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The NEBLINE, May 2012

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Lincoln’s Biosolids Land Application Program is 20 Years Old

Biosolids are organic solids separated from wastewater and biologically processed to make them safe to use as an organic fertilizer for crops not in the human food chain. University of Nebraska–Lincoln Extension in Lancaster County has worked with cooperating farmers since the beginning of this program, taking soil tests, making sure biosolids are not applied too close to sensitive environmental features that might compromise surface and groundwater, determining application rates, and calibrating equipment. Program goals are to enhance the productivity of area soils through the environmentally safe use of this material and to work with as many farmers as possible. We encourage farmers to apply biosolids as soon as possible and to take steps to reduce odors when they occur.

Farmers who were willing to use biosolids because they had to have a loader, spreader and enough time to apply the material. To encourage more farmers to use biosolids, in 1993, the city began paying cooperators to defray application costs. Twenty years later, there is so much demand for biosolids, cooperators are actually paying the city for it. Biosolids are delivered to field storage sites, but cooperating farmers are still responsible for application — either applying it themselves, or hiring a custom applicator. Spreaders can be rented for a reasonable cost from the City of Lincoln.

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Teaching An Old Guy New Tricks

My favorite biosolids story is about Wally Hansson, who lived in Wahoo, but had 145 acres on Ashland Road, just inside the Lancaster County line. In 1993, I met Wally at his farm to flag storage sites.

“Wally, we will bring enough biosolids so you won’t need to apply any other fertilizer,” I said. “In fact, I don’t want you to add other fertilizer to this field.”

Wally looked at me and said, “I can’t believe it. Surely, I need to add something more. Are you sure?”

“Yes, Wally, I am quite sure,” I said. “I know it is hard to believe, but trust me, and let’s just see what happens.”

After his 1994 corn crop was harvested, Wally stopped by the office to sign paperwork. He said, “I didn’t add any other fertilizer, just like you said. But, you were right — I just harvested the best corn crop I ever got off that field.”

As I recall, 1994 was an exceptional year for growing crops in eastern Nebraska. Rains came periodically and at just the right time for growing crops, but Wally credited the biosolids application for his best corn crop ever. Wally passed away in 2010 at age 88. He used to stop by the office sometimes just to pass the time.

—Barb Ogg

Biosolids Also Benefit Pastures

Mark Benes is a grain and livestock farmer north of Lincoln. He has been using biosolids for 10 years on crop fields and about eight years ago tried biosolids to fertilize a pasture for summer grazing of his cow/calf pairs.

“My normal stocking rate for that pasture is 20 pair,” Benes says. “Biosolids made that field so lush and productive I could have increased my rate. Even after I got my cows off in the fall, there was so much forage left, I was tempted to take a hay cutting.”

Since pasture is normally on poorer soils the benefits of using biosolids for both pasture and hay fields can be substantial in increased yields and soil improvement.

—Dave Smith

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CLOVER COLLEGE
Hands-on workshops
June 12–15
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To go to our home page on your smart phone, scan this code with a QR reader app.
Hummingbird Watch!

Soni Cochran
UNL Extension Associate

The ruby-throated hummingbird migration in Nebraska peaks about May 5–17 and Sept. 2–18. Their northward migration may occur from April to June and then southward, from August to early October. Some lucky Lancaster County bird watchers enjoy hummingbirds at their feeders all summer.

Early in the season, these little birds are very territorial. They don’t share a large feeder. If you want to feed hummingbirds, put out several small feeders for the little birds. Spread the feeders throughout your yard to reduce competition. You can always put out a larger feeder depending on how quickly the birds empty a small feeder.

There are a number of plants and trees that also benefit hummingbirds. Here are a few flowering plants you may want to consider adding to attract hummingbirds:

- American columbine
- bee balm
- butterfly bush
- clematis
- coral bells
- daylily
- five o’clock
- garden phlox
- gladiolus
- hardy fuchsia
- hollyhock
- honeysuckle
- hosta
- nasturtium
- penstemon
- petunia
- salvia
- zinnias, and more.

It is best to avoid insecticide use around the flowers you’ve planted to attract hummingbirds, because hummingbirds depend on small insects as part of their diet.

Make Your Own Hummingbird Nectar

Recipe: Mix one part granulated white sugar (common table variety) with four parts water. For example, mix 1/4 cup sugar with one cup water. Boil the water, dissolve the sugar, and allow to cool before filling feeders. You don’t need to add red food dye to the water. Keep leftover “nectar” refrigerated. Change the mix in your feeders every few days, more often in hot weather. Be sure to clean the feeder each time before refilling to prevent harmful molds.

Tems: Tick-Borne Diseases

Barb Ogg
UNL Extension Educator

Ticks are small arthropods similar to insects. But instead of having six legs and the body parts as insects do, ticks have eight legs and two body parts. All ticks are blood feeders; some species are important vectors of diseases in humans and other animals. The black-legged tick — aka deer tick — (Ixodes scapularis), vectors Lyme disease. We are lucky this species is not found in Nebraska.

Even though spiders have eight legs and two body parts, ticks are more closely related to mites. In addition to having eight legs, both mites and ticks have mouthparts with similar structures. Tick mouthparts are located on the capitulum — or head — and can be easily seen from above. During feeding, the hypostome, the feeding apparatus firmly anchored in the skin because of backward directed spines on it. These projections makes removing a tick cleanly — without leaving mouthparts embedded in the skin — hard to do.

Ticks most commonly encountered in southeastern Nebraska are the American dog tick and the lone star tick. Both species are hard ticks which have a scutum just behind their head. It is easy to tell the difference between adult male and female hard ticks. The male tick is smaller than the female. His scutum covers the entire surface of his body and constricts the blood meal. The female has a smaller scutum which allows the body to expand greatly so she can ingest enough blood to produce thousands of eggs.

Ticks undergo four stages: egg, larva, nymph, and adult. The first stage larval ticks have 6 legs; nymph and adults have eight. All stages of ticks must feed on blood to molt to the next life stage.

Most hard ticks are “three-host” ticks. During its lifetime, a tick will feed on three different hosts, one for each of its active stages. After feeding, the tick will drop from its host into the leaf litter to either molt or lay eggs, in the case of a female. Because a blood meal is required for each stage of development, the entire life cycle, from egg to adult, may take two years or more to complete.

During periods of adverse environmental conditions (heat, drought, cold) ticks will live in leaf litter which provides enough moisture and protection against the elements so they can withstand a colder than normal winter or dry spell.

How do ticks find their host? When I was a kid living in northern Michigan, I was told ticks fall out of trees. This isn’t true and falls into the realm of an old wives tale. Ticks do not jump or fly either. To find a blood meal, ticks must literally come in contact with a host and have developed strategies to help them find a host.

The most interesting behavior is called “questing.” Questing is the way a tick can climb into the stems of grasses and hang onto the blade with their front legs extended. Their front legs have specialized organs on them to detect carbon dioxide gradients from approaching hosts. When a host brushes against the extended front legs, the tick quickly clings to the animal or human. Favorite vegetation sites for adult questing ticks include tall grasses and shrubs. Immature ticks may remain lower in the vegetation near the leaf litter where they may come into contact with small rodents and ground-feeding birds.

Do ticks have ways of knowing where animals and humans are more likely to walk? Maybe. Last summer at Ashfall Fossil Bed State Historical Park, I saw a questing American dog tick hanging onto a blade of grass next to a park path. I then decided to check other plants along the pathway and found questing ticks spaced every 6 feet or so on grass right next to the pathway. It’s a good reason to stay in the middle of the path.

Tree Squirrels: Tricksters and Troublemakers

Soni Cochran
UNL Extension Associate

Tree squirrels are known for their bushy tails and their ability to climb high into trees. The eastern fox squirrel (Sciurus niger) is the most common species found in Nebraska. It is common throughout the state.

Tree squirrels are enjoyed as backyard wildlife and in public parks. They are valued by Nebraska squirrel hunters for their meat and fur, and they can also be a public nuisance. Tree squirrels damage personal property and cause a estimated loss of $500,000 per year to public power facilities in Omaha alone.

Wildlife control operators regularly rate tree squirrels as a significant nuisance and problem in the United States. Tree squirrels can cause a variety of problems, including damage to trees, flowers, lawns, gardens, vehicles, and homes. They eat acorns, nuts, fruit or vegetables in home gardens and become a nuisance at bird feeders. Squirrels can cause extensive damage to attic insulation or walls and gnaw on electrical wires in homes and vehicles, creating a fire hazard.

If you have squirrels in your neighborhood (and most of us do!), being prepared is your best defense for preventing future damage by squirrels. To prevent squirrels from invading your home, seal any openings at joints of siding or overhangs. Use chimney caps and seal off access to attics with hardware cloth (available at your local hardware/lumber store). Squirrels can squeeze through holes 1/32 inches in diameter. They typically enter attics and spaces between walls and floors.

Most people who feed birds, are already familiar with the many ways squirrels find access to bird feeders. The key to squirrel feeding is to respect the athletic abilities of squirrels. You're trying to outwit an animal that can jump sideways 8 feet, straight up 4 feet, and down 15 feet, then hang on where it lands.

Don't hang your bird feeders from trees. Use a metal pole with a squirrel baffle to hang your feeder — your feeder must be at least 5 feet off the ground and 10 feet away from trees, bushes, or structures. You can also enclose your bird feeders in 2-inch wire mesh. Small squirrels can be used to help protect an area, as well as commercial repellents.

What do you do when squirrels are chewing on your deck or tearing apart your lawn furniture? Cover the area on your deck where the squirrels are chewing with hardware cloth (keep in mind, they may just move to another spot). As for the furniture cushions, bring them indoors or put them in the garage while you are gone. If squirrels are chewing on vehicle wiring, move the vehicle into a garage or to another location. You may need to call a pest control professional to help you.

Excluding squirrels is challenging! They are difficult to manage and will usually overcome the barriers you’ve created to exclude them.
New NebGuides Will Help Rural Nebraskans Protect Private Drinking Water Supplies

Sharon Skipton
UNL Extension Educator

A series of six new University of Nebraska–Lincoln Extension NebGuides will help rural families prevent or manage their private drinking water supplies. Developed by UNL Extension faculty, Sharon Skipton and Wayne Woldt, the NebGuides are available at http://water.unl.edu/web/drinkingswater/publications, and can be downloaded free of charge.

Groundwater provides nearly all the drinking water in rural Nebraska. The layers of soil, sand, and gravel above ground-water aquifers provide some, but not complete protection from contamination. Groundwater can be contaminated when pollution sources are not managed carefully. By increasing knowledge and using careful management, rural families can greatly reduce the risk of contamination to their private drinking water supply, often with little or no cost or effort.

The six new NebGuides are designed to help rural families evaluate the activities around their acreage or farmland that can present a risk to their water supply. The NebGuides also provide information on how to reduce risks and better protect the health of family members. Some of this information will be reassuring, while some may encourage people to modify certain practices. Either way, people with private drinking water wells will have the information they need to do the best possible job of protecting their family’s drinking water.

Most rural Nebraskans get their drinking water from private well water.

Starting Spring Chicks
Sheila Purdum
UNL Poultry Specialist

This time of year, many households are brooding a new batch of chicks. Raising poultry is a great family adventure. Young children learn how to care for an animal and parents interact with their children while learning and nurturing environment. The family eventually benefits from fresh eggs and/or meat. If raising poultry is also a 4-H project, many other benefits can be realized from this experience.

It is very important to get these chicks off to a good start before they are introduced to the “old flock” environment. If you already have a mature flock of chickens, it is best to start the new batch in a separate barn area that can be sanitized and cleaned with contact with the older flock. Once the new brood has a good start, they can be introduced to the older flock environment. If you raise young chicks from a young brooder to build immunity to diseases for which the older flock has already built up resistance.

The following management tips are suggested to help you start a healthy crop of chicks this year:

1. Provide a clean, sanitized, dry, and warm environment for the new batch of chicks preferably in a separate space from your mature flock of chickens. Provide a properly heated brooding space that allows adequate space for movement of the little chicks around feeders and waterers.

2. Provide adequate fresh bedding for the new flock of chicks. This may be a 3–4 inch base of fresh wood shavings or a 2–3 inch base of wheat straw. It is important to stir wet spots from drinker spills or manure buildup to avoid excessive moisture in the brooder area. Pay close attention to the replacement of wet litter until chicks reach 3–4 weeks of age.

3. Provide a light source for a minimum of 12 hours per day and it is hard to get adequate feed intake and growth without supplemental light.

4. Provide fresh, clean water and feed daily. When using bell-type drinkers, place the drinker above the litter on a board, to keep the chicks from kicking litter into the drinker. If litter is kicked into the drinker, wash it out and re-fill with clean water. Keep feed pans clean of manure and litter on a daily basis too.

5. Move the feeders and waterers around the pen regularly to avoid a build-up of manure and moisture. Aerate the litter with a rake or stick when you move equipment to keep the litter in good condition.

6. At 3–4 weeks of age, provide more space for your chicks. At this time, they are growing very fast, and they need less heat in more space to exercise and move. At this time, it may be safe to introduce the chicks to a Separate pen in a mature flock space. But keep the chicks separate until about 4–8 weeks of age.

7. Once your new chicks are about 8–10 weeks of age, introduce them to their adult environment. If you plan to have layers, introduce them to their nest boxes at this time for acclimation to potential laying sites.

8. Fresh air/ventilation of your brooding and adult facilities is important to the long-term health of your flock. One of the most common health issues in poultry is respiratory disease. Adult farm flocks need constant fresh air to avoid a buildup of noxious ammonia gases and dust. An open inlet and fan in an enclosed pen/barn will help facilitate a good air environment.

9. Cleanliness and litter management is important for both your bird’s health and your comfort while working in the chicken coop.

FOR MORE INFORMATION For more information, go to http://animalscience.unl.edu/ and Waste Management (G2053) will help people evaluate management of products such as ash, building/wood maintenance and vehicle/metal equipment maintenance products, and wood-preserving products.

“Protecting Private Drinking Water Supplies: Runoff Management” (G2052) will help people evaluate contaminants present or generated on their property, as well as recognize landscape management practices that could affect runoff quality and quantity.

Pesticides (herbicides, insecticides, fungicides, and rodenticides) and fertilizers (nitrate and phosphorus) play an important role in the management of rural property. If pesticides and fertilizers are not stored, handled, and applied correctly, they can leach through soil into groundwater. The NebGuide “Protecting Private Drinking Water Supplies: Hazardous Materials” (G2051) will help people evaluate, use, and dispose of pesticides and fertilizers.

Consider the variety of products used in households and on rural property — paints, solvents, oils, cleaners, wood preservatives, batteries, and adhesives. Also, consider the amount of these products which goes unused or is thrown away. Minimizing the amounts of these substances used on rural property, along with practicing proper disposal procedures, protects groundwater that is the source of drinking water. The NebGuide “Protecting Private Drinking Water Supplies: Water Well Location, Construction, Condition, and Management” (G2050) will help people evaluate possible risks associated with their well.

Most rural families use a septic system or lagoon to treat wastewater and return it to the environment. A poorly designed, located, constructed, or maintained wastewater treatment system can contribute to groundwater contamination. Potential contaminants in household wastewater include disease-causing bacteria, infectious viruses, household chemicals, and excess nutrients such as nitrate. The NebGuide “Protecting Private Drinking Water Supplies: Water Well Location, Construction, Condition, and Management” (G2050) will help people evaluate possible risks associated with their well.

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30 MyPlate Steps to a Healthier You

Alice Henneman, MS, RD
UNL Extension Educator

USDA’s MyPlate symbolizes a personalized approach to healthy eating and physical activity. It reminds us to make healthy food choices and to be active every day. Take action on the Dietary Guidelines by making changes in these three areas.

Choose steps that work for you and start today.

Balancing Calories: Enjoy your food, but eat less.
Avoid oversized portions.

Foods to Increase:
Make half your plate fruits and vegetables.
Make at least half your grains whole.
Switch to fat-free or low-fat (1%) milk.

Foods to Reduce:
Compare sodium in foods like soup, bread, and frozen meals and choose the foods with lower numbers.
Drink water instead of sugary drinks.

Here are some tips from http://choosemyplate.gov to help you take steps to a healthier you.

On the Internet, go to http://choosemyplate.gov to create your personalized “Daily Food Plan.”

1. Order a veggie pizza with toppings like mushrooms, green peppers, and onions, and ask for extra veggies.

2. Make half your plate fruits and vegetables. Vary your fruit and vegetable choices, as they differ in nutrient content.

3. Dried fruits make a great snack. They are easy to carry and store well. Because they are dried, 1/4 cup is equivalent to 1/2 cup of other fruits.

4. Broil, grill, roast, poach, or boil meat, poultry, or fish instead of frying. Skim or limit the breading. Breading adds calories.

5. Make most of your fruit choices whole or cut-up fruit rather than juice, for the benefits dietary fiber provides.

6. Select vegetables with more potassium often, such as sweet potatoes, white potatoes, white beans, tomato products (paste, sauce, and juice), beet greens, soybeans, lima beans, spinach, lentils, and kidney beans.

7. Make your life less stressful.

8. Make half your plate fruits and vegetables. Vary your fruit and vegetable choices, as they differ in nutrient content.

9. Saucy or seasoned vegetable sides add calories, saturated fat and sodium to vegetables. Use the Nutrition Facts label to compare the calories and % Daily Value for saturated fat and sodium in plain and seasoned vegetables.

10. Walk up and down the soccer or softball field sidelines while watching the kids play.

11. Try a main dish salad for lunch. Go light on the dressing dressing.

12. Make at least half of your grains whole grains. For a change, try brown rice or whole-wheat pasta.

13. Popcorn, a whole grain, can be a healthy snack if made with little or no added salt and butter.

14. Trim away all of the visible fat from meats and poultry before cooking.

15. Do stretches, exercises, or pedal a stationary bike while watching television.

16. Many vegetables taste great with a dip or dressing. Try a low-fat salad dressing with raw broccoli, red and green peppers, celery sticks or cauliflower.

17. Physical activity may include short bouts of moderate-intensity activity. The accumulated total is what is important and can be accumulated through three to six 10-minute bouts over the course of a day.

18. Color is not an indication of a whole grain. Bread can be brown because of molasses or other added ingredients. Read the ingredient list to see if it is a whole grain.

19. Frozen juice bars (100% juice) make healthy alternatives to high-fat snacks.

20. Park further from your destination (work, shopping, etc.) and walk the rest of the way.

21. Choose seafood at least twice a week as a main protein food. Look for seafood rich in omega-3 fatty acids, such as salmon, trout, and herring.

22. Lock up on frozen vegetables for quick and easy cooking in the microwave.

23. Experiment by substituting whole wheat or oat flour for up to half of the flour in pancakes, waffles, muffins, or other flour-based recipes. They may need a bit more leavening.

24. If you drink cappuccinos or lattes — ask for them with fat-free (skim) milk.

25. Never let raw meat, poultry, eggs, cooked food, or cut fresh fruits or vegetables sit at room temperature more than TWO HOURS before putting them in the refrigerator or freezer (one hour when the temperature is above 90°F).

26. Keep a bowl of cut-up vegetables in a see-through container in the refrigerator. Carrot and celery sticks are traditional, but consider red or green pepper strips, broccoli florets, or cucumber slices.

27. Select foods with more potassium often, such as bananas, prunes and prune juice, dried peaches and apricots, cantaloupe, honeydew melon, and orange juice.

28. For dessert, make chocolate or butterscotch pudding with fat-free or low-fat milk.

29. Replace a coffee break with a brisk 10-minute walk. Ask a friend to go with you.

30. For fresh fruit salads, mix apples, bananas, or pears with acidic fruits like oranges, pineapple, or lemon juice to keep them from turning brown.

Kids in the Kitchen — Part 1

Pizza Kabobs

1/2 French bread baguette, cut into 3/4 inch cubes
1/2 cup pepperoni pieces or ham cubes
1/2 green bell pepper, cut into 3/4 inch cubes
1/2 cup mushrooms, halved
1/2 cup pineapple chunks
1/4 cup Italian dressing
1/4 cup Mozzarella cheese, shredded

Pizza sauce (optional)
Preheat oven to 350°F. Thread bread, meat, vegetable, and fruit alternately on 6 (6 inch) wooden skewers. (Soak wooden skewers in warm water 30 minutes before using to prevent them from burning in the oven.) Arrange kabobs in single layer on foil-covered baking sheet. Brush evenly with dressing, sprinkle with cheese. Bake 20 minutes or until kabobs are heated through and cheese is melted.

Adapted from Nutrition Education Program 2012 Calendar

The NEPLINE
http://lancaster.unl.edu

Food & Fitness

May 2012

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FAMILY & COMMUNITY EDUCATION (FCE) CLUBS

President’s View – Marian’s Message

Marian Storm
FCE Council Chair

May basket time. I always enjoyed helping the kids make May Baskets. We would pop corn, add peanuts and M&M’s. The Lily of the Valley were usually in bloom so we would add flowers. I still plant a small flower garden. My daughter helps me get the seeds planted. Fresh vegetables are so good and it’s fun to watch things grow. I enjoy being outside. It’s been nice having the early warm weather. In the morning, I take my coffee, sitting on the porch swing, and reading a good book. If nothing ever changed, there’d be no butterflies.

FCE News & Events

FCE Scholarship Applications Due May 1

A $400 scholarship provided by the Lancaster County FCE Council is available for a graduate of a high school in Lancaster County or a permanent resident of Lancaster County majoring in Family and Consumer Science or a health occupation. This is open to full-time students beginning their sophomore, junior, or senior year of college in the fall of 2012 or who have completed two quarters of study in a vocational school. Applications are available at the extension office and online at http://lancaster.unl.edu/home/fce. Deadline is May 1.

Save the Date: Sizzling Summer Sampler, July 11

The 2012 Sizzling Summer Sampler will be Wednesday, July 11 at the Lancaster Extension Education Center. Watch for details in upcoming NebrLife.

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Getting a Workout with Housework

One way to get more exercise in your daily life is to combine this goal with something we all need to do: clean the house. So here are a few ideas:

• Wear comfortable clothing so it’s easy for you to bend, stretch, and move around.

• Play music: Choose something with a lively beat that will really get you moving.

• Catch up on chores and downstairs tasks: You’ll get the cardiovascular benefit of climbing stairs. Plus, it’s good for your leg muscles, too.

• Perfect your posture: As you sweep or dust, tighten your abdomen and keep your knees slightly bent. This will strengthen your stomach muscles and take the strain off your back.

• Choose the old-fashioned way: Using a broom or a carpet sweeper requires more muscles and energy than an electric vacuum cleaner. Chop food by hand rather than using a food processor. Whip eggs and cream with a whisk rather than a mixer or substitute a hand mixer for the standing mixer.

• Use wipes: These are handy for cleaning around toilet rims, tanks, faucets, sinks, and basins. Check the label for disposal instructions — flushable wipes disperse in water when agitated (like toilet paper) and they’re safe for plumbing and septic tanks.

• Be soap-smart: The choice between bar soap and liquid soap is a matter of personal preference. However, the way your family uses the soap may influence your choice. Bar soaps are great if they find their way back to the soap dish. Pump dispensers may be neater if the user’s aim is accurate!

• Keep a bleach pen on hand: It’s a great tool for spot-cleaning mold and mildew.

• Use a hand-held vacuum: When you think of vacuuming, the bathroom isn’t the first room that comes to mind. However, consider the hair, dust, and lint powder and more that finds its way to the floor. A small, hand-held vacuum makes quick pickups a breeze.

• Rinse the tub: Doing this after each use helps keep soap film and hard-water deposits from forming.

• Keep shower doors and curtains open after use: This allows them to air-dry and helps prevent mildew.

• Use a daily shower cleaner: Regular use will help keep shower and tub surfaces free of soap scum, mildew stains, and hard-water deposits. Mist surfaces right after showering while the walls are wet and warm — no rinsing, wiping, or scrubbing is necessary.

• Sort out reading material: If reading in the bathroom is a family habit, don’t let old magazines and newspapers accumulate. They are a magnet for dust and mold.

• Stock up: Keep a set of cleaning supplies in the bathroom. As family members use them, don’t let them be depleted. If you don’t have to travel far to get what you need. If there are small children, napping or small visitors who use this bathroom — make sure the cleaning supplies are stored in a cabinet with a child-resistant lock.

Source: American Cleaning Institute, Cleaning Matters Newsletter

Daily Dozen Tips for Bathroom Cleaning

A grungy bathroom is not only unpleasant to look at — it’s also a breeding ground for mold and mildew. Here are 12 tips to help keep the bathroom clean and sparkling on a daily basis. For family members with asthma, many of these best practices will help keep mold and mildew, which can trigger an asthma or allergy attack, under control.

• Use the bathroom fan: It can help remove the moisture and mildew, which may influence your choice. Bar soap is a matter of personal preference. However, the way your family uses the soap may influence your choice. Bar soaps are great if they find their way back to the soap dish. Pump dispensers may be neater if the user’s aim is accurate!

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• Sort out reading material: If reading in the bathroom is a family habit, don’t let old magazines and newspapers accumulate. They are a magnet for dust and mold.

• Stock up: Keep a set of cleaning supplies in the bathroom. As family members use them, don’t let them be depleted. If you don’t have to travel far to get what you need. If there are small children, napping or small visitors who use this bathroom — make sure the cleaning supplies are stored in a cabinet with a child-resistant lock.

Source: American Cleaning Institute, Cleaning Matters Newsletter

Household Hazardous Waste Collections

These collections are for households only. Only residents of Lincoln and Lancaster County can bring items to collections.

SOME ITEMS YOU CAN BRING FOR DISPOSAL:
- Thermometers
- Thermostats containing mercury
- Solvents, oil-based paint, paint thinner, stripper, stain, old gasoline, transmission fluid, pesticides, (even banned products like DDT), items containing PCB’s (ballasts from fluorescent fixtures and capacitors from old appliances). You can dispose of compact fluorescent light bulbs at these waste collections.
- DO NOT throw away medicine bottles, cigarettes, medicines/pharmaceuticals, electronic TVs, propane cylinders, tires, used oil, batteries, antifreeze, or ammunition.

For more information or if you have questions how to recycle or dispose of items not accepted, call the Lincoln-Lancaster County Health Department at 402-441-9207.

Saturday, April 28 • 9 a.m. – 1 p.m.
Walmart South, 87 St. & Highway 2

Saturday, May 19 • 9 a.m. – 1 p.m.
Pfizer Inc., 601 W. Cornhusker Highway

Saturday, Aug. 25 • 9 a.m. – 1 p.m.
Yancey Tech, 4021 N. 56 St.

Saturday, Sept. 22 • 9 a.m. – 1 p.m.
Lincoln Intermediate, 600 W. E St.

Saturday, Oct. 13 • 9 a.m. – 1 p.m.
Woods Park (31 & J Streets)

Friday, Nov. 16 • 9 a.m. – 1 p.m.
Appointment Only. Call 402-441-8021

Take usable latex paint to EcoStores Nebraska at 530 W. P St. Call 402-477-3606 for details.

Simple Steps to Cleaning Electronic Screens

To clean an LCD laptop or flat-panel monitor screen, use a soft, lint-free cloth or a microfiber cloth that’s been slightly moistened with plain water. Do not use paper towels, as they can scratch the monitor’s surface. Wipe the screen gently to remove dust and fingerprints.

For glass CRT (television-style) monitors, use a soft, lint-free cloth or microfiber cloth. Never spray the cleaner directly onto the screen — spray the cloth instead. Unless the manufacturer recommends differently, do not use alcohol or ammonia-based cleaners on the monitor, as these can damage the anti-glare coatings. Follow the same instructions for TV screens.

Your call for help is answered.
Managing Pastures in Lancaster County — Part 3: Weed Control

Tom Dorn
UNL Extension Educator

This is the third of a three part series.

What is a weed? A weed is defined as a plant out of place. For example: if a corn seed sprouts and grows in your bluegrass lawn, it would be classified as a weed. Likewise, plants which would be classified as a weed in the garden or corn field can be a valuable forage source in a pasture, especially when the animals are able to graze the “weed” when it will provide good nutrition and is palatable. For many forage plants, timing is key. The nutritional value and palatability nearly always declines as a plant matures and enters the reproductive stage.

One example of weeds that can be utilized with proper timing is the two winter-annual bromes species, Downy brome and Japanese brome. These two weedy bromes germinate from seed in the fall, survive the winter, and begin growing rapidly in the early spring. When these annual bromes are succulent and lush, cattle and horses will readily graze them, especially since they are some of the first plants to green up in the spring, so are welcomed by the livestock.

Early spring grazing of winter-annual bromes not only provides some early-season forage, grazing them helps to reduce the amount of seed the plants will produce. When these annual bromes begin to produce a seed head, they become unpalatable and cattle and horses will no longer graze them. Another example of a weed that can provide forage is foxtail. Foxtail germinates in late May or early June. It will be grazed readily when the leaves are fresh and the seed head has not begun to emerge. Later, the foxtail will not be utilized unless nothing better is available.

If a grazing animal will eat a plant and it is not toxic to them, why should you try to control it in a pasture? Some plants that definitely should be controlled are weeds on the noxious weed list.

In addition to the noxious weeds that must be controlled by law, I have listed some selected problem pasture weeds along with treatment suggestions.

### Eastern Red Cedar

I get more calls from rural residents about eastern red cedar trees taking over pastures and other tillled land than any other single plant species. There are several approaches to getting control of red cedar.

Where the site allows, a good management tool is to conduct a controlled burn. To be effective, there must be enough dry residue to make a hot fire and the trees can’t be too tall. Often trees over 5 ft tall will not burn all the way to the top, depending on whether there is enough dry residue to make a hot enough fire. If any of the tree remains green, the tree will live on.

Broadcast herbicide application to Eastern Red Cedar (Trees less than 24 inches tall) mix 2 pints Tordon 22K to 25 gallons water) or mix 3 pints of Surmount to 25 gallons of water. Individual trees too large to kill with a broadcast spray can be killed using Tordon or Volporate. Apply full strength product at 4 ml per 3 feet of tree height. Apply to the soil inside the drip line of the tree.

### FOR MORE INFORMATION

- **Lancaster County Weed Control Authority’s “Weed Awareness” special section published in the March Nausheen, and many more resources online at** [http://lancaster.ne.gov/weeds](http://lancaster.ne.gov/weeds).
- **UNL Extension’s 2012 Guide for Weed Management in Nebraska** (EC130) is online free at [http://go.unl.edu/3ce](http://go.unl.edu/3ce).

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<table>
<thead>
<tr>
<th>WEED</th>
<th>APPLICATION TIME</th>
<th>PRODUCT PER ACRE</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Musk and Plumeless thistles</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Late fall or spring before bolting</td>
<td>Cimarron Plus 0.625 oz</td>
<td></td>
</tr>
<tr>
<td>Late fall treatment of rosettes in spring before flowering stalks lengthen</td>
<td>2,4-D ester (4L) 32 oz + Dicamba 8 oz</td>
<td></td>
</tr>
<tr>
<td>Prior to flowering</td>
<td>Fertil 1 oz</td>
<td></td>
</tr>
<tr>
<td><strong>Sericea Lepedza</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>At flower bud to full bloom</td>
<td>Cimarron Plus 0.625 oz</td>
<td></td>
</tr>
<tr>
<td>Before bloom</td>
<td>Remedy 1–1.5 pt</td>
<td>Surmount 2–2.5 pt</td>
</tr>
<tr>
<td><strong>Russian Knobweed</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>At flower bud stage to early flower</td>
<td>Curtil 3–4 pt</td>
<td>Dicamba 32-64 oz</td>
</tr>
<tr>
<td>Apply from bud to mid-flower growth stage or treat in fall</td>
<td>Transline 1–1.3 pt</td>
<td></td>
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<tr>
<td><strong>Hoary Cress</strong></td>
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<tr>
<td>Rosette stage in the fall or early bud in spring</td>
<td>2,4-D ester (4L) 64 oz</td>
<td></td>
</tr>
<tr>
<td>Early spring before bud stage</td>
<td>Cimarron 3 oz</td>
<td></td>
</tr>
<tr>
<td>Rosette stage in spring</td>
<td>Cimarron Plus 1 oz</td>
<td>Escort 1.0 oz</td>
</tr>
<tr>
<td>Late spring/summer at flowering</td>
<td>Plateau/Cadre 6–12 oz ( pasture, range, noncropland, CRP)</td>
<td></td>
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<tr>
<td><strong>Ironweed</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Prior to flower bud stage</td>
<td>Grazon P + D 2–3 pt</td>
<td></td>
</tr>
<tr>
<td>Flower to bud stage</td>
<td>2,4-D ester (4L) 48 oz</td>
<td></td>
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<tr>
<td><strong>Morestail</strong></td>
<td></td>
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<tr>
<td>Prior to bolt</td>
<td>2,4-D ester (4L) 32 oz + Dicamba 8 oz</td>
<td></td>
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<tr>
<td><strong>Locust trees (honey and black)</strong></td>
<td></td>
<td></td>
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<tr>
<td>Full foliage</td>
<td>Cimarron 3 oz</td>
<td></td>
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<tr>
<td>Fall foliage during June, cut stump or basal treatment anytime</td>
<td>Curtil 2–3 pt</td>
<td>Escort 1–2 oz</td>
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<tr>
<td>Full foliage during June</td>
<td>Grazon P + D 2–4 pt</td>
<td>Remedy 2–4 pt</td>
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<tr>
<td><strong>Western Ragweed</strong></td>
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<tr>
<td>Early summer</td>
<td>2,4-D ester (4L) 32 oz</td>
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<tr>
<td><strong>Prairie Larkspur</strong></td>
<td></td>
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<tr>
<td>In spring</td>
<td>Graziola 3–5 oz</td>
<td></td>
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<tr>
<td><strong>Poison Hemlock</strong></td>
<td></td>
<td></td>
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<tr>
<td>Rosettes in fall or early spring</td>
<td>2,4-D ester (4L) 32 oz + Dicamba 8 oz</td>
<td></td>
</tr>
<tr>
<td><strong>Downy Brome and Japanese Brome</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fall or early spring when desirable grasses are dormant</td>
<td>Glyphosate 12–16 oz</td>
<td>Oust 1–2 oz (noncropland)</td>
</tr>
<tr>
<td>Full PRE or early POST</td>
<td>Plateau/Cadre/Imazapic 2E 4–12 oz</td>
<td></td>
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<tr>
<td><strong>Buckbrush</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Full foliage May 10–25</td>
<td>2,4-D ester (4L) 64–96 oz</td>
<td></td>
</tr>
<tr>
<td>Full foliage in spring</td>
<td>Chapparal 1.25 oz</td>
<td></td>
</tr>
<tr>
<td>6–12” of new foliage</td>
<td>Oust 1–2 oz (noncropland)</td>
<td></td>
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</tbody>
</table>
| **Note:** Torfon, Grazon, and Surmount are Restricted Use Pesticides. Only persons who hold a current pesticide applicator license can purchase and apply these products.

*Table source: University of Nebraska-Lincoln Extension’s “2012 Guide for Weed Management in Nebraska” (EC130).*
Flowers That Tower

Boltonia (Boltonia asteroides) — This plant has showy, white, aster-like flowers in late summer. It will get 3–5 feet tall and may need staking. Thrives in any garden soil and spreads rapidly in moist conditions. Prefers full sun.

Common sneezeweed or False sunflower (Helenium autumnale) — Showy yellow flowers in late summer. Grows 3–6 feet tall. Very showy with purple flower clusters in the fall. Grows 4–7 feet tall. Prefers moist soil and full sun to part shade.

Joe-Pye weed (Eupatorium purpureum) — Very showy with purple flower clusters in the fall. Grows 4–7 feet tall. Prefers moist soil and full sun to part shade.

Plume poppy (Macleaya cordata) — Handsome, large perennial that grows 5–10 feet tall. Does best in rich, well-drained soil and full sun. Blossoms are creamy-white plumes that reach nearly a foot in length. Warning! This plant spreads vigorously.

Queen-of-the-prairie (Filipendula rubra) — Tall and wind tolerant. Reaches heights of 6–8 feet tall. Flowers are large, 6–9 inch, pink clusters. Prefers moist-wet conditions and full sun to part shade.

Russian sage (Perovskia atriplicifolia) — This sage has aromatic gray-green leaves and pale blue flowers in the summer. It prefers well-drained soil and full sun. Russian sage will grow to be 3–5 feet tall.

White Mugwort (Artemisia lactiflora) — Creamy white flowers appear in late summer. Attractive foliage reaches 4–6 feet tall. Grows in full sun or part shade.

Educate Yourself Before You Buy Plants

Mary Jane Frogge
UNL Extension Associate

It is probably safe to say that the majority of mail order plant companies are legitimate businesses that strive to supply quality products to their customers. They can be a reliable source of unique plants that can otherwise be hard to find. Wherever you are buying plants by mail, it pays to be cautious. Ads that make fantastic claims for plants should make you wary. Often a plant that sounds too good to be true will not live up to the claims made for it.

To avoid disappointment, read the ads closely. Find out everything you can about the plant being sold. First, find out what the plant is. Plant ads that use common names and do not give the botanical names of the plants being sold make it difficult or impossible for you to learn more about the plant from other sources. The same common name may apply to several plants or a cute, catchy name may be made up for advertising purposes to attract potential buyers. Study the ad copy, what is missing may be more important than what is there.

Before you order plants, it is a good idea to comparison shop. Get catalogs or view on-line from several companies and compare plant sizes, ages, hardiness zones, growing conditions, warranties, shipping or handling details and costs. Educate yourself before you purchase plants and then enjoy the quality plants you receive.

Garden Guide

Mary Jane Frogge
UNL Extension Associate

Tall perennial plants in your flower beds can bring a sense of drama to your landscape. If you have the space, consider a few of these giants.

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Wildflower Week Plant Sale

Nebraska Statewide Arboretum
Friday, June 1, 12–5 p.m.
University of Nebraska–Lincoln East Campus greenhouses
Enter north entrance at 38th & Leighton
For more information, go to http://arboretum.unl.edu or call 402-472-2971
Register by May 7 by calling youth. Bring a sack lunch provided.

**Furniture Painting Workshop, May 12**

Lancaster County 4-H is presenting a "Junque to Jewels" furniture painting workshop on Saturday, May 12, 9 a.m. at the Lancaster Extension Education Center, 444 Cherry creek Road. Open to all youth ages 8-18 (need not be in 4-H).

Bring a small piece of "unpaintable" furniture, such as a shelf, stool, or chair) and turn it into a "jewel"! Choose a "Red, White, & Blue" or a "Black & White" theme and learn about interior design, choosing and what to watch for when you are shopping for furniture. This program will help youth understand how to connect with others and their parents. MUST preregister by May 15 by calling 402-441-7180.

**Clothing Level 1 Workshop, May 19**

A "Tips and Tricks for Clothing Level 1" will be held at Hancock Fabrics, 6800 P. St., May 19, 10:30-11:30 a.m. Workshop is open to anyone but will focus on the 4-H clothing centers. No cost and no preregistration required.

Learn what types of patterns to choose and how to look for when you are shopping for your own clothes. We will also cover techniques you should use that might not be mentioned in the pattern and what the judge is looking for. Did you know you can choose from four different "A Space for Me!" member's sections? Contact Kari at 402-421-7113 for more information.

**New 4-H Kinder Class Curriculum**

A new 4-H Kinder class curriculum is now available. "A Space for Me!" will be a year-long integrated health curriculum used in conjunction with "A Space for Me!" member's manual. Sections include: 1) Hang It, Fold It, Create It; 2) Save It, Recycle It, Reuse It; and 3) Color It, Paint It, Create It. Copies of the manual are available at the extension office.

**4-H Horse Districts**

4-H'ers competing in district and state horse shows must have DNA collected by June 15. In order to compete in district horse shows, 4-H'ers must have DNA identification/ownership affidavits submitted to extension office. More detailed information will be sent out on how to log on and complete the activities.

**4-H Horse Tack Swap, June 2**

Buyers and sellers of horse tack, books,旷 or anything horse-y are welcome to the second 4-H Tack Swap will be held Saturday June 2, 8 a.m.-3:30 p.m. at the Lancaster Event Center, Pavilion 3 in conjunction with the Lancaster County Horse VIPS Pre-district show/clinic/fundraiser. Participants must be showing market sheep, market hogs, or feeder calves at state fair or Ak-Sar-Ben 4-H State Fair. For more information, contact Marty at 402-441-7180 or mcruickshank2@unl.edu.
CLOVER COLLEGE
Tue., June 13–Fri., June 15
Lancaster Extension Education Center, 444 Cherry Creek Road
Open to youth ages 6 & up

Four days of "hands-on" workshops full of fun and learning! Youth aged 6 & up can come and learn. Youth attending workshops that overlap the lunch period should bring a sack lunch. Food will not be available (unless otherwise stated in the workshop description).

If you have questions, contact Trey at 402-441-7160.

WORKSHOP DESCRIPTIONS

4-Day Workshops
All four-day workshops will be held Tuesday through Friday, June 13–15.

CLOVER Kids 4-Day Day Camp
CLOVER Kids will participate in several hands-on activities while learning about the world around them, outdoors, and more. Refreshments provided. Tue., June 13–15; 8 AM–1:15 PM Ages 6 & FEE $25

2 Rocks...Countdown to Family Fun 3...2...1...blast off! Have you ever wanted to build a rocket and launch it? In this workshop you will receive a rocket kit and one engine. FRI., JUNE 15; 10:15–12:15 PM Ages 8–12 & $10 FEE $10 INSTRUCTOR: Ron Kueng, 4-H Volunteer

3-Day Workshop

CLOVER Chess Tourney
Play in a unique chess tournament. Checkmate, Princess promotions and three-day alternating colors. Time controls Game20, Swiss system. Bidding allowed. Monday through Thursday provided. WED.-Fri., June 13–15; 3–5 PM Ages 8–12 & FEE $10 INSTRUCTOR: James Walls, 4-H Volunteer

2-Day Workshop

Camera Creativity!
Bring your ‘point and shoot’ or ‘DSLR’ and learn how to use your camera. Create a mini studio with lighting! Bring a small fun object for camera shooting in your new studio. Fun filters for camera flash gives you a new view of color and special effects. WED., JUNE 13; 10:15–12:15 PM Ages 8–12 & FEE $8 INSTRUCTOR: Michael Pinto Jr., 4-H Volunteer

Basketball Basics
Learn the basics of basketball. Youth will be a successful basketball player. Become a star on the hard court! WED., JUNE 13; 8–10 AM Ages 8 & FEE $10 INSTRUCTOR: Maureen Brunson, Extension Educator

Primitive Rope Making
Create a masterpiece from thin ropes made by the indigenous cultures. Learn technologies using natural fibers found in the woods and rocks. Tue., JUNE 12, 8–10 AM Ages 8–12 & FEE $10 INSTRUCTOR: BJ Spring, owner, Nyker's Primitive Survival Skills

Archery – A Learn the basic skills needed to be a safe archery shooter. All equipment provided. Tue., JUNE 12; 10:15–12:15 PM Ages 8–12 & FEE $2 INSTRUCTOR: Evan Kuercy, 4-H Volunteer

Origami Create friendly frogs and other cool things made out of folded paper with special effects. Tue., JUNE 12; 10:15–12:15 PM Ages 8 & FEE $8 INSTRUCTOR: Evan Kuercy, 4-H Volunteer

Money, Money, Money
Learn the basics of banking and how to have fun with your money. Tue., JUNE 12; 10:15–12:15 PM Ages 8–12 & FEE $8 INSTRUCTOR: Western Platte Junior Power Branch


Archery – B You will learn all you need to know to participate in the 4-H Table Setting Competition. Tue., JUNE 12; 2:45–4:15 PM Ages 8 & up & FEE $4 INSTRUCTOR: Karol Swotek, 4-H Volunteer

Terrific Table Setting Material: We will cover everything you need to know to plan and set a beautiful table. Tue., JUNE 12; 2:45–4:15 PM Ages 8 & up & FEE $3 INSTRUCTOR: Cindy & Alyssa Zablocki, Extension Volunteers

Rabbits, Rabbits! Rabbits will be present to help you learn about the many different types for them and learn about rabbit showmanship! Tue., JUNE 12; 2:45–4:15 PM Ages 8 & up & FEE $3 INSTRUCTOR: Rachel Pickrel, Extension Volunteers

Nail Art Have fun learning how to create different designs on your fingernails using decals, mininettes, and beautiful nail polish. You’ll leave with clean finger and toe nails. Tue., JUNE 12, 3–5 PM Ages 8 & up & FEE $10 INSTRUCTOR: Jhon Kucera and Karol Swotek, 4-H Volunteers

Modeling Madness Learn to diva and diva in style with these fun, hands-on, and creative modeling crafts. Wed., JUNE 13, 8–10 AM Ages 8 & up & FEE $3 INSTRUCTOR: Jhon Kucera, 4-H Volunteer

Steady Hand Tester Embroidery and ribbon embroidery. Make a fun game and find out — and then enter it in the 4-H fair. Wed., JUNE 13, 3–5 PM Ages 8 & up & FEE $2 INSTRUCTOR: Sherrilyn Swotek, 4-H Volunteer

Pizza Farm What’s a Pizza Farm and what does a Pizza Farm do? Come and find out! Wed., JUNE 13, 3–5 PM Ages 8 & up & FEE $2 INSTRUCTOR: Shayna Truax, Extension Volunteer

Treasured Recycles One person’s trash is another person’s treasure. Make creative new items that had once a different purpose. Wed., JUNE 13, 2–4 PM Ages 8 & up & FEE $5 INSTRUCTOR: Nicole Ellef, 4-H Volunteer

Quilling Learn the basics of quilling and make an item to enter in the fair. Wed., JUNE 13; 10–3 PM Ages 8 & up & FEE $4 INSTRUCTOR: Carol Nabbity, 4-H Volunteer

Go Go Osmosis! Come have fun and learn why osmosis is the reason for some water treatments. Wed., JUNE 13; 10–12 AM Ages 8 & up & FEE $5 INSTRUCTORS: David Smith, E rhe Zimmerman, 4-H Volunteers

Feathered Flops Make gorgeous flop flops with feathers using straw. Must state shoe size on registration form. Tue., JUNE 12; 2:45–4:15 PM Ages 8 & up & FEE $4 INSTRUCTORS: Jhon Kucera and Karol Swotek, 4-H Volunteers

Mousetrap Creep Build your own powered scooter using the energy of one standard-sized mousetrap. Tue., JUNE 12; 2:45–4:15 PM Ages 8 & up & FEE $4 INSTRUCTOR: Karol Swotek, 4-H Volunteer

Table Manners These workshops will allow you to learn about dining and all you need to know to participate in the 4-H Table Setting Competition. Tue., JUNE 12, 2:45–4:15 PM Ages 8 & up & FEE $3 INSTRUCTOR: Rachel Pickrel, Extension Volunteers

Destination: Moon Solve mysteries about the moon’s origins, revolution, and rotation. Wed., JUNE 12, 2:45–4:15 PM Ages 8 & up & FEE $5 INSTRUCTORS: Nancy Smith and Kyle Pedersen, Master Gardner and 4-H Volunteer

Sumptuous Crafts Create your own sensational sensation with crafts in this hands-on workshop. Wed., JUNE 12; 10:15–12:15 PM Ages 8 & up & FEE $5 INSTRUCTORS: Lianne, Victoria, and Callie, Extension Volunteers

Birdy Hoop Rugs Create a hula hoop rug with old T-shirts. Bring 10 colorful old adult or kid sized T-shirts to the workshop. THU., JUNE 14; 10:15–12:15 PM Ages 8 & up & FEE $5 INSTRUCTORS: Michele Hubler, 4-H Volunteer

Wild About Wallets Make a wallet that will make any friend or family member. Must bring the money for the construction kit. THU., JUNE 14; 8–10 AM Ages 8–10 & FEE $5 INSTRUCTOR: Cathy Plager, Extension Intern

Gardening Star Create a neat wall hanging highlighting your family’s friends, and pet! Bring 10–20 photos (all black and white or all color) for the collage. THU., JUNE 14; 10:15–12:15 PM Ages 8–10 & FEE $5 INSTRUCTOR: Michelle Huber, 4-H Volunteer

Washing Machines In this unique activity by creating a light switch you can turn in the plant. THU., JUNE 15; 10:15–12:15 PM Ages 8–10 & FEE $5 INSTRUCTORS: Michelle Huber, 4-H Volunteer

Perfect Pet Treats Create a delicious treat for your dog or cat. Take some treats and toys home and donate the rest to the Capital Humane Society. Thu., June 15; 8–10 AM Ages 8 & up & FEE $7 INSTRUCTOR: Stephanie Wachter, 4-H Volunteer

Frosting Frenzy! Learn to frost cakes and eat it too! Leave with your sample cupcakes and a delicious Frosting Adzeles. THU., JUNE 15; 3–5 PM Ages 8–10 & FEE $3 INSTRUCTORS: Vicki Clarke, Lynne Donnel, Linda Thompson, 4-H Volunteers

Cool Quick Circuit Desk top circuit board. Build this circuit board. Make basic welding, sewing supplies, sixty 2” square fleeces blocks of contrasting/complementary colors and/or and patterns and matching thread. THU., JUNE 15; 8–10 AM Ages 8 & up & FEE $3 INSTRUCTORS: Nancy Smith and Kyle Pedersen, Master Gardner and 4-H Volunteer

Creative Cards With a little cooking fun. First-timers get first quarter for each wallet for a total of four fat quarters to make two wallarts. FRI., JUNE 16; 8–10 AM Ages 8 & up & FEE $5 INSTRUCTORS: Kyle Plager, 4-H Volunteer

Wild About Osmosis! Learn about how osmosis can be used to determine the making of a fluid. FRI., JUNE 16; 8–10 AM Ages 8 & up & FEE $5 INSTRUCTORS: Michele Huber, 4-H Volunteer

CLOVER College Registration opens May 2 for currently enrolled 4-H members. Registration opens May 9 for non-4-H members.

To register, use form on page 11 of this issue!

Early registrations will NOT be accepted! No telephone or online registration. No refunds unless class is already filled or canceled.

For current class availability, go to http://lancaster.unl.edu/4-h/programs/clovercollege
Nebraska Agricultural Leadership Council

Applications are now being accepted for the Nebraska LEAD Group 32 which begins the fall of 2012. Up to 30 highly motivated individuals with demonstrated leadership potential will be selected.

The Nebraska LEAD Program is specifically designed for both men and women involved in production agriculture or agribusiness. Nebraskans in the general age range of 25–50 who are interested in developing leadership skills for the future of Nebraska agriculture are encouraged to apply.

Application deadline is June 15.

For application or re-application materials and/or further information, call the Nebraska LEAD Program at 402-472-6810 or email sgardes2@unl.edu.

More information is located at http://lead.unl.edu

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AARP Driver Safety Program, May 16

The AARP Driver Safety Program is the nation’s first and largest classroom course designed for motorists 50 and older.

The course will be presented in Lincoln as a one 4-hour session on Wednesday, May 16, 9 a.m. to 1 p.m. at the Lancaster Extension Education Center, 444 Cherry Creek Road. A certified AARP instructor will teach the course. Cost is $12 for AARP members and $14 for non-members payable at the door. To register for the class, call 402-441-7180.

You will learn:

• defensive driving techniques, traffic laws, and rules of the road,
• how to deal with aggressive drivers,
• techniques to handle driving situations such as left turns, right-of-ways, and
• how to safely use anti-lock brakes, air bags, and safety belts.

There is no test. Course participants may be eligible to receive an insurance discount — consult your insurance agent for further details. For more information about the course, go to www.aarpdriversafety.org or call 1-888-227-7669.

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Community Focus

From Recipe to Reality Seminar, May 11

The University of Nebraska–Lincoln Food Processing Center’s “From Recipe to Reality” seminar is the first step in developing a food business. Participants will be introduced to the process of developing a food product, considering adding value to an agricultural product, and learning about the marketing and business side of the enterprise.

From “Recipe to Reality” provides a general overview of the many issues involved in developing a food manufacturing business. Seminar topics address important questions every entrepreneur should consider.

• Market research and selection
• Product and process development
• Food regulatory issues and agencies
• Packaging and labeling
• Pricing and cost analysis
• Product introduction and sales
• Promotional material package
• Food safety and sanitation
• Business structure

Upcoming seminars held in Lincoln at UNL East Campus will be Friday, May 11, Friday, Aug. 10, and Saturday, Nov. 10. Pre-registration required and space is limited. For additional information, contact Jill Gifford at 402-472-2819 or giffordj1@unl.edu or go to http://fpc.unl.edu/Enterpreneurs/recipe.html.

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Biosolids

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Nebraska has developed a biosolids program.

EPA Regulations

In 1993, federal regulations set standards for pathogens, heavy metal concentrations, and rules that determine applica-

 ration rates and application sites. The intent of these regulations was — and still is — to prevent harm to people, wildlife, and the environment. Soil tests are taken on fields to make sure the soil needs nitrogen and to determine application rates. There are also restrictions that prevent applica-

 tion of certain materials, such as river, steams, and public water supplies. GIS/GPS Technology

In 1997, extension purchased a global positioning system (GPS) receiver and geographic information system (GIS) software used to map storage and application sites. This monitoring system has become important in tracking multiple applications on fields.

Everyone Wins

This is a program where everyone wins. The City of Lincoln wins because the cost associated with landfilling biosolids is greater than the cost of the biosolids program. It may be hard to believe, but to landfill biosolids, the City has to pay tipping fees just like any other user. Landfill users — nearly everyone in Lancaster County — win because this program saves landfill space and extends the life of the Bluff Road Landfill. Cooperating farmers win because they get greater yields, which helps their bottom line.

UNL Extension wins because this program is one to be proud of — few extension programs do a better job of demonstrating the interdependence of urban and rural sectors of our society.

For more information about the biosolids program, contact Barb Ogg or Dave Smith at 402-441-7180, Monday–Friday, 8 a.m.–4:30 p.m.

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Knowing Facts About Severe Weather Can Prevent Harm

Many myths surround spring severe weather, but knowing all of the facts about safety and preparation can save lives.

Be Prepared

The first thing a family can do to prevent harm is buy a weather radio. A weather radio costs no more than $25 and provides the family of four going to see a movie. Instead of using a phone or looking outside, find out about severe weather through a weather radio.

When traveling in a car during severe weather, make sure to listen to the radio. Take out the CD, the MP3 player, or turn from an FM station to a local AM station covering the weather going on in the area.

Many families also include a photocopier of everything on paper of value in a home or business. This may include insurance information, car titles, licenses, passports, or other forms. Keep those copies stored in a safe location in the house away from home. Surviving severe weather is important, but returning to normal life will be much easier with backup copies.

Families should also have a communication plan set in place. Relatives or friends could overload authorities’ phone lines trying to find out if their loved ones are safe. Schools need to have a head of the “a communica-

 tion tree.” That person can find out information about family in the disaster and let relatives and friends know about their condition.

Families need to have plans in place for safety areas and meeting places during a storm. Kids should go to school, and school days need to know a meeting place and designated tornado shelter in their home. Children should have died from panicking during a storm. A house, car, or well-enclosed picnic area in parks are good options. If caught outside, crouch to the ground, don’t lie on it. Lying on the ground puts the heart closer to the ground, which increases the chance of an electrical charge reaching the heart and stopping it.

Don’t hide under a tree. Trees stand high from the ground and a charge can run through them. If a person’s hair begins to stand up, it means static electricity is in the air and he or she should find cover immediately. However, don’t run. Running in a storm increases static electricity that attracts lightning.

Another huge myth is visibly see the sun or being outside rain will mean lightning won’t strike close. Lightning can strike more than 15 miles away from the storm. A “bolt in the blue” occurs when lightning strikes out the side of a storm system. These are some of the most common lightning fatalities.

A watch is telling citizens to just watch out for the hazard, to be more aware of the weather. A warning means something is happening now.

Lightening

Many myths surround lightening from severe thunderstorms. Many people believe no phones are safe during an electrical storm. However, cell phones are safe.

Get inside immediately after hearing thunder during a storm. A house, car, or well-enclosed picnic area in parks are good options. If caught outside, crouch to the ground, don’t lie on it. Lying on the ground puts the heart closer to the ground, which increases the chance of an electrical charge reaching the heart and stopping it.

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5th Graders Learn About Environment at earth wellness festival

Approximately 3,100 Lancaster County fifth graders from 44 schools attended the 18th annual earth wellness festival (ewf) on March 26 and 27 at Southeast Community College. Students learned about the environment and the importance of natural resources in fun, interactive sessions. More than 200 volunteers, area educators, environmentalists, and government representatives make this educational experience possible.

The festival is organized by 10 local agencies, including University of Nebraska-Lincoln Extension in Lancaster County. Classrooms attending the festival received pre-festival learning kits in October. More photos and a video of the Lincoln Children’s Zoo “Endangered!” presentation are online at http://lancaster.unl.edu/ewf.

In the “Scoop on Poop” session, fifth graders learn about Lincoln’s biosolids program.

4th Graders Gain Understanding of Agriculture at Ag Awareness Festival

Nearly 470 fourth graders from eight Lincoln area schools attended the Ag Awareness Festival held on April 3 and 4 at the Lancaster Event Center. Students gained a greater understanding of agriculture and how it impacts their daily lives. Students rotated between the following 10 interactive stations: Nebraska Ag Production Across the State, Grain Products, Farming Technology, Swine, Horse, Dairy Production, Ruminant Nutrition, Dairy Calves, Beef Production, and Hay & Forages.

The Ag Awareness Coalition, led by University of Nebraska-Lincoln Extension, organizes the festival with the help of agriculture businesses, commodity associations, and food industry companies. This is the 12th year the festival has been held in Lincoln.

Pete, a quarter horse used by the UNL Equestrian Team, was on hand to help students learn about horses.

Spring Rabbit Show Gives Youth Jump Start on Rabbit Project

The Lancaster County Rabbit VIPS Committee hosted a 4-H Spring Rabbit Show on March 24. This was a good opportunity for youth to learn and practice their showmanship as well as show their rabbits. Youth also participated in Breed Identification and Rabbit Quiz contests. 4-H’ers from Lancaster, Adams, Douglas, Gage, Johnson, Sarine, and Saunders counties entered 145 rabbits. Proceeds from the show will go toward educational shows/clinics and trophies for the Lancaster County Super Fair 4-H Rabbit Show. More photos are online at http://go.unl.edu/lancoflickr.

Soni Cochran, UNL Extension in Lancaster County

Can You Guess It?

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

The answer was: Spaghetti with sauce and meatball showing portion distortion

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Did you guess it from the April NebliNe?

The answer was: Spaghetti with sauce and meatball showing portion distortion

May

Mark Hurt

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

A volunteer for more than eight years, Mark helps with the Rabbits R Us 4-H club, is a member of the Rabbit Volunteers in Program Service (VIPS) Committee, a superintendent of the 4-H Rabbit Judging and Breeding Identification contests at the Lancaster County Super Fair, and a member of 4-H Council. He has helped with 4-H Council’s food booth at the fair and other Council activities.

“I like being a 4-H volunteer because I believe the kids are gaining experiences in the life skills of confidence in themselves and projecting that on others,” Mark says. “It’s such a positive group to be in with so much potential for urban kids to learn from. 4-H is hands-on and involvement with others, gaining communication skills along the way to use later in life. Every year I help out at the Super Fair with the youth in 4-H, helping answer questions or getting them to make more of a effort, boosting their confidence, and showing them they are capable of achieving what they want.”

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

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