National Agriculture Week is March 4–10
A Time to Celebrate and Reflect About Nebraska’s Leading Industry

Gary C. Bergman, UNL Extension Educator

Travel during Nebraska’s growing season and you will soon discover why our state is an agricultural leader. Expansive fields of corn, soybeans, wheat, sorghum, dry beans, sugar beets, and hay showcase a diverse and prominent agricultural industry. In some regions, vast rangelands will greet you with more grazing cattle than people. Most everywhere, one will see a tremendous natural resource that is precious to our economic well being.

When you think about it, just about everything we eat, wear, or use comes from agriculture.

Often agriculture is visualized as only farmers tilling the soil or ranchers tending their livestock. And, while farmers and ranchers represent a fundamental part of agriculture, they actually represent the production aspect of a very large agricultural industry fueling our state’s economy and creating millions of jobs nationwide. In fact, one in three Nebraska jobs are tied to agriculture. This includes everything from supplying basic inputs to supporting cultural industry is responsible for the manufacturing, retailing, and more. Everyone becomes part of the agricultural industry makes for us all.

Urbanization of our population has perhaps been responsible for this loss. Today the majority of our population is generations removed from living on a farm or ranch, and a tremendous natural resource that is precious to our economic well being. Which leads many to conclude a strong need for ag literacy.

Ag Literacy

Often, the agriculture industry is not completely understood. Urbanization of our population has perhaps been responsible for this loss. Today the majority of our population is generations removed from living on a farm or ranch, and a basic knowledge about food production has also been lost. Occasionally, employees of agribusiness even fail to see a connection between agriculture and their very own employment. To some people, this lack of understanding is a troubling concern particularly in a leading agricultural state. Feeding a global population expected to exceed nine billion people by 2050 coupled with decades of urbanization has led many to conclude a strong need for agricultural literacy education exists.

To address this need, UNL Extension in Lancaster County teaches agricultural awareness in numerous ways:

* Ag Awareness Festival — Annually, more than 500 fourth graders gain a better understanding of agriculture and how it impacts their daily lives at a two-day festival. Hands-on activities and opportunities to see, touch, and experience animals, feedstuffs, and farming equipment are often a first time exposure to understanding where food originates.

* 4-H Embryology and EGG Cam — Nearly 4,000 third graders from 51 Lancaster County schools incubate, candle, and watch the hatching of baby chicks. This hands-on science project helps develop a better understanding of life, the life cycle, and the embryo. Through EGG Cam, anyone around the world can watch chicks hatch live and access information on raising poultry at http://lancaster.4h.embryology.

* 4-H Horse Program — Through the 4-H horse program, 4-H members learn many life skills and relate to the important contribution horses made in earlier times. Today, approximately 200,000 horses in Nebraska contribute to pleasure, sport, and ranch/feedlot work. In Nebraska, the horse industry which includes, veterinarians, equine nutritionists, stables, feed/supply stores, breeders, etc. annually generates revenue of over $700 million. In January

There are nearly 23 million acres of pastureland and rangeland in Nebraska — half of which are in the Nebraska Sandhills.

Farms and ranches utilize 45.6 million acres of land — 93 percent of Nebraska’s total land area.

Nebraska’s Top Crop and Livestock Items

Source: U.S. Department of Agriculture, National Agricultural Statistics Service — 2007 Census of Agriculture

### TOP CROP ITEMS (acres)

- Corn for grain (1 dot = 10,000 acres)
- Soybeans for beans (1 dot = 10,000 acres)
- Forage — land used for all hay & hayslage, grass silage, and greenchop (1 dot = 10,000 acres)
- Wheat for grain, all (1 dot = 10,000 acres)
- Sorghum for grain (1 dot = 2,000 acres)

### TOP LIVESTOCK INVENTORY ITEMS (number)

- Layers (1 Dot = 60,000 Layers)
- Cattle and calves (1 dot = 10,000 cattle and calves)
- Hogs and pigs (1 dot = 20,000 Hogs and Pigs)
- (Not mapped) Pullets for laying Rock replacement
- Broilers and other meat-type chickens (1 Dot = 1,000,000 broilers)

Nebraska Ag Facts

**1 NATIONAL RANKING**

Commercial red meat (7.1 billion pounds in 2010)

**2 NATIONAL RANKING**

Great Northern bean production (180 million pounds in 2010)

**3 NATIONAL RANKING**

Irrigated land harvested (8.5 million acres in 2007)

**Popcorn production (294.5 million pounds in 2007)**

**4 NATIONAL RANKING**

Proso millet production (2.6 million bushels in 2010)

**5 NATIONAL RANKING**

Corn for grain production (1.4 billion bushels in 2010)

All dry edible bean production (320 million pounds in 2010)

Cash receipts from all livestock and products ($2,883,326,000 in 2009)

All hay production (6,349,000 tons in 2010)

Source: USDA-NASS Nebraska Field Office

2012, Team Nebraska (which included 4-H horse members from Lancaster, Douglas, and Sarpy counties) earned High Overall State Award — National Champion at the 4-H/FFA Western National Roundup in Denver, Colo.

Lancaster County Super Fair — Many 4-H members work on projects throughout the year which they exhibit at the annual Lancaster County Super Fair held at the Lancaster Event Center. Youth learning about animal husbandry or growing vegetable gardens often see AGRICULTURE on page 7

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Source: USDA-NASS Nebraska Field Office
Managing Pastures and Haylands in Lancaster County Part I

Tom Dorn UNL Extension Educator

This is the first of a three part series.

Forage grasses fall into two general classes, cool-season and warm-season. Each class of grass has distinctive growth characterics and when managed correctly, can provide high quality feed to grazing animals. Cool-season grasses alone or combined with warm-season grasses, can provide season-long forage production, if used in a rotational grazing system.

In eastern Nebraska, cool-season grass pastures are the most common. Cool-season grasses begin growth in early spring and often produce 70–80 percent of their total annual forage production by July 1. They are largely unproductive during the hot summer months unless irrigated. If moisture is available in the fall, they grow again until freezing temperatures bring on dormancy.

When planting a cool-season pasture, it is wise to plant a mixture of species as each has slightly different growth habits. This will extend the growing time and prolong the productivity of the pasture. Lack of legumes in the mix is also a good idea.

One recommended cool-season grass mix for this part of Nebraska is a combination of 3 lb orchard grass, 4 lb smooth bromegrass, 1 lb red clover, and 1 lb grazing-type alfalfa per acre. For horse hay or pasture, add 1–2 lb of Timothy per acre to the mix.

Warm-season grasses start growth about a month later in the spring than cool-season grasses and grow well until the first hard frosts. Cool temperatures exceed 65°F and air temperatures exceed 80°F. As a result, a purely warm-season pasture, spring soil moisture is conserved and used from June 1 to September when forage growth is most rapid.

Most warm-season grasses become dormant in September and provide no new forage production for fall grazing. No matter the species or forage type, (warm- or cool-season), forage quality is highly correlated to maturity, with immature growth stages providing highest nutritional quality.

Forage quality (both energy and protein) drop rapidly once seed heads emerge.

Cool-Season Pastures

If only cool-season grass pastures are to be used, extra management is required to ensure adequate forage for season-long grazing. Forage production and quality can be increased by maintaining a sufficient number of plants to avoid overgrazing or leaving too many to recover between grazing events.

If you don’t plan to supplement grass production by feeding hay or grain during the slow-growth period in the spring, then the amount of legumes in the mix is also a good idea.

A good, warm-season pasture is a warm-season grass and in a pure stand, can provide excellent forage production for beef animals. Before seedstalks develop, forage quality is high and palatability is good. After seedstalks develop, foxtails utilize nitrogen from both pasture and nutrient levels drop and quality into the summer months. Forage stocked for later grazing during the rapid growth stage in the spring can then be utilized during the summer months.

Rotation times can be lengthened once September and provide no new forage production for fall grazing. No matter the species or forage type, (warm- or cool-season), forage quality is highly correlated to maturity, with immature growth stages providing highest nutritional quality. Forage quality (both energy and protein) drop rapidly once seed heads emerge.

Tom Dorn UNL Extension Educator

Anhydrous ammonia is so familiar, it’s easy for agricultural producers to take it for granted but anhydrous ammonia should always be handled with utmost caution.

“Anhydrous” means “without water.” Anhydrous ammonia (NH₃) is a gas at normal atmosphere pressure, but it is liquified or “condensed” to a liquid for easier transport and storage. Anhydrous ammonia has a tremendous affinity for water and will draw water out of any substance it comes in contact with. When depressurized, the anhydrous ammonia (NH₃) will also draw water out of human tissue. Skin and eyes exposed to anhydrous ammonia will appear to be burned due to the extreme drying effect resulting from anhydrous draining the water out of the cells. Skin will heal, however, in the eyes can quickly cause blindness. Fumes breathed in the lungs can cause respiratory distress and may result in suffocation. But, handled with caution, anhydrous ammonia is an effectively and inexpensive plant nutrient, which makes it the most popular nitrogen source used by farmers.

As expected, anhydrous ammonia safety involves careful handling and knowledge of the dangers that can result in a catastrophic accident. People who handle anhydrous ammonia, for example, can experience some of the dangers by connecting and disconnecting hoses or filling anhydrous tanks.

To avoid these dangers:

• Never fill an anhydrous tank more than 85 percent full of liquid. Anhydrous ammonia can expand 300 percent by volume. This expansion pressure can be dangerous in pressure build up, resulting in activation of the pressure relief valve and release of anhydrous into the atmosphere.

• Keep a lot of water available. All anhydrous tanks should have a aerosol water reservoir in or on them. Fill or replace the water daily. Keep a squirt bottle in the cab. By quickly dousing hoses that come in contact with anhydrous with an external water source, you can greatly reduce the aggressive burning/combustion effect. People who work with very large amounts of anhydrous ammonia, such as people who fill nurse tanks at a central location, have large tanks to fill, and don’t have water available so they can literally “dive into the tank,” if exposed to anhydrous ammonia.

• Every field applicator and nurse tank should be equipped with an emergency breakaway valve. Keep hoses levels when connecting and disconnecting

So liquid anhydrous won’t collect in low spots. Any anhydrous left in the hoses could block out under pressure onto the person disconnecting the equipment.

• Other hints for safe use of anhydrous ammonia include:
  • Inspect all tanks before moving them.
  • Don’t drive slower than 20 miles per hour when moving anhydrous tanks are only driven for 25 miles per hour.
  • Always use a safety chain when transporting a tank and make sure all hitch pins have keys.
  • Don’t haul more than 20 tank at a time.
  • Don’t drive the excess flow valve and be sure it has been tested recently.
  • Keep hose couplers.
  • Handle hoses gently.
  • Don’t be caught without safety equipment in case of emergency. Keep backup safety goggles, gloves, clean flushing water, and a cartidge of air or other pressurized equipment.

Anhydrous ammonia is a common fertilizer applied to crops throughout the country. For farmers and commercial applicators applying anhydrous ammonia to soil on a field consistent with the grower’s plans and equipment recommendations, it is always best to work upwind of machinery, clothing and equipment. Always work upwind of machinery, clothing and equipment. Always work upwind of machinery, clothing and equipment. Always work upwind of machinery, clothing and equipment. Always work upwind of machinery, clothing and equipment. Always work upwind of machinery, clothing and equipment. Always work upwind of machinery, clothing and equipment.
Myth #1: Bed bugs are invisible.

Bed bugs hide during the day and they feed at night, so they are often overlooked, at least in the early stages of an infestation. Bed bugs are not invisible. Adult bed bugs are reddish-brown and the size of an apple seed, about 1/4 inch long. Although immature bed bugs are smaller. The eggs are tiny; they can’t be seen with the naked eye and, being light-colored, are easy to overlook.

Myth #2: Bed bugs reproduce quickly.

Bed bugs actually reproduce fairly slowly, compared to other insects. The female house fly, for example, lays 500 eggs over several days. During the summer months, when temperatures are warm, house flies can go through their life cycle, from egg to adult, in about 10 days. Recent research from Dr. Dini Miller’s research lab at Virginia Tech shows today’s female bed bug lays 1–7 eggs per day, but only about 113 eggs in her lifetime. At room temperatures, the life cycle (from egg to adult) takes about 4–5 weeks.

The advantage bed bugs have over house flies and other insects is that they are not tied to seasonally warm temperatures like many outdoor insects are. Even in the winter-time, they are comfortable at room temperatures.

Myth #3: Bed bugs live in mattresses so if I throw it away, I’ll get rid of them.

Some folks think that bed bugs live in mattresses and box springs because they are close to where people sleep at night. Like other bugs, they do not need to be close to their food. If people fall asleep on the sofa at night, bed bugs will likely find their way to the sofa.

In the bedroom area, the most likely place for bed bugs to hide is the box springs. To find them, tear the cloth down from the bottom of the box springs, and look for bugs and fecal spots where pieces of wood butt against each other. Another near location is stapled peel back the fabric where it is stapled to the wooden frame.

Bed bugs next to staple which held a dust cover underneath a couch.

Once bed bugs are found, it is common for people to throw the bed away in disgust, not thinking about where they will sleep or at what altitude the floor makes it easy for bed bugs to feed.

And, if you purchase new mattresses and box springs before treatment is complete, new bedding will likely become infested, too.

A better option is to keep the mattress and box springs, if they are reasonably new and in good condition, and encase them to seal bed bugs inside. The best encasements cost $45–80 for each piece, but it is a lot less than buying new mattresses. If the mattress/box springs are old, ripped, and in poor condition, it does make sense to throw them away and buy new ones. Encasing the new mattress and box springs will protect them from infestation.

Myth #4: Bed bugs can live a year or more without a meal.

In 1941, a research study done by a Japanese researcher named Omori showed adult bed bugs lived longest — about 15 months — at lower temperatures (50°F). But, when held at higher temperatures, they quickly died and did not live nearly as long. Why is this? Without a blood meal to replenish body fluids, bed bugs can survive and reproduce for a shorter time at higher temperatures.

Recent research at Virginia Tech found pesticide-resistant bed bugs — the ones most commonly encountered today — lived at least 20% longer than beds of bed bugs on mattresses and in wall voids.

Myth #5: I can kill bed bugs by turning off the heat in the winter time and subjecting the house/ apartment to freezing temperatures.

Probably not ... even in Nebraska it may not get cold enough to make small enough to keep much more resistant to low temperatures than to high ones. Millions of years ago, bed bug ancestors lived in caves and请求文章内“articles”这个单词。在“articles”后面添加“which to read.”在句子中使用“on the table”替换“on the table.”使用“to be sure you take steps”替换“to be sure you take steps.”使用“you can see”替换“you can see.”使用“a population”替换“a population.”使用“adult”替换“adult.”使用“in good condition”替换“in good condition.”使用“new bedding”替换“new bedding.”使用“is needed, either using a freezer or extremely cold, sustained over several days.”替换“is needed, either using a freezer or extremely cold, sustained over several days.”使用“temporarily”替换“temporarily.”使用“are dead after 24 hours.”替换“are dead after 24 hours.”使用“Rutgers University, sealed 3 lb of dry ice and 20 lb of clothing in a garbage bag and found all bugs were dead after 24 hours. This technique could possibly be used to fabric other insects, like electronics.

Cold temperatures aren’t practical for whole house treatments, although some cold treatments, like Cryonite (frozen carbon dioxide) and glycol which prevent substances like ethylene glycol which prevent cells from bursting in freezing temperatures. The temperature must be sustained for a period of time to allow the heat to dissipate into all bed bug hiding places.

Stephen Kells reports bed bug adults die at 119°F (48.3°C). Eggs are more resistant, dying at 130.5°F (54.8°C). Companies doing heat treatments seal the rooms, move furniture away, and prevent heat escape. To promote even temperatures throughout the rooms, they move furniture away from walls, open the doors and windows, remove dresser drawers, open closet doors, and use fans to move the air around.

After a baseline temperature is set, a heat treatment would be needed to kill bed bugs. To kill bed bugs with cold temperatures is needed, either using a freezer or extremely cold, sustained over several days, to prevent bed bugs to withstand the cold temperatures of winter. When temperatures get cold slowly over time, water in cells is replaced by substances like ethylene glycol which prevent cells from bursting in freezing temperatures.

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Myth #6: I’ve heard heat will kill bed bugs. I can rent a space heater and save money by doing my own treatment.

Bed bugs are susceptible to heat, but they often hide in insulated locations, like under carpets and inside wall voids. To kill them successfully, the heat must be intense enough to dry out environmental volume throughout the room and monitored with sensors to make sure it is hot enough. The temperature also must be sustained for a period of time to allow the heat to dissipate into all bed bug hiding places.

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After a baseline temperature is reached at all the heat sensors, the heat must be sustained for 3–5 hours or more.

Myth #7: I’ve heard DDT was the reason bed bugs were one long gone. We need to bring it back.

Yes, it’s true, the use of DDT in the United States began in 1945 and was used for nearly 30 years. If DDT was used to kill bed bugs, they probably evolved to be resistant to it. But DDT was phased out in the United States because it was discovered to be toxic to non-target species. Today’s bed bugs are resistant to today’s DDT. They also have very high levels of enzymes in their body which convert the insecticide into less toxic compounds and allow the bugs to survive the treatment.

Myth #8: I found products at a store with bedsbugs on the label, so they should solve my bed bug problem, right?

Wrong. Manufacturers of many over-the-counter (OTC) products used inside the home have been known to label them falsely. These products often have the words bed bugs prominently on the label to get people to buy their product. If these are pyrethroid products, it is likely bed bugs are highly resistant to them. Look at the product label and see what ingredient is listed. Most pyrethroids can be identified by a characteristic suffix “-thrin.” For example, permethrin, cyfluthrin, bifenthrin, and deltamethrin are pyrethroids in the pyrethrum family. Fluvalinate and esfenvalerate are also pyrethroids.

There are also other OTC products which may claim to kill bed bugs. The EPA allows products containing active ingredient on their “25B list” to make pesticidal claims, produce a pesticidal air spray which EPA approval, and market them without any efficacy or safety testing. The active ingredients in this list are considered “safe”, so the EPA has relaxed its normal requirements for pest control safety and label language approvals. To see what active ingredients are on the 25B list, go to www.epa.gov/appd/bpustatics/sectoids/sectoids25b.html.

The most effective products are being made by well-trained pest control professionals which is why we recommend hiring an experienced professional for the best bed bug extermination.

For more information:

For additional resources on bed bugs, go to http://lacuse.unc.edu/extension/bed_bugs.htm. You can bring insects for free identification to the Lancaster Extension Education Center, 444 Cherryview Road, Lincoln during office hours Monday–Friday, 8 a.m.–4:30 p.m.
It’s Easy to Make Half Your Grains Whole

Nutrient-Dense vs. Not Nutrient-Dense

<table>
<thead>
<tr>
<th>Food</th>
<th>Calories in nutrient-dense form of the food</th>
<th>Calories in not-nutrient-dense form of the food</th>
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<tbody>
<tr>
<td>Breaded, fried</td>
<td>126 calories</td>
<td>246 calories</td>
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<tr>
<td>Chicken strips</td>
<td></td>
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<tr>
<td>Baked beef</td>
<td>138 calories</td>
<td></td>
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<tr>
<td>Sweetened applesauce</td>
<td>173 calories</td>
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<tr>
<td>Unsweetened apples</td>
<td>105 calories</td>
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<tr>
<td>3 oz.</td>
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<td>1 cup</td>
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<tr>
<td>3 oz., cooked</td>
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11 Ways to Get Physically Active Without Going to the Gym

1. Walk up and down the stairs or softball field sidelines while watching the kids play.
2. Replace a coffee break with a brisk walk. Use a distant restroom.
3. Take a brisk walk around the mall before you shop.
4. Use the stairs as much as possible — even if you don’t need anything upstairs or downstairs!
5. Stand while you’re on the phone.
6. Walk while waiting for your plane.
7. Get off the bus or out of your car a distance from your destination.
8. Ride your exercise bicycle or treadmill while watching TV.
9. Speed clean your house: 100 miles — don’t watch the dog walk!
11. Dance!

Step 1 — Stay Within Your Calorie Budget

Knowing one’s daily calorie needs from a calorie table based on age, gender, height, weight, and level of physical activity may be a useful reference point in determining if the calories a person eats and drinks are appropriate in relation to the number needed daily. However, monitoring whether you maintain your weight over time by adjusting calories and physical activity is the most helpful.

Be aware that 100 extra calories per day can add up to a 10 pound weight gain in one year! Examples of 100 calories include:

- 2/3 can of a regular soft drink
- 2/3 (12-oz.) regular beer
- 1/3 large (4-inch diameter) doughnut
- 2 tablespoons of sugar, jelly, jam, or syrup
- 1 tablespoon of butter or margarine
- 1/3 large (4-inch diameter) doughnut
- 1/3 cup potato chips

Balance food calories with activity level. Recommended minimum levels of physical “budgeting” for:

Adults: 2 hours and 30 minutes of moderate-intensity activity (i.e. 30 minutes, 5 times/week) or 1 hour and 15 minutes of vigorous-intensity activity (i.e. 15 minutes, 5 times/week)

6–17 years: 60 minutes daily of moderate and vigorous activities

2–5 years: No specific recommendation other than to play actively several times each day.

Moderate aerobic activity increases breathing and heart rate somewhat while vigorous aerobic activity greatly increases heart rate and breathing. If you are short on time, get active 10 minutes 3 times a day.

Step 2 — Consider “True Cost” of Poor Nutrition

Foods that do little to meet nutrient needs — even if they’re within our calorie budget — can put our HEALTH and MONEY at risk. The 2010 Dietary Guidelines recommend a diet rich in fruits and vegetables, whole grains, and fat-free and low-fat dairy products for persons aged 2 years and older.

Healthy diets may help reduce or eliminate the need for, and cost of, medications for some people. Also, foods may contain additional substances and provide benefits not available from fortified foods, nutrient supplements, and vitamins/mineral pills. Many interactions occur among food constituents (such as fiber, nutrients, and phytochemicals) that affect disease risk.

The “Diary of Eating and Physical Activity” (DASH Eating Plan) clinical study showed:

- fruit and vegetable consumption lowers blood pressure,
- adding low-fat, high-calcium foods to a diet high in fruits and vegetables further lowers blood pressure,
- and even greater reductions occur when sodium intake is restricted.

According to the Centers for Control and Prevention, “Healthy eating is associated with reduced risk for many diseases, including several of the leading causes of death: heart disease, cancer, stroke, and diabetes.”

Step 3 — Choose the Most Valuable for Calorie Salary

Get the most for your “calorie salary” by eating more “nutrient-dense” foods.

Nutrient-dense foods and beverages provide vitamins, minerals, and other beneficial substances and relatively few calories relative to solid fats in the food or added to it and without added sugars, sweetened syrups, and sodium.

Nutrient-dense foods retain naturally occurring components, such as dietary fiber. When choosing foods from the grain group, make at least half your grains whole grains.

All vegetables, fruits, whole grains, seafood, eggs, beans and peas, unsalted nuts and seeds, fat-free and low-fat dairy, and lean meats and poultry are nutrient dense when prepared without solid fats or sugars.

Reducing or eliminating some nutrient-dense foods saves calories and MONEY at risk. David Bach, author of The Automatic Millionaire, popularized the term Latte Factor to demonstrate the power of saving a few dollars daily by foregoing unnecessary purchases. Over several years, you can save thousands of dollars! The same can apply to calories — by saving a few calories daily, you can save thousands of calories over several years!

Step 4 — Plan a Budget for YOU

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

References:

- Choose MyPlate: http://www.choosemyplate.gov
- Dietary Guidelines, 2010 at a Greater Habit Promotion, USDA Center for Nutrition Policy and Promotion
- SelectMyPlates.pdf
- US. Department of Health, The Millionaire Diet: A Growing Health Problem for Americans Everywhere
db_factsheet.pdf

MARCH 2012

Food & Fitness

Page 4

How Should You Spend Your Calorie Salary?

Alice Henneman, MS, RD
UNL Extension Educator

Food and fitness recommendations make at least half of your servings of grains as whole grain. Foods from the grain group are classified into two categories: whole grains and refined grains. While all foods from the grain group are good sources of complex carbohydrates and other vitamins and minerals, whole grain foods are more nutrient dense than refined grains because they contain all the naturally-occurring nutrients of the entire grain kernel. Refined grains are milled to create a finer texture and improve shelf life. During the milling process, parts of the grain kernel are removed including removing some B vitamins, iron and dietary fiber.

Whole grains are better sources of dietary fiber and other important nutrients than refined grains. Though iron and certain B vitamins (such as thiamin, riboflavin, niacin, and folic acid) are added back to most refined grains after processing, fiber is generally not added back.

Adding whole grains to your diet can be easy and does not have to be detrimental to your budget. Many whole grain foods are comparable in cost to refined grain foods.

Incorporate more whole grain foods gradually by simply replacing some refined grains you frequently consume with whole grains. Some examples of whole grain stapes easily added to your diet includes whole grain breads, cereals, pastas, tortillas, brown rice, whole wheat flour, and whole grain bars. Use the ingredient list to help you choose foods that are whole grain. Whole grain foods will list “whole grain” as the first ingredient.

Try this tasty recipe as a simple way to add more whole grains.

Source: Recipe from UNL Extension Nutrition Education Program 2010 Calendar

Lisa Kowalski
UNL Extension Assistant

Are you resolving to eat healthier this year? Try adding more whole grains. Regular consumption of whole grain foods has been linked to a reduced risk of heart disease, diabetes, certain types of cancers, and other diseases. In addition, whole grains help in managing weight because they give the feeling of fullness due to their nutrient density.

The 2010 Dietary Guidelines recommend making at least...
**FCE News & Events**

**Upcoming FCE & Community Leader Training Lessons**

These FCE and Community Leader Training Lessons give you the tools to present the topic as a program. Extension provides a teaching outline for the facilitator and a handout for participants. All trainings will be presented at 1 p.m. at the Lancaster Extension Education Center, 444 Cherryck Road, Lincoln. Non-FCE members or groups should call Pam at 402-441-7180 to register for these lessons so materials can be prepared.

**Make a Plan**

**Clear It Out**

Start by getting rid of the things needlessly filling up your home. **Recycle it.** Even with the availability of reading online, some people still prefer the paper versions. Gather up any newspapers and magazines the houses no one has ever gotten around to reading. If your community also recycles newspapers, check the regulations, and start a bin where you can toss those papers as you like. **Sell it.** Garage sales, tag sales, or consignment shops are a great way to get rid of items in excellent condition, but you no longer need. Collect them in one spot, and then, once spring cleaning is done, decide how to dispose of them. **Donate it.** Items in good condition but no longer fit your lifestyle can be donated to a charity or “free-cycled” away. Free-cycling is a grassroots, web-based, nonprofit movement of people who are giving and getting stuff for free in their own towns. Each local group is moderated by a volunteer, and membership is free. Visit www.freecycle.org for more information.

**Inventory Your Supplies**

Before you start cleaning, make sure you have all the necessary supplies on-hand. The basics should include: all-purpose spray cleaner (for small, stable items) all-purpose powder or liquid cleaner (for large washable surfaces such as floors and walls) abrasive cleaner (to remove heavy amounts of soil in small areas) non-abrasive cleaner (for gentle cleaning on easily scratched surfaces, such as porcelain sinks and ceramic tile) chlorine bleach (an effective disinfecting agent that will not corrode you may use) glass cleaner furniture dusting product (such as a spray and a cloth, or a microfiber cloth, or dusting mitt, or duster) toilet bowl cleaner. You may also need to add cleaners specific to your surfaces, such as metal polishes and granite cleaners, or your personal preferences, such as wipes and special-purpose sprays. Don’t forget to check your supply of vacuum cleaner bags and trash bags.

**Make a Plan**

**Decide on your cleaning style**

Some people find it more effective to clean one room at a time. Others prefer to group tasks — such as cleaning windows in several rooms at once or leaving all the vacuuming for the end. **Prioritize.** If one room at a time is your style, decide on the order. Generally, it’s best to do the cleaning before the most work or the most traffic first. That way, if your cleaning plans get derailed, you can still be proud of what you’ve accomplished. **Enjoy the big stuff.** Do the curtains need to be laundered? What about comforters, blankets, bed skirts, slipcovers, and shower curtains? Are your area rugs and draperies due for professional cleaning? Once these items are removed from the room and on their way to getting cleaned, it will be easier to tackle the rest of the space.

**FCE Council Meeting — Date Change to April 2**

The March FCE Council meeting is scheduled for Monday, April 2, 1 p.m., at the Lancaster Extension Education Center. The date change is due to a conflict with the Earth Wellness Festival.

The program “Button History and Destruction: Take a Bite” will be presented by LaVonne Uffelman. The business meeting will follow the program. All FCE members are invited to attend.

**Homemade Master Mixes**

Wednesday, March 28 — presented by Extension Educator Alice Henneman. Learn how to prepare “master mixes” for future use, featuring common household ingredients. Homemade master mixes can include basic baking mixes (pancakes, muffins, cookies, etc.), soup mixes, meat mixes, and more. You control the amount of sugar, salt, fat, and calories when you make your own mixes.

**Industry News**

- Abrasive cleanser (to remove scratches, including porcelain sinks and ceramic tile)
- All-purpose spray cleaner (for large washable areas)
- All-purpose powder or liquid cleaner (for large washable surfaces such as floors and walls)
- Glass cleaner
- Furniture-dusting product (such as a spray and a cloth, or a microfiber cloth, or dusting mitt, or duster)
- Toilet bowl cleaner
- Make a Plan
- Decide on your cleaning style
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Garden Guide

Do not allow your garden when the soil is wet. It will form clods which are difficult to break up and interfere with cultivation during the season.

Complete the pruning of shrubs and ornamental trees before growth starts, except for spring flowering shrubs. Prune those which bloom in spring, as soon as they finish flowering.

If you have not done it already, check stored tools and outdoor furniture for signs of rust. Remove any surface rust with steel wool and paint with rust-preventing paint.

Grow vegetables that can be grown in the garden, and maintain them properly. This will ensure a good harvest.

Timing for Pre-Emergent Weed Control in Lawns

Spring is an excellent time to control annual weeds in your lawn. Annual weeds like crabgrass and fescue can be controlled with pre-emergent herbicides that kill weed seeds as they begin to germinate. Crabgrass germinates when the soil temperature reaches 55°F and maintains that temperature for several days. A few hours or even a single day of warm weather is not enough to induce germination.

It is important to put in pre-emergent on the lawn at the recommended time to get the best control of annual weeds. The month of March is too early and the recommended target time to apply is usually late April through the early part of May. Keeping track of the soil temperature will help insure applications are applied at the correct time. Starting in April, check our website for the current soil temperature in Lincoln at http://lancaster.unl.edu.

— Mary Jane Frogge

Starting Transplants Inside

Mary Jane Frogge
UNL Extension Associate

Starting flower and vegetable transplants at home can be fun. Growing quality transplants requires good seed, a sterile, well-drained growing medium, proper temperature, proper moisture requirements and adequate light. Since the home is usually not the best environment for growing transplants, problems occasionally develop.

Poor or erratic germination of seed may be caused by improper planting, for example, planting too deeply. Uneven moisture and cool temperatures can also cause problems. Medium to large seeds are sown at a depth of two times their minimum diameter. Fine seed is usually dusted on the surface of the seedbed. Cool potting mix temperatures, below 70°F, delay germination. Maintain the proper germination temperature and even moisture conditions for rapid, uniform germination.

Tall, spindly growth is a common problem when growing transplants indoors. Poor or inefficient light, excessive watering, high temperatures, excessive fertilization, and crowded growing conditions are factors which contribute to spindly growth. It is best to place the seedlings under artificial light. It is not necessary to have an expensive plant stand. A standard fluorescent shop fixture with one cool and one warm fluorescent tube works fine. For best results, the lights should be approximately 1 inch above the seedlings.

Raise the light as the seedlings grow. Leave the lights on 12–16 hours a day. When the first pair of "true leaves" appear, thin the seedlings so they are not crowded. Allow the soil media to become slightly dry between waterings. The best quality transplants are short, stocky, and dark green.

Green algae or brownish fungal growth may appear on the soil surface or sides of pot cells. While their appearance generally causes little harm, their presence usually indicates excessive moisture levels. Allow the potting mix to dry somewhat before watering. A lack of essential nutrients produces characteristic deficiency symptoms. Phosphorus and nitrogen deficiency symptoms sometimes occur on vegetable and flower seedlings. Phosphorus deficient plants frequently have purplish leaves and growth is stunted. Yellow lower leaves may indicate a nitrogen deficiency. Other symptoms of a phosphorus deficiency are stunted growth and small leaves. Apply a soluble fertilizer, such as 15–30–15, to the seedlings. Fertilize weekly with a one-quarter-strength solution.

While there are obstacles to growing transplants indoors, home gardeners can produce good quality transplants if they follow good cultural practices.

2012 All-America Selection Winners

Vinca 'Jams 'N Jellies Blackberry'

Flower Award Winner

Extremely unique, velvety, deep purple with white eye flower color will add excitement to summer gardens. Easy-to-grow plants have excellent tolerance to drought and heat. Mature plants will reach 10–14 inches tall making them a perfect garden flower for the center of your flower bed. The 2-inch flowers are complimented by deep green shiny leaves creating a rich background for the rich dark flowers.

Ornamental Pepper 'Black Olive'

Flower Award Winner

A non-traditional watermelon in that it has a creamy yellow rind with thin stripes yet still yields sweet pink-red flesh with a high-sugar content and crisp texture. Home gardeners will like growing something unique in their garden, and the fact the vines are very productive will make it perfect for a container or patio planter. Unique to this variety is that it has cold tolerance as well as dense foliage cover to protect the fruits from sun scorch, and it handled extreme heat very well. This pepper is an all-around good choice no matter where you are gardening. Market growers will benefit from the heavy yield and prolific fruit set from each plant. Everyone will love the excellent pepper flavor that outshone all the comparison varieties.

Ornamental Pepper 'Cayennetta'

Vegetable Award Winner

‘Cayennetta’ is an excellent-tasting mildly spicy-popper very easy to grow, even for novice gardeners. This 3–4 inch chili pepper yielded bigger fruits from a very-well-branched upright plant that required no staking, which would make it perfect for a container or patio planter. Unique to this variety is that it has good cold tolerance as well as dense foliage to protect the fruits from sun scorch, and it handled extreme heat very well. This pepper is an all-around good choice no matter where you are gardening. Market growers will benefit from the heavy yield and prolific fruit set from each plant. Everyone will love the excellent pepper flavor that outshone all the comparison varieties.

Source: All-America Selections

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— Mary Jane Frogge

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Phragmites — Explosion in Slow Motion

Phragmites became a statewide noxious weed in Nebraska on April 15, 2008. Since that time, Lancaster County has been witnessing a Significant increase in phragmites growth due to the following:

- 2007, prior to phragmites being put on the Noxious Weed List, Lancaster County records show 32 sites were identified. In 2011, the total number of sites infested reached 344. Each year, we continue to find new infestations.

**What is Phragmites?**

Non-native phragmites (Phragmites australis), also known as common reed, is a perennial, aggressive wetland grass that outcompetes native plants and displaces native animals.

**What Does Phragmites Look Like?**

Phragmites plants range from 6-15 feet in height, yet 80 percent of the plant is contained below ground in a dense mass of roots and rhizomes that can penetrate the soil to a depth greater than 6 feet. In the summer, its flat grayish green leaves are 2-2.5 inches wide, 8-15 inches long, and alternate along the stem. Phragmites has a distinctive purple-brown stalk and plume-topped shoot that turn a tan color in the fall and most of the plant is contained above the water surface. Phragmites is a key component to the dense mat of phragmites that will completely cover wetlands and the riparian area upland streams, including Salt Creek.

**Biological impacts:**

Phragmites outcompetes and blocks out native vegetation and provides little or no food or shelter for most dependent wildlife. Phragmites can also eliminate natural refuge and feeding grounds for invertebrates, fish, and waterfowl. Phragmites can create a dense jungle of vegetation that native birds, furbearers, and even deer cannot penetrate.

**Why is Phragmites a Problem?**

This invasive variety of phragmites is becoming widespread throughout Lancaster County. It looks just as susceptible as rural areas for phragmites to establish. Even though the infested areas are quite small, infestations are scattered throughout the county and have enough seed production to potentially infest any areas having a saturated soil condition sometime during the year.

The infestations have been found along streams, wetlands, ponds, lagoons, road ditches, and railroads. Once started in these areas, it quickly forms a colony that completely crowds out all other plants, including cuttains. If these scattered infestations are not controlled, solid stands of phragmites will completely cover wetlands and the riparian area upland streams, including Salt Creek. The rapid expansion of this variety of phragmites will result in adverse ecological, economic, and social impacts on the natural resources of the people of Lancaster County and the entire Lower Platte River Basin.

**How Does Phragmites Spread?**

Phragmites can be spread by wind, water dispersal of seeds, or by intentional introduction by people. Seed viability tests performed by the State of Nebraska Seed Lab in 2011, showed 75 percent viable seed in mature heads collected in Lancaster County. Most commonly, however, phragmites spreads by above-ground stolons and underground rhizomes. (Stolons grow from an existing stem and are thin, horizontal structures that grow above-ground, spreading new plants. Rhizomes are underground horizontal stems that also send out roots and shoots to start new plants.) Stolons can grow dozens of feet annually, and new plants can sprout from nodes located every few inches along the stolon. Rhizomes, which create thick, underground mats, can expand at the rate of 30 feet per year, with new plants sprouting all along the rhizome.

In addition, rhizomes broken into pieces can be dispersed by natural actions, such as waves, water current in streams, or man-made actions, such as dredging or diking, readily root down in new locations. Maintenance equipment used in a wetland with phragmites must be carefully cleaned to avoid transporting phragmites to new locations; it only takes a small piece of rhizome to start new plants.

Phragmites has also been unintentionally introduced by people planting it as a garden ornamental, using it for floral displays, or camouflage for duck blinds. Even phragmites that appears to be dead is likely to have viable seeds and rhizomes. Once well-established, phragmites is difficult to control or eradicate.

**How Can We Control its Spread?**

An aggressive approach is needed now to prevent the rapid expansion to all Lancaster County riparian areas including Salt Creek. The easiest way to control phragmites is to begin a control program as soon as it is identified on your property, before the plants become well established. If aggressive management strategies begin early eradication of phragmites may be achievable.

**Biological:**

Currently, there are no known natural biological agents for the control of non-native phragmites.

**Mechanical:**

Mowing or burning is generally unsuccessful, unless the work is repeated multiple times. Physical removal of the entire plant, including the dense mat of underground rhizomes can also be tried, but it tends to be costly, the heavy machinery required to 'scrape' the wetland can have other negative impacts, and great care must be taken in disposing of the phragmites to avoid introducing it elsewhere.

**Herbicide:** To date, field experiments and research have shown using herbicides is the most effective method and is recommended as the first step toward effective control of phragmites. Glyphosate (Rodeo) and mucanoz (Habitat) are two herbicides known to be effective in controlling phragmites. These herbicides are non-selective and will affect any plant species. However, when applied using the correct method and used according to chemical manufacturer’s instructions, impacts to native plants, as well as mammals, birds, and fish can be minimized.

**Join the Weed Watcher Team**

Lancaster County Weed Control plans to begin a new “Weed Watcher” program in 2012. We are currently working to develop and implement our program. It will be modeled after The Nature Conservancy in Oregon’s “Weed Watcher” program and will be designed to train and support volunteers to find and report new occurrences of harmful invasive plants in the City of Lincoln and Lancaster County.

Weed Watchers help protect natural areas from the spread of invasive plants by detecting new populations early before they get out of control. A second and equally important goal of the Weed Watcher program is to build capacity for other organizations to initiate early detection programs by serving as a potential model and providing educational materials for use and adaptation. Invasive plant early-detection programs can be as simple as informally training your staff or volunteers on weeds to watch for, or recruiting and training new volunteers.

**Who Are The Weed Watchers?**

Weed Watchers are people who care about the health of their lands and want to help prevent the ecological and economic damage associated with phragmites by looking for and reporting new weeds.

Weed Watchers can be private citizens who simply want to scan for new invaders while they like. Other Weed Watchers are people who are actively already volunteering, such as University of Nebraska-Lincoln Extension Master Gardener volunteers.

**How Does a Weed Watcher Do?**

“Weed Watchers Trek to Protect.” Weed watching is as easy as one, two, three:

1) Learn the weeds.
2) Look for weeds.
3) Document and report weeds.

**Interested?**

We need everyone’s help, so if you would like to become part of the Weed Watcher program, or you belong to a group interested in joining the program, contact the Lancaster County Weed Control office at 402-441-7817.
Nebraska’s Noxious Weeds

It is the duty of each person who owns or controls land to effectively control noxious weeds on such land.

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.

Phragmites
Canada Thistle
Purple Loosestrife
Plumeless Thistle

L.L. Berry,
Bugwood.org

Online at
offices, extension offices, or viewed
UNL Extension publications can be
of the state’s noxious weeds. These
identification, distribution, and control
free publications on the biology,
NDA have developed a series of
it can be viewed online free.
herbicide control for each noxious
weed. Cost for printed book is $10
section on noxious weeds prepared in
Agriculture’s (NDA) official reference
the Nebraska
Management
for Weed
Resources

Weed Control

University of Nebraska–Lincoln Extension’s current Guide for Weed Management in Nebraska (EC130) is the Nebraska Department of Agriculture’s (NDA) official reference for the herbicide control of noxious weeds. The guide has a special section on noxious weeds prepared in cooperation with NDA. This section provides information options for herbicide control for each noxious weed. Cost for printed book is $10 or it can be viewed online free. UNL Extension and the NDA have developed a series of free publications on the biology, identification, distribution, and control of the state’s noxious weeds. These UNL Extension publications can be obtained at county Weed Control offices, extension offices, or viewed online at www.ianrpubs.unl.edu.

Sericea Lespedeza Weed Risk Assessment

The Nebraska Invasive Species Advisory Council recently completed the assessment of the weed risk potential of sericea lespedeza, also known as Chinese bush-clover, (Lespedea cuneata) in Nebraska. This assessment was prepared to improve our understanding of the risk of invasion by sericea lespedeza in Nebraska while still in the early invasion stages. The Weed Risk Assessment is designed to aid and support in identifying potential risk species for early detection and rapid response.

Sericea lespedeza was initially planted in the United States in 1896 at the North Carolina Agricultural Experiment Station. In the ’20s and ’30s, sericea lespedeza was grown and planted for erosion control and mine reclamation but was not widely utilized as a pasture species until the ’40s. Initial use as hay facilitated its spread throughout the eastern United States. In 1985, sericea lespedeza was planted with native grasses on crop land retired as part of the Conservation Reserve Program.

In 2003, sericea lespedeza infested an estimated 8.6 million acres of the United States. About 15 percent of the tallgrass prairie region was infested, and a total of 5 million acres was considered at risk of invasion. As of 2005, it was estimated sericea lespedeza occupied 5,501,400 acres of the mid-to southern Great Plains.

Sericea lespedeza is a long-lived perennial forb that grows well in grasslands, pastures, along roadsides, drainage areas, fencerows, and in other disturbed areas. It is present and considered invasive/weedy in 31 states, and is a noxious weed in both Kansas and Colorado.

The oldest Nebraska record is in 1974 in Richardson County, and the species has now spread to at least eight counties in the southeast part of Nebraska, including Lancaster County.

Sericea lespedeza is an extremely aggressive invader of open areas. Dense monocultural thickets are formed due to its ability to sprout from root crowns. Established plants will reduce or eliminate competing vegetation and restrict the amount of light reaching other plants.

Although originally introduced as a forage plant, sericea lespedeza has stems that become tough and unpalatable unless kept continually mowed or grazed. In a mixture with grass, it usually becomes the dominant species after 3–4 years. In natural areas, these stands can become so dense that native plants are reduced. It also produces chemicals, such as tannins, that can inhibit the growth of other plants and promote the formation of pure stands of sericea lespedeza.

There are reports that 1,500 seeds can be produced on a single stem. Sericea lespedeza is readily spread by livestock and several species of wildlife.

When compared with more than 200 other assessments, Lespedeza cuneata ranked among top high risk plants based upon its reported impact and ability to establish and spread.

Sericea lespedeza in Lancaster County

For more information about invasive species in Nebraska, including sericea lespedeza, go to http://snr.unl.edu/invasives.
Knotweed Family is Nebraska’s Newest Noxious Weed

All potentially invasive members of the knotweed family were designated a Nebraska noxious weed in February 2011. These invasive weeds are considered to be some of the worst in the world. They now occupy site(s) every 10km of England. There has been a more rapid spread in the United States. They are now found in 42 states with only a dozen sites detected in Nebraska. This early designation in Nebraska will allow us an opportunity to eradicate the small infestations detected and to stop the sale of plants on the ornamental market to prevent major infestations of riparian areas and streambeds across the state.

This designation includes Japanese knotweed and giant knotweed, including any cultivars and hybrids. There are several Japanese knotweed cultivars developed for the ornamental market included in this designation since they can contribute to the Japanese knotweed invasion by providing pollen necessary for Japanese knotweed to produce viable seed. Two cultivars recently sold in Nebraska are Pink Fleece Flower and Variegated Fleece Flower. In Lancaster County, Japanese Knotweed has been found in the wild and in landscaping. There are several more cultivars available across the country including Compacta, Crimson Beauty, Devon Cream, Milk Boy, and others. If you have any of these cultivars, they are included in the noxious weed designation and are required to be controlled.

**Weed Risk Assessment**

An assessment was made of Japanese knotweed and it was found to be very high risk to establish, spread, and cause harm in the state. It has the potential to invade all riparian areas in the state as well as establishing in 55 percent of the state’s upland areas receiving over 20-inches of rainfall.

**Prevent New Infestations by Blocking Invasion Pathways**

Small segments of the plant are able to regenerate into new plants. These plant segments are commonly transported by water and regenerate new plants on the banks of streams. These plant segments may be transported to new sites by foot traffic, equipment, mowing, and improper disposal of vegetation. Sexual reproduction is also possible in the United States as evidenced by viable seeds collected from two Japanese knotweed sites in Lincoln. The seeds move easily by water and wind.

**Provide Follow-up**

To prevent re-establishment, CONTINUE WITH FOLLOW-UP MAINTENANCE ANNUALLY. It is very important all planted and wild sites be controlled and kept controlled.

**Eradicate Any Plants Found or Report to Weed Control**

Timing is key to eradicating knotweed. Treat from July 1 to the first killing frost when carbohydrates produce the seeds. Stems are removed to the rhizomes for growth and storage. Foliage applied herbicides move through the plant with the carbohydrates.

**For Small Sites and Ornamental Plantings:**

1. Cut the stems about two inches above ground level. Immediately apply a 25% solution of glyphosate (e.g., Roundup® or use Rodeo® if applying in or near wetland areas) and water to the cross-section of the stem.

**For Larger Sites:** Some products may not be available in small quantities:

1. Apply two quarts per acre of Garlon 3A, use non-ionic surfactants or methylated seed oil (MSO) (consult label) or,
2. Apply two quarts per acre of Garlon 3A, use non-ionic surfactants (consult label) or,
3. Apply one quart per acre of glyphosate (e.g., Roundup®, or use Rodeo® if applying in or near wetland areas), use non-ionic surfactants (consult label). READ AND FOLLOW LABEL DIRECTIONS.

DO NOT COMPOST ANY PORTIONS OF THE PLANT. PUT IN PLASTIC BAGS FOR REGULAR GARBAGE PICKUP.

We Need Everyone’s Cooperation

Everyone’s cooperation is needed in preventing new infestations, spotting new infestations, taking actions needed to assure eradication with follow-up to prevent re-establishment. This early vigilance and action will prevent the potential harm and huge cost of controlling large, established stands of the knotweed family. Contact your local county weed control office for assistance and information.

An Example of How Fast Knotweed Grows

Last year, Weed Control superintendent Brent Meyer was asked to give a presentation about knotweeds at the Nebraska Weed Control Conference in March. Hoping to have a sample plant to show at the conference, he tried growing one in his office. How fast it grew demonstrates why the Knotweed family is on Nebraska’s noxious weed list. This is by far one of the most aggressive plants in the world.
Lancaster County Weed Control office's purpose is to educate the public concerning noxious weeds, exercise the necessary authority to control the spread of noxious weeds county-wide, educate the public concerning weed abatement, and exercise the necessary authority to control new and cleared vegetation in the city of Lancaster. We accomplish this by:

- Making the landowners of Lancaster County aware of the legal requirements and benefits of controlling noxious weeds.
- Making the citizens of Lancaster County aware of legal requirements and benefits of controlling noxious weeds.
- Efficiently and effectively educate the public concerning noxious weeds.
- Efficiently and effectively educate the public concerning noxious weeds.

### Noxious Weed Program

#### Noxious Weed Program

Lancaster County Weed Control office utilizes a three-phase program to assist landowners in reducing the number of noxious weed infested acres in the county.

**Phase 1: Prevent the development of new weed infestations** — Prevention is the least expensive and most effective way to control the spread of noxious and invasive weeds. Integrated weed management includes preventing the spread of new infestations, keeping existing weeds from further spreading, and using mechanical and cultural methods to control weeds.

**Phase 2: Provide education and public outreach on noxious and invasive weed control** — The public is generally not aware of the economic and environmental impacts of noxious weeds. There is a need to improve awareness of noxious weeds and to provide educational information through various methods, including brochures and educational programs.

**Phase 3: Provide for ongoing management of State of Nebraska mandated noxious weeds** — Noxious weed management is the systematic approach to minimizing noxious weed impacts and optimize intended land use. It is important for all infested areas to be treated with effective methods. Integrated management is a program of noxious weed control that properly implements a variety of coordinated control methods. Types of control methods include mechanical, cultural, chemical, and biological. Integrated management greatly improves the success rate for weed control plan. All noxious weed management must be applied and evaluated over an extended period of time to be successful.

#### Noxious Weed Overview

Sometimes noxious weeds are thought of as a rural problem. In 2011, our inspectors found 1,045 sites infested with noxious weeds, 340 of those were within Lincoln City Limits. Noxious weeds don’t care if it’s rural or urban or if we have tight budgets or not. They will continue to grow and spread without aggressive management.

**Musk Thistle** — Musk thistle continues to be a problem on poorly-managed pastures, wastelands, and road sides. A total of 854 inspections were made on 473 sites. There were 379 sites found to be in violation amounting to 1,252 acres infested. Weed Control office carried out 7 inspections on 472 acres.

**Leafy Spurge** — Leafy spurge is a very difficult to control perennial plant and infests 527 acres in the county and city. Once an infestation is identified it should be controlled and monitored for many years. Its deep rhizome root system will allow it to continue to grow. There were 475 inspections made at 353 locations in 2011. Leafy spurge was present at 321 sites. We issued 14 legal notices, and 301 sites (94%) had control done by the owner. A total of 127 known purple loosestrife infestations were selected for inspection in 2011. We found 5 ornamental sites in 2011, 2 were complaints from citizens, and 3 were a result of being observed by an inspector. A total of 51 inspections were made on the 25 sites. Inspectors found 20 violations on 29 acres. Landowner notifications included 4 legal notices and 18 reminder letters. Landowners controlled 16 sites.

**Phragmites** — We made 402 inspections on 344 sites. In violation were 290 sites and 253 acres. It’s important to be aggressive on phragmites while the average site is still less than one acre in size.

**Knotweed** — There were 19 new sites and 19 retreatments found in 2011 bringing the total to 25. All but 2 of the sites were ornamental plantings. Owners have been very receptive to removing the plantings once they realize how much damage it can do.

**Other Noxious Weeds** — Canada thistle infestations were found on 5 sites and are being controlled by the landowners. Saltcedar was controlled on all 5 sites found. Lancaster County has only a couple locations of plummetless thistle, and no known infestations of spotted or diffuse knapweed.

#### Landfills

The Weed Control office is also responsible for managing both the 48th Street and Bluff Road landfills for all noxious weeds. Musk thistle, leafy spurge, and phragmites are the main problems. Both landfills are annually inspected and mapped. A contractor is then hired to do the control work. We follow up the contractors’ spraying with another inspection to ensure proper control.

#### 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 in the center of the street or alley that joins their property.

Three seasonal inspectors are used in administering this program. Most noxious weed inspections are carried out as a result of complaints.

#### Difficult to Eradicate

As with most invasive plants and animals, complete eradication of phragmites is unlikely. Phragmites control requires a commitment to an integrated and long-term management approach. To achieve desired results, herbicides must be used in conjunction of large, dense stands and is more cost effective.

Large, dense stands may require use of commercial equipment. Recently, Lancaster County has used a helicopter equipped with a specially-designed boom to minimize drift to control phragmites in hard-to-reach areas.

#### How Can I Learn More?

Contact the Lancaster County Weed Control at 402-441-7817 or go to http://lancaster.ne.gov/weeds. We can also provide assistance in developing a control plan.
Agriculture continued from page 1
identify an interest, learn responsibility, and develop an understanding of the agricultural industry. Often, 4-H’ers share information about their projects with families attending the fair. These 4-H projects and experiences have led many 4-H’ers in determining their future career area of interest.
• Fun Day — During the Lancaster County Super Fair, up to 500 youth have the opportunity to experience Fair Fun Day. Lincoln’s child care groups provide transportation for students. The 4-H’ers included hands-on activities, demonstration, displays, and animals. Divided into manageable groups, teen volunteers serve as tour guides to educational stops throughout the fair. When the tour ends, a local farmer invites the group to learn a lesson about the many sources of food.
  • earth wellness festival — Local agencies partner to teach 3,000 fifth graders annually about the interdependence of water, land, air, and living resources through science-based curriculum and activities. At the festival, students have had opportunities to learn about agriculture-related topics such as conservation practices such as the use of terraces, buffers, and windbreaks; development of energy resources using wind and ethanol; protection of groundwater; and wildflowers. Other Nebraska organizations also promote ag literacy:
  • Nebraska Agriculture in the Classroom — (402) 444-0808, nebraskaaginarlo.com
  • Nebraska AgRelations Council — 402-472-2821, nebraskaagrelations.org

Alternative Agriculture
Sarah Browning, UNL Extension Educator
Alternative agriculture also plays an important role in Nebraska’s ag economy, encompassing a diverse mix of growers, wholesale and retail outlets, and service or business businesses.
  • Growers include producers of fruits and vegetables, wholesale and retail outlets, and service or business businesses. Retail outlets totaling $961 million dollars measured in 2004 dollars.
  • The environmental value of urban forests and green spaces include energy savings for building heating and cooling costs, reduction of stormwater runoff, and psychological benefits of green spaces. Excluding the non-land use category, the value of Nebraska’s agricultural output in 2009 Census of Agriculture is $34,284,000 in Nebraska. A study was done based on the 2002 U.S. Economic Census and the Census of Agriculture to evaluate the economic impacts of the U.S. green industry.* Based on this study, Nebraska’s green industry provides an estimated 13,382 jobs, and total revenue for all sectors, including growers, contractors and wholesale/retail outlets, totaling $961 million dollars measured in 2004 dollars.
  • Aside from the employment and monetary impacts of the green industry, studies have shown that attractively landscaped and maintained homes can demand a 7-11 percent higher sales value.
  • Spreading scaffold branches of young fruit trees can help bring about earlier fruit production and improve tree form position. The arms of the pin against the tree’s trunk, with one arm on each side of the trunk. Position the clothespins tightly enough against the trunk that they will not easily be blown out of the tree. Several times throughout the year check to make sure the clothespins are not cutting into or girdling the trunk or branch.
  • For older branches, a spacer can be made using wood pieces 3/4-1 inch square and cut to the desired length. Pound a nail into each end, then cut off the head of both nails using wire cutters or hack saw. Leave a sharply angled point on the head of each nail. The pointed nail in each end is used to hold the spacer in place by poking it gently into the bark of the trunk and branch. A similar type of branch spacer can be made out of tongue depressors by cutting a V-shaped notch out of each end of the depressor. One notch is used to hold the branch into position, while the opposite end is levered against the trunk. Inspect trees frequently and replace spacers which have been broken or starting to cut into the branch or trunk.
  • Branch spacers may be removed after branches growing from spurs older than 3 years may take more than one growing season to accommodate. Spreaders of increasing length can be used over a period of several years until the desired angle is obtained. For older branches, a spreader can be made using wood pieces 3/4-1 inch square and cut to the desired length. Pound a nail into each end, then cut off the head of both nails using wire cutters or hack saw. Leave a sharply angled point on the head of each nail. The pointed nail in each end is used to hold the spacer in place by poking it gently into the bark of the trunk and branch. A similar type of branch spacer can be made out of tongue depressors by cutting a V-shaped notch out of each end of the depressor. One notch is used to hold the branch into position, while the opposite end is levered against the trunk. Inspect trees frequently and replace spacers which have been broken or starting to cut into the branch or trunk.
  • Branch spacers may be removed after branches growing from spurs older than 3 years may take more than one growing season to accommodate. Spreader of increasing length can be used over a period of several years until the desired angle is obtained.
  • Another method of branch spreading involves pulling the branches down and horizontally using clothespins. Again it is very important when using this method to avoid cutting into the branches’ bark or girdling the branch. Use a wide piece of burlap or upholstery material as a string to pull the branches down. Attach a string or rope to the branch and weight the branch in place with a brick or bag of sand.
  • Branch spacers may be removed after branches growing from spurs older than 3 years may take more than one growing season to accommodate. Spreader of increasing length can be used over a period of several years until the desired angle is obtained.

* This study was funded by the USDA Forest Service and undertaken by the Green Industry Research Consortium, a multi-state research committee of USDA/CSREES.
4-H Enrollment Forms Due

Attention 4-H club leaders and independent members—your fall enrollment forms MUST BE UPDATED with member and volunteer information, and returned to the extension office in order to be enrolled for the 2012 year. Project information can be updated until June 15.

Jammie Jamboree, March 17

Practice basic sewing skills as part of the 4-H Clothing Level 1 project and make jammie bottoms at the “Jammie Jamboree” sewing workshop on Saturday, March 17, 9 a.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln. Open to all youth (need not be in 4-H). No cost to attend. Adults are welcome to help.

Bring your sewing machine, basic sewing equipment (scissors, pins, measuring tape, etc.), pull-on pajama bottom pattern (one simple pattern is Simplicity 3553), presewn flannel or 100% cotton fabric (no one-way design fabrics or plaid). 1 yard ½-inch elastic, and matching thread. Also bring a sack lunch.

Sign up by March 14 by calling 402-441-7180. 4-H’ers may enter jammie bottoms at the county fair and styled in Styl Review under Clothing Level 1.

Painting Barrels for Event Center, March 18

It has been ten years since Lancaster County 4-H’ers painted trash barrels for the Lancaster Event Center and county fair. All 4-H families are invited to participate in this group community service project on Sunday, March 18, 1:30–3:30 p.m. at the Lancaster Event Center, Pavilion 4 - Amy Countryman Arena. All paint and brushes will be supplied.

To help plan supplies, please let us know if you are planning to attend by calling 402-441-7180.

Updated 4-H Childcare Curriculum

The 4-H child care curriculum has been updated. The project books “The Sitter,” “The Infant,” “The Toddler,” “The Preschooler,” and “The Middle Childhood” will no longer be used.

Created through a 4-H Military Partnership, the new babysitter curriculum “What is It to Be Your Babysitter” is comprised of a facilitator guide, a student guide, and a set of student workbooks. The curriculum is free online. Go to www.4-hmilitarypartnerships.org and click “Curriculum Resources” on the left. Then scroll down and click on “Youth Babysitting.”

If you would like to see a hardcopy version, visit the extension office.

Furniture Painting Workshop, May 12

Mark your calendars for the upcoming “Junque to Jewels” furniture painting workshop on Saturday, May 12 at the Lancaster Extension Education Center. Open to all youth ages 8–18. Check up coming Nenines for more information.

Clover College Instructors Needed

4-H Clover College is four days of fun-filled, hands-on workshops for youth ages 6 and up, June 12–15 at the Lancaster Extension Education Center. If you have workshop ideas, or if you would like to teach a workshop or volunteer to help, please contact Tracy at 402-441-7180 or tandersoni@unl.edu. All help is very much appreciated!
University of Nebraska–Lincoln Extension in Lancaster County and 4-H Council presented Lancaster County 4-H Achievement Night on Feb. 2. 4-H'ers, 4-H clubs, and 4-H leaders were recognized for their 2011 achievements. City of Lincoln Mayor Chris Beutler signed a proclamation declaring Feb. 2 as “4-H Achievement Day.” Lancaster County 4-H congratulates all 4-H youth who commit themselves to excellence! We also thank all 4-H volunteers who donate their time and talents to youth! For a complete list of award, scholarship, and pin recipients (as well as additional photos) go to http://lancaster.unl.edu/4h.

COMMUNITY SERVICE AWARDS
Presented to 4-H’ers who have completed the most hours of community service. Award recipients receive a $30 Activity Certificate from Lancaster County 4-H Council redeemable towards 4-H activities and supplies.

AGE 14 AND OVER: Maddie Gabel, Victoria Garza, Holly Hillebran, Paige Roach, Emily Steinbach, Lexi Troumbley
AGE 13 AND UNDER: Cassie Brown, Nathan Gabel, Valerie Gabel, Elizabeth Garza, McKenzie Kapperman, Kylee Plager, Emma Lanik, Sheridan Swatek, Bethany Wachter, Katie Wirtlehe

NEBRASKA DIAMOND CLOVER
The Nebraska 4-H Diamond Clover Program is a statewide program which encourages 4-H members to engage in a variety of projects and activities. At the beginning of the 4-H year, youth choose goals from a provided list, and at the end of the 4-H year, complete a report which documents their accomplishments.

LEVEL 1 – AMETHYST: Cassie Brown, Ashley Clegg, Holly Cushman, Jennifer Daharsh, Annalise Ferguson, Nathaniel Gabel, Dylan Hafer, Anna Hamm, Brett Heinrich, Olivia Hinrichs, Megan Hoening, Kayla Humphrey, Bradaline Jones, Brianna Kroeger, Hanna Leigh Rohda, Kristen Loundon, Alyia Whitehall

LEVEL 2 – AQUAMARINE: Elizabeth Garza, Dalton Hillewa, Sean Hummel, McKenzie Kapperman, Brooke Kreikemeier, Jared Nielsen, Madelaine Polk, Joshua Ronnau, Collin Schmidt, John Street, Bethany Wachter, Jenna White, Alyssa Zimmer

LEVEL 3 – RUBY: Morgan Cuttlers, Victoria Garza, Jaclyn Heinrich, Holly Hillebran, Emma Lanik, Nicole McConnell, Caleb Nielsen, Lucy Polk, Paige Roach, Jacob Ronnau, Jacob Rushman, Brandon Sieck, Renae Sieck

LEVEL 4 – SAPPHIRE: Hannah Bellinghausen, Kylee Plager, Sheridan Swatek

LEVEL 5 – EMERALD: Ivy Dearmont, Hannah Ronnau

CARER PORTFOLIOS
Career Portfolios are a record of an individual’s 4-H career.

COUNTY WINNER
McKenzie Kapperman; Leadership & Citizenship

NOMINATED TO REPRESENT LANCASTER COUNTY AT DISTRICT COMPETITION
Maddie Gabel: Consumer & Family Science; Healthy Lifestyles
Jacob Rushman: Communications & Expressive Arts; Science & Technology
Sheridan Swatek: Consumer & Family Science; Leadership & Citizenship

4-H MERITORIOUS SERVICE
Paula Peterson (pictured with Extension Assistant Cole Meador) has volunteered with Rock Creek Ranchers 4-H club for 15 years — 12 years as leader. She served on 4-H Council for six years — helping with numerous committees, chairing the Spaghetti Feed, and helping in the 4-H Food Booth. Paula was superintendent at the Lancaster County Fair of the 4-H Bucket Golf Show for six years and 4-H Photography for two years. In addition, she has helped with Clover College and hosted Speech and Public Service Announcement workshops. Paula often hauled livestock to the Ag Awareness Festival, 4-H Kick Off, and various petting zoo’s to teach the public about agriculture.

NEBRASKA 4-H CLUBS OF EXCELLENCE
Nebraska 4-H Clubs of Excellence have met criteria outlined by the State 4-H office.

4-H Explorers, All American Kids, Fantastic 4, The Green Explorers, Harmony Hill Horse Club, Joe’s Clover Knights, South Prairie Wranglers, Sunflowers, Sunshine Clover Club, Super Shamrocks

COLLEGE SCHOLARSHIPS
LANCASTER COUNTY 4-H COUNCIL — $500: Katlyn Kimmen, Ami Lienemann, Erica Peterson, Abbey Spencer, Emily Steinbach, Erika Warner
4-H TEEN COUNCIL — $250: Abbey Spencer, Emily Steinbach, Lexi Troumbley
LANE COMMUNITY — $200: Coryn Woodward
LINCOLN CENTER KiWANiS — $1,000: Emily Steinbach

I DARE YOU LEADERSHIP AWARD
Awarded on behalf of the American Youth Foundation to juniors or seniors who strive to achieve their personal best and make a positive difference in their community.

Sadie Hammond, Chandler Kramer

OUTSTANDING 4-H MEMBERS
Presented to individuals 14 years of age or older who have excelled in his/her involvement with the Lancaster County 4-H program. Selection is based on participation in a wide variety — and depth of — 4-H activities.

Erica Peterson, Cory Peters, Emily Steinbach
Jill White
4-H Club Leader

Through 4-H, I learned to set goals and work towards achieving those goals, by myself with support of my family.

For myself, one of my favorite memories is of a cow named Hazel. As the best milking cow from our 4-H club, she was beautiful with a perfect udder — and she was MEAN. No one liked to milk her, she kicked. She'd even kick her head around. Mom told me to pick another cow, for good nature sake. But no, Hazel was the best, the only choice.

I asked dad to help me break her, to which I got a "you can do it." I wanted to show her bad enough that I decided to figure it out. After getting the halter on her, which was a process in itself, I tied her up in our holding pen to let her fight it out. When she was finally ready for me to try to lead, no go. Again and again.

As you can imagine, this went on for days. I begged dad to help, only to get told "I said you can do it." I worked with her as much as I could until summer, but she still liked to drag me around.

The Antelope County Fair came, and I was ready for my first challenge, as she kicked and threw herself around in the track, trying to convince her the next challenge. Dad's friends were there to help with this, and didn't believe that this cow was going to be shown.

I hadn't spent all summer for nothing. Everyone was sure that Hazel would not only drag me, but get loose. I was terrified. As I got a good hold on the halter, I just started talking to her, I'd tried everything else, and nothing had worked. I told her what was going to happen, and just how beautiful she was, that she was wonderful.

Losing it? She led perfectly, almost straitened. I am not kidding, I will never forget both my persistence as well as her suffering, and all I can say is MYSELF.

As a parent now, I understand how hard it had to be for my dad, to run me around with my want to step in and help his show, but he obviously knew the least I could do was be a bigger one if I learned on it myself. Even if Hazel would've been the best, it was the first time I didn't get what I wanted. I couldn't wait for my daughter to join. We've had such wonderful memories together, as I've had to use the same words my father said to me "you can do it." As a leader, I'm proud of the strong commitment our club has to community service. In my opinion, this is what shapes our future. Through 4-H, my club has learned to be creative in helping others, that whatever they dream up can make happen.

I am thankful for both the memories I've had and the future I will continue to have with 4-H.

Jill White
4-H Alumni, 4-H Parent, and 4-H Volunteer

I was a member of 4-H for nearly 10 years and now my daughter is a 4-H member. 4-H is the best experience anyone can have growing up, whether you live on a farm or in a city.

My best 4-H memory is going on the Citizenship Washington Focus (CWF) trip when I was 18 years old. There were so many places I saw, and someday I would love to take my family to D.C.

All the skills, experiences and friendships I gained from 4-H have lasted a lifetime. I highly recommend girls and boys join 4-H at any age. It's never too late to join!

Jill Hraban
4-H Alumni, 4-H Parent, and 4-H Volunteer

When I think back to my days in Saline County 4-H, the one thing that sticks out in my mind is the Cake Decorating category. I entered a lot of project categories but that was my favorite. It gave me the opportunity to do something I might not have done otherwise. Not many kids probably think about picking up a frosting bag to see what they can do with it.

I was 11 or 12 when I first started, I entered in 4-H until I was 18, so I guess I must have entered seven or eight cakes. The one I remember the most clearly was a small two-tier fancy cake. I remember how hard it was to make! That, of course, was my first experience with stacking a cake.

Even as a teenager, I made and sold cakes to others for birthdays and such. Now, as an adult with three kids (and lots of babies to feed) I still really enjoy creating cakes. I've managed to do a lot of "character cakes" over the years, in my kids' delight of course. They love the cakes I do for their parties.

I can't thank the 4-H program enough for what they instilled in me. 4-H is truly a wonderful experience! The memories I have are THE reason I wanted to get my own involved. I want them to have those memories too.

Kris Spata
4-H Alumni, 4-H Parent, 4-H Volunteer, and Nebraska 4-H Program Manager

Our family raised dairy cattle so this was the natural selection of a 4-H project. Showing my cattle offered many life lessons for me. I will share two very distinct lessons.

I can't thank the 4-H program enough for what they instilled in me. 4-H is truly a wonderful experience! The memories I have are THE reason I wanted to get my own involved. I want them to have those memories too.

Coe Meador
4-H Alumni and Lancaster County Extension Assistant

4-H has been a huge part of my life! I was involved in 4-H ever since I was born because I have two older brothers. When I was in 4-H myself (Douglas County), I was active in showing sheep, dairy goats, dairy cattle, and poultry.

It taught me so much I can't begin to explain it all. The skills learned from this organization are tremendous — Sportsmanship, teamwork, responsibility are just a few that come to mind.

Having the opportunity to raise an animal from birth to market is something no one has the opportunity to do, but 4-H gives youth that opportunity.

A 4-H family is a project. It brings families together and makes them work together on projects.

4-H brought me to my current career. If it wasn't for 4-H I would not be an extension assistant myself. I got so much out of 4-H that's how I want to do. I feel it is a way to give back to all of the 4-H agents who gave so much to me over the years. It is truly a great organization to be involved with.

Coe Meador earned grand champion market lamb title at the 2004 All-Sor-Ben 4-H Livestock Exposition.

4-H Stories Submitted to Nebraska 4-H Foundation

Last year, Nebraska 4-H Foundation asked 4-H members and alumni to “Tell Us Our Story.” Nearly 800 people submitted stories. Janice Tordrup won the opportunity to donate $1,000 to the county 4-H of her choice. Nuckolls County, Nebraska 4-H Foundation plans to use some of the stories in its newsletters and other literature. Here are some of the stories shared by Lancaster County alumni and members.

Jen Smith with her Holstein dairy cow, Hazel, at the 1989 Antelope County Fair.

Fair. I had worked with my intermediate calf all spring and summer and was not expecting any problems with her at the fair. The day of the show, I was walking her around the fairgrounds trying to get her focused on the arena, but she had a few new surroundings. Just as I walked by one of the tractors on display, some guy started chugging a bottle and she started running and jumping.

She won in my white show clothes which were not so white at the end of the ordeal. Running back to the barn crying, with no calf, I felt like a failure. Dad was quickly on the hunt for the calf who had found a nice quiet spot under a tree enjoying some mush, green grass. Mom explained to me that these things happen and sometimes it doesn’t matter how hard you work to train an animal, surprises happen. I wasn’t prepared but 4-H was for the best but prepare for the worst!

Another lesson offered through showing dairy happened at state fair that year. I was 10 years old and didn’t believe that this cow could be converted if he was convincing and clear enough in his delivery. Sailor was determined that all humans could be converted if he was convincing and clear enough in his delivery. Sailor very quickly made his stance for horse shows obvious. My first few years of attempting to show Sailor were a bit scary to be honest. Both he and I were the most determined horse and rider that could be found, so we made a very interesting and stubborn team.

No longer was I the princess I imagined. Instead, I had become the most hard-working, stubborn, opinionated member of my family. The most convincing child Sailor had ever met. His attempts at making me fear him were futile, I was GOING to win over that horse. Every year I went without getting a purple ribbon at the Lancaster County Fair made me more determined to get one. The most memorable county fair was just a few months ago.

Kate Rawlinson and her horse, Sailor.

In an English Equitation class, 35-nail, I endured the pattern that would sort me into the people who got a ribbon and nearly only a few others. Ever since I decided to perfect my riding without stirrups, I anticipated the show where I would finally be the only one to show, and I certainly got to be shown off. This was my chance.

As with all fairy-tales, this one began with a horse show arena with the scant number of individual junior riders who had also nailed their gaits to no stirrups. Both I and the judge to look my direction. I remember being so upset when I stepped up to the plate, the judge looking back at me. 

I was so concerned she wouldn’t see me riding without stirrups. I was devastated.

http://lancaster.unl.edu
EXTENSION CALENDAR

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

February (February is Nebraska 4-H Month)
22 Family & Community Education (FCE) and Community Leader Training Lesson, “Social Networking Sites” 1 p.m.
23 Nut Orchard Planning, Planting, Care, and Harvesting Seminar 7–9 p.m.
25 4-H Horse Party Sewing Workshop 9 a.m.
28 Cornhusker Economics Management and Outlook Conference 4–30 p.m.

March
1 Initial Pesticide Training 8:30 a.m.–5 p.m.
1 Preference Given to 4-H Council Camp Scholarship Entries Submitted by Extention to this date
1 R.B. Warren 4-H Horse Educational ($500) and Grand Island Saddle Club Scholarships ($1,000) Entries Due
2 Deadline for Governor’s Agricultural Excellence Awards ($500)
6 4-H Council Meeting 7 p.m.
9 Extension Board Meeting 8 a.m.
14 4-H Teen Council Meeting 3 p.m.
14 Co-Parenting for Successful Kids (formerly Parents Forever) 9 a.m.–12:30 p.m.
17 4-H Jammie Jamboree Sewing Workshop 9 a.m.
19 Painting Barrels for Event Center, Lancaster Event Center, Pavilion 4 - Amy Counrtyman Arena 1:30–3:30 p.m.
20 Guardian/Conservator Training 1:30–4:30 p.m.
24 4-H Spring Rabbit Show 9 a.m.
26–27 Earth wellness festival, South Community College
28 Family & Community Education (FCE) and Community Leader Training Lesson, “Homemade Master Mixes” 1 p.m.
29 4-H Speech/Public Service Announcement Workshop 8 p.m.
31 Child Care Conference: A Window of Opportunity 8 a.m.–3:30 p.m.

4-H Stories continued from preceding page

As the class was called to line up facing the ring steward, I was overwhelmed with the idea the judge hadn’t even looked in my direction once, so you can imagine my confusion when she pointed me out as the Champion of the Junior English Equitation class. This would mark my first-ever championship trophy at the highly-competitive Lancaster County Fair.

Sailor, displeased that the trophy also meant taking extra time to take pictures in front of the sign that reads “Lancaster County Fair,” eventually let me embrace the moment. I don’t remember if I cried or not. I don’t even remember taking the pictures. I remember looking up at the “Lancaster County Fair” sign and thinking how incredible a ride it had been. No, not the equation ride; the seven or eight girls on the team ride 4-H had taken me on.

I’d been through everything. I’d fallen off, gotten back on, cried for sadness, cried for joy, and everything in between. So, I remembered the invaluable “thank you” to everything and everyone who had helped me become who I was, who I am, and who I want to be. That eight-year-old is still living her dream. Now, however, she dreams of making other people’s dreams come true and creating happy endings for everyone around her. And that’s the person 4-H has helped me become.

NACEB Scholarships
Nebraska Association of County Extension Boards (NACEB) annually offers two scholarships due March 15. Applications is online at http://lancaster.unl.edu/4h/Programs/award.shtml.
• One $1,000 scholarship at the UNL College of Agricultural Sciences and Natural Resources (CASNR) or the College of Education and Human Sciences (CEHS) for an incoming student (freshmen or transfer)
• One $500 scholarship for a current student (sophomore or higher) enrolled in CASNR or CEHS

Open House Events

JUNIOR WEDNESDAYS
Wednesdays March 7, 14, 28 and April 4, 11, 18, 25
A Husker Weekday visit specifically for juniors.

BIG RED OPEN HOUSE
March 12, April 6 or April 20 — an on campus experience for high school and transfer students to learn about the BIG things happening on the UNL campus.

HUSKER WEEKDAYS
This is Nebraska’s most versatile half-day campus visit option. You can schedule a visit for any weekday and select Saturdays throughout the year.

For more information or to register, see http://admissions.unl.edu/visit

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Lancaster Extension Education Center Conference Facilities
444 Cherrycreek Road, Lincoln
Discover, Learn, and Grow at 4-H Summer Camps

2012 4-H Summer Camp brochures are now available online at http://4h.unl.edu/camp and at the extension office. Camps are open to all youth ages 5–18 (need not be in 4-H). With three unique Nebraska locations at Halsey, Greta, and Alma, there are more than 40 camps ranging from half day to seven days/six nights! 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. Brochures have complete information about all camps.

Applications Open for 4-H Camp Staff

The three 4-H Camps in Nebraska are currently accepting applications for summer staff. All positions provide endless opportunities for growth in a fun, fast-paced outdoor atmosphere. Need not be a 4-H to apply. You may apply for a variety of positions:

• **Cabin Mentors** — Ages 17 and up who provide cabin supervision and assist in leading camp programs. Mentors receive an honorarium for their service and are scheduled according to their availability. Mentor for a few days or for the entire summer — the choice is yours! Deadline is April 1.

• **Camp Counselors** — Ages 15 and up who assist with cabin supervision and leading of camp programs. Join over 150 volunteer teens in providing valuable leadership to a group of campers by day and assist with cabin supervision at night. Camp counselors are scheduled according to their availability and counseling is a fantastic leadership experience for any young person. Minimum three days over the summer. Deadline is May 1.

More information and applications are online at http://4h.unl.edu/camp.

Explore Career Options at Big Red Academic Camps

The Big Red Summer Academic Camps are a chance for youth grades 10–12* to spend time investigating an interest or potential career, explore the UNL campus, meet people from across the state and have lots of fun. Students who graduate in May 2012 are welcome to attend.

Held in June, Big Red Summer Academic Camps features nine career exploration camps hosted by Nebraska 4-H and University of Nebraska–Lincoln faculty members. The camps are residence camps held on UNL campus. Housing and food are provided.

After spending several fun-filled days exploring a specific topic such as filmmaking or environment, 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. Limited scholarships are available. For more information, call 402-472-2805.

* Open to grades 9–12. ** New camp for 2012.