Lincoln Weed Abatement Program**

The City of Lincoln Weed Abatement Ordinance requires owners of land within the city limits to maintain the height of weeds and worthless vegetation below six inches. This program uses three seasonal inspectors. Most inspections are carried out as a result of complaints. Inspections were selected for inspection because of past violations and the lack of response to correct the violations. There were 1806 complaints on 1622 properties.

Over 300 additional properties inspected had significant violations where it appeared there was no regular maintenance performed.

It required 4,590 inspections to make the initial and follow-up inspections on 2,103 sites on 1,180 acres. Violations were found on 1,656 sites on 660 acres. Complaints made on 424 sites did not have a violation when inspected within three days of the complaint. These sites either were not in violation when the complaint was made, or they were cut prior to the inspection.

If cost an estimated $6,500 to send 647 legal notifications and 1,164 reminder letters, publish 172 legal notices in the newspaper and to make 20 personal contacts. The 1,529 sites cut by landowners were over 92% of the violations. Forced-cutting was contracted on 115 sites at the cost of $5,465. Each contracted control was also billed an administrative fee of 560. Violators were billed a total of $12,065. Only $2,577 was collected leaving billings amounting to $9,409 being specially assessed.

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.

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

The Nebraska Noxious Weed Control Act throughout Lancaster County. The authority has also provided the inspection and administration of the City of Lincoln’s Weed Abatement Program since entering into an interlocal agreement with the city in 1996.

**Inspection Summary**

<table>
<thead>
<tr>
<th>Weed</th>
<th>2007 # of sites</th>
<th># of violations/infestations</th>
</tr>
</thead>
<tbody>
<tr>
<td>Purple Loosestrife</td>
<td>All 50</td>
<td>35 violations</td>
</tr>
<tr>
<td>Musk Thistle</td>
<td>407 sites</td>
<td>94 legal notifications</td>
</tr>
<tr>
<td>Leafy Spurge</td>
<td>96 sites</td>
<td>491 acres infested</td>
</tr>
<tr>
<td>Canada Thistle</td>
<td>56 sites</td>
<td>35 violations</td>
</tr>
<tr>
<td>Saltcedar</td>
<td>26 sites</td>
<td>35 violations</td>
</tr>
<tr>
<td>Plumlees Thistle</td>
<td>259 sites</td>
<td>491 acres infested</td>
</tr>
</tbody>
</table>

**Nebraska’s noxious weeds are:**

- Musk Thistle
- Leafy Spurge
- Purple Loosestrife
- Canada Thistle
- Saltcedar
- Plumlees Thistle

Noxious weed is a legal term used to denote a destructive or harmful weed for the purpose of regulation. The Director of Agriculture establishes which plants are noxious. These non-native plants compete aggressively with desirable plants and vegetation. Failure to control noxious weeds in this state is a serious problem which is detrimental to the production of crops and livestock and to the welfare of residents of this state. Noxious weeds may also devalorize land and reduce tax revenue.

*Nebraska’s noxious weeds Spotted and Diffuse Knapweeds have not been found in Lancaster County.*
Decline in Noxious Weeds

In Lancaster County, there has been an overall decline in the state-designated noxious weeds having to do with the efforts of landowners. There are other weeds of concern with the potential to be designates as noxious weeds by the state or county.

Legislative Bill 701 passed by the Nebraska Legislature on April 26, 2007, and signed into law by Governor Dave Heineman on May 1, 2007, created the Riparian Vegetation Management Task Force. This task force was created in response to the noxious weeds choking out Nebraska's riparian areas. Many of the streams are being clogged with vegetation, obstructing the vegetation in the areas adjacent to the streams are being replaced by invading plants. This is creating a multitude of impacts. Stream capacities are being reduced, and which will increase flood damage potential and is affecting the required delivery of water to Kansas. The invading plants are affecting wildlife and endangered species habitat. It is the job of the task force to address these concerns and threats.

The task force was to develop and prioritize vegetation management goals and objectives; analyze the cost-effectiveness of available vegetation treatment; and develop plans and policies to achieve such goals and objectives. The legislation requires the task force to make recommendations to the Governor and the Legislature by Dec. 15, 2007, and June 30, 2008 and 2009, regarding funding and legislation needed to achieve its goals.

Governor Dave Heineman appointed task force members on June 21, 2007. The task force members include surface water project representatives from eight state entities, representatives from NRD's, representatives from the Nebraska Water Coalition, and five state senators.

Lancaster County Weed Control Authority Superintendent Russell Shultz was appointed to the task force as one of the Nebraska Weed Control Association representatives. He is serving as vice chair of the task force.

The task force has met three times and had two field tours. Minutes from the three task force meetings can be found at www.agr.ne.gov under the Riparian Vegetation Management Task Force button. This Web site includes information regarding task force activities.

Seven work groups were created to aid the task force in identifying, and then framing, issues critical to meeting goals and objectives. It was determined groups could solicit information, and include in discussions, experts who are not task force members.

The groups created are: Task Force Goals, Objectives and Reports, Vegetative Management and Plans, Survey and Monitoring, Education and Awareness, Funding and Incentive Program, Streambed Ownership, and Vegetation Water Use.

The Nebraska Department of Agriculture (NDA) is administratively responsible for the task force. If you have any comments or desire to provide input into this process hit the contact NDA button at the top of the Riparian Vegetation Management Task Force. The first report has been completed and can be viewed at the following URL:

Be on the Look Out for Sericea Lespedeza

Sericea Lespedeza (Lespedeza cuneata), also known as Chinese bush clover, is an introduced perennial legume native to eastern Asia. It is recognized for its tolerance of drought, acidity and shallow soils of low fertility. It will tolerate soils ranging from very acidic to slightly alkaline, but is best adapted to a pH of 6.0 to 6.5. It does best on clay and loamy soils deep, fertile and well-drained, but will also grow on poor sites. It has few insect and disease problems. Sericea Lespedeza’s ability to tolerate a variety of growing conditions and its tendency to crowd out more palatable forages, are among the reasons it has been declared a noxious weed in Kansas and may be considered a noxious weed in Missouri, Nebraska and Oklahoma. Both Gage and Pawnee Counties in Nebraska have designated Sericea Lespedeza as a noxious weed.

Sericea was planted in the past to control soil erosion, provide forage for livestock and to provide cover over winter wildlife. In Lancaster County, it was planted in wildlife areas. Sericea Lespedeza was originally considered good as both food and cover for wildlife. This has not been supported by research or practical experience. From those plantings, it has spread by animals and movement of hay contaminated with sericea seed to native prairies, shrublands, forests and pastures. Normal management practices such as grazing, burning and application of desiccants do not adequately control sericea lespedeza.

Sericea Lespedeza sites in Lancaster County in 2007

Grasses. Special attention should be made of CRP lands. We have not found infestations on CRP lands, but infestations are being found in many Kansas CRP plantings. Efforts are under way to identify infestations and conduct an aggressive public awareness campaign. Please let the Weed Control Authority office of sightings you feel may be sericea Lespedeza. It can be found easier in the fall when the grass starts to brown up whereas sericea is still green and actively growing.

Identifying Sericea Lespedeza

Sericea Lespedezas are a shrubby, deciduous perennial about two- to four-feet tall with stems are single or clustered with numerous branches. New growth each year comes from the base of stems or crown about one- to three-inches below the ground. Stems and branches are densely leaved. Leaves are trifoliate and attached by short petioles. Leaves are club- or wedge-shaped (wider at the tip than the base) 1/4- to one-inch long and 1/16-

Other Noxious Weeds

There is some plantiness in the eastern part of the county intermingled with musk thistle and is controlled along with the musk thistle. There are also several small infestations of Canada Thistle throughout the county. Many of these infestations in Lincoln County are being controlled by herbicides with residual control. Weed control programs, will also take steps to inhibit germination of new plants, scale important infestations to new areas and initiate their control efforts of the all germinating seedlings and rosettes.

Leafy Spurge—Leafy spurge infestations are also declining. Leafy spurge being a deep-rooted perennial plant takes even more persistent and long term effort to keep infestations under control and to reduce the size of the infestations.

Purple Loosestrife—The reduction of purple loosestrife has been the most dramatic. The over reduction of purple loosestrife has been the most dramatic. This has not been supported by research or practical experience. From those plantings, it has spread by animals and movement of hay contaminated with sericea seed to native prairies, shrublands, forests and pastures. Normal management practices such as grazing, burning and application of desiccants do not adequately control sericea lespedeza.

Current Status in Lancaster County

Sericea Lespedeza has been identified in 14 sites in Lancaster County as shown on the map. Most of these sites are on wildlife lands. Wildlife managers are currently addressing sericea lespedeza on these lands. Private landowners need to be aware and control any infestations spreading to their property. It is likely to show up along road ditches and grasslands. It is invasive native grasslands more than introduced grasslands.

Riparian Vegetation Management Task Force Created in 2007

Sericea lespedeza information including control recommendations can be found at the Multi-State Sericea Lespedeza Work Group Web site www.nerm/kus.edu/sericea

Sericea Lespedeza Information
Lancaster County Phragmites—Native or Non-Native

Common reed, Phragmites australis, a relatively new invader of Nebraska's riparian areas, is rapidly expanding its range in Nebraska to the detriment of native riparian communities. In the past ten years it has shown up along the entire Platte River and Republican River systems. Almost 100 miles of the Platte River from North Platte to Kearney have solid stands of phragmites, adjacent wetlands and islands. It is spreading at an alarming rate. Common reed is reducing the flow capacity of the streams and impacting wildlife such as cranes, waterfowl, least terns and piping plovers. The clogging of the streams will increase the threat of floods as rainfall returns to normal or above. It is a heavy water user. The scattered infestations along the Lower Platte River have been doubling in the past three years and will become solid stands if not controlled. This expansion has gone pretty much unattended until this past year. The Lower Platte Weed Management Area, a ten county cooperative and coordinated group, began purple loosestrife control four years ago along the Lower Platte River and soon became aware of invading infestations of phragmites coming from upstream and began control efforts. Weed Management Areas on the Republican and Central Platte River basins began strong control efforts this fall with grant funding recently provided by LB 701. Nebraska Department of Agriculture (NDA) director made an emergency designation of phragmites as a noxious weed in the Republican River Basin in aid of this effort. Cass County has made phragmites a county-designated noxious weed. There are native and introduced phragmites. The introduced phragmites is much more aggressive than the native and introduced phragmites. The phragmites found along the Platte and Republican Rivers seem to be introduced phragmites.

Lancaster County Situation

There are stands of phragmites along upland streams and wetlands in Lancaster County. A survey is being made of these stands and an attempt is being made to determine if they are native or introduced stands. So far, 32 stands on 63 acres have been found as shown on the map. This survey will continue. Native and non-native determinations will be made. All reported stands of phragmites will be inspected and added to the survey, if found to be phragmites. This information will be used to decide if to seek a county designation as a noxious weed.

Identification

Phragmites is characterized by its towering height of over 15 feet and its stiff wide leaves. Its feathery and drooping inflorescences (clusters of tiny flowers) appear when flowering and turn whitish, grayish or brownish in wind. They wave like plumes in the breeze. Flowering occurs from July-October. Phragmites is a colonial plant, spreading by rhizomes (underground stems) and capable of forming large stands or colonies arising from one or a few seeds or plant pieces. These colonies form along riparian areas and marshes and ditches. They can form in wetlands and in disturbed areas and have aggressive growth and tendency to outcompete other plants and form monospecific (one species) stands or colonies.

Control

At this time no means of biological control are available in the United States for treating phragmites infestations. HABITAT™ and Glyphosate-based herbicides (e.g., Rodeo®) are the most effective control method for established populations. If a population can be controlled soon after it has established, chances of success are much higher because the below-ground rhizome network will not be as extensive. Herbicides are best applied in late summer/early fall after the plant has flowered either as a cut stump treatment or as a foliar spray. It is often necessary to do repeated treatments for several years to prevent any surviving rhizomes from regrowing. When applying herbicides in or around water or wetlands, be sure to use products labeled for the purpose to avoid harm to aquatic organisms. Any suspected infestations of phragmites should be reported to the authority.

Should Phragmites be Designated a Noxious Weed?

Consideration is being given to designating phragmites a noxious weed in Nebraska. Phragmites is becoming a serious problem in wetlands and riparian areas throughout the state. The most affected river basins are the Platte and Republican. Seven weed management areas across the state have secured funding through numerous grants to apply control measures not only to phragmites, but also to saltcedar and purple loosestrife.

On Aug. 3, 2007, phragmites was declared a noxious weed in the Republican River Basin. This was done to facilitate two projects funded by LB 701 (water legislation passed last year). These two projects are for vegetation removal from the streambed that is impeding the natural flow of the river. This vegetation, including phragmites, has an major effect on the delivery of water to Kansas as required by a river compact. Additional streambed management projects are anticipated on the Platte River using state and federal funds. It is felt that a statewide designation of phragmites is needed to facilitate these projects and other control efforts in stemming this rapidly expanding, invasive weed. Comments are being sought regarding designating phragmites as a noxious weed. The article above describes the situation in Lancaster County as we know it now. Anyone wishing to make comments—please provide them to the Lancaster County Weed Control Authority by e-mailing lprachsel@lancaster.ne.gov or calling 441-7817.

Lancaster County Weed Control Web Site

The site is continually being updated. Via the Web site, you can:

- Contact the Weed Control Authority.
- Make a weed complaint.
- Make a real-time search of current weed inspections.
- Look at a map of noxious weed locations in the county.
- See the latest listing of possible weed special assessments.
- Study noxious weed and weed abatement laws and regulations.
- Learn about noxious weed identification.
- Read about phragmites and City Weed Abatement Programs.
- See plans and reports.
- Check out any quick fixes.
- Learn about managing natural areas in an urban setting.
- Test your knowledge about Nebraska weeds.
- Link to other weed control Web sites.

Weed Free Forage Certification Program

You can prevent potential noxious weed infestations by certifying Certified Weed free forage. As a buyer, you should be aware that noxious weed infestations can cost you hundreds or even thousands of dollars down the road. Ask your forage supplier to have their hay certified prior to harvest. Forage growers must obtain the Certified Weed Free Forage Certification Program in accordance with the standards of the North American Weed Management Association standards. Certified weed-free forage products include: straw, alfalfa grass hay, forage pellets/cubes, alfalfa hay, grain hay and grass hay. Weed free forage is required on many U.S. Forest Service and Bureau of Land Management lands, in National Parks, Bureau of Reclamation land, military locations, tribal lands as well as National Fish and Wildlife refuges. The Nebraska Department of Roads requires weed-free forage on highway projects. Restrictions may apply to other lands as determined by provincial, county, state or federal agencies.

For More Information

If you have questions about certification regulations or weeds not allowed in certified forage, please see the North American Weed Management Association’s (NAWMA) Web site at http://www.nawma.org for a complete list of weeds and regulations.
Whoever today are nearest to the 2nd and even later efforts, is not enough! You invariably next spring.

- Fall and produce the seeds the plants, they germinate in the fall and regrowth.
- Growth the herbicide will be controlled at the stage of easiest to kill when small.

Establishing a good vegetative control plan before the weeds mean of transportation. Streams, movement of livestock can begin from noxious weed infestations. New infestations to the introduction of new invaders, purple loosestrife, and most of its tributaries in Nebraska.

The Lancaster County Weed Control Authority’s map of Noxious Weed Infestations by visiting www.lincoln.ne.gov/cnty/weeds/. Both mapping programs can be used to find locations of infestations inspected in 2007. You can zoom-in and print 2007 aerial photos with the noxious weed information.

• Creation of maps and control methodology Lancaster County Weed Control Authority began using the mapping program in 2007. The locations of over 900 noxious and invasive weed infestations found and information about each have been entered into the system. The locations and information have been downloaded into the Lancaster County and City of Lincoln Geographic Information System (GIS) Network. You can view the Nebraska Weed Control statewide map by visiting neweedmapper.org or view the Lancaster County Weed Control Authority’s map of Noxious Weed Infestations by visiting www.lincoln.ne.gov/cnty/weeds/.

- Prevent the germination of seeds by maintaining or reducing the amount of follow-up control. It will not eliminate the plant. It will only allow to use a herbicide that has residual control. It will not eliminate the need for follow-up scouting of the infestation, but it will reduce the amount of follow-up control required.
- Be ready to act. Develop your control plan before the weeds start growing.

- The Lower Platte Weed Management Area (LPWMA) includes the ten counties in the Lower Platte River Basin. Lancaster County is a part of this basin. Grants have been received from the National Fish & Wildlife Foundation Pulling Together Initiative in 2004, 2005 and 2006 that funded activities through 2007. This report summarizes the accomplishments of the project over this period. The report outlines how these projects served as a catalyst in getting the weed management area efforts off the ground, establishing an on-going effort and influencing efforts upstream and statewide.

- The riparian plant invaders, purple loosestrife, phragmites and saltcedar began showing up along the Lower Platte River Five to ten years ago. These plants have the potential to replace much of the existing vegetation. A variety of organizations were invited in the fall of 2002 to discuss how a cooperative and coordinated effort of awareness and assistance to landowners could be initiated. This was the beginning of the Lower Platte Weed Management Area.

- The awareness program has included a Web site www.lowerplattewma.org a public service billboard, informational brochures, landowner mailings, exhibits and tours.

- The Threats to Nebraska Rivers-Invasive Plants Conference last August contributed to the creation of the vegetation management section of LB 701. This bill was passed by the unicameral. The bill provides grant funding for riparian vegetative management and created a riparian vegetation management task force to provide recommendations to the Governor and the legislature.

- Develop a survey and monitoring program to determine extent and progress. The Lower Platte NRD GIS specialist developed and maintains the Weed control mapping program www.ndmapmaker.org/loosestrife/viewer.htm to map information and progress.

- Promoting organized control efforts upstream. A presentation was made at a Nebraska Weed Control Conference and assistance was provided in the formation of seven weed management areas covering 43 counties including all the Platte River and most of its tributaries in Nebraska.

- The grants received have been used to leverage cooperation, money and in-kind services from the federal, state and local levels. It has led to very strong cooperative efforts with natural resource districts in developing a streambed vegetation management program for the Lower Platte River. As a result, the goal of the Lower Platte Weed Management Area has been expanded “To improve the health of the riparian areas of the Lower Platte River for the benefit of the owners, users and general public by controlling and preventing riparian plant invaders and improving stream flow capacity by managing the vegetation in the streambed and on the banks.”

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Setting Financial Goals Aids Financial Security

Financial security is a dream for most people. To turn that dream into a reality, start on the road to financial security by setting financial goals. Having control of spending and where money goes can result in surprising accomplishments toward financial independence.

Money management is about using what you have to get what you want—goals. No one can have everything, but good management can help get the things wanted most. Choosing a goal that is personally important helps get the things wanted. But good management can also help meet goals.

Goals are unrealistic. For example, a family with a monthly income of $3,000 and spending $2,900 a month on basic living expenses would find it unrealistic to save $500 a month for various goals. Unreachable goals may lead to discouragement and giving up. Make sure goals are at least possible even if it’s a stretch to reach them.

If goals seem unrealistic, change them. If someone saves $10,000 a year for retirement, but decides it isn’t possible, perhaps he or she can adjust the goal and save $5,000 a year instead. If a student wants to pay off student loans in two years but decides it’s unrealistic, he or she could decide to pay them off in four years. Writing goals by writing them again with specific target dates and dollar amounts.

Writing down a commitment to continue with goals can be useful, but usually people begin down the road to financial security with a desire to increase their savings or reduce their debt. Always ask: How much is saved? How much money is being saved? How much is being spent? How much debt is being paid? Most people have many goals. It’s important to work hardest on the goals that are most important. For example, with five goals, rank them from one through five. Or divide goals into three groups: highest importance, medium importance and lower priority. Short-term goals are targeted sooner than long-term goals, but it doesn’t mean they are more important. More than one goal can be worked on at a time, but it’s a good idea to be clear about the highest priorities.

To help track progress toward paying down a debt, University of Nebraska–Lincoln Extension offers several worksheets online at http://paydowndebt.unl.edu.

Source: Kathleen Puchalski-Cox, Ph.D., family economics specialist

FCE News & Events

FCE Council Chair

Bonnie Krueger

March: think of spring rains, wind, lites and, of course, St. Patrick’s Day—luck of the Irish, wearing of the green, marching, dancing and making merry. The landscape of the world smiles to those wonderful music tunes of “Ole Ireland.” “When Irish Eyes are Smiling,” “My Wild Irish Rose” and oh, yes “Whio Threw the Overalls in Mistress Murphy’s Chowder.” Have you ever wanted to play music? In too late, they say you can’t teach an “old dog” new tricks, but that’s not true. Join me March 9th at the Crichett Lowrey Store, 1405 North Cotter Blvd, on Mondays at 1 p.m. and hear the music could be playing too. You will meet lots of senior citizens. Music not only lifts the heart, but it also heals the heart.

The March Council meeting will be March 24. Club presidents will be receiving further information soon. All FCE members are welcome to attend the Council meeting. The March meeting will have a different location than usual, so watch for your letter. Happy St. Patrick’s Day!

By Lorene Bartos, UNL Extension Educator

Many Uses for Baking Soda

Baking soda can help with cleaning around the house. It is inexpensive and non-toxic. Use it to:

• remove grease from walls and appliances
• clean Irish, carpet
• cleaning bathroom sinks and tubs
• clean drains — pour ¼ cup soda, and 1 cup vinegar down the drain, followed with hot water
• minimize odors in the refrigerator

Saturday, March 29
8 a.m. to 3:30 p.m.
Lancaster Extension Education Center
444 Cherryroad, Lincoln, NE

Speakers include:
• Jean Krejci, Lincoln/Lancaster County Health Department
• Pat Urzedowski, Department of Health and Human Services
• Jennifer Buehler, Music Therapist
• John Chapo, Lincoln Children’s Zoo

Cost is $15
Pre-registration is due March 17

TIPS FOR MANAGING AND REDUCING DEBT

• Look for temporary sources of income if possible
• Look at ways to reduce expenses
• Pay at least the minimum on debt and loans (Don’t waste extra charges)
• Contact creditors before you miss a payment
• Do not go shopping, just for something to do
• Learn about community resources
• Make having an emergency fund a priority
• Do not use credit as a way to live beyond your means
• Make sure you know all of the credit charges and rates of interest
• Know what it costs to live. Keep records of your expenses.
• Plan for larger expenses by saving each month
• Challenge the whole family to find ways to save money
• Look for low cost forms of entertainment
• Don’t carry cash. It has a tendency to disappear.
• Wait at least 24 hours for any large purchase
Sponsorships Due March 1
Several 4-H college and camp scholarships are due March 1. For a complete list, further information and applications, go to http://lancaster.unl.edu/4h/Programs/award.shtml

Statewide Opportunities for Nebraska 4-H Youth
Applications are now being accepted for the following statewide opportunities for 4-H youth age 14 and older:

- Youth Curriculum Committee
- Youth Multimedia Team
- 4-H Volunteer Training Available to Check Out on DVD
- 4-H Career Portfolio (formerly called record books)

4-H Volunteer Training Available to Check Out on DVD
This year’s “Winter Warm-Up” 4-H volunteer training video will be available via DVD. Topics include: “Hot New Topics in 4-H: Choosing Patterns and Fabrics,” “Meat Goats,” “Picture Perfect: Tips for Taking Better Photos,” “Rabbit Showmanship” and “Leading with Purpose.” View one or all topics. Contact Tracy at 441-7180 to check out a DVD.

4-H Volunteer Training Available to Check Out on DVD
This year’s “Winter Warm-Up” 4-H volunteer training video will be available via DVD. Topics include: “Hot New Topics in 4-H: Choosing Patterns and Fabrics,” “Meat Goats,” “Picture Perfect: Tips for Taking Better Photos,” “Rabbit Showmanship” and “Leading with Purpose.” View one or all topics. Contact Tracy at 441-7180 to check out a DVD.

Introducing the 4-H Diamond Clover Program - Meeting March 15
Nebraska 4-H is excited to introduce the Nebraska 4-H Diamond Clover Program. This new, exciting and noncompetitive program recognizes the accomplishments of 4-H members from 8-18 years of age. This program is self-paced with six levels, designed to encourage youth to participate in a variety of projects, activities, leadership and citizenship. Each of the levels, with their designs, provides a list of accomplishments and recognition upon completion. Further information is available at http://4h.unl.edu/kids/diamond

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4-H Horse Incentive Program Begins
The 2008 Incentive Program began Feb. 15 and runs through June 30. 4-H’ers can log hours they spend doing horse-related activities and win awesome prizes. Forms are available online at http://lancaster.unl.edu/4h or at the extension office. New this year is being able to include hours spent on any equine-related activity. Forms are accepted until March 15. For more information, go to www.animalscience.unl.edu/extension/equine/4H/stampede.html or call Marty at 441-7180.

Horse Expo, March 7-9
Nebraska's largest equine tradeshow and educational extravaganza, featuring some of the top clinicians in the country, will be held March 7-9 at the Lancaster Event Center. For more information and schedule, go to www.nebraskahorsecouncil.org/2008Exp.htm

4-H Roping and Ranch Horse Clinic
A free 4-H Roping and Ranch Horse clinic is being planned for late spring. Details have not been worked out yet. Watch for further announcements or call Marty at 441-7180.

Eunice Cernohlavek
Lancaster County 4-H is proud to announce Eunice Cernohlavek as winner of February’s “Heart of 4-H Award” in recognition of outstanding volunteer service.
She has volunteered with 4-H for more than 12 years. For many years, she was leader of the Star City Llama 4-H Club and superintendent for the Lancaster County Fair. 4-H llama show. She continues to be an all-around helper. She also volunteers with Polk County 4-H because several llama families live in that area.
“Like being a 4-H volunteer because it gives me an opportunity to be involved with today’s youth, who are our future,” says Eunice. “My favorite experience as a 4-H volunteer was the very first 4-H llama show at the Lancaster County Fair. My kids—as I affectionately call all my 4-H Er’s—did so well with their llamas and I was so proud of them and their accomplishments that I was moved to tears. Also at that function, I received my very own 4-H T-shirt—a coveted item because I always wanted to be a 4-H Er.”
Eunice is also a member of the Nebraska Llama Association (she served on the board for several years) and has been superintendent of the Nebraska State Fair open class llama show for ten years. She volunteers for many llama functions throughout the year. In addition to her llama-related volunteer work, Eunice has served as secretary for the Lincoln Fire Society for about ten years.
Congratulations to Eunice. Volunteers like her are indeed the heart of 4-H!
4-H & Youth

Spring Rabbit Show
Saturday, March 29, 9 a.m.
Lancaster Event Center, Pavilion 3 Exhibit Hall
8th & Havelock, Lincoln.
Registration 7:30-9:00 a.m.
Trophies & ribbons will be awarded!
AWARDS:
• Fancy Rabbits, Commercial Rabbits, Pet Class
• Pee Wee Class. REGISTRATION FEES: $5.00 per rabbit or entry, $1.00 entry. $5.00 Showmanship.
FREE CONTESTS: Rabbit Quiz & Rabbit Breed ID
All rabbits must be tattooed in the left ear ear for identification purposes.
No substitutions will be allowed.
For more information, call Rodney at 782-2186 or Teri at 441-7180.

Ak-Sar-Ben Livestock Expo Changes
March
Lancaster County 4-H is proud to announce Kendra Ronnau as winner of March’s “Heart of 4-H Award” in recognition of outstanding volunteer service. Kendra has volunteered with 4-H for nearly 20 years, coaching horse judging and taking two Lancaster County teams to national contests. She also helped with the Riding Wranglers horse club. In 2008, she became leader of the South Prairie 4-H Club, large club with more than 30 members who work on a wide variety of projects. She helps with the Horse Judging Contest at the Lancaster County Fair.
Kendra says, “I like being a 4-H volunteer because I love the kids. It’s so wonderful to see our youth learning new talents. It’s especially fun to watch children learn to give of themselves. My favorite experiences was watching the kids interact with elderly at an assistive-living facility. The kids did a fantastic job bringing some joy to our amazing elderly.” She lives in Hickman with her husband Bruce and three children, who are members of the South Prairie club. Kendra is active in the Norris School Parent Teacher Organization and has served as its president.
Congratulations to Kendra. Volunteers like her are indeed the heart of 4-H!

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

2010 CWF Group Forming Now!
Take your 4-H experience to another level through Citizen-ship Washington Focus (CWF), a summer citizenship program for youth ages 14–19. The experience culminates in a nine-day, immersive trip to Washington D.C. in June 2010. CWF delegates learn about the democratic process and their role as citizens. Get the inside scoop about how government really works from prominent guest speakers and from Senators and Congressmen themselves. We will also take a few more days to discover the wonders of New York City. Youth who sign up now are able to start earning funds through organized fund-raising. A $100 deposit is needed to reserve your spot. For more information, contact Deanna at dkarmazin2@unl.edu or 441-7180.

2007 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.

Rabbits R Us 4-H Club of Lincoln is winner of Category II (13 or more members). The club’s 22 members were enrolled in approximately 35 projects and entered 320 total exhibits at the Lancaster County Fair. The club keeps flower garden at the Lancaster Event Center as a community service project. Kirk Gunnerson is club leader and Gordon Maahs serves as assistant leader.

Shimmering Shamrocks 4-H Club of Lincoln is winner of Category I (7 members or less) — and winner of the Wayne C. Farmer trophy as overall Outstanding 4-H Club for the year. At the 2007 Lancaster County Fair, the club’s five members were enrolled in approximately 30 projects and entered 115 total exhibits. The club is winning this award for the fifth time. Becky McHenry is club leader and there are five assistant leaders.

The 4-H Speech Contest
The 2008 4-H Speech Contest will be held Sunday, April 20 at 1:30 p.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln. The Speech Contest provides 4-H’ers the opportunity to learn to express themselves clearly, organize their ideas and have confidence. This year we have added a new age division for our Clover Kids. Any youth ages 5-7 enrolled in 4-H can participate in the speech contest. Register by April 14 by calling 441-7180 or e-mailing dkarmazin2@unl.edu with name, speech title and age division. For speech resources, go to http://lancaster.unl.edu/4h/Contest/speech.shtml

New Public Service Announcement Contest Guidelines
This year the 4-H Public Service Announcement (PSA) Contest will not be held face to face. The contest will be conducted via audio only. Any 4-H member ages 8–18 can submit a PSA via cassette tape or CD playable on any standard stereo equipment to Deanna by April 14. If you do not have the capabilities to record a PSA, contact Deanna to set up a recording time. State 4-H members may be excused from the ring more than 3 times but will be excused from the ring if late. School 4-H members will be excused from the ring if late. School 4-H members will be excused from the ring if late.

4-H Clubs Needed to Help Provide Booths at Kiwanis Karnival, April 12
The annual Kiwanis Karnival, a 4-H family event is sponsored by the Lancaster Center Kiwanis. This year, it will be held Saturday, April 12, 7–9 PM 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. The show will be offering a breeding gift class. Additional information will be available this spring. Any market hog over 325 pounds will not be eligible to show but will be taken to harvest. (Animals at these weights may be subject to packer discounts.) No clipping, clipping or block- ing will be allowed at the show due to health reasons. Light weight lambs (under 115 pounds) will not be received or shown but will be retained for sale to the packer. Any exhibitor not providing waterers or feeders for their pen of birds will not receive premium payout.

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March's "Heart of 4-H Award" to Kendra Ronnau
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Kendra says, “I like being a 4-H volunteer because I love the kids. It's so wonderful to see our youth learning new talents. It's especially fun to watch children learn to give of themselves. My favorite experiences was watching the kids interact with elderly at an assistive-living facility. The kids did a fantastic job bringing some joy to our amazing elderly.” She lives in Hickman with her husband Bruce and three children, who are members of the South Prairie club. Kendra is active in the Norris School Parent Teacher Organization and has served as its president.

Congratulations to Kendra. Volunteers like her are indeed the heart of 4-H!

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Cool Gloves 4-H Club of Lincoln is winner of Category II (13 or more members). The club’s 22 members were enrolled in approximately 35 projects and entered 320 total exhibits at the Lancaster County Fair. The club is winning this award for the third time. Jean Pedersen is club leader.

Rabbits R Us 4-H Club of Lincoln is winner of Category II (13 or more members). The club’s 22 members were enrolled in approximately 35 projects and entered 320 total exhibits at the Lancaster County Fair. The club keeps flower garden at the Lancaster Event Center as a community service project. Kirk Gunnerson is club leader and Gordon Maahs serves as assistant leader.
New Nutrition Education Program Staff

In January, a new staff member joined the University of Nebraska–Lincoln Extension in Lancaster County Nutrition Education Program (NEP), which helps limited-resource families learn to prepare nutritious and safe foods while stretching their food dollars.

Emily Hulse will coordinate NEP’s School Enrichment program for 1st, 4th and 5th grades. NEP works with qualifying Lincoln elementary schools to deliver nutrition kits containing materials for hands-on educational experiences to classrooms. Emily will present handwashing and food preparation activities in classrooms.

Emily received her B.S. in Nutrition, Exercise, and Health Sciences from the University of Nebraska-Lincoln in May 2007. Previously, Emily worked as a Health Fitness Specialist in Omaha at Union Pacific Railroad. Emily started graduate classes this semester at UNL for a Master’s degree in Nutrition and Exercise.

Lincoln’s Free Tax Preparation and Filing

“What to Bring to Have Your Taxes Prepared:
• W-2 and 1099s from your employer
• Social Security Cards (for yourself, spouse, children and other dependents)
• Copy of last year’s tax return (very helpful)
• List of other income/expenses (itemized deductions)
• Childcare information (provider’s ID number & receipts for amount paid)
• Blank check or savings account information for direct deposit
• 1099s for interest, dividends, unemployment, government and miscellaneous income
• 1098 for student loan interest, mortgage interest or property tax

Lincoln VITA Tax Sites and Hours

Volunteer Income Tax Assistance (VITA) tax preparation sites are located throughout the city. All sites use E-filing which files taxes quicker. Direct deposit into a bank account gets the refund to citizens faster. No appointments necessary unless noted.

ANDERSON LIBRARY
3635 Toulon Avenue
• Mondays, 5:30-8 p.m. (through Feb. 25 only)
• Tuesdays, 12:30-3 p.m. (through Feb. 24 only)
• Wednesdays, 5:30-8 p.m.
• Saturdays, 2-4:30 p.m. (through Feb. 24 only)

BENNET MARTIN LIBRARY
14 & N Streets
• Tuesdays, 1:30 or 5:30-8 p.m.
• Wednesdays, 1-3:30 p.m. (through Feb 27 only)
• Saturdays, 2-4:30 p.m. (through Feb. 24 only)

EISELEY LIBRARY
1530 Superior Street
• Mondays, 5-8 p.m.
• Thursdays, 12-4:30 p.m.

GOOD NEIGHBOR CENTER
261 11 Street
• Tuesdays & Thursdays, 5:30-8 p.m. (through March 13 only)

INDIAN CENTER
1100 Military Road
• Monday-Friday by appointment, call 438-5231 ext 109

LINCOLN ACTION PROGRAM
210 O Street
• Mondays, 5:30-8 p.m.
• Fridays, 7-11:30 a.m.

PINNACLE BANK
930 S. 13 Street, Ste A
• Tuesdays & Thursday, 10 a.m.-12:30 p.m. or 2:30-5:30 p.m.
• Saturdays, 11 a.m.-2:30 p.m. (Spanish & W-7 assistance available)

SALVATION ARMY
1225 6 Street
• Tuesday, 12-2:30 p.m. (through Feb. 24 only)

UNI, MAIN CAMPUS
Student Union Building
• Monday thru Thursday, 8-10 p.m.
• Saturday and Sunday, 1-5 p.m.

“Special emphasis will be placed on increasing the claiming of the Earned Income Tax Credit.”

—Rick Carter, Chair of the Lincoln Tax Assistance Coalition

Explore the science of life in the College of Agricultural Sciences and Natural Resources

• 27 highly rated academic programs
• Scholarships and financial assistance
• Small campus feel within large campus setting
• A place where everyone knows your name

University of Nebraska–Lincoln
College of Agricultural Sciences and Natural Resources
240 Agricultural Hall
Lincoln NE 68583-0702
402-472-3000, ext. 3251
taxassistance.unl.edu

EXPERIENCE THE POWER OF RED

This University of Nebraska–Lincoln tax-assist program element and exempt operating support campaign is the University of Nebraska Endowment. Contributions are tax-deductible to the extent of the law.
Extension Board Association Scholarship Applications Due March 15

The Nebraska Association of County Extension Boards is accepting applications for their scholarship program for the 2008/09 academic year.

• One $1,000 scholarship awarded to any incoming freshman or transfer student enrolling into the University of Nebraska-Lincoln College of Agricultural Sciences and Natural Resources (CASN) or into the College of Education and Human Science (CEHS).

• One $500 scholarship awarded to a current student of CASNR or CEHS, who is a sophomore or higher.

Applications are due by March 15. To obtain a scholarship application and for more information, go to www.lancaster.unl.edu/4h/programs/NACEB2008ScholarshipApp.pdf or call Deanna Karmazin at 441-7180.

Community Service Idea—Bake and Take Days

Bake and Take Days is a great community service idea for 4-H and PCE members! Bake and take a fresh, delicious, homemade item to someone to let them know you are thinking of them—friends, neighbors, co-workers or family. Contact Tracy at 441-7180 for a sticker and pamphlet to include with your baked item. This program is hosted by the Nebraska Wheat Growers Association and Nebraska Wheat Board.

Watch Chicks Hatch Online with EGG Cam!

http://lancaster.unl.edu/4h/Embryology
This spring, EGG Cam will feature chicks, ducks and poulssoit hatching!

Extension Educator & Unit Leader
Gary C. Bergman
Extension Educators
Lorene Bartos
Maureen Burson
Tom Dorn
Alice Hemmen
Don Jonsen
Barb Ogg
Karen Wahlg

Extension Assistants
Mary Abbott
Sonja Cochran
Marty Cruickshank
Mary Jane Froedge
Deanna Karmazin
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Virginia Pleining
Karen Wedding

Frederick Douglass
The Nebraska is published monthly (except December) and mailed to more than 11,000 households in Lancaster County.

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Subscription Changes
To change your mailing address or to update your subscription information, please contact the University of Nebraska Extension office at 441-7180.

Free Subscriptions
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Meet 4-H Teen Council

On Jan. 25, nearly 30 4-H Teen Council members organized and led the 4-H Overnight Lock-In for more than 80 fourth and fifth graders. The Lancaster County 4-H Teen Council is a leadership organization for youth in grades 7–12. Members are involved in several leadership activities such as organizing the annual 4th & 5th Grade Lock-In and the Ice Cream Social at the Lancaster County Fair. Teens also participate in community service projects. More than 40 Lancaster County 4-H youth are part of 4-H Teen Council this year.

Officers are:
- President — Grace Farley
- Vice President — Marian Hanigan
- Secretary — Christina Mayer
- Treasurer — Brad Morgan
- Historians — Britni Walker and Ellen Muehling
- Adult Advisor — Marilyn Schepers

Meetings are held the second Sunday of each month at 3 p.m. at the Lancaster Extension Education Center. New members are always welcome! For more information or to join, contact Tracy Kulm at tkulm1@unl.edu or 441-7180.

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 also 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.

Camp Counselors Needed

Youth ages 15–19 years are needed to volunteer to help children have the best summer of their lives while camping at Nebraska 4-H Camps and Centers. Camp Counselors develop leadership skills, self-confidence and independence! They meet friends which will last a lifetime, experience excitement, challenges and have FUN! You may apply to be a counselor at a variety of camps offered during the months of June, July and August. Information and application are available online at http://4h.unl.edu/camp/staff/counseling.htm or contact Tracy at 441-7180. Applications are due March 15. Applications received after the deadline may be accepted until all positions are filled. 4-H Council will reimburse Lancaster County youth the cost of the training. For LPS students who are still in school during the training, camps will work around your school schedule.

Cabin Mentors Needed

Cabin Mentors age 17 and older are needed at the 4-H Camps. Mentors have the opportunity to gain the skills and experience necessary for a future 4-H summer program staff position and provide overall night time cabin supervision. They support and mentor camp counselors and campers in meeting their responsibilities. They help develop a “team” atmosphere in their cabin and support a “team” mentality throughout the camp. Information and application are available online at http://4h.unl.edu/camp/staff/mentors.htm or contact Tracy at 441-7180. Applications are due March 15. Applications received after the deadline may be accepted until all positions are filled.

Explore Career Options at Big Red Academic Camps

The 2008 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 12 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 food molecular biology, youth showcase their work at a special “capstone event” which family members are invited to attend. Brochures and registration forms are available at http://bigredcamps.unl.edu or at the extension office. For more information, call 472-2805. 4-H members are encouraged to apply for a scholarship — application is on the Web site.

U.S. Drought Monitor Map

As of Feb. 5, Lancaster County was not in drought conditions.

Can You Guess It?

Did you guess it? Find out at http://lancaster.unl.edu
Did you guess it from the February News? The answer was a cardinal.

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