In 2000, the Obbink and Rice families consolidated and built a new modern facility. The dairy is currently owned by four family farms.

Prairieland has a holistic concept of sustainability. Dairy cattle produce raw milk, meat, and manure. All are valuable commodities and all contribute to Prairieland's income stream. The dairy's goal is to reconnect people from the farm to the food. About 15,000 people tour the farm each year. If anyone wants to see exactly how the cows are treated or how the dairy handles the products, they can see for themselves. About 6,000 people are expected to attend this year's annual open house, Prairieland Dairy Day, on June 23.

Terry Landes, Prairieland Dairy public relations, marketing, and sales manager, says “it’s the consumers that own the Prairieland Dairy brand, not Prairieland Dairy. We simply give the Prairieland Dairy brand, not the Prairieland Dairy public relations, marketing, and sales manager, Terry Landes, public relations, marketing, and sales manager, shows finished compost made with manure solids and other biodegradable products such as wood chips and grass clippings.

The Barns
Another example of sustainability are the barns where the cows are housed. The barn receives periodic applications of sand for the cows to use as bedding when laying down. The excrement from the cows is flushed from the barn with several hundred gallons of water. The liquid portion of the manure (the effluent), continues down a sloping drainage way (pictured at left) to the lagoon system to begin the treatment process.

Prairieland Dairy in southern Lancaster County, has been an excellent example of business efficiency, innovation, and environmental protection — and is a champion of urban/rural relations. Prairieland’s mission extends beyond just producing milk and it has been a leader on several fronts. The dairy is involved with its products from the farm to the point of consumption.

Prairieland is the largest of six dairy cattle farms in Lancaster County and the only dairy which processes milk for drinking. The farm started as the Obbink farm in the 1890’s. In 2000, the Obbink and Rice families consolidated and built a new modern facility. The dairy is currently owned by four family farms.

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The Barns
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Spending Time Outside Is Important to Well-Being of Children and Adults

Soni Cochran
UNL Extension Associate

When your family is busy, spending time outside can seem like a luxury. However, research shows that time in the outdoors is important to the health and well-being of children and adults.

Researchers have discovered links between early experiences with the natural world and development of a child’s imagination. Imaginary play is an important factor in a child’s healthy social and psychological development. Children who play outdoors have reduced stress and we all benefit from a more active lifestyle.

Children have always learned by being curious and asking questions. Take your children or grandchildren outside and let them explore nature. They are fascinated by water, sand, mud, rain, clouds, plants, insects, and animals. Let them feel, touch, and observe.

Here are some tips to help you and your family enjoy more outdoor activities:

• Make a pit to enjoy the outdoors as a family every week. Even if you have to schedule it. Use this time to encourage children to explore our natural environment.

Teach your child/grandchild how to observe nature. Talk about the seasons, point out flowers, colors, sounds, smells, and the beauty of our environment. Stop for a moment and watch the insects and plants living in a small space like a crack in the sidewalk pavement.

• Put together an observation kit and keep it in a backpack. Include binoculars, a hand net, and a small container children can use to observe plants and animals they find.

• Purchase an inexpensive digital camera so children can take photos of your trips and adventures. Encourage them to photograph subjects in your own backyard.

• Put together a nature journal specifically written for your area to help identify plants, insects, and animals.

• After being outdoors, encourage children to write about or illustrate what they saw or experienced. Share stories, make leaf prints and more.

For more information on parks and programs available in your area:

• Complete Listing of Parks and Recreation facilities in Lincoln area. http://lincoln.nc.gov/city/parks/

• Nebraska State Parks and trails information. http://outdoornebraska.ne.gov

• Nebraska Department of Tourism, www.nebraska.com

• Nebraska Passport Program has fun tours and exciting prizes, www.nebraskapassport.com

Wood and Oriental Cockroaches

Barb Ogg
UNL Extension Educator

Oriental and wood cockroaches are two species of cockroaches able to survive Nebraska’s harsh winters. Both species are active during the late spring of the year. It is important to be able to distinguish these species because the oriental cockroach can live and breed indoors, but the wood roach is unlikely to do so. Wood roaches are truly accidental invaders and have no real pest status.

Wood Roaches

Male Pennsylvania wood roaches have white margins on their thorax and forewings (see arrows above).

Wood roaches prefer to live outdoors. They live in rotted logs, tree stumps, and under the loose bark of dead trees. They may also live under cedar-shake shingles and siding, and in rain gutters. Wood roaches can be brought into houses with clothing, luggage, or anything brought into the house at night around windows, doors, and other openings.

In early July, wood roaches usually die within a few days of their accidental invasion into the house from desiccation. The female wood roach has short wings and cannot fly and rarely, if ever, comes indoors. Because the wood cockroach does not breed indoors, it is merely an annoyance. These roaches cannot harm the house structure, furnishings, or occupants. Wood roaches have white stripes present on the margins of the thorax and front portion of the wings. This striping is more obvious in the males than in the females and nymphs, and it is the people who are most likely to see indoors. The wings of the males extend slightly beyond the tip of the abdomen. The females’ wings are only half to three-quarters as long and are shiny and seem to be greasy. Females long and dark brown to black. Their bodies appear to be wingless, but, if examined carefully, there are small wing pads just behind their head. Males have short wings covered by a seasonal developmental cycle. The number of adults peaks in late spring and early summer. Oriental cockroaches are about 1-inch long and dark brown to black. Their bodies are shiny and seem to be greasy. Females appear to be wingless, but, if examined carefully, there are small wing pads just behind their head. Males have short wings covered by a seasonal developmental cycle. The number of adults peaks in late spring and early summer.

Treatments for household cockroach species aren’t useful against wood roaches. Exclusion techniques will be most helpful. Doors and windows should be tight-fitting and cracks, gaps, and other possible entry points should be sealed. Reduce lighting around the house or use yellow bulbs which are less attractive to night-flying insects.

Oriental Cockroaches

Male and female Oriental cockroaches (also known as waterbugs) are usually associated with cool, damp areas.

When found indoors, oriental cockroaches are usually found in bathrooms, basements, and under leaf litter. They live in the spaces between block retaining walls, areas that stay moist and cool. Oriental cockroaches are about 1-inch long and dark brown to black. Their bodies are shiny and seem to be greasy. Females appear to be wingless, but, if examined carefully, there are small wing pads just behind their head. Males have short wings covered by a seasonal developmental cycle. The number of adults peaks in late spring and early summer. Oriental cockroaches are about 1-inch long and dark brown to black. Their bodies are shiny and seem to be greasy. Females appear to be wingless, but, if examined carefully, there are small wing pads just behind their head. Males have short wings covered by a seasonal developmental cycle. The number of adults peaks in late spring and early summer. Oriental cockroaches are about 1-inch long and dark brown to black. Their bodies are shiny and seem to be greasy. Females appear to be wingless, but, if examined carefully, there are small wing pads just behind their head. Males have short wings covered by a seasonal developmental cycle. The number of adults peaks in late spring and early summer. Oriental cockroaches are about 1-inch long and dark brown to black. Their bodies are shiny and seem to be greasy. Females appear to be wingless, but, if examined carefully, there are small wing pads just behind their head. Males have short wings covered by a seasonal developmental cycle. The number of adults peaks in late spring and early summer.

For more information on pets and programs available in your area:

• Purchase nature field guides specifically written for your area
• Purchase an inexpensive digital camera so children can take photos of your trips and adventures
• Put together a nature journal specifically written for your area
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black blister beetle is the larger beetle 9/16-inch to 11/16-inch long, brown, and yellowish-gray with black, and three-striped blister beetles are common to Nebraska and pose varying degrees of problems. In Nebraska, the gray, black, and three-striped blister beetles are most common. The three-striped is long, slender, brown, and yellowish-gray with yellowish stripes. The gray is a larger beetle 9/16-inch to 11/16-inch long. The gray coloring is due to a thick covering of hair. The black blister beetle is the largest of the three species. It is more robust and is 5/8-inch to 3/4-inch long. Adult blister beetles can generally be found in alfalfa through the second and third cuttings and some years, into the fourth cutting. Horses are particularly susceptible to blister beetle poisoning. Part or all of a horse’s digestive tract can be severely irritated, leading to secondary infections and bleeding. Cantharidin is absorbed and excreted through the kidneys, thus irritation of the kidneys, ureter, urinary bladder, and urethra could be followed by secondary infections and bleeding. The substance also lowers serum calcium levels and causes damage to heart muscle tissue.

Researchers estimate the minimum lethal dose of cantharidin is about one milligram per kilogram body weight of a horse. The lethal dose for cattle may be as low as 0.5 milligram per kilogram body weight. Consequently, a few beetles with a high cantharidin level would kill a small horse, while a large horse with a lower level would be required to kill a larger horse. About 1,700 black blister beetles would be needed to kill an 825-pound horse, but only 40 three-striped blister beetles. However, only 40 three-striped blister beetles would kill a 275-pound colt. As little as four to six grams of dried beetles can be fatal to a horse.

Toxicity by blister beetles in alfalfa, but carefully examining the hay being fed to horses may help detect their presence. Source: Jack Campbell, retired UNL extension entomologist, West Central REC.

Is Your Water Affecting Your Herbicide Performance?

Tom Dorn
UNL Extension Educator

Herbicide spray mixes are more than 95% water and can vary widely in many characteristics. Purdue University researchers (Curtirinder Kaur Chahal and others) stressed the importance of good water quality when mixing herbicides. They said the properties of water for carrier in spray solutions can greatly influence the performance of herbicides including glyphosate, Ignite, Clarity, 2,4-D, Sharpen, Pursuit, Poast, and many other herbicides.

Unlike pure water, quality of ground water is determined by factors such as pH, hardness, alkalinity, turbidity, and temperature. The presence of dissolved cations like calcium, magnesium, iron, aluminum, zinc, manganese, sodium, potassium, cesium, and lithium can influence herbicide efficacy.

The presence of calcium and magnesium carbonates makes water hard, whereas carbonate and bicarbonate carbonates makes water soft. Calcium carbonate and bicarbonate can alter the pH of a solution, which would otherwise tie up some of the glyphosate in the spray tank. AMS is also said to increase the absorption of the herbicide into the leaf tissue. Other herbicides that Select Max, Poast, and growth regulators such as 2,4-D can give a poor performance if your water has a high level of carbonates and bicarbonates. A tank mix with diammonium sulfate could help, but it needs to be the right amount.

Specific additives for various herbicides in corn can be found on page 40, for soybeans on page 41, and for weed leaves. On the other hand, herbicides that are basic, will react similarly in more acidic water (below 7.0 pH) and will become less effective as the spray becomes more acidic. These include ALS herbicides, like Atrazine and haloxyfop.

The Purdue weed specialist report extreme pH levels (below 5.0 and above 8.0 pH) not only affect the performance of the herbicide, but impact its residual in the soil.

Extreme pH levels will also reduce the solubility of the herbicide and can leave residues in your tank that will clog screens and nozzles. These deposits can react with the next herbicide you put in the tank and may reduce its effectiveness.

If you have water that has an adverse pH, there are pH adjusters that allow you to create the optimum chemistry for your herbicide. But before you use a buffer, consider whether the herbicide already has a pH adjuster included in the product.

Ammonium sulfate (AMS) is a basic solution that is used as a water treatment prior to adding glyphosate to the tank. AMS binds with the cations of other metals, especially calcium, magnesium, and iron which would otherwise tie up some of the glyphosate in the spray tank. AMS is also said to increase the absorption of the herbicide into the leaf tissue.

Recommended water conditions. The optimal conditions for herbicide performance are a pH between 5.8 and 7.0. The herbicide and water should have a conductivity of less than 1,500 microsiemens per centimeter. The water temperature should be 10 to 30°C. The pH and temperature affect the water chemistry and change the performance of the herbicides. The herbicide and water should have a conductivity of less than 1,500 microsiemens per centimeter. The water temperature should be 10 to 30°C. The pH and temperature affect the water chemistry and change the performance of the herbicides.
Kids in the Kitchen Part 2

- cleaning off counter tops and tables
- using cookie cutters

Activities for children 6–10 years old:
- helping with the shopping list
- stirring ingredients in a bowl
- learning to read recipes

Activities for 10–13 year olds:
- using a stove, oven, and microwave with supervision
- following simple recipes with little adult help
- using a hand grater and a knife with supervision
- operating an electric mixer

Activities for Teens:
- learning to plan a balanced meal or menu
- reading a recipe and creating a shopping list
- operating a food processor or blender
- preparing multiple ingredient recipes with little supervision

Summer Breezes Smoothie
1 cup low-fat yogurt
1 banana
6 strawberries
1 teaspoon vanilla
1 cup pineapple, canned in juice
4 ice cubes

Place all the ingredients in a blender and process on high until smooth. Serve right away.

Recipe adapted from The Cooks Helper, UNL Nutrition Education Program

Dana Willeford
UNL Extension Associate

We all know there are many reasons for teaching kids to cook; its less expensive than eating out, provides bonding time with family, builds confidence, etc. However, the most important reason for teaching children to cook is enabling your child with the ability to appreciate a healthy lifestyle and not ending up eating food from a paper bag!

Using kid-friendly recipes and making small changes in your cooking routine will help work your children into your dinner preparation. Before beginning, remember these important starters:
- always wash hands
- wear aprons or roll up sleeves and tie back hair
- use plastic knives for little ones
- turn all pot and pan handles toward the back of the stove
- keep hot pads handy

Children enjoy assembling, measuring, and shopping tasks. There are activities for all ages. Here are some age appropriate activities as you get your kids into action!

Activities for young children 3–6 years old:
- washing fruits and vegetables
- using a rolling pin

Recipes for children 6 to 10 years old:
- 8 ounces vanilla yogurt
- 1 tablespoon chocolate instant pudding mix
- Animal crackers

Combine yogurt and pudding mix. Serve 1/4 cup of “swamp” to each child. Dip crackers into the “swamp” and enjoy. Refrigerate any extra “swamp” within 2 hours and eat within 3 to 4 days.

Activities for children 6–10 years old:
- preparing multiple ingredient recipes with little adult help
- using a hand grater and a knife with supervision
- operating an electric mixer

Activities for Teens:
- learning to plan a balanced meal or menu
- reading a recipe and creating a shopping list
- operating a food processor or blender
- preparing multiple ingredient recipes with little supervision

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Play is Important for Young Children

Let’s Get Outdoors: Scavenger Hunt!

Materials Needed:
• Friends
• Three items for each player or team: spoon, 3 small paper cups, 3 small plastic zip up bags, 3 large plastic zip up bags

Learning Activity:
1. Look at the list of outdoor objects. Our goal for this hunt is to find as many of those items as you can.
2. Decide with the other players if you will each hunt alone or if you will form teams. Also, agree on times to start and end the hunt.
3. As you find an object, put it in a bag or cup, and check it off your data sheet.
4. Return any living objects to the outdoors. Use some of the objects to create a collage, picture, or creature.
Colorful Annual Vines

Mary Jane Frogge
UNL Extension Associate

Annual flowering vines are useful for many locations around the home landscape. They add new interest to the yard area when grown on a fence, lattice, arbor, or trellis. Annual vines climb by twining around a support or by clinging with tendrils, as they grow rapidly to form an attractive mass of foliage and flowers.

**Candy corn vine** on Firecracker vine has bright red and yellow tubular shaped flowers. It is ideal for arbors, fences or even hanging baskets. The vine will grow 8–10 feet. It grows in full sun to light shade.

**Morning glory** is one of the most colorful vines you can plant. Brilliant flowers are available in white and shades of blue, pink, purple, and red. The flowers are four inches across and are borne freely on vines which may grow to a height of 12–15 feet tall. Morning glories grow best on a well drained soil in a warm sunny location.

**Trailing nasturtiums** grow four or five feet tall. They bloom profusely and producing fragrant flowers in shades of red and yellow. The plants perform best in well drained soil and full sun.

**Scarlet runner bean** is an edible ornamental for trellising. Rosy scarlet flowers top long twining vines. The pods are very ornamental. Unfortunately, bean leaf beetles love to eat this plant.

**The sweet pea** has a delicate, colorful flower that has a honey-orange blossom scent. These vines will grow 6–8 feet tall in full sun.

**Cardinal climber** is a lovely flowering vine. It has dark green, palm-like leaves and bright crimson red flowers. Cypress Vine is similar to Cardinal climber with red flowers, but the foliage is very fine and feathery. Butterflies are very attracted to these two vines.

**Black-eyed Susan vine** is a vigorous climbing vine. This vine will do well in full sun locations. The flowers are plentiful in colors of bright orange, yellow, and white.

**Gourds** have rather inconspicuous flowers, but produce colorful fruit which are ornamental on the vine during late summer. The fruit may be dried for fall and winter arrangements.

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Mower Wounds Injure Trees

Mary Jane Frogge
UNL Extension Associate

In Nebraska, trees have a tough time staying healthy. Drought, insects, disease, and storm damage shorten the life of our beautiful trees. There is one other menace that is easy to prevent, lawn mower damage. Injury and infection started by lawn mower wounds can often be the most serious threat to tree health. Most tree injuries occur when mower operators attempt to trim close to tree trunks. This can be prevented by removal of turf around trees and adding mulch or by hand trimming. Care must be used to avoid harming trees with weed whip trimming machines. They can do a great deal of damage to the bark, particularly on young trees. The site of injury is usually the root buttress, since it flares out from the trunk and gets in the path of the mower. However, injury is common on shallow roots and along the trunk area. Although large wounds are more serious, repeated small wounds can add up to trouble. Wounds from lawn mowers are serious enough by themselves, but the wounded tree must protect itself from pathogens that invade the wound. These microorganisms can often attack the injured bark and invade healthy tissue, greatly enlarging the affected area. Internal decay can result and then the loss of the tree.

The problem of lawn mower injury is not a tree problem but a people problem. The solution is to educate lawn mower operators about how serious these wounds can become if they are not careful and run their mowers into the tree. A mulched area around the tree trunk can provide protection for your investment, a healthy tree.

Source: Texas A & M Extension
Wildflowers Celebrated Statewide, June 2–10

Growing a Prairie Flower Garden

Preparing a Planting Bed

Weeds are best eradicated before planting or sowing, because they out compete slow growing prairie seedlings and shade them too. Smothering is a popular technique for small areas of bluegrass, fescue, and weeds. First cut the grass or weeds very short then lay down a layer of black plastic for up to a month to scorch and cook them. You can also lay down layers of newspaper (at least 10 sheets) over aggressive weeds. Spread 4–6 inches of a sand/compost mix on top of the paper. Plant plugs and seeds directly into this mixture. You can also use the least toxic, short-lived herbicides, as sparingly as possible, as carefully as possible, and only on those perennial weeds unfazed by hand digging. If possible enrich the soil for your tall grass prairie garden by incorporating a few inches of compost. Your dry, short-grass prairie will benefit from raising the soil with a topsoil/gravelly mix. When planning a border using plants native to dry-land or rocky soils, it is important to improve the drainage of your site by raising the soil above the original grade. I use old topsoil on other organic soil and one-half gritty mix of gravel and sand.

Maintaining Prairie Gardens

It is best to fight only those weeds that can cause tremendous trouble later. It is helpful to know what the prairie plants look like when they first emerge in spring, but it is far easier to memorize the life cycle of a dozen invasive weeds Let annual weeds act as a cover crop and worry only about keeping a few from becoming a weed problem. They also frame the flowers, adding a refined texture to what are sometimes coarse plants. Finally, they hide the legs of wildflowers that would rather go dormant than provide season long beauty. There are many ways to incorporate prairie plants into your existing perennial border, or perhaps you want to create your own “postage stamp” prairie garden. You can use the following planting plan to help you achieve the right texture and density of wildflowers and grasses.

1) First divide your garden space into a grid of one square yard sections and place them in drifts. For every ten dominant grasses, plant one species of dominant grass for each kind of prairie. By competing with the rough, tough wildflowers of the prairie, grasses help keep them from growing too tall or becoming a weed problem. They also frame the flowers, adding a refined texture to what are sometimes coarse plants. Finally, they hide the legs of wildflowers that would rather go dormant than provide season long beauty. There are many ways to incorporate prairie plants into your existing perennial border, or perhaps you want to create your own “postage stamp” prairie garden. You can use the following planting plan to help you achieve the right texture and density of wildflowers and grasses.

1) First divide your garden space into a grid of one square yard sections and plant one dominant grass per square yard. It is best to plant them in a random pattern so that each species is most eye-catching, will look nothing lined up and artificial. For every dominant grass, plant one subsidiary grass.

2) For every dominant grass, plant one subsidiary grass.

3) For every ten dominant grasses, plant a shrubby prairie flower.

4) Now, choose at least four different species of cool season forbs and at least four species of warm season forbs for each dominant grass to place them in drifts.

Lastly, broadcast seeds of pioneer forbs to help develop your drifts.

FOR MORE INFORMATION

Learn to identify Nebraska’s wildflowers at http://nps.unl.edu/wildflower.

Local Wildflower Events

• Wildflower Week plant sale and tour of display gardens at Nebraska Statewide Arboretum greenhouses. Friday, June 1, 12–5 p.m. and Saturday, June 2, 9 a.m. – Noon at the UNL East Campus. Wildflowers and other native and hardy plants, trees, grasses, and shrubs for sale. For more information, go to http://go.unl.edu/wto or call 402-472-2971.

• “Designing Sustainable Rain Gardens” workshop Saturday, June 2, 9 a.m. – Noon at Parks & Recreation Administration, 2740 A St. Sponsored by Finke Gardens and Nursery, Nebraska Statewide Arboretum, Lincoln Watershed Management, and Lincoln Parks & Recreation. Pre-registration of $10 before May 30. For more information, call Christine Hoyt at 402-472-3049.

• “Prairie Wildflower Walk” at Spring Creek Prairie Audubon Center, Sunday, June 3, 1 p.m. – 3 p.m. Admission is $5. 116th St. near Denton. Tours, discounts on plants, and demonstrations. For more information, go to www.springcreekprairie.org or call 402-797-2307.

• Jazz in June” walking tour of Love Garden, Tuesday, June 5, 6 p.m. UNL campus, meet at entrance to Sheldon Museum of Art. Sponsored by University of Nebraska-Lincoln Botanical Garden and Arboretum. For more information, go to www.jazzinjune.com or call 402-472-2679.

• “Gardening with Wildflowers” presentation, Saturday, June 9, 10 a.m. Tad Benjamin Vogt (gardener and author of http://deep-middle.blogspot.com) at Finke Gardens, 500 N. 66th St. For more information, go to http://finkegardens.com or call 402-466-1955.

Wildflowers give us a sense of where we are in the great land of ours... Wherever I go in America, I like it when the land speaks its own language in its own regional accent.” —Lady Bird Johnson

Inspired by a similar national event, Nebraska Wildflower Week is a celebration of wildflowers and native plants in the wild and in the landscape through events that will be going on across Nebraska. In 2012, it will be observed June 2–10, when many of Nebraska’s prairies and gardens are at their prime. Nebraska Statewide Arboretum serves as coordinator for Wildflower Week activities, bringing together organizations and individuals across the state who recognize the value of wildflowers — not only for their beauty but also for what they imply and symbolize.

“Where wildflowers are prevailing, it is a sign that the environment is healthy,” said Bob Henrickson of the Nebraska Statewide Arboretum, whose nursery production work with the Arboretum concentrates on native and regionally-appro priate plants.

Opportunities for wildflowers enthusiasts across the state include guided tours, presentations on wildflower plantings, etc. Events, photos, and more information can be found at http://go.unl.edu/wildflower.

DOMINANT TALL GRASSES

Indiangrass - Sorghastrum nutans Big Bluestem - Andropogon gerardii Switchgrass - Panicum virgatum

DOMINANT SHORT GRASSES

Little Bluestem - Schizachyrium scoparium Sideoats Grama - Bouteloua curtipendula Blue Grama - Bouteloua gracilis Prairie Dropseed - Sporobolus heterolepis

SUBSIDIARY GRASSES

Cassiope - Baccharis pilularis Prairie Junegrass - Koeleria pyramidata Prairie sedge - Carex becklandii

SHRUBBY WILDFLOWER

Leadplant - Amorpha canescens New Jersey Tea - Ceanothus americanus

TALL COOL SEASON WILDFLOWERS

Rattlesnake Master - Eryngium yuccifolium White Wild Indigo - Baptisia lancea Ohio Spiderwort - Tradescantia ohiensis Tube Penstemon - Penstemon tubaeformis Mountain Mint - Pyracantha virginianum

TALL WARM SEASON WILDFLOWERS


SHORT COOL SEASON WILDFLOWERS

Purple Poppy Mallow - Callirhoe involucrata Missouri Primrose - Oenothera macrocarpa Candle Anemone - Anemone cylindrica Prairie Smoke - Geum triflorum Prairie Phlox - Phlox paniculata Pasque Flower - Pulsatilla patens

SHORT WARM SEASON WILDFLOWERS


PIONEER FORBS

Daisy Fleabane - Erigeron annuus Black-eyed Susan - Rudbeckia hirta Upright Prairie Coneflower - Ratibida columnifera

Shallot Peaflower - Penstemon grandiflorus Prairie Ragwort - Senecio plattensis
It is absolutely necessary that 4-H enrollment forms are updated and returned to extension by June 15. This year, we are using a new database computer program and need to be sure each 4-H member is enrolled in our new system!
Life Challenge Contests
4-H Life Challenge judging contests help youth learn more about issues related to family, youth, and science (FCS). Contests are open to all 4-H’ers, need not be enrolled in a specific project. Contact Tracy at 402-441-7180 for more information.

• County-level Senior Life Challenge (ages 12 and up) is scheduled for Saturday, June 2, 9 a.m. at the Lancaster Extension Education Center. Preregister by May 31 by calling 402-441-7180 (there is no entry form). Contest questions will be based on family and consumer science and healthy lifestyles 4-H curriculum areas. This is a Lancaster County Super Fair 4-H Contest.

• Statewide FCS Life Challenge (ages 12 and up) will be held Monday, June 25 and Tuesday, June 26 on UNL East Campus. To participate, must contact Tracy at 402-441-7180 by June 4. Information is online at http://pase.unl.edu. It includes: 1) Save It, Recycle It, Reuse It; and 2) Color It, Paint It, Create It. Copies are available at the extension office.

Premier Animal Science Events (PASE), June 25–26
The statewide Premier Animal Science Events (PASE) will be held June 25–26 on UNL East Campus. Open to 4-H’ers ages 12 and up, PASE consists of five separate judging events including: livestock, meats and poultry judging, livestock skillathon, and livestock quiz bowl. For more information, go to http://pase.unl.edu. To participate, contact Cole at 402-441-7180 by June 4.

Junior, Senior Pygmy Goat Showmanship
There was a class not listed in the Fair Book. For 4-H pygmy goat showmanship at the Lancaster County Super Fair 4-H Contest, there are now two classes. Junior and Senior. In the past there was only one class of pygmy goat showmanship. Those not familiar with the word and let others know there are now two classes.

New 4-H Clover Kids Curriculum
A new 4-H Clover Kids (ages 5–7) home environment curriculum is now available. “A Space for Me!” member’s manual. Sections include: 1) Hands on Your Body; Keep Your Space Neat; 2) Save It, Recycle It, Reuse It; and 3) Color It, Paint It, Create It. Copies are available at the extension office.

4-H SpotLight Newsletter for Volunteers
Nebraska’s “Spotlight” on 4-H Newsletter for 4-H volunteers is mailed to club organizational leaders. It is also posted online at http://lancaster.unl.edu/4h/Spotlight.shtml. May topics include: Understanding Competition in 4-H, Baking for People with Food Allergies, Child Development Strategies, Gear-Tech 21, and The Art of Felting.

Cindy Zimmer
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Cindy also volunteers with other organizations, including: YWCA En Pointe Dance booster club, Sunday school co-superintendent, and is a board member of the National Federation of the Blind’s Kearney chapter. Lancaster County 4-H thanks Cindy for donating her time and talents. Volunteers like her are indeed the heart of 4-H!

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Summer is a time when many children visit family and friends who live in the country. You may be hosting young guests at your acreage or farm during the next few months. According to injury surveillance data, the greatest number of farm accidents occur during the summer. July and August have the highest accident rate. Over one-third of children injured in farm accidents, don’t live on farms. Take a few extra minutes to teach your children about safety. ATVs, tractors, and ponds are among the causes of injuries and fatalities. Here are some ways in which you can keep your guests and family safe as you create positive summer memories.

ATV — Make Every Ride Safe

Since 2004, ATVs have been the leading cause of agricultural fatalities in Nebraska, averaging over five fatalities a year. Children 15 and under account for 25 percent of the fatalities. A Consumer Product Safety Commission (CPSC) report released in February 2008 indicates in the U.S., ATV accidents killed 111 children under the age of 16 and injured over 39,000 seriously enough to be taken to the emergency room. Parents can help stop this trend by following the emergency room. Parents can help stop this trend by following the "golden rules" of ATV riding.

- No riders. Riders are allowed on their own or with parental permission. ATVs are not toys. They are not appropriate for children under six years of age. For children between 6 and 12 years only small (50 cc) machines are suitable. Not only do young children lack the physical size and strength to operate a motorized vehicle safely, their ability to think through situations, their motor skills, and their perception are not fully developed. ATVs are difficult to ride and require constant attention to avoid accidents.
- Between the ages of 12 and 15, youth should learn on and operate, only mid-size ATVs. Again, look for manufacturers’ recommendation label. Adult-sized machines should be reserved for teens over 16 who have reached their full physical size.

Arrange for a training course. A training course offers youth the opportunity to receive experience operating an ATV under the supervision of a certified instructor. Practicing basic maneuvers on safe terrain gives teens confidence in handling the vehicle under your guidance.

Helmet safety — insist on them! With your children, select helmets that fit them and their style. It is estimated helmets could have saved the lives of about 25 percent of those who died from head injuries in ATV accidents. The risk of head injury without helmet protection is twice as high as an injured operator wore a helmet. Don’t let helmets be an option; make them part of using the ATV.

Absolutely no passengers! Most ATVs are designed for one operator. Their unique handling characteristics require focus and maneuverability from the driver. A second person seriously impairs the driver’s ability to shift weight, steer, and control the vehicle. And, distracted driving applies to ATVs just as much as when an injured operator was at the wheel. Don’t let helmets be an option; make them part of using the ATV.

Safety Around Ponds

Young children should never be allowed to ride alone on a tractor. Remember: No extra riders, no injured riders. It can’t get any simpler.

ATV Safety Training Free Online

Getting smart about riding. All Terrain Vehicles (ATV) safety just got a whole lot easier. University of Nebraska-Lincoln Extension is working with the University of Nebraska –Lincoln Extension with the ATV Safety Institute to offer three age-specific, e-learning classes that cover basic ATV safety principles.

Adults, teens, and children will learn about the basic ATV safety principles and "golden rules" of ATV riding in an interactive setting. The free classes offer short video, animations, pictures, and interactive games to make the course fun and an effective learning experience.

Currently, more than 16 million people ride ATVs. In Nebraska, many people enjoy the recreational aspect of ATV riding, but they also use ATVs on the farm and in the agriculture industry.

Some youth start at an early age to learn to operate an ATV culturally. Knowing the rules of safety will help promote a lifetime of safe, fun-filled ATV riding.

For more information about the free online course, go to http://southeast.unl.edu/atvsafety or contact Robert Medina at 402-624-8064.

ATV Safety Training Free Online

http://southeast.unl.edu/atvsafety

Keep Your Family Safe in Rural Areas

“Reach, Throw, and Wade,” so they can be your tools to help a drowning victim.

- Be sure all swimmers know how to get help quickly. Older teens and adults should learn CPR.
- Never swim during storms or lightning. Drowning rates are three times higher in rural areas than in urban areas and often occur in water like farm ponds and irrigation canals.

Summer and water go together, so help keep your family safe. Include a discussion on children’s safety.

Culture and a pool or pond. Farm ponds can look normal, but if a person can go from knee deep to water 50 feet deep in seconds. Additionally, weeds growing from the bottom can entangle a person, making it difficult or impossible to return to the surface if you fall close to a pond or irrigation source, take these steps this spring to keep your family safe near swimming areas.

- Provide children over 3 years with swimming lessons.
- Fence off ponds and other water areas as feasible.
- Never leave a young child alone in water. A child can drown in the time it takes to answer a phone call.
- Adopt a “swimming buddy” policy for children. Where swimming is allowed, be sure children always swim with a friend or adult.
- Insist children use personal flotation devices, such as buoyant vests, cushions, or rings.
- Keep children clear of water areas. Purchase a flotation device or make one from a gallon plastic bottle tied to a rope. Install a safety post near the pond. Tie the loose end of the rope to the post. Add a laminated poster with instructions on how to use and other water safety tips near the top of the post.
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4-H’ers Qualify for Regional Speech & PSA Contest

The Lancaster County 4-H Speech and Public Service Announcement (PSA) contest was held April 22. More than 34 Lancaster County 4-H youth competed in this year’s communication events. Top PSA’s will be posted online soon at http://lancaster.unl.edu/4h/Contest/speech.shtml.

The top winners will represent our county at the regional Speech & PSA contest on Thursday, May 24 at University of Nebraska-Lincoln’s East Campus. Here are the Lancaster County 4-H’ers who qualified for regional:

Speech contest:
- Junior (10–11 years): Lily Noel, Claire Strong, Addison Wanser
- Intermediate (12–13 years): Emma Noel, Peter Greff
- Senior (14–19 years): Anne Greff, Elli Dearmont, Holly Hillebran

Public Service Announcement contest:
- Junior (10–11 years): Addison Wanser, Nathan Becker, Colter Tiejen
- Intermediate (12–13 years): Emma Lanik, Taylor Nielsen
- Senior (14–19 years): Paige Roach, Elli Dearmont, Sheridan Swotek

Congratulations to all participants!

Connect, Learn, and Share!

UNL Extension in Lancaster County

4-H East Campus
14-H Horse Level Testing, Lancaster Event Center, Great Plains Equipment Group Pavilion-Any Countryman Arena……………….. 5:30 p.m.
19 Guardian/Conservation Training…………………………… 9 a.m.–5 p.m.
21 Co-Parenting for Successful Kids………………… 9 a.m.–12:30 p.m. / 5:30–9 p.m.
22 Pesticide Container Recycling Collection, Farmers Cooperative elevator on 14th St., Waverly………………… 8 a.m.–Noon
23 4-H Bicycle Safety Contest……………………………………… 9 a.m.
25–26 4-H Premiere Animal Science Events (PASE)/PCS Life Challenge, 4-H East Campus
26 4-H Horse Level Testing, Lancaster Event Center, Great Plains Equipment Group Pavilion-Any Countryman Arena……………….. 5:30 p.m.

Rabbits Us Club Donates $300 to Humane Society

Rabbits Us 4-H club recently presented the Capital Humane Society of Lincoln a check for $300 to go towards the new adoption center under construction at 70th and Highway 2. The club raises funds from a dunking tank at Lancaster County Fair.

Other community service projects the club has done includes bringing rabbits to nursing homes and Kiwanis Karnival, and helping at the Lincoln Children’s Zoo annual cleanup. Rabbits Us 4-H club currently has approximately 30 members ages 6–18.

Members of the Rabbits Us club presented Capital Humane Society Executive Director Robert Downey a $300 check.

Rabbits Us club is encouraged to submit their club happenings to The Nebline. Send to vjedlicka@unl.edu or mail Attn: Vicki, UNL Extension in Lancaster County, 444 Cherrywood Road, Suite A, Lincoln, NE 68528.

The Nebline
The Nebline is published monthly (except December). Mailed to more than 12,000 households in Lancaster County and can be read online at http://lancaster.unl.edu/nebline. The Nebraska Library Commission’s Talking Book and Braille Service records The Nebline for individuals with a visual or physical condition or a reading disability who limits use of regular print. For more information, go to www.nlm.nebraska.gov/tbbs or call 402-471-4038 or 800-342-7691.

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Sign up at http://lancaster.unl.edu/nebline to be notified by email when The Nebline is posted online.

Mail Subscriptions
Subscriptions to The Nebline via mail are free to Lancaster County residents. There is an annual $5 mailing and handling fee to addresses in zip codes other than 683–684–685–6803, 68017 and 68065.

Mail to: UNL Extension in Lancaster County 444 Cherrywood Road, Suite A • Lincoln, NE 68528

Lancaster Extension Education Center Conference Facilities 444 Cherrywood Road, Lincoln

Lancaster County 4-H Clubs are encouraged to submit their club happenings to The Nebline. Send to vjedlicka@unl.edu or mail Attn: Vicki, UNL Extension in Lancaster County, 444 Cherrywood Road, Suite A, Lincoln, NE 68528.
Nebraska Outdoor U will guide you on the path to camping, fishing, hunting, and shooting sports. Whether you are new to these outdoor sports, looking to improve your skills, or just want to pass on your passion and knowledge, this is the place for you! Nebraska Outdoor U is geared for all ages. It is an education program that combines online and hands-on field experiences to equip participants with the skills, knowledge, and competence in outdoor skills. Enrolling in the program online at www.OutdoorU.org is free, but participants may need to purchase equipment and pay for activities as they progress.

A joint project of the Nebraska Game and Parks Commission and the University of Nebraska–Lincoln Extension, Nebraska Outdoor U provides step-by-step guidance for anyone interested in taking up or sharing an outdoor activity. Majors at Nebraska Outdoor U are called pathways, of which four currently are available to explore: hiking, camping, fishing, and shooting sports. More pathways such as hiking and water sports are envisioned for the future. Each pathway includes six levels of achievement with incentives: Pathfinder, Explorer, Trailblazer, Pioneer, Mentor, and Legacy. You can tailor this program around your schedule and there is no time limit to finish a level. The program can be done individually or in a group. Time spent outdoors with family and friends is a great way to bond. Each person in a group will want to create their own login so they can keep track of their own progress and receive incentives.

Nebraska Outdoor U is intended to help an increasingly urban population enjoy the outdoors. “We’re losing hunters, anglers, and outdoor sports people,” said Scott Stuhr, Nebraska Outdoor U co-ordinator. “This program helps bring them back. I’ve talked to so many people that would love to get outdoors but don’t have anyone to guide them through the process.” For more information or to enroll, go to www.OutdoorU.org or call Scott Stuhr at 402-472-2037.

Discover, Learn, and Grow at 4-H Summer Camps

4-H Summer Camps & Trips are a great place to discover, learn, and grow! Specializing in leadership development, team building, and natural resource education, 4-H camp professionals are prepared to give your child opportunities to experience responsibility, teamwork, and leadership. Camps are open to all youth ages 5-19 — need not be in 4-H.

With three unique Nebraska locations at Halsey, Grena, and Alma, there are over 45 camps ranging from half day to seven days/six nights. Some camp sessions offer a range of activities while others focus on a specific theme. Most camps include one to four overnight stays in comfortable cabins.

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 Camp Association.

2012 4-H Summer Camp brochures have complete information and registration forms — available online at http://4h.unl.edu/camp or at the extension office.

Dates | Camp Session Title | Std Camp Schedule | Days | Nights | Ages | Standard
---|---|---|---|---|---|---
June 14 | Berniard Palooza** | 1-2 | 0-1 | 5 | 5-8 | $40
July 27-29 | Rough’n R Family Camp | 3-5 | 2 | 8-15 | $195
June 4-6 | Explorer-Summer Fun I | 3-5 | 2 | 8-11 | $175
July 2-5 | Explorer-Challenge Camp | 4 | 3-5 | 8-11 | $220
July 16-18 | Explorer-Tank & Tube the Loup | 3-5 | 2 | 8-11 | $175
July 25-27 | Discovery-Treasure Hunter | 3-5 | 2 | 8-11 | $175
June 3-7 | Discovery-Anything Goes | 5 | 4-5 | 11-15 | $295
June 11-15 | Discovery-Outdoor Skills | 5 | 4-5 | 11-15 | $310
June 18-22 | Discovery-Sandhillz Sampler | 5 | 4-5 | 11-15 | $310
June 25-29 | Discovery-Backout Halsey | 5 | 4-5 | 11-15 | $310
July 3-6 | Discovery-Niobrara Kayak & Tubing | 4 | 3-5 | 11-15 | $255
July 22-25 | Discovery-Ultimate Girls Rock | 4 | 3-5 | 11-15 | $255
July 24-27 | Discovery-Extreme Robotics/GPS/GIS-Year 1.0 | 4 | 3 | 11-15 | $110
July 24-27 | Discovery-Advanced Robotics/GPS/GIS-Year 2.0 | 4 | 3-5 | 11-15 | $110
July 30-Aug 3 | Discovery-Construction 101 | 5 | 4-5 | 11-15 | $300

2012 EASTERN NEBRASKA 4-H CENTER SCHEDULE

June 9 | Wet N Wild Day Camp II** | 1 | 0 | 5-8 | $40
Aug 2 | Wet N Wild Day Camp II** | 1 | 0 | 5-8 | $40
Aug 3 | Wet N Wild Day Camp III** | 1 | 0 | 5-8 | $40
June 10-13 | Explorer-Sky’s The Limit I | 4 | 3 | 8-11 | $225
June 16-18 | Explorer-Zoo Bound I | 3 | 2-3 | 8-11 | $230
June 17-20 | Explorer-Summer Fun I | 4 | 3-5 | 8-11 | $215
July 2-4 | Explorer-Zoo Bound II | 3 | 2 | 8-11 | $230
July 5-7 | Explorer-Outpost Camp I | 3 | 2-3 | 8-11 | $215
July 22-25 | Explorer-Aquatic Blast Mini | 4 | 3-5 | 8-11 | $225
July 22-25 | Explorer-Aquatic Blast I | 4 | 3-5 | 8-11 | $455
July 26-28 | Explorer-Zoo Bound III | 3 | 2-3 | 8-11 | $230
July 29-Aug 1 | Explorer-Summer Fun II | 4 | 3-5 | 8-11 | $215
Aug 5-9 | Explorer-Summer Fun III | 5 | 4-5 | 8-11 | $285
Aug 5-9 | Explorer-Aquatic Blast II | 5 | 4-5 | 8-11 | $305
June 10-15 | Discovery-Sky’s The Limit II | 6 | 5 | 11-15 | $315
June 18-22 | Discovery-Boldy Bound | 5 | 4-5 | 11-15 | $365
July 1-5 | Discovery-Extreme Robotics/GPS/GIS-Year 1.0 | 5 | 4-5 | 11-15 | $110
July 1-5 | Discovery-Advanced Robotics/GPS/GIS-Year 2.0 | 5 | 4-5 | 11-15 | $110
July 8-13 | Discovery-Outdoor Skills | 6 | 5 | 11-15 | $370
July 22-28 | Discovery-Aquatic Blast I | 7 | 6-7 | 11-15 | $455
July 29-Aug 1 | Discovery-Summer Fun II | 4 | 3-5 | 11-15 | $215
Aug 1-4 | Discovery-Outpost Camp II | 4 | 3-5 | 11-15 | $215
Aug 5-9 | Discovery-Summer Fun III | 5 | 4-5 | 11-15 | $285
Aug 5-9 | Discovery-Aquatic Blast II | 5 | 4-5 | 11-15 | $305

2012 SOUTH CENTRAL 4-H CENTER SCHEDULE

June 18-20 | Explorer-Summer Fun I | 3 | 2 | 8-11 | $175
June 18-22 | Discovery-Summer Fun I | 3 | 2 | 11-15 | $185
June 18-22 | Discovery-Summer Fun Extended | 5 | 4 | 11-15 | $330
July 25-29 | Discovery-Shooting Skills | 5 | 4 | 11-15 | $330

2012 EXPERIENCE CAMP SCHEDULE***

June 25-28 | Experience-Aquatic Skills | 4 | 3 | 14-18 | $360
July 16-20 | Experience-Tube & Kayak the Niobrara | 5 | 4 | 14-18 | $385

- **Day camp fees include lunch for one chaperone. Chaperones are encouraged, but not required.
- *** Those attending Experience Camps will need to register through Eastern 4-H Center.