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The NEBLINE, March 2008

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In This Issue
Horticulture ............ 2
Environmental Focus . 3
Farm Views ............. 4
Urban Agriculture .... 5
Food & Fitness .......... 6
Home & Family Living ... 7
4-H & Youth ............ 8-9
Community Focus ...... 10
Miscellaneous ....... 11-12

Special Pullout Section
WEED AWARENESS
Prepared by the Lancaster County Weed Control Authority

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 Waste
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 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.

6. Sleep on It!
Too little sleep may lead to weight gain. Research studies suggest chronic 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.

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 or 1/2 of a can of beans = 1/2 baseball
• 1-1/2 ounces of natural cheese = a 9-volt battery or 3 dominoes
• 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 super-size our food, we may super-size ourselves as well.

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.


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, 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.”
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 bend 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. 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. Gardeners 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 centers, 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 as 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 small patios or decks but provides high yields of shiny purple eggplants ready to marinade and grill.

Easter Lily Care

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 radiators and 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 prolong 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.

All-America Selections for 2008

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 bend 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.

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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 beekeeper from other states reported they had lost hives. While colony losses often occur during the winter, the magnitude and rapidity of loss suffered by some beekeepers was highly unusual.

This phenomenon was termed “Colony Collapse Disorder” (CCD). The main symptom of CCD is the loss of adult 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 (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
• Existing stresses may have contributed to CCD

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 single-celled parasite of honey bees that can be transmitted by the varroa mite.

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 interaction of various stresses and these pathogens in causing CCD. Researchers across the U.S. have divided this problem into avoid duplicating efforts. UNL Department of Entomology faculty, Marion Ellis, bee specialist, and Blais Siegfried, insect toxicologist, will be examining if pesticides used to control pests and diseases in the hive may contribute to colony collapse disorder.

Some of the theories included:

• Existing stresses may have contributed to CCD
• A new parasite or pathogen
• Existing stresses may have contributed to CCD

Scientists led by marine entomologist Siegfried identified a new virus that could be attacking honey bees. This virus that can be transmitted by the varroa mite. The virus, Nosema apicilata, is a single-celled parasite of honey bees that can be transmitted by the varroa mite. The virus has been found in CCD colonies. This pathogen is believed to be the cause of CCD in the United States. The virus has been found in CCD colonies. The virus is believed to be the cause of CCD in the United States.

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

On April 12, you will learn to:
• install package 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 preregister by calling 441-7180.

Voles

Voles are small rodents found in Nebraska. They have short tails (about one inch long), stocky build and small eyes. Voles can cause problems by damaging lawns, gardens, trees, field crops and other plants.

Prairie voles and meadow voles are common statewide. Pine voles live in the woodlands of extreme southeast Nebraska. Voles are an important food source for many predators, including hawks, owls, coyotes, weasels, foxes, minks and badgers. In the wild, they may not live longer than two months and few live longer than 16 months, but they breed rapidly. Prairie and meadow voles normally have five to 10 litters per year and average three to five babies per litter. The gestation period is about 21 days. One meadow vole mother can have 17 litters during one year, totaling 83 young.

Damage

One clue you may have is hearing noise coming from holes in your walls or roof during the day or night. Voles can make holes up to three inches wide.

Typically, homeowners call the extension office in late winter and early spring when they discover these paths after the snow melts. The voles cause damage to plants during late fall and early spring when they find warmth and food sources within the house. Voles tunnel through snow and may gnaw on trees and shrubs up to three inches wide.

Control

If you discover voles, don’t panic. You have major damage to your plants. Before you decide to control voles, consider the extent of the problem in relation to the cost of control. For example, a few voles could damage a highly valued tree or flower bed and warrant control. At other times, you may not even notice the voles or find damage, making control unnecessary. It is best to try to prevent possible vole damage. Most problems in urban and backyard areas probably involve small vole populations that can be controlled with habitat modifications, fencing or exclusion, mouse traps and repellents. In rural areas, vole damage situations may involve larger vole populations over greater areas, and can be dealt with by habitat modifications, repellents and toxic baits, when necessary.

Drain Flies

Drain fly maggots are protected inside the gelatinous2 material which lines the drains. Never put insecticides down drains. Pouring insecticides down the drain won’t kill the drain fly maggots that are protected inside the gelatinous material which lines the drains. Drain fly maggots are protected inside the gelatinous material which lines the drains. Never put insecticides down drains. Pouring insecticides down the drain won’t kill the drain fly maggots that are protected inside the gelatinous material which lines the drains.

We have had several phone calls about small fly/gnat infestations in 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 inside pipes and in sump pumps and other parts of the house.

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. Control 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 are feeding on. There are several common mistakes people make in their attempt to control drain flies. Bleach and drain uncloggers will not penetrate and dissolve the gelatinous material which lines the drains. Never put insecticides down drains. Pouring insecticides down the drain won’t kill the drain fly maggots that are protected inside the gelatinous material which lines the drains.

We recommend cleaning pipes and traps with a good, stiff, long-handled brush or a “plumber’s snake” to remove all the slimy organic material. Don’t forget to clean the garbage disposal. After cleaning, it may take a few days to a week for the flies to die a natural death, or be poisoned.

Post control operators have DF 9900 Gel available as a professional product. This is not an insecticide. It is a gel of active beneficial bacteria that destroy the gelatinous2 gunk inside pipes. Multiple treatments are required, so treatment with this product may not work immediately. DF 9900 Gel can be purchased over the internet.

There are a number of other locations inside a home that will produce infestations of tiny flies. Breeding locations are nearly always associated with moist organic material. Once you find the infestation, you’ve won half the battle.

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.
Apiculture Lab, Agricultural Research and Development Center (ARDC), near Mead

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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 crop-share lease and some of the 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 because they simplify recordkeeping necessary since production expenses and harvest are not split with the landowner. Communication with the landowner is more straightforward, requiring less of the tenant’s time. Another reason is more straightforward, requiring less communication with the landowner.

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 estimates 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 crop technology, which has reduced 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 a viable, due to genetic engineering which substitutes herbicides for tillage in many situations.

Technological 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 annual 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.

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<td>Increase $2.10</td>
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Chemigation Training and Testing, March 6
A Chemigation training and testing 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 training fee.

Biosolids Improves Soil and Cuts Production Costs: Workshop March 3
Given the high cost of N-fertilizers, consider biosolids as a way to reduce your out-of-pocket fertilizer costs. Using it will improve poor soil and increase yields. This material is high in organic matter and contains all the nutrients crops need to grow. Lincoln’s biosolids are applied to row crops and is high in organic matter and contains all the nutrients crops need to grow. Lincoln’s biosolids are applied to row crops not consumed by the tenant, since it is the tenant who is taking all the production risk.

Cooperators must be able to apply the materials in a timely way or hire someone to custom apply biosolids. To be considered for 2008 delivery, sign up for biosolids before March 15. Because of the high cost of N-fertilizer, there is more demand for biosolids than ever before.

In 1985, it usually worked out the return of the landowner, 60% tenant. Other crop-share arrangements are sometimes negotiated. The most common are 1/3–2/3 and 70/30 crop-share. In the 1/3–2/3 lease arrangement, the landowner shares in some of the purchased inputs but only to the point the landowners contributions works out to a third of the total fixed cost or variable costs.

While rare, a 70/30 split (or something close to this ratio) is sometimes used. In these cases, the landlord does not pay for any purchased inputs (except crop drying cost for the landlords share). While this lease resembles a cash lease in that, the landlord does not pay any of the production expenses, this lease is still considered a crop-share lease by the USDA farm service agency and, therefore, the farm bill payment is split between landlord and tenant.

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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 at the Lancaster County Fair. Titled "Nebraska Farm Family and 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.
So You’re Considering an Orchard

Don Janssen
UNL Extension Educator

Homeowners who grow fruit in backyards or small orchards find that diseases and insect pests often ruin the entire crop and in some instances damage the tree itself. Insect pests can produce noninsect-damaged and disease-free fruit. In some years it may be possible to grow acceptable fruit without the use of pesticides, but in most years a few well-timed insecticides and fungicide sprays are needed.

The effects of many pest problems can be reduced if several things are considered prior to buying and planting fruit trees. One of the most important factors is selection of an area suitable for growing fruit trees. Fruit trees require full sunlight and moist but well-drained soil having a pH of 6.0-6.5. Second only to having a good location is selection of fruits and fruit cultivars that are adapted to your area.

If environmental conditions are not suitable for growing fruits, pest and disease problems are more difficult to manage and in some instances cannot be controlled. Additionally, fruit quality will likely be poor. It is important to buy only quality trees that are disease and insect free. Check the roots to be sure they have not been allowed to become dry. Large is not always better; a tree 3-4 feet in height when planted, and the new growth trained. Planting a tree this size also reduces stress on the root system allowing the tree to become better established during the first year after planting. A grass and weed-free area around the tree should be maintained. Once trees are planted, they require regular maintenance. Fruit trees need to be properly trained and annually pruned so that sunlight can penetrate through the tree. Pruning should also be done to remove damaged and diseased wood and to stimulate new growth. Running out dead wood and removal of mummified fruit is the most important cultural practice that can be done to reduce disease losses.

Observe to maintain proper tree growth. The goal of fertilization is to produce adequate tree growth to support a quality fruit crop, not to produce excessive tree growth. Although the extent of pest injury can vary from year to year depending on environmental conditions, certain fruit are more likely to have problems than others. Stone fruits generally require more care than some 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 specific case of fire blight, spraying the tree just before bloom when the petal fall has commenced, is one way to control it. In early stages of tree growth, fruit are more susceptible to particular diseases and insects and damage is likely to be greater than during other times of the growing season.

Establishing a Commercial Vineyard

Paul E. Read, UNL Professor of Horticulture/Viticulture
Stephen Gamel, Extension Viticulture Specialist
Max McFarland, Max’s Creek Winery and Vineyard
Jim Ballard, James Arthur Vineyards
Seth McFarland, Max’s Creek Winery and Vineyard

Note: This is part of a series of articles related to growing grapes in Nebraska.

Soils

A wide range of soil types are satisfactory for growing grapes, with the exception of poorly drained soils (the “wet feet” 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 (preferably at least 60 inches, with a 10-inch 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 legitimacy. 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 impervious layer such as a hardpan, plow pan or similar, “ripping” (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 advantageous to install drainage tile. Consult the Soil Conservation Service (need to check correct new title) or your County Extension office for advice on determining 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, 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. Soil pH affects the uptake of nutrients, tolerates soil pH levels of 5.0 to 8.0, but the ideal is between pH 5.5 and 6.5. A few cultivars are more sensitive to high pH levels, and soil pH can affect the development of tree fruit diseases. For best control of diseases, pesticides should be applied before rainfall. In the specific case of fire blight, spraying the tree just before bloom when the petal fall has commenced, is one way to control it. In early stages of tree growth, fruit are more susceptible to particular diseases and insects and damage is likely to be greater than during other times of the growing season.

There are specific times of the growing season, at certain stages of tree growth, fruit are more susceptible to particular diseases and insects and damage is likely to be greater than during other times of the growing season.

Grafting is usually done in the spring. It involves collecting small branches called scion wood. These branches are ¼ to ½ inch in diameter. Gather them several weeks before grafting is to occur. Collect wood that grew in 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 shears, not wood, to cut the wood. Scion wood should be cut at the base with a clean, sharp knife. The day before actually grafting, remove scions from the scion stock and place them in a moist rooting medium. It is critical that the cambium layer of the scion perfectly matches that of the understock.

Soil is important for grape root development.

The day before actually grafting, remove scions from the scion stock and place them in a moist rooting medium. It is critical that the cambium layer of the scion perfectly 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 will move the scion out of alignment. Braiding some grafts is advised. Side sprouts should be removed for the first summer. Sucker shoots that sprout from below the graft should also be removed. 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.

Many soil types can also be successfully used for grape root development.

There are specific times of the growing season.
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-cooked and peeled eggs
1/4 cup mayonnaise
1/8 teaspoon salt
1/8 teaspoon pepper

Slice peeled, hard-cooked eggs into halves lengthwise. Place yolks in a small plate and add the remaining ingredients (except the egg whites). Press out air. Close bag and knead (mush together) until ingredients are well-blended. (Note: you could put yolks in a bowl with other ingredients (except the egg whites), and mix together well until they look like a paste). Push contents toward one end of the bag. Squeezing the bag gently, fill reserved egg white with the yolk mixture. (Note: if you used a bowl, you can spoon the yolk mixture into the egg whites.) Chill to blend flavors.

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

## The Perfect Hard-Cooked Egg

Lots of hard-cooked eggs are usually not eaten this time of year and used for decorating. The secret to the perfect hard-cooked egg is freshness. The FRESHER the egg, the HARDER it is to peel, so you’ll want to buy your eggs a week or two in advance. It’s a miniseries 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 all hard cooked eggs in cold water or put them in ice water (not standing water) until cool. This will eliminate a greenish ring 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 all around the egg between your hands to loosen the shell. Start at the large end and peel off the shell.

### 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 sulfide at the surface of the yolk. 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 cooling the eggs quickly after cooking. 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.

## Stretch Your Food Dollar by Purchasing Store Brand Products

### Results of a Study

- **BITE 1.** One-fourth cup of orange juice remains in the carton. You might as well finish it, right?
- **Calories:** 26
- **BITE 2.** Two tablespoons of granola 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 powdered cream substitute to the coffee at work. Someone made really strong coffee today. Adding creamer is the only way you can stand the taste.
- **Calories:** 23
- **BITE 4.** You take just a small “sample” of the cake in the break room. Well, maybe a second “sliver” 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 finished to crimp a big report this afternoon. This is for medicinal purposes only!
- **Calories:** 5
- **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 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:** 84
- **BITE 12.** One-fourth cup macaroni and cheese. Your first ever try. You are not planning 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 and other people 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 Newsletter, exhibits and newsletters. The most direct awareness effort is carried with an intensive survey and inspection program. This program utilizes a computer data base of all inspections and inventories in 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 effort, 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 1,400 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, reminder letters were sent to 265 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—A total of 319 sites 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 sprayed. 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.

No ornamental sites were selected for inspection, confirming 451 infestations 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.

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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 seneca l seeded. 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. 145 properties were selected for inspection because of past violations and the lack of response to correct the violations. There were 1,806 complaints on 1,622 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.

It 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 $60. Violators were billed a total of $12,005. Only $2,577 was collected leaving billings amounting to $9,409 being specially assessed.

Learn to Recognize Nebraska’s Noxious Weeds

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

Musk Thistle Leafy Spurge Purple Loosestrife Canada Thistle Saltcedar Plumeless 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 devalue land and reduce tax revenue.

*Nebraska’s noxious weeds Spotted and Diffuse Knapweeds have not been found in Lancaster County. No ornamental sites were selected for inspection, confirming 451 infestations 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.
In Lancaster County, there has been an overall decline in the state-designated noxious weeds due to the efforts of landowners. There are other weeds of concern with the potential to be designated as noxious weeds by the state or county.

Riparian Vegetation Management Task Force Created in 2007

Legislative Bill 701 passed by the Nebraska Unicameral 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 and threats to Nebraska’s riparian areas. Many of the streams are being clogged with vegetation. Intermingling and obstructing the vegetation in areas adjacent to the streams are being replaced by invading plants. This is creating a multitude of impacts.

Stream capacities are being reduced 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 Wesleyan University, 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 other important 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 Reports
- Survey and Monitoring
- Education and Awareness
- Funding and Incentive Program
- Streambed Ownership
- 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 above identified URL.

Weed Awareness

Be on the Look Out for Sericea Lespedeza

Sericea lespedeza (Lespedeza cuneata), or Chiricahua 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 it is best grown at 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 produce a variety of conditions and its tendency to crowd out more palatable forages, are among the reasons it has been declared 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 as a cover crop for wildlife. In Lancaster County, it was planted in wildlife areas. Sericea lespedeza was originally considered good as 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.

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 officers 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 a good cover for invasive grasslands more than introduced 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 while sericea is still green and actively growing.

Identifying Sericea Lespedeza

Sericea lespedeza is a shrubby, deciduous perennial about two- to three-feet tall. The stems are single or clustered with numerous branches. New growth each year comes from the stem bases 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 to 1/4-inch wide. The leaf is round to flat at the top, with a conspicuous point at the tip. The lower leaf surface has silky hairs. Scale-like stipules are present on the stem.

Sericea may be confused with desirable native legumes. Several species of lespedeza occur in the Midwest. Native perennial lespedeza in the Midwest include roundhead, violet and slender lespedeza. None of these species has shown the invasive nature of sericea lespedeza. Slender lespedeza is the easiest to confuse with sericea lespedeza. Slender lespedeza has the same tall, coarse, branched stems as sericea lespedeza but has different-colored flowers and a different leaf shape. Flower color of slender lespedeza ranges from purple to pink, and the leaves are linear or elliptical with a rounded tip (without a conspicuous point) and base.

Sericea Lespedeza Information

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

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 wetland 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 unabated 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 past 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 to aid in this effort. Cass County has made phragmites a county-designated noxious weed.

There are native and non-native introduced phragmites. The introduced phragmites is much more aggressive and has rapidly expanding its range in Nebraska to the detriment of native wetland communities. Phragmites infestations along the Platte and Republican Rivers seem to be introduced.

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. Swinging in the breeze. It is a major problem in wetlands and will become solid stands if not controlled. This expansion has gone pretty much unabated until this past year.

Phragmites is characterized by its towering height of over 15 feet and its stiff, wide leaves. Its feathery and drooping inflorescences库里描述的美国朱诺县莱克米尔海军基地的现状。
Mapping Invasive Plants in Nebraska

Weed Awareness

In order to obtain long-term effective noxious weed control, you must be smarter than the weeds. Here are ten control tips to remember:

1. Your infestations are most likely coming from seeds in your soil and not from other sources. Seeds will remain viable in the soil 10 to 20 years.
2. You are going to find infestations where you have found them in the past and in areas by removing disturbed soil surface has been disturbed.
3. Prevent the germination of invasive weeds by managing existing vegetation in the streambed.
4. Biennial weeds (Musk and Plumeless thistle) are easiest to kill when small (rosette stage pictured).
5. Perennial weeds should be controlled at the stage and fall to prevent the germination from an infested area and other infestations.
6. Fall is the best time to begin control efforts on biennial plants, they germinate in the fall and produce the seeds the next spring.
7. Online control effort is not enough! You invariably will have some escapes from the first and even later effort.

• Noxious and invasive weed control plan before the weeds are ready to act. Develop your control plan to prevent the germination of invasive weeds from an infested area and other infestations.
• Downloadable data in csv form to integrate into existing databases in the US.
• Creation of maps and control methodology for the Nebraska 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 County and City of Lincoln Geographic Information System (GIS) Network. You can view the Nebraska Weed Control statewide map by visiting www.neweedmapper.org or view 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 noxious weeds inspected in 2007. You can zoom-in and print 2007 aerial photos with the noxious weed information.

• Noxious and invasive weed management using ArcIMS.

• Allows for expansion of technology while integrating various Web technologies to disseminate information.
• View of real time data from each county in Nebraska as well as partner agencies.
• Continuous monitoring aids mapping efforts and gives valuable information to the land manager.

Nebraska Weed Control Association Statewide Mapping Project

The Nebraska Weed Control Association’s statewide mapping project is a real growth. This unique system will allow for land managers and county agencies to map, monitor and control invasive plants within the State of Nebraska and keep everything standardized for all partners in Nebraska concerned with invasive plants.

Key points about this system:
• Noxious and invasive weed management using ArcIMS.

FOR MORE INFORMATION

University of Nebraska–Lincoln Extension publication EC130 “2008 Guide for Weed Management in Nebraska” includes herbicide recommendations for noxious weeds. Available at the extension office for $5 or free online at www.ianrpubs.unl.edu/sendIt/weeds

The objectives and to-date accomplishments are:

1. Eradicate and prevent the establishment of invading noxious plants.

Over $400,000 have been contributed by the county weed control authorities, Nebraska Games and Parks Commission, NRD’s, Lincoln Water Works, BNSF Railroad, sand and gravel companies, Nebraska Airboater Association members, homeowners, and landowners and others.

Infestations have been confirmed in more than 4,000 acres from 2003 to the present along the 170 miles of river. Also, several thousand homeowners removed planted purple loosestrife from their yards. Nebraskans know Lincoln that will help prevent wild infestations occurring in the state.

Almost $140,000 of the funds utilized grants from the Nebraska Fish & Wildlife Foundation and the Nebraska Department of Agriculture. The purple loosestrife infestations have been reduced dramatically. Phragmites have advanced considerably the past three years. It is more expensive to control. All of the scattered saltcedar infestations have been eradicated.

Carry out an awareness program to obtain public support and participation of landowners.

The awareness program has included a Web site www.lowerplattecwma.org a public service billboard, informational kiosks, 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.

1. Develop a survey and monitoring program to determine extent and progress.

The Lower Platte North NRD GIS specialist developed and maintains the Weedweb mapping program www.nrmdmapmaker.org/loosestrife/viewer.htm to map information on the process.

4. 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.”
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. Take 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 motivate to work to reach it. Don’t be afraid to set goals that aren’t easy. After all, the purpose of setting goals is to accomplish more with money now than in the past.

Goals are always more willing to help if they’ve been involved in the decisions. Adult members of the family can all be involved in discussions about what is most important to the family instead of only the adults making the determination. The possibility of achieving goals increases tremendously when everyone is involved.

Most people have goals important to them now and other goals important for the future. Financial experts put goals into three categories for the amount of time it will take to reach them or when the money will be available. Short-term, intermediate and long-term. All three categories of goals aren’t necessary—some financial experts use only short-term and long-term goals. Don’t get hung up on categorizing goals, but do what makes the most sense. Just remember to think of immediate needs and wants as well as those in the future. Big-ticket goals costing more money, such as a comfortable retirement or children’s education, may be possible by working toward them for many years.

Setting benchmarks helps attain those goals, such as having a certain amount saved for retirement in five years, in 10 years and in 20 years. Gathering information about costs and debts can help when setting goals. Knowing the amount of debt, loans and payments owed can help when deciding if debt reduction should be an important financial goal. It also helps to ask questions about savings, like how much is saved and if it is enough. Evaluating goals and writing them down also helps achieve those goals.

Sometimes goals clearly 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. Unreasonable 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. Revising 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 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 Prochaska Cox, Ph.D., family economic specialist

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 want to have 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 longer expenses by saving extra amounts
• 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

By: Lorene Bartos, UNL Extension Educator

Many uses for Baking Soda

Baking soda can help with cleaning around the home. It is inexpensive and non-toxic.

Use it to:
• remove grease from walls and appliances
• deodorize carpet
• cleaning bathroom sinks and tubs
• clear drains — pour ½ cup soda, and 1 cup vinegar down the drain, followed with hot water
• minimize odors in the refrigerator

At the January Family and Community Education (FCE) Council meeting, the following officers were installed for 2009 (left to right): Bonnie Krueger—President, Joy Kruebitz—Secretary; Clarice Stoffes—Treasurer; Irene Colborn—Vice President and (not pictured) Alice Doane—Historian

March Council Meeting, March 24

March your calendar for March 24 for the March Council Meeting. The Council meeting will have a different location than usual. Presidents watch for a letter in the near future with all the information. All FCE members are welcome to attend the Council meetings.

District Meeting

The Southeast District FCE meeting will be held Wednesday, April 23, 9:30 a.m.–2 p.m. at the Lancaster Extension Education Center. Watch for details next month.

Happy St. Patrick’s Day!
**February**

**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 the 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.

“I 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’ers—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 Llama Society for about ten years.

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

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**4-H Volunteer Training Available to Check Out on DVD**

This year’s “Winter Warm-Up” 4-H volunteer training 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 or check out a DVD.

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**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 Curriculum Committee is seeking 4-H’ers who are interested in technology and communication. Youth will serve communities by completing projects and showcasing emerging technologies.
  - Deadline: April 1.
  - **Youth Multimedia Team**
  - Youth Multimedia Team is seeking 4-H’ers who are interested in technology and communication. Youth will serve communities by completing projects and showcasing emerging technologies.
  - Deadline: April 1.

If you are interested, contact Tracy at 441-7180.

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**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 appropriate designations, provides a list of accomplishments and recognition upon completion.

For more information, visit http://4h.unl.edu/diamond-4-h-volunteers and members are encouraged to attend a meeting on Saturday, March 15, 9:30 a.m. at the Lancaster Extension Education Center to introduce the Nebraska 4-H Diamond Clover Program and to discuss the 4-H Career Portfolio (formerly called record books). RSVP by calling 441-7180 by March 15.

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**22 Silhouette Shooting Sports Meeting, May 5**

A new 22 silhouette shooting sports discipline will be available to 4-H youth! Plan to attend the first organizational meeting on Monday, May 5, 7 p.m. at the Lancaster Extension Education Center, 444 Cherry Creek Road, Lincoln. Interested youth must be 12-18. More information will be in upcoming Nebline issues.

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**4-H Volunteer Program Begins**

The 2008 Incentive Program began Feb. 15 and runs through June 30. 4-H’ers can log hours they spend doing county and national activities and win awesomewater bottles and a DVD. More information is available online at http://lancaster.unl.edu/4h or at the extension office. New this year is being able to include hours spent at the Teen Council meetings and activities. One can earn 3 hours by being an active junior leader, completing a record book, serving as a club officer and entering a static exhibit at the fair. Remember, you must use the log sheets provided by the 4-H office. If you have any questions, call Jessie at 441-7180.

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**4-H Horse Stampede Program Begins**

The 2008 4-H Horse Stampede will be held on Saturday, March 8 at the Animal Science Building on UNL East Campus. The stampede is the State 4-H art, public speaking, demonstration and horse bowl competitions. If you didn’t sign up to participate this year, please come and watch. Support the competing Lancaster County 4-H’ers and see if the competitions are something you might want to do next year. No cost to attend. For more information, go to www.animalscience.unl.edu/extension/equine/4H/stampede.html or call Marty at 441-7180.

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**Horse Expo, March 7-9**

Nebraska’s largest equine trade show and educational extravaganza, featuring some of the top clinicians in the country, will be held March 7-9 at the Lancaster Event Center. More information and schedule can be found at www.nebraskahorsescouncil.org/2008expos.htm

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**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.
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. The Lincoln Center Kiwanis Club was 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 2004, 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 assisted-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!

Nominate 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, intensive trip to Washington D.C. in June 2010. CWF delegates learn about the democratic process and their role as citizens. Get inside the scoop about how government really works from prominent guests 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-raisers and volunteer service.

500 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.

The following clubs were recognized at a recent Lincoln Center Kiwanis meeting and at 4-H Achievement Night:

- **Cool Clovers 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 Gunternson is club leader and Gordon Maahs serves as assistant 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 maintains flower garden at the Lancaster Event Center as a community service project. Kirk Gunternson is club leader and Gordon Maahs serves as assistant leader.

- **Ak-Sar-Ben Livestock Expo Changes**

  There have been several changes to the Ak-Sar-Ben 4-H Livestock Exposition rule book. Here are a few of the highlighted changes.
  - All feeder calves planning to be exhibited at Ak-Sar-Ben must be DHA tested by June 15.
  - Any calf that gets loose in the show ring more than 3 times will be excused from the ring.
  - Market beef will no longer be moultered.
  - The show stock 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 deposits.)
  - No clipping, fitting or blocking will be allowed at the show due to health reasons.
  - Light weight lambs (under 115 pounds) will not be released 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.
  - Ak-Sar-Ben will be offering a 4-H youth and collegiate judging contest during the livestock exposition.

- **Spring Rabbit Show**

  Saturday, March 29, 9 a.m.

  Lancaster Extension Center, Poulton 3 Exhibit Hall

  834-2525, Lincoln, Registration 730–902 p.m.

  Prizes & ribbons will be awarded!

  CLASSES: Fancy Rabbits, Commercial Rabbits, Pet Class and Pee Wee Class.

  REGISTRATION FEES: $5.00 per rabbit or bunny, $1.00 for litter, $3.00 Showmanship.

  FREE CONTESTS: Rabbit Quiz & Rabbit Breed ID

  All rabbits must be tattooed in the left ear ear and brought in to the show registered.

  For more information, call Rodney at 792-3250 or Teri at 441-7180.

- **4-H Clubs Needed to Help Provide Booths at Kiwanis Karnival, April 12**

  The annual Kiwanis Karnival, a FREE family event is sponsored by the Lincoln Center Kiwanis. This year, it will be held Saturday, April 12, 7–9 p.m. at Elliott Elementary School, 225 S. 26 Street, Lincoln. Elliott school students and their families will be invited to share the fun.

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

  4-H clubs are needed to provide carnival-type booths. This event provides an opportunity for 4-H clubs to practice their leadership and showmanship skills. For more information, call Lorenz at 441-7180. Come join the fun!

- **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 Cherry Creek Road, Lincoln. The Speech Contest provides 4-H’ers the opportunity to learn and 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 held online only. Any 4-H member ages 8-18 can submit a PSA via cassette tape or CD tape 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 asks for PSAs to be non-country specific so winning PSAs can be aired on radios statewide (for example, say “call your local extension office”). Additional information and examples are online at http://lancaster.unl.edu/4h/Contest/speech.shtml
EXTENSION NEWS

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.

New and Outgoing Lancaster County Extension Board Members

University of Nebraska-Lincoln Extension in Lancaster County welcomes its newest extension board appointments—recently appointed to three year terms are Debbora Day and Linda Butcher.

New officers are: • Carna Pfeil, President • Oscar Ross Pohrebitz, Vice President • John Chess, Secretary/ Treasurer

Outgoing board members assist extension staff in establishing and accomplishing extension program goals and objectives. The work is in partnership with UNL Extension on priority issues through educational programs in agriculture, horticulture, pest management, nutrition and food safety, family living, home environment and 4-H youth development.

Lincoln’s Free Tax Preparation and Filing

“The majority of families in this community that live in poverty are working families, and nobody who works full time and has children in their home should be in poverty,” said Rick Carter, Executive Director of the Human Services Federation. “Special emphasis will be placed on increasing the claiming of the Earned Income Tax Credit (EITC) and other federal tax credits created to increase the incomes of low income workers, and engaging low income families and individuals in a gradual process of building financial assets for the future.”

A new program, the 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 Troubadour Avenue • Mondays, 5:30-8 p.m. (through Feb. 25 only) • Tuesdays, Wednesdays, Thursdays, 5-8 p.m. (through Feb. 24 only)

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

EISELEY LIBRARY 1530 Superior Street • Monday, 5:30-8 p.m. • Thursday, 1:30-3:30 p.m. & 5-8 p.m.

GOOD NEIGHBOR CENTER 2615 S Street • Tuesdays & Thursdays, 5-3:30 p.m. • (through March 13 only)

F STREET COMMUNITY CENTER 1225 F Street • Saturdays, 11 a.m.-2:30 p.m. (Spanish & W-7 assistance available)

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, 2-7:30 a.m.

PINECONE BANK 930 13 Street, Ste A • Tuesday & Thursday, 10 a.m.-12:30 p.m. or 2:30-3:30 p.m. (Spanish & W-7 assistance available)

SALVATION ARMY 2625 Potter Street • Tuesday, 12-2:30 p.m. (through Feb. 20 only)

SOUTHEAST COMMUNITY COLLEGE ENT BUILDING 301 S 6th Street Place • Mondays, 2-4:30 p.m.

UNL MAIN CAMPUS Student Union Building • Monday thru Thursday, 5-8 p.m. • Saturday and Sunday, 1-5 p.m.
February
21 Parents Forever/Kids Talk About Divorce ............... 5:30–9:30 p.m.
21 4-H Rabbit VIPS Meeting, Lancaster Event Center 4-H Office .... 7 p.m.
22–23 Strengthening Families Treasure: Daughter/Mother Camp, Carol Joy Holling Center near Ashland, ........... 5 p.m.–5 p.m.
28 Initial Commercial Pesticide Applicator Training Session ........... 9 a.m.
28 Family & Community Education (FCE) & Community Leader Training Session: “Make Every Drop Count in the Home”. 1 p.m.

March
1 R.B. Warren 4-H Horse Educational and Grand Island Saddle Club Scholarships Entries Due
3 Biosolids Workshop ........................................... 3:45–8:30 p.m.
4 4-H Council Meeting ........................................... 7 p.m.
6 Chemigation Training .......................................... 1 p.m.
7 4-H Horse Stampede/Pep Rally at East Campus............. 8 a.m.
9 Beginning Beekeeping Workshop - Day 1 .................. 9 a.m.–5 p.m.
9 4-H Teen Council Meeting ................................... 3 p.m.
14 Extension Board Meeting .................................. 8 a.m.
15 4-H Diamond Clover Program Meeting ................... 9:30 a.m.
18 Commercial Pesticide Applicator Recertification Training Session .......... 9 a.m.
20 Parents Forever/Kids Talk About Divorce ............... 5:30–9:30 p.m.
24 Family & Community Education (FCE) Council Meeting, Location TBA ............................................ TBA
25 Guardian/Conservator Training................................. 1:30–4:30 p.m.
27 4-H Horse Riding Fundamentals Clinic for 4-H’ers ........ 5:30 & 8 p.m.
27 4-H Horse Riding Fundamentals Clinic for 4-H leaders .... 6:30 p.m.
27 Family & Community Education (FCE) & Community Leader Training Session: “Developing Cultural Understanding and Cultural Competence” ......................... 1 p.m.
29 Lancaster County 4-H Spring Rabbit Show, Lancaster Event Center Pavilion 3 - Exhibit Hall ......................... 9 a.m.
29 Child Care Conference ........................................... 8 a.m.–3:30 p.m.

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 to any incoming freshman or transfer student enrolling into the University of Nebraska-Lincoln College of Agricultural Sciences and Natural Resources (CASNR) 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.

Master Conservationist Entries Due April 1

Nebraska adults and youth in both rural and urban areas who have implemented soil and water conservation practices are eligible to enter the 2008 Master Conservationist Recognition Program. The deadline for entries is April 1. There are categories for youth groups and individuals, residents, communities and private businesses as well as production agriculture (farming and ranching). Master Conservationist program brochures are available at the UNL Extension office and online at http://awh.com (click on the “In the Community” link).

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

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.

Explore Career Options at Big Red Academic Camps

U.S. Drought Monitor Map

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

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

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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 group program. 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.

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