Landscapes in Drought

Sarah Browning
UNL Extension Educator

As spring progresses, homeowners may notice some damage to their lawns and plants. Drought conditions can cause stress on plants, leading to reduced growth and possibly death. To repair damage, it is essential to identify the cause and take appropriate actions.

Assessing the Damage

We expect plants not well-adapted to Nebraska’s dry, windy conditions to develop damage during drought. This includes plants such as arborvitae, poorly-sited yews, and broadleaf evergreens like holly. Arborvitae can become tolerant to average dry conditions if they are planted in shade, and once they are well-ripened, they can become tough, drought tolerant plants suffered much more damage last summer than those that have brown branches. Check plants and branches in several locations for signs of life. Try to snap the branches, and look for those still pliable. Look for green, dormant buds, which would indicate the branches are still alive. Gently scrape the outer bark away, looking for green, cambium underneath. If any of these signs are present, give the plant plenty of time to begin new growth in spring. Once new growth begins, the dead branches can be pruned away.

If, however, branches are brittle, dry, and show no signs of green live buds or living green cambium, then remove the dead plants, or prune out the dead branches.

Designing Drought Resistance Landscapes

Before automatically replacing dead plants, stop to consider why these particular plants died. Many factors contribute to plant health, and many factors play a part in plant death, too. Address these issues before replanting, to improve the overall health of your landscape. 

Replace Shrubs and Trees

Many lawns sustained damage last year, and now is the time to repair it before hot summer conditions are upon us again. If your lawn has 50 percent or more desirable, living grass, then overseeding is a good choice. If you have less than 50 percent desirable, living grass, then it might be worthwhile to renovate the entire lawn.

Choose a high-quality seed blend with 3–4 different cultivars of Kentucky bluegrass or tall fescue. A blend of Kentucky bluegrass and tall fescue together can also make a nice lawn. Remember, scissoring on seed quality will soon be evident in lawn quality. Seed certified by the Nebraska Crop Improvement Association is usually identified with a blue tag on the seed bag. Check the seed label and avoid seed blends that include:
- coarse textured, pasture grasses like K-31 tall fescue, or
- annual grasses like annual bluegrass or annual ryegrass.

Overseeding

Spring overseeding of Kentucky bluegrass should be done between April 1 and April 30; tall fescue should be done between April 15 and June 15. The amount, or rate, of seed applied in an overseeding operation differs compared to that used for a new seeding. If you decide to renovate your entire lawn, then use a full seeding rate. For Kentucky bluegrass, apply 3–4 lb of seed per 1,000 square feet, and tall fescue apply 8–10 lb of seed per 1,000 square feet.

When overseeding into a partial turf, Kentucky bluegrass should be applied at 1–2 lb of seed per 1,000 square feet and tall fescue at 4–6 lb of seed per 1,000 square feet. When working with small amounts of seed, mix sawdust, dry sand, organic fertilizer, or any other suitable material with the seed to aid in obtaining uniform coverage.

Site Preparation

Before spreading the seed, prepare the soil to create a good seedbed. Small areas can be prepared by hand raking to remove excess dead top growth and loosen the soil surface. Larger areas can be prepared by aerating or power raking. Aerate or power raking opens up the soil and provides a good surface for seed germination. Seeds see LAWNs on page next page

Repair Turfgrass

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2013 Composting Workshops and Demonstrations

Replace Shrubs/Trees

2013 Composting Workshops and Demonstrations are held at various Lincoln locations.
- Tuesday, April 9, 6:30 p.m. — Bess Dodson Walf Library, 6701 S. 14th St.
- Tuesday, April 16, 6:30 p.m. — Loren Corey Eiseley Library, 1530 Superior St.
- Wednesday, Oct. 9, 6:30 p.m. — Charles H Bger Library, 2400 S. 56th St.
- Wednesday, Oct. 16, 6:30 p.m. — Anderson Library, 3635 Toulouz Ave.

Composting Demonstrations are presented at the Pioneers Park Nature Center’s backyard composting demonstration area. These demonstrations will show you how to be successful with backyard composting. You will see three types of composting bins and how to use them. At each composting demonstration two lucky participants will win a composting thermometer. Demonstrations will be held:
- Saturday, May 11, 10 a.m.
- Saturday, June 8, 10 a.m.
- Saturday, Sept. 28, 10 a.m.
- Saturday, Oct. 12, 10 a.m.

Learn how to be successful with composting by attending a composting workshop or demonstration sponsored by University of Nebraska-Lincoln Extension in Lancaster County and the City of Lincoln Recycling Office.

Coexisting Workshops are held at various Lincoln locations.

Safety Training

All ATV operators, both adults and children, should take an ATV safety course. Whenever anyone operates a new piece of machinery, he or she should have training about the characteristics of the machinery; how it operates normally, and how it operates in unusual situations.

No one is immune to accidents, but the increased awareness a safety course provides will help ATV operators navigate the unexpected situations that often cause them. Many ATV manufacturers offer a tuition rebate program to cover the cost of a safety course.

University of Nebraska-Lincoln Extension offers two different ATV safety training courses.

Free online course — The Nebraska 4-H ATV Safety Program, in collaboration with the American Safety Institute, offers three age-specific, free e-learning courses to address basic ATV safety principles. Adults, teens, and children will learn how to apply the “golden rules” of ATV riding in an interactive setting. The course includes videos, pictures, and interactive games to make it fun and effective learning experience for all age groups. After taking the course, users can take an ATV Safety exam and receive a certificate of completion.

The entire course takes approximately 2–5 hours to complete. You can stop at any point and your progress will be saved so that you can return and pick up right where you left off. It’s free, fun, and a great learning experience for ATV riders of all ages. Sign up at:
http://southeast.unl.edu/atv-safety.

Half-day, hands-on training — ATV RiderCourse® instructors will teach half-day, hands-on training that is exciting and fun. Sessions include:
- pre-ride inspection
- starting and stopping
- quick turns
- hill riding
- emergency stopping and swerving
- riding over obstacles

The training is conducted by certified RiderCourse® instructors. Whatever your experience, you will come away a better rider. For more information about training sessions across Nebraska, contact Robert Meduna, UNL Southeast District 4-H Youth Program Coordinator at 1-402-624-8904, or email Bob at rmmeduna1@unl.edu.

ATV Safety Tips

Use extra caution when operating an ATV. Many accidents occur when the driver is unfamiliar with the area and doesn’t know about the unpredictable conditions, such as sudden drop-offs or cattle trails hidden by growth. Slow down when riding in unfamiliar areas. Consider walking a proposed route before riding in rugged areas to identify potential hazards.

Repair Laws

Carrying equipment also can pose a risk. In particular, spray tanks and other liquid-filled containers can cause balance problems for ATVs when they’re going up hills, sometimes tipping them over backward or sideways. Never exceed the capacity posted on luggage and equipment racks. Current ATVs are heavy enough that if they roll on top of someone, they will cause serious or fatal injuries.

Always wear safety gear when using an ATV. It’s essential to have an ATV helmet and goggles. Also wear full-length pants and boots, and consider wearing long-sleeve shirts and gloves, which will protect the operator when riding in tall, heavy vegetation or brushy areas.

Finally, never allow passengers to ride the ATV along with the driver. Most ATVs are designed to carry one person, and the driver must be free to shift their weight in all directions to effectively steer the vehicle. Carrying a passenger can also be dangerous to the driver, and passengers should also be free to shift their weight. Parents should not allow children to ride along on the ATV, and children under the age of 16 should not complete an ATV safety training course, should not be allowed to drive by themselves.

Follow all warning labels on the ATV. 

Urban Agriculture

Urban Agriculture

Page 2
April 2013

Sarah Browning
UNL Extension Educator

All Terrain Vehicle accidents are a major cause of Nebraska acreage and farm fatalities. From 1982–2010, 107 deaths from ATV accidents have occurred in Nebraska, with 26 of those deaths to children 16 or under. However, these tragedies can be avoided if appropriate precautions are taken.

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Follow all warning labels on the ATV.
The 2012 average cost of #2 diesel fuel increased from $25.65 in 2005 to $46.65 per gallon, the fuel cost for that hour of use increased from $1.89 to $3.43 per gallon, an increase of 77%. Given that a 310 HP tractor uses approximately 13.6 gallons of fuel per hour, the anticipated fuel consumption multiplied by the average yearly #2 diesel fuel price per gallon for the 2005 to 2012. It includes 12 horsepower options for tractors and three options for combines.

Table 2 estimates the fuel cost per acre for various field operations based on the anticipated fuel consumption multiplied by the average yearly #2 diesel fuel price per gallon for the 2005 to 2012. It includes 18 budget lines for tillage, planting, miscellaneous equipment, and harvesting.

You can estimate your own costs for 2013 and 2014 using the Excel® worksheet I developed, which is online. Go to http://lancaster.unl.edu/ag, then click the link to the Farm Management page. The Fuel Cost Estimator is under “Custom Rates & Operating Costs. The Excel® worksheet is protected so you cannot change the worksheet except for the unprotected cells (in blue). You can add the average price per gallon of fuel that you’d like to use for 2013 and 2014. You may want to use actual historical prices or you can discover what the fuel cost would be given your own price scenario.

Table 1 provides a fuel cost comparison for Farming. It includes 12 budget lines for tillage, planting, miscellaneous equipment, and harvesting.

Table 2 compares the estimated yearly cost for various field operations based on the anticipated fuel consumption multiplied by the average yearly #2 diesel fuel price per gallon for the 2005 to 2012. It includes 18 budget lines for tillage, planting, miscellaneous equipment, and harvesting.

You can view the fuel cost changes over time in the two tables below.

Table 1 evaluates the gallons of #2 diesel fuel consumed per hour for various power units multiplied by the average yearly #2 diesel fuel price per gallon for the 2005 to 2012. It includes 12 horsepower options for tractors and three options for combines.

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The Lancaster Extension Educator Tom Dorn will present a seminar, “Planning for the Future of Your Estate,” on Friday, April 12, 9 a.m.–4 p.m. at the Lancaster Extension Education Center, 444 Cherry Creek Road, Lincoln. Pre-registration is required by April 10. For a registration form, go to http://lancaster.unl.edu/ag or call 402-444-780. Fee is $50 per person or $50 per couple and includes materials, a catered lunch, and expert presentation. Space is limited. Only payment assures a seat.

Topics will include:

• planning with the end in mind
• estate planning basics
• how to manage family in estate planning
• various estate tools that you can use to meet your goals
• how business transition complements your estate planning goals
• understanding and working with “the other generation”

Upon completion of this seminar, the participants will have the knowledge necessary to begin the process of estate planning, or to critically evaluate and change an existing plan, based on your goals.

Meeting presenters include:

• Tom Lemmon — Extension Educator
• Tom Fehring — J.D. — Family Lawyer
• Al Vynohrad — Extension Educator

There has been an increasing demand for educational programs related to estate planning and basic business transition as a result of the most recent fiscal cliff bill retroactive in Congress to Jan. 1, 2013. While the law allowed for the continuation of the $5 million individual lifetime exemption, there were changes to the overall estate tax rates. For Nebraska and regional producers, this is a second chance to revisit old estate plans and to begin the process of developing plans for those without. With the current rate of real estate and asset growth in our farming and business communities, the individual exemption may be reached relatively quickly.

Please take this opportunity to visit with an expert lawyer in the arena of estate planning, business transition, and family communications/relations.

### Year to Year Fuel Cost Comparison for Farming

**Table 1. Diesel Cost Per Hour for Various Power Units**

<table>
<thead>
<tr>
<th>Year</th>
<th>2005</th>
<th>2006</th>
<th>2007</th>
<th>2008</th>
<th>2009</th>
<th>2010</th>
<th>2011</th>
<th>2012</th>
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<td>TRACTORS</td>
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<td></td>
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<tr>
<td>40 HP</td>
<td>$1.89</td>
<td>$1.27</td>
<td>$1.35</td>
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<td>$1.96</td>
<td>$2.45</td>
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<td>60 HP</td>
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<td>$2.06</td>
<td>$2.23</td>
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<tr>
<td>75 HP</td>
<td>$3.22</td>
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<td>$2.52</td>
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<td>$3.56</td>
<td>$3.99</td>
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<tr>
<td>105 HP</td>
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<td>$3.79</td>
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<td>130 HP</td>
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**Table 2. Diesel Fuel Cost Per Acre for Various Field Operations**

<table>
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<tr>
<th>Year</th>
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<td>Field Cultivator</td>
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<td>Tandem Disk</td>
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<td>$0.52</td>
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<td>Tandem Disk (HD)</td>
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<td>Row Crop Planter</td>
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<td>Grain Drill</td>
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<td>$1.68</td>
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<td>Press Wheel Drill</td>
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<td>$1.23</td>
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<tr>
<td>No-Till Drill</td>
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<td>$1.59</td>
<td>$1.98</td>
<td>$2.76</td>
<td>$2.78</td>
</tr>
</tbody>
</table>

### Use Biosolids on CRP Conversion and Pastures

If you will be converting CRP to row crops in the near future or next year, consider using biosolids from the City of Lincoln. For those better than biosolids as a soil enhancement before you begin planting corn or soybeans on your converted field, biosolids has all the nutrients crops need to grow and one application supplies enough available phosphorus for about 10 years. There’s no requirement that biosolids must be disked into the soil, but many cooperators do this to retain nitrogen.

Biosolids can also be applied to pasturial land. The only requirement is if you want to graze animals, you must wait 30 days after the biosolids application before you put animals out to graze. You’ll be amazed at how much your potential soybeans increase.

If you are interested in using biosolids, contact Dave Smith or Barb Ogg at 402-441-7180.
Tips to Keep Walking Fun!  
April 3 is National Walking Day!

Adapted slightly from an article by Cindy Bronson, MS, RD, UNL Extension Educator

April 3 is the American Heart Association’s National Walking Day and a nationwide call-to-action for Americans to adopt a healthier lifestyle.

Physical inactivity increases the risk of coronary heart disease. Luckily, this is a modifiable risk factor and improving it is as easy as going for a walk most days of the week. One of the most effective forms of exercise to achieve heart health is walking.

The American Heart Association suggests “at least 150 minutes per week of moderate exercise or 75 minutes per week of vigorous exercise (or a combination of moderate and vigorous activity). An easy goal to remember is 30 minutes a day, five times a week. However, you will also experience benefits even if you divide your time into two or three segments of 10–15 minutes per day.”

Walking is a fun, inexpensive way to include valuable, physical activity in your day. It can be done anywhere, at any time. If you don’t shake it up a bit, walking may get monotonous. Here are a few ways to break up that routine:

- **Walk with a friend if you usually walk alone.** Or take your family. It may not be as fast, but others point out things you may not see, and make the time fly!
- **Take a different route.** See something new. Try watching a movie if you are walking on the treadmill. It will encourage you to walk longer.
- **Use a pedometer.** Wearing one all day will be a gentle reminder to keep moving. Parking further away in the parking lot or taking the stairs will help.
- **Listen to upbeat tunes on a portable device.** MP3 players, walking radios, etc. are all great ways to kick up your heels while you are walking.
- **Update your shoes and socks.** Wearing ill-fitting or worn-out shoes and socks will make your feet sore, and can affect your legs, hips, and back.
- **According to the American Academy of Podiatric Sports Medicine, most walking/running shoes need to be replaced every 300–500 miles of use. For example, if you are walking 2 miles a day — your shoes will need to be replaced about every six months.**
- **Keep a walking journal.** It is motivating to see how far you have come — and helps you set goals.
- **Hydration is important and key to staying healthy.** Carry a favorite water bottle when you walk. It can double as a weight until empty.

- **Pamper yourself after walking.** Use a foot spa or a great peppermint foot lotion to pamper those toesies!
- **Try a heart rate monitor/watch.** You will know when you are working to your health capacity.

One last hint — if you are having problems encouraging your family members to walk with you, try giving them a gadget to walk with. This may just be the thing to get them hooked!

Sources:
- www.mayoclinic.com/health/walking/HE00885_D
- UNL Extension’s “Walk Nebraska” at http://food.unl.edu/foods/lin/lat/walknebraska
- www.walknebraska.org
- Mahoney State Park
- The Mayo Clinic at www.mayoclinic.com

FOR MORE INFORMATION
UNL Extension’s “Walk Nebraska” at http://food.unl.edu/foods/lin/lat/walknebraska is a unique website designed to help you achieve a healthier lifestyle by making walking an important part of your personal fitness program.

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**Food & Fitness**

**Tips to Keep Walking Fun!**

**April 3 is National Walking Day!**

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**$stretch Your Food Dollar With Breakfast**

**Granola Bars**

(24 servings)

<table>
<thead>
<tr>
<th>2 cups rolled oats</th>
<th>3/4 cup packed brown sugar</th>
<th>1/2 cup wheat germ</th>
<th>3/4 teaspoon ground cinnamon</th>
</tr>
</thead>
<tbody>
<tr>
<td>3/4 cup brown sugar</td>
<td>1/2 cup packed brown sugar</td>
<td>1/2 cup honey</td>
<td>1/2 cup vegetable oil</td>
</tr>
<tr>
<td>1 egg, beaten</td>
<td>1 egg, beaten</td>
<td>2 teaspoons vanilla extract</td>
<td></td>
</tr>
</tbody>
</table>

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**Recipe courtesy of UNL Extension State NEP office**

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**Eggs** — At about $1.50 per dozen, one egg can help you squash those cravings for bread and coffee?!

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**LISA KOWALSKI, UNL Extension Assistant**

“I don’t have time!” “I am just not hungry when I wake up!”

These are commonly heard reasons why people skip breakfast.

When it comes to eating breakfast, there is NO good reason to skip. There are, however, numerous reasons to be a breakfast-eater.

**Eating breakfast will help you achieve and/or maintain a healthy weight.** According to the Mayo Clinic, breakfast eaters are less likely to be starving at lunch and over-eat. These are commonly heard reasons why people skip breakfast.

When it comes to eating breakfast, there is NO good reason to skip. There are, however, numerous reasons to be a breakfast-eater.

**Eating breakfast will help you save money.** Breakfast will help you feel satiated, which means no daily vending machine purchases ($1.50/day x 4 times a week = $31.20!). Eating from home, instead of from a drive-thru or bagel shop, can save money ($6 for bread and coffee!).

**Eating breakfast will give you energy throughout the day.** Breakfast provides an early energy boost to refuel your body for days ahead. Without breakfast, you will begin to feel hungry right away in the morning, wait an hour or two before eating.

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- Reach for lean proteins and whole grains to give you the feeling of satiation.
- Aim for three or more food groups to ensure a variety of nutrients.
- Keep it simple. Whole-wheat toast with peanut butter and a glass of low-fat or fat-free milk is quick, inexpensive, and rich in nutrients.
- Plan ahead. When you plan ahead, you will always have time for breakfast.

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**Low-Cost Ideas**

Here are some quick, nutritious, and low-cost breakfast ideas.

- Eggs — At about $1.50 per dozen, one egg can help you squash those cravings for bread and coffee?!

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- **Walk with a friend if you usually walk alone.** Or take your family. It may not be as fast, but others point out things you may not see, and make the time fly!
- **Take a different route.** See something new. Try watching a movie if you are walking on the treadmill. It will encourage you to walk longer.
- **Use a pedometer.** Wearing one all day will be a gentle reminder to keep moving. Parking further away in the parking lot or taking the stairs will help.
- **Listen to upbeat tunes on a portable device.** MP3 players, walking radios, etc. are all great ways to kick up your heels while you are walking.
- **Update your shoes and socks.** Wearing ill-fitting or worn-out shoes and socks will make your feet sore, and can affect your legs, hips, and back.
- **According to the American Academy of Podiatric Sports Medicine, most walking/running shoes need to be replaced every 300–500 miles of use. For example, if you are walking 2 miles a day — your shoes will need to be replaced about every six months.**
- **Keep a walking journal.** It is motivating to see how far you have come — and helps you set goals.
- **Hydration is important and key to staying healthy.** Carry a favorite water bottle when you walk. It can double as a weight until empty.

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**Tips to Keep Walking Fun!**

**April 3 is National Walking Day!**

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**$stretch Your Food Dollar With Breakfast**

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**Granola Bars**

(24 servings)

<table>
<thead>
<tr>
<th>2 cups rolled oats</th>
<th>3/4 cup packed brown sugar</th>
<th>1/2 cup wheat germ</th>
<th>3/4 teaspoon ground cinnamon</th>
</tr>
</thead>
<tbody>
<tr>
<td>3/4 cup brown sugar</td>
<td>1/2 cup packed brown sugar</td>
<td>1/2 cup honey</td>
<td>1/2 cup vegetable oil</td>
</tr>
<tr>
<td>1 egg, beaten</td>
<td>1 egg, beaten</td>
<td>2 teaspoons vanilla extract</td>
<td></td>
</tr>
</tbody>
</table>

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**Recipe courtesy of UNL Extension State NEP office**

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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 bottled products like DDt), and items containing PCFs (ballasts from fluorescent light fixtures and capacitors from old appliances). You can dispose of compact fluorescent light bulbs at these waste collections.

DO NOT BRING latex paint, fertilizers, medicines/pharmaceuticals, electronics/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 402-441-8021.

FCE News & Events

FCE Council Meeting, April 1

The next FCE Council meeting will be Monday, April 11, at 1 p.m. at the Lancaster Extension Education Center. Our guest speaker will be Jim Bernard, project coordinator with Climate Masters of Nebraska. Climate Masters of Nebraska is a unique educational program that strategically trains community volunteers about climate change science and corresponding ways to reduce greenhouse gas emissions, with the idea they become motivated to train others within their personal and professional networks — in turn achieving a significant multiplier effect. Tonya will discuss the program and some of the ways in which Climate Masters volunteers have achieved these goals. The business meeting will follow the program. Home Service Club will be hosting our meeting.

Leader Training Lesson, April 17

FCE and Community

Leader Training Lessons give you the tools to present the topic as a program. Extension provides a teaching outline for the facilitator and a handout for participants. Trainings are presented Wednesdays at the Lancaster Extension Education Center, 444 Cherry creek Road.

Non-FCE groups and club members should call Pat at 402-441-7180 to register for these lessons so materials can be prepared.

The next training will be April 17, 1:30 p.m. (note date and time change), “Passing on Family Memories,” presented by Extension Educator Lorene Bartos. Participants will understand the value of remembering loved ones and learn ways to engage in planning personal effects to pass on family memories.

AARP Driver Safety Program, April

This program will be presented in Lincoln as a one-hour session on Wednesday, April 3, 9 a.m. to 1 p.m. at the Lancaster Extension Education Center, 444 Cherry Creek Road, Lincoln. 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. AARP members must bring their membership card with their ID number as well as their driver’s license. Payment by check is required — charge/credit cards are not accepted, nor is cash.

Houses and Community Education (FCE) Clubs

President’s View — Marian’s Message

Marian Storm
FCE Council Chair

April Food’s Day is on April 1. Be careful so you’re not fooled. This is the month for April flowers. We sure need them. Rain always makes everything look clean and fresh. The flowers are peeking out and looking for the sun and warmer days. Yard work will be in full swing.

The Southeast District meeting will be Thursday, April 11 in Fremont. South Central District meeting will be Wednesday, April 10 in Seward. Your FCE Speaks has more information.

The leader training lesson “Passing on Family Memories” will be April 17. My challenge this month will be keeping the rabbits and squirrels from digging in my flower beds. “Life is not measured by the number of breaths we take, but by the moments that take our breaths away.”

Celebrate Earth Day (April 22) in the Laundry Room

From cars to schools, today’s world is all about going green. Even the products and appliances we use in the laundry room have become more environmentally friendly. Though you may have bought an energy-efficient washing machine, use a concentrated laundry detergent, and recycle your empty laundry-product packages, there still might be more you can do while cleaning your clothes to lessen your environmental impact. (Lessening the actual loads of laundry each week is still a mystery we’d like to solve!)

How can you make laundry day (every laundry day) Earth Day? It’s easy. And even the slightest change in routine can make a positive impact on the environment, not to mention your family’s wallet.

Wash with the Coldest Water Possible. You’ll save energy by not heating up the water. To be precise, most of the energy used in washing clothes is used to heat the water. It is possible to use cold water or a cold-water setting for many loads. As you wash, pull out the clothes that are an easy wash load and wash them together. Don’t wash a load that is basically all towels because they need a warm water setting. This means you’ll be better able to use the cold-water setting for more of your loads, and you’ll save on your energy bill, too.

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Select the Right Amount of Water for Each Load. Avoid overfilling your washing machine, and save water and energy.

Spin Your Clothes at the Highest Recommended Speed. Ever seen dogs come out of a pool or lake? They don’t just stand there and drip dry — they shake all over the place. This helps them get rid of the excess water. The same applies to a washing machine. The spin cycle “shakes” water from your clothes. The faster it spins, the more water gets removed. The less time your clothes have to spend in the dryer, the more energy you save.

Use the Right Amount of Detergent for the Wash load. Read the instructions for your washer and on the detergent package.

Speaking of Detergent... If you have already switched to a concentrated detergent, you might want to consider doing so. Why? A concentrated product comes in a much smaller package. You’ll get the same number of loads out of it, but uses much less plastic. And these smaller bottles take up less space on a delivery truck, which reduces the energy costs to transport them from the manufacturer to the store. (It’s easier to carry a small jug from the store into the house. Unless of course you prefer the upper-body workout.)

Twofers, Anyone? Instead of buying a separate bottle of bleach or fabric softener, consider looking for a two-in-one product — such as a detergent with a built-in stain remover. Again, less packaging (which takes energy to produce) and lower shipping costs.

The Best Time for Laundry. As we head into warmer weather, deciding when to do your laundry can determine the amount of energy you use. Running appliances creates heat, so use the washing machine and dryer at night when it’s cooler outside. This way, you won’t have to use more energy to cool your house during the day.

Don’t Forget to Recycle! Nothing like squeezing out the life of your detergent to make it go farther (store nearly empty jars upside down and you may find the last little bit of product). Or repel the empty-contains to protect pets and young children, and put it in the recycling bin.

Tips for Removing Common Spring Holiday Stains

Egg: Pretreat or soak stain using a prewash stain remover. Soak for at least 30 minutes or several hours for aged stains. Launder.

Egg Dye: Pretreat stain with a prewash stain remover or liquid laundry detergent. Launder in the hottest water safe for the fabric.

Wine: Spong or soak stain in cool water. Pretreat with a prewash stain remover, liquid detergent booster or paste, or a granular laundry product and water.

Juice: Wash with laundry detergent and a bleach safe for the fabric. Always treat stains as soon as possible to get the best results.
In the "olden days" — just 10–15 years ago — when the school nurse identified a student as having the dreaded case of head lice, parents were panicked. The typical protocol was to wash bedding and clothing in hot water and vacuum everywhere, maybe daily, if not more often. Some parents would use sprays or even "bomb" the home with a fogger. The environmental part of managing head lice was such a daunting task, parents sometimes delayed the removal of lice from their child’s head until after the cleaning of the home was carried out. Talk about stress on a family. And, schools sometimes got pressure from parents to treat classrooms with insecticides.

How much of this environmental cleaning and control effort is really necessary? Just 15–20 years ago, there weren’t any studies to actually prove or disprove whether it was important to do all this laundering and cleaning.

We know a little more today. Dr. Rick Speare, a head lice researcher at James Cook University in Queensland, Australia, has looked for solid evidence to prove or disprove these common assumptions.

There is no reason to kill a garter snake. Most human-snake encounters occur in Nebraska. To know if a snake is a garter snake, here’s a good rule of thumb: If you are in Nebraska, any snake with a line running down the length of its body, mid-center and on each side, is one of our garter snakes.

Snakes can squeeze through openings as small as 1/4 inch. Make sure entry points to your structure are covered. A number of products claim to market as snake repellents. Preliminary research is inconclusive. In four studies, they did not find lice in hair brushes, but, in one study, head lice were found. Conclusion: it’s still a good idea not to share combs and brushes.

Lice on Pillows
One 2002 study looked at 2,230 children in 118 classrooms. In this study, 466 students were found to have lice (that’s almost 21%). A total of 14,033 live lice were removed from the heads of infested children (that’s about 30 lice per kid). The researchers vaccinated the floor, using a special vacuum cleaner, and placed rubber on the debris to look for lice.

How many live lice were removed from the pillowscases? Two. This is a 4.2% (2/48), so the researchers did find there is a small risk. This study suggests it’s probably not a good idea for infested individuals to share a bed with non-infested individuals. The risk is small, but there’s still a risk.

Lice on Pillows
In 2003, Speare and his colleagues conducted another study to discover the role of bedding (also clothing and toys) in the transference of head lice. They decided the most likely place head lice would be found would be on pillowcases, because pillowcases are in contact with the head 8–10 hours each day. They collected pillowcases from 48 infested people who collectively were infested with 1,845 head lice.

Lice in Hairbrushes
In another study that looked for the presence of head lice around the brushes used on infested children, Speare and colleagues concluded that “hard data was still needed,” as the results were inconclusive. In four studies, they did not find lice in hair brushes, but, in one study, head lice were found. Conclusion: it’s still a good idea not to share combs and brushes.

Lice Are Spread Through Head-to-Head Contact
The final conclusion from all of this research is: Head lice are primarily spread through head-to-head contact.

Treatments
A number of products claim to control lice, but we’ve learned head lice populations are resistant to over-the-counter products, including Nix, Rid, and store brand generics. Most of these products provide a nit comb and suggest parents comb nits and lice after the treatment. Parents should definitely use the comb after the treatment to remove lice and eggs.

The lowest (and cheapest) method is to use a nit comb alone and oil or conditioner to lubricate the hair. Part the hair into small sections and comb the hair, getting very close to the scalp, which is where the eggs and lice will be found. Do this on the whole head. It is time consuming, but works. After you’ve done...
Newest Noxious Weed: Sericea Lespedeza

In order to protect Nebraska’s economy and the quality of its land, the Nebraska Department of Agriculture will designate sericea lespedeza (Lespedeza capitata) as a noxious weed in Nebraska on April 1, 2013.

Spread Potential
Sericea lespedeza is present and considered invasive or weedy in 31 states — it is already a noxious weed in Kansas and Colorado. It was first introduced into the United States in 1896, and the oldest listing of it on Nebraska record is 1974 in Richardson County. Sericea lespedeza has already spread to at least eight counties in the southeast part of the state. Initial use as a hay crop facilitated its spread throughout the eastern United States. It is also readily spread by wildlife and livestock.

Impact Potential
Sericea lespedeza is a long-lived perennial forb that grows well in grasslands, pastures, along roadways, drainage areas, fences, and other disturbed areas. Sericea lespedeza is an extremely aggressive invader of open areas. Dense monocultures of thickets are formed due to its ability to sprout from root crowns. Established sericea lespedeza plants will reduce or eliminate competing vegetation and restrict the amount of light reaching other plants. Its tall, upright growth with multiple branches and dense foliage produces heavy shading. Originally introduced as a forage plant, sericea lespedeza out-competes native grasses thus reducing the carrying capacity of livestock because it is not palatable to most livestock.

In a mixture with grass, it usually becomes the dominant species after three to four years. In natural areas, these stands can become so dense that native plants are reduced. It also produces chemicals, such as tannins, that can inhibit the growth of other plants and promote the formation of pure stands of sericea lespedeza.

Seed production rates of 150 million to 300 million seeds per acre were reported for cultivated stands and there are reports that 1,500 seeds can be produced on a single sericea lespedeza stem. It readily escapes from cultivation into native grasslands and agricultural areas, and can seriously impact pastures and natural areas.

Risk Potential
The Nebraska Invasive Species Council (NISC) recently completed the Weed Risk Assessment (WRA) of sericea lespedeza. The WRA is a scientific study used to identify the potential risk of spread in Nebraska. The results showed sericea lespedeza had a very high risk to invade almost 98% of land in Nebraska. When compared with more than 200 other assessments, sericea lespedeza ranked among top high-risk plants based upon its reported impact and ability to establish and spread. The addition of this species to the noxious weed list requiring control by landowners will aid in efforts preventing its spread beyond southeastern Nebraska.

Cost Share Available
Five River Weed Management Area member counties recently received a grant from the Nebraska Environmental Trust for up to 75% cost share for control of sericea lespedeza. Lancaster County landowners interested should contact the Weed Control office for eligibility.

Drought Doesn’t Slow Noxious Weeds
Prolonged periods of dry conditions affect weed growth, alter herbicide performance, and complicate weed management strategies. With the drought experienced in Lancaster County and across the state in 2012, most would expect our noxious weed inspections and infestations would have been less. In fact, there was a 6.7% increase in sites found, from 1,045 sites in 2011 to 1,120 sites in 2012. Unfortunately, one of the things that make a noxious weed so hard to control is the ability to survive during stressful conditions. We find — especially with the deep-rooted perennials such as leafy spurge, knotweed, Canada thistle, and phragmites — that they are able to outcompete other vegetation for water and nutrients to survive.

Performance of herbicides also changes during dry conditions. Plant stress from drought are difficult to control since water-stressed weeds have thicker, waxy leaves (cuticle), reducing herbicide absorption into the plant. Plant growth suppression are also altered, reducing movement of herbicides within the target weeds to sites of action. The results are less than you would expect and far less than if the plant is healthy and taking in nutrients.

Noxious weeds are very aggressive. Any time a pasture is overgrazed it is easier for invasive plants to outcompete the native grasses and legumes. Pastures will require extra attention this growing season if they were overgrazed.

Weed seeds lay dormant for years; with very little grass competition, the sunlight will germinate those dormant seeds. Aggressive weed control methods will likely be needed to be practiced to keep weeds from robbing moisture and nutrients from the desirable plants.
Phragmites
continued from previous page

What Does Phragmites Look Like?

Phragmites plants range from 3–20 feet in height, yet 76% of the plant is contained below ground in a dense mass of roots and rhizomes that can penetrate and form a mass greater than 6 feet. In the summer, its flat, grayish green leaves are 2–2½ inches wide, 8–15 inches long, and alternate along the stem. Phragmites has a distinctive purple-brown seed head with plumes appearing by late July. These feathery plumes form at the end of stalks 6–20 inches long and up to 8 inches wide with many branches. Phragmites turns a color in the fall and most leaves drop off, leaving only the stalk and plume-topped shoot common throughout winter.

Why Should I be Concerned?

Recreational impacts:
Phragmites can be used as fish and wildlife populations, limiting
recreational values for birdwatchers, walkers, naturalists, boaters and
residents:
• Fishermen, naturalists, boaters and hunters.
Fire danger for nearby residents:
Phragmites grows rapidly, and as the plant thickens, it can
create large concentrations of tinder-
dry vegetation. This increases the
potential for fast-spreading fires.

Biological impacts:
Phragmites can create a dense jungle of vegetation
that native birds, foraging mammals
and even deer cannot penetrate.

How Does Phragmites Spread?

Phragmites can be spread by wind, water dispersal of seeds, or by
intentional introduction by people. Seed
viability tests performed by the State
of Nebraska showed 70–90% viable seed
in mature heads collected in Lancaster County.

Most commonly, however, phragmites spreads by horizontal, above-ground stolons and underground rhizomes. Stolons can grow dozens of feet annually, and new plants can sprout at nodes located every few inches along the stolon. Rhizomes create thick underground mats, can expand at the rate of 30 feet per year, with new plants sprouting all along the rhizome. In addition, rhizomes broken by natural actions, such as waves, water current in streams, or by bulldozing, such as dredging or digging, readily root
down in new locations. Maintenance
equipment used in a wetland with phragmites can be used to carefully clean
avoid transporting phragmites to new
locations; it only takes a small piece of rhizome to start new plants.

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

Method of Control

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

Biological: Currently, there are no approved bio-control agents for the
control of non-native phragmites.

Chemical: The first step toward effective control of phragmites is to identify the proper herbicide(s) known to be effective in controlling phragmites.Glyphosate (Roundup®) and imazapyr (Rodeo®) are two herbicides
known to be effective in controlling phragmites. (generic formulations of both
glyphosate and imazapyr are available). These herbicides are non-selective and
will affect any plant species. However, when applied using the correct method
used to control chemical manufacturer’s information, impacts to native plants, as well as mammals, birds, and fish can be minimized.

Use only herbicides labeled for
aquatic sites. Always read and follow
label directions.

Control recommendations according to the University of Nebraska–Lincoln Extension 2013 Guide for Weed Management (EC130) are:
• Aquatic Glyphosate 96–128 ounces per acres or Habitat (imazapyr) at 2–4 pints per acre. An additional surfactant should be added to the
formulations to improve the effectiveness of the treatment. Apply in spring before flower or fall.

• Herbicide (consult label).

Timing is key to eradicating knotweed. It is very important all planted and
evolved knotweed (e.g., Rodeo® if applying in or near wetland areas),
• Apply 2 quarts per acre of Garlon 3A, use non-ionic surfactants (consult label).

Noxious weeds

Control

Knock Out Knotweed Before It Knocks You Out

Japanese knotweed is an invasive species found in Nebraska. It is
identified by its flat, rounded leaves, which are 6–20 inches wide and
2½–5 inches long. The plant has brittle stems about 6 feet tall with the
base of the leaf sheath grooved. The leaves often appear lobed in
pairs. Small, white, star-shaped flowers grow in clusters from the leaf nodes. The fruit, a capsule, is long and cylindrical. The capsules are firmly attached to the bases of the leaves. Knotweed is highly invasive and
is considered a noxious weed in Nebraska.

Methods of Control

Tying to key to eradicking knotweed. Treat from July 1 to the first killing frost when carbohydrates produced in the leaves are
mowed to the rhizomes for growth and storage. Foliar applied herbicides move through the plant with the carbohydrates.

Phragmites is contained below ground in a
mass of roots and rhizomes.

Red and Follow Herbicide Label Directions.
Do not compost any green portions of
the plant. In residential areas, let the plant
completely dry out and put in plastic bags for
regular garbage pickup.

For Small Sites and
Ornamental Plantings
Cut the stems about 2 inches above
ground level. Immediately apply a 25%
solution of glyphosate (e.g., Roundup®), or use Rodeo® if applying in or near wetland areas, and water to the cross-section of the stem.

For Larger Sites, One of the Following Treatments is Required
Some products may not be available in small quantities:
• Apply 2 quarts per acre of imazapyr (e.g., Arsenal®), has aquatic label if applying in or near wetland areas, use non-ionic surfactants or Methylated seed oil (MSO) (consult label), or

Provide Follow-up
To prevent re-establishment, continue
with aggressive follow-up maintenance
annually. It is very important all planted and
wild sites be controlled and kept controlled.

Methods of Control

Timing is key to eradicating knotweed. Treat from July 1 to the first killing frost when carbohydrates produced in the leaves are
mowed to the rhizomes for growth and storage. Foliar applied herbicides move through the plant with the carbohydrates.

Phragmites is contained below ground in a
mass of roots and rhizomes.
Nebraska’s Noxious Weeds

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

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

**Nebraska’s Noxious Weeds**

- **Musk Thistle**
  - Height: 1.6–9.8 ft
  - Flowers: Pink to purple
  - Seedhead: Mature

- **Canada Thistle**
  - Height: 1–3.9 ft
  - Flowers: Pink to purple

- **Plumeless Thistle**
  - Height: 1–4.9 ft
  - Flowers: Purple

- **Phragmites**
  - Height: 3.2–20 ft
  - Young seedhead
  - Mature seedhead

- **Leafy Spurge**
  - Height: 1.5–6.5 ft
  - Large yellow leaves (bracts)
  - Stems/leaves have milky sap

- **Sericea Lespedeza**
  - Height: 1.5–6.5 ft
  - White or cream to yellowish white flowers

- **Japanese Knotweed**
  - Height: 3–10 ft
  - Creamy white to greenish white flowers

- **Giant Knotweed**
  - Height: 8–13 ft
  - Creamy white to greenish white flowers

- **Purple Loosestrife**
  - Height: 1.3–8 ft
  - Purple to magenta flowers

- **Saltcedar**
  - Height: 3.3–20 ft
  - Pink to white flowers

- **Spotted Knapweed**
  - Height: 1–3.9 ft
  - Lavender to purple flowers

- **Diffuse Knapweed**
  - Height: 1–3.9 ft
  - White/purplish flowers

**GOOD NEIGHBORS CONTROL NOXIOUS WEEDS**

If you have questions or concerns about noxious weeds, please contact your local county noxious weed control authority, Nebraska Weed Control Association (www.neweed.org), or Nebraska Department of Agriculture (www.agr.ne.gov/noxious_weed)
Lancaster County Weed Control Authority’s purpose is to educate the public concerning noxious weeds, to exercise the necessary authority to obtain effective control of noxious weeds consistent with the public’s concern for weed abatement, and to exercise the necessary authority to cut and clear overgrown weeds and worthless vegetation in the city of Lincoln. We accomplish this by:

• making the landowners of Lancaster County aware of the laws and regulations on noxious weeds and the benefits of controlling noxious weeds,
• making the citizens of Lincoln aware of legal requirements and benefits of cutting and clearing overgrown weeds and worthless vegetation,
• efficiently and effectively exercising authority when necessary to obtain acceptable noxious weed and weed abatement control, and
• improving efficiency and effectiveness of operations through management techniques.

Noxious Weed Program

Lancaster County Weed Control office utilizes a three-pronged approach to assist landowners in reducing the number of noxious weed infestations.

Phase 1: Prevent the development of new weed infestations

This is the least expensive and most effective way to halt the spread of noxious and invasive weeds. Integrated weed management includes preventing encroachment into land that is not infested, identifying the pathways in which weeds are spread, detecting and eradicating new weed infestations, and containing large-scale infestations using an integrated approach, and often re-vegetation.

Phase 2: Provide education and public outreach on noxious and invasive weed control

The public is generally not aware of the economic and environmental impacts of noxious weeds. There is a need to improve awareness of noxious weeds and to provide educational information to cooperators, land managers, and the public. Pamphlets, bulletins, and brochures are useful at meetings, for follow-up consultations, and educational purposes. As people become more aware of noxious weeds, the probability of detecting them is greatly increased, which allows for more effective and timely control.

Education and awareness assist:

• weed identification
• reporting of violations
• prevention
• control
• foster cooperation and partnerships

Phase 3: Provide for or support implementation of State of Nebraska-mandated noxious weeds

Noxious weed management is the systematic approach to minimize noxious weed impacts and protect intended land use. It is very important for all infested areas to be treated with effective methods. Integrated management is a program of noxious weed control that properly implements a variety of coordinated control methods. Types of control methods include mechanical, cultural, chemical, and biological. Integrated management greatly improves the success of our weed control plan. All noxious weed management must be planned and initiated over an extended period of time to be successful.

Noxious Weed Overview

Noxious weeds know no boundaries. They find themselves at home in cities and villages, along creeks, in wetlands and waste areas just as well as in the rural areas.

In 2012, our inspectors documented 1,120 sites infested with noxious weeds, 371 (33.1%) of those were within Lincoln city limits. While the total number of acres infested is small, we continue to find noxious weeds all around the city. Saltcedar, purple loosestrife, and knotweed are found more in the city than in rural areas, because they were first introduced as ornamentals and planted in our landscapes. Without aggressive management, these sites will continue to grow and spread.

Musk Thistle

Musk thistle continues to be a problem on poorly-managed pastures, wastelands, and roadsides. A total of 883 inspections were made on 453 sites. There were 384 sites found to be in violation amounting to 1,553 acres infested. The Weed Control office carried out 13 enforcements on 206 acres.

Purple Loosestrife

Most of the purple loosestrife found are ornamental plantings. There are a few waterways with wild purple loosestrife, but for the most part this has been a success story in Lancaster County. In 2001, when purple loosestrife was added to the State Noxious Weed list, we reported 490 locations. In 2012, we had 24 sites reported. This is a 95.1% decrease since it was designated a noxious weed.

Knotweed

There were 22 sites of knotweed reported in 2012. Almost all of the sites are ornamental plantings with only 2 sites being wild infestations. Most owners have been very receptive to removing the plantings once they realize how much damage it can do.

Canada thistle

Canada thistle is a deep rooted perennial thistle; it is the most difficult thistle to control. While we don’t have a large number of infestations, what we are finding is that it is showing up in landscaping. Meaning, it is also coming in with some of the trees and shrubs being planted. Always make sure the root stock you are getting is noxious-weed-free.

Saltcedar

Saltcedar is a great example of Early Detection Rapid Response (EDRR), getting on a problem early and eliminating it before it gets out of control. Lancaster County has only a few locations of saltcedar and those are being eradicated by the owners.

City Landfills

The Weed Control Authority is also responsible for managing both the 48th street and Huffst Road landfills for all noxious weeds. Musk thistle, leafy spurge, and phragmites are the main problems. Both landfills are annually inspected and mapped. A contractor is then hired to do the control work. We do a follow-up inspection once the contractor is spraying is complete to ensure proper control.

Change in Chief Inspector

In 2012, Barb Frazier retired after 20 years of service as Chief Inspector for Lancaster County Weed Control Authority. Pat Dugan has been hired as the new Chief Inspector.
**Perennial Plant of the Year**

**Polygonatum odoratum 'Variegatum'** is the 2013 Perennial Plant of the Year. It has the common names of variegated Solomon’s Seal, striped Solomon’s Seal, fragrant Solomon’s Seal and variegated fragrant Solomon’s Seal. This all-season perennial has greenish-white flowers in late spring and variegated foliage throughout the growing season. The foliage turns yellow in the fall and grows well in moist soil in partial to full shade. Variegated Solomon’s Seal grows 18–24 inches tall and will spread by rhizomes to form colonies. The oval-shaped leaves are carried on upright, arching, unbranched stems. The variegated leaves are light green with white tips and margins. Leaves turn an attractive yellow in the autumn. Sweetly fragrant, small, bell-shaped white flowers with green tips, are borne on short pedicels from the leaf axis underneath the arching stems. Blush-black berries are sometimes present in the autumn.

Variegated Solomon’s Seal is a classic beauty for the shady woodland garden or the part-shade to full-shade border. It is a great companion plant to other shade lovers including hostas, ferns, and astilbes. The sweet fragrance will enhance that walk along a pathway on a spring morning. Flower arrangements will find the variegated foliage to be a great beauty for floral arrangements. And finally, this all-season perennial offers yellow fall foliage color.

There are no serious insect or disease problems with variegated Solomon’s Seal. Plants may be divided in the spring or fall. The white rhizomes should be planted just below the soil surface. It is a very easy perennial to grow and will enhance any shade garden, especially a more natural one.

**Light:** Variegated Solomon’s Seal performs well in full to part shade conditions.

**Soil:** Variegated Solomon’s Seal prefers moist, well-drained soil.

**Uses:** This perennial offers vivid highlights in shaded areas of borders, woodland gardens, or naturalized areas. The variegated foliage is attractive in flower arrangements.

**Unique qualities:** Solomon’s Seal has arching stems that carry pairs of small, bell-shaped, white flowers in mid to late spring. The variegated oval leaves are soft green with white tips and margins. Full leaf color is yellow.

**Maintenance:** There are no serious insect or disease problems with variegated Solomon’s Seal. Plants may be divided in the spring or fall. The white rhizomes should be planted just below the soil surface. It is a very easy perennial to grow and will enhance any shade area.

**Hardiness:** USDA Zones 3 to 8.

**Source:** Perennial Plant Association

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**Fun Youth Gardening Activity: Make a Seed Tape**

By Mary Jane Frogge, UNL Extension Associate

Making a seed tape is a fun gardening activity that can be done with a child of any age.

**Supplies:**
- small tree twigs, cut into strips, 3 inches x 12 inches
- white glue
- small seeds: lettuce, carrot, sunflower, tomato, and radish
- pencil

**Directions:**
1. With a ruler and a pencil draw small dots every one-inch in the center of the paper towel strip.
2. Place a drop of glue in the center of the dots.
3. Place one seed on each drop of glue.
4. Allow glue to dry completely before moving or storing strips.
5. Plant seed tapes 2-inch deep in the garden in late April or May.

**For More Youth Gardening Activities**

UNL Extension in Lancaster County has many activity ideas at http://lancaster.unl.edu/hort/youth, including alphabet gardening, build a bean tower, coloring eggs with natural dyes, fruit garland for birds, and pizza gardening.

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**Gardening at Lunch Webinars**

Learn about various aspects of gardening from UNL Extension experts. Join us for an exciting “Gardening at Lunch” webinar series, right from your desk at work or home. During each program you can listen and interact with the speakers. You will need a computer with Internet access and sound to participate.

- **Cost:** $10 per program. Must pre-register at http://marketplace.unl.edu/extension

Webinars are held Wednesdays, 12:05–12:55 p.m.

**April 3: Plant Diseases** — Learn how to identify plant diseases, and how to treat them.

**May 1: Outdoor Insects** — Learn how to identify the good insects from the bad!

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**Garter Snakes**

Garter Snakes are great for helping teach each child about snakes. If your child or grandchild wants to save a shed snake they find out in the yard, wash the shed with 70 percent isopropyl alcohol (available over the counter at any pharmacy), dry thoroughly and keep in an airtight, clear plastic bag.

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**Shed Snake Skins**

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4-H Volunteer Input Wanted and Needed

UNL Extension is asking for 4-H volunteers across the state to take 5–10 minutes to complete an online survey so we can learn more about your needs, wants, and ideas. Volunteers have from now until April 1 to complete the survey at http://db.unl.edu. This is your time to share your thoughts and ideas to make Nebraska 4-H a stronger program.

Furniture Painting Workshop, April 20

4-H youth ages 8 and up are invited to participate in a furniture painting workshop on Saturday, April 20, 9 a.m. at the Lancaster Extension Education Center, 444 Cherrycrest Road. Bring a small piece of unpainted furniture, such as a shelf, stool, or chair. These items can be found around your house, at craft stores, garage sales, and thrift stores. If you have a “Red, White & Blue” or a “Black & White” theme and learn how to prepare new and used furniture surfaces. Adults are welcome to attend to help youth. Bring a sack lunch. Register by April 17 by calling 402-441-7180.

4-H/FFA Sheep Weigh-In, May 2

4-H/FFA members exhibiting market sheep need to have their lambs officially tagged and weighed on Thursday, May 2, 6–8 p.m. at the Lancaster Event Center in Pavilion 2. For more information, contact Cole at 402-441-7180.

Portable Dog Agility Set-up Available

4-H dog exhibitors who would like to practice agility at home, Lancaster County 4-H has a portable dog agility set-up that you can use free of charge. Contact Cole at 402-441-7180 for more information on the check out process.

4-H Fabric Design Camp, May 22 & 23

Are you ready for the next step in clothing design? Let the rich beauty of nature at the Nebraska State 4-H Camp inspire you to design and create an original garment and fabric accessory. Learn new fabric design techniques and how to manipulate a simple pattern to create a unique outfit. 4-H Design Camp will be held May 22–23 at the Nebraska State 4-H Camp at Halsey. The $65 fee includes fabric, patterns, meals, and cabin. Sessions will begin at 9 a.m. Wednesday, May 22. The runaway show for camp participants and their families will be held Thursday, May 23 at 3 p.m.

Participants must have sewn at least one garment in Clothing Level 1 to be ready to participate in this camp. Camp brochures including registrations forms are available from instructors Megan Burda, Fillmore County, mburda2@unl.edu; Jessie Goertz, Custer County, jgoertz1@unl.edu; and Sue Pearpy, Central Sandhills Area, spearman2@unl.edu.

4-H Cat Clinic, May 22

A 4-H Cat Clinic will be held on Wednesday, May 25, 6–8 p.m. at the Lancaster Extension Education Center, 444 Cherrycrest Road, Lincoln. This free clinic will be conducted by Dr. Lisa Karry-Lilenthal, UNL Companion Animal Specialist, and is open to 4-H’ers and interested youth ages 8–18. You will learn information on general cat care, health, and showmanship. A variety of hands-on activities will include working with cats, cat foods, housing design, vet care, etc. You do not need to bring a cat, but if you do, it must be in a pet cage. This will be a great opportunity to learn how to prepare your cat for the Lancaster County Super Fair or to consider a 4-H Cat Project. Please preregister before May 27 by calling 402-441-7180.

New 4-H Shopping in Style Curriculum

A new Nebraska 4-H Shopping in Style curriculum now available on a CD! This updated curriculum is for youth ages 10 and older. Youth will learn what looks best on them, the best ways to build a versatile wardrobe while staying within their budget, and be able to identify their clothing needs. This CD can be purchased at the Extension office.

New 4-H Clover Kids Curriculum

A new 4-H Clover Kids Curriculum (ages 5–7) home environment curriculum is now available. “A Space for Me! Helper’s Guide” is used in conjunction with the “A Space for Me!” member’s manual. Sections include: 1) Hang It, Fold It, Keep Your Space Neat 2) Save Your Money, Reuse It 3) Color It, Paint It, Create It Copies are available at the Extension office.

Updated 4-H Babysitting curriculum

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

Created through a 4-H Military Partnership, the new teen babysitter curriculum “I Have What It Takes to Be Your Teen Babysitter” is comprised of a facilitator’s guide, a student guide, and a set of student worksheets. The curriculum is free online. Go to http://www.extension.unl.edu/militarypartnerships and click “Curriculum Resources” on the left, then scroll down and click on “4-H Babysitting.” If you would like to see a hardcopy version, visit the Extension office.

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Livestock Quality Assurance Certification Must Be Done Online by June 15

All 4-H/FFA members wanting to show market beef, market sheep, market swine, meat and dairy goats, dairy cattle, poultry, and rabbits at county fair, State Fair, or the Ak-Sar-Ben 4-H Stock Show must complete Quality Assurance Training. Bighorn sheep exhibitors and dairy goats exhibitors showing only breeding animals do not have to complete it.

Again this year, the Quality Assurance certification is online. In the past youth must have been in an person training: now everything is online. This new format will be more user friendly, youth will complete activities that pertain to their age (no more sitting through a class where it is either your head or way to simple for you), and youth will be able to complete the trainings at their own pace and time allotment. As always this must be done by June 15. Instructions are online at http://4h.unl.edu/qualityassurance and will be made to club leaders. Please pass along all of this information to youth in your club who will need to be QA certified. If you have any questions regarding this new format, contact Cole at cmeador2@unl.edu or 402-441-7180.

New in 4-H at Fair
See the Fair Book for detailed information about each of the following:
- **Shooting Sports Contest** — after a several year hiatus, the Shooting Sports Contest is back with categories in BB Gun, Air Rifle, Air Pistol and Trap Shotting.
- **Presentations Contest** — new class “Illustrated Presentation” includes audio visual and poster. Multimedia Presentation now included. Co- judging criteria. Don’t forget, new class “Teaching Presentation” is interactive with judge occasionally stopping presentation to ask questions.
- **Style Revue** — new class “Modeled Knitted or Crocheted Clothing” (Level 2 or 3). Knitting or Crocheting Level 1 can be modeled with “Sewing for Fun.”
- **Special County Exhibits** — new class, “4-H County Exhibit.”
- **Express Yourself** — Level 2 and 3 have many new classes.
- **Quilt Quest** — has many new requirements and options, including the use of “fabric collections.”
- **Photography** — “Nebraska photography career exhibit print” classes in Unit II & III. New theme, Unit III has new “Manual setting exhibit print” class. Data Tag Part II has new questions for Unit III participants and Photography Portfolio Unit III improvements.
- **Clothing** — all new classes for Shopping in Style. New information requirements for Decorate Your Duds, Recycled Garment, Textile Clothing Accessory, and Knitting or Crocheting.
- **Home Environment** — Design Decisions — “3 dimensional surface accessory” classes are back as county only.
- **Safety** — two new classes, “Safety experience” and “Careers in safety.” Many previous classes have new requirements.
- **Food & Nutrition** — new class, “Food Science and Technology.” New Food Preservation recipe classes “Food Science and Technology.” New Food Preservation recipe classes.
- **Horticulture** — new “Houseplants class,” “Fair or miniature garden.”
- **Elite Showmanship Contest** — Champion senior showman from Sheep, Beef, Swine, and Dairy Cattle are eligible.
- **Meat Goat** — Breeding classes have been added.
- **Swine** — new “3rd Market class,” “Pig a Pig club market swine.”
- **Dog** — new “Team Obedience class,” “Brace team” consists of one handler and two dogs. The Creative Kennel contest and Costume contest will have the theme of “Movie Dogs.” Dress your dog or kennel to be a character in any movie, it doesn’t need to be a dog character. Entries must follow this theme, or they will be deducted a ribbon placing.
- **Horse** — new requirements for All-Around Cowboy/ Cowgirl and All-Around Ranch Horse Awards.
- **Saddle Seat** — new “Roping Clinic with Mechanical Calf and Steer.”
- **Roping/Working Ranch Show includes new classes “Lunging” and “Mechanical Roping.”
- **Miniature Horse Show has new class “Obstacle Driving.”
- **Dressage Show has new class “Western Dressage Seat Equitation.”

4-H/FFA Fair Books Have Been Mailed
The Lancaster County 4-H & FFA Fair Book contains entry information for 4-H & FFA members exhibiting in 4-H/FFA Fair Books. All 4-H/FFA families are also available at the Extension office and online at http://lancaster.unl.edu/4h/Fair. Many fair handouts, forms, and videos are also on this website.

Open Class information and schedule will be available by May 1 at www.superfair.org. Anyone can participate in open class categories.

The fairgrounds map will be published in the Lancaster County Super Fair Schedule & Map inserted in the August Newsletter.

4-H & FFA Parking and Exhibitor Passes
4-H/FFA families can get a free 4-H/FFA parking pass from the Extension office (available July 1–31). The parking pass allows one vehicle to enter the fairgrounds each day August 1–6 and park in designated areas. It does not cover admission for each individual in the vehicle (see exhibitor admission passes). General parking without the parking pass will be $3. 4-H/FFA families are asked to enter Gate 3.

Individual exhibitor admission passes will be available from the Extension office (available July 1–31). An individual exhibitor pass allows the exhibitor to enter the fairgrounds each day August 1–6 only. Gate admission without the 4-H/FFA exhibitor admission pass will be $2.

These passes are only for 4-H/FFA members and their families, and 4-H/FFA volunteers.

4-H Bicycle Contest Superintendent Needed
Do you enjoy riding your bike and helping youth? Here is a great opportunity to do both. The 4-H Bicycle Contest Superintendent is needed for the annual Super Fair contest; this year held Saturday, June 9 starting at 9 a.m. The current superintendent will provide leadership and direction. Call Tracy at 402-441-7180.

4-H Speech & Public Service Announcement Contests
The Speech and Public Service Announcement contests provide 4-H’ers the opportunity to learn to express themselves clearly, to use their ideas, and have confidence. Contests are open to all 4-H’ers — need not be enrolled in a specific project. Youth may choose to participate in either or both. For resources, guidelines, and examples, go to http://lancaster.unl.edu/4h/Contest/speech.shtml. If you have questions, contact Cole Meador at cmeador2@unl.edu or 402-441-7180.

Speech/PSA Workshop, March 28
Learn more at a Speech/PSA workshop on Thursday, March 28, 6 p.m. at the Lancaster Extension Education Center.

Out of ideas? We will help you get started. Already started? Bring your completed Speech/PSAs to practice your presentation in front of us to help you with Audacity basics so you can add sound effects and edit to make your final PSA perfect. There will be computers available to work with, or bring your own. Cole will record PSAs for 4-H’ers ready to do so — come in any time after 4 p.m.

PSA Contest, Due April 12
In the Public Service Announcement (PSA) Contest, 4-H’ers submit a 60 second “radio commercial” promoting 4-H. All 4-H’ers can submit a PSA via CD playable on any standard stereo equipment to Extension by Friday, April 12. If you do not have the capabilities to record a PSA, contact Cole to set up a recording time. Results and comment sheets will be handed out at the 4-H Speech Contest on April 21.

State 4-H asks for PSAs to be non-county specific so winning PSAs can be aired on radios statewide (for example, say “call your local Extension office”).
- All PSAs will use the state theme as the basis for their PSA. The 2013 PSA theme is “Taking the Lead.”
- All 4-H’ers must include the following tag line within the last ten seconds of the PSA: “Learn more about the University of Nebraska–Lincoln Extension 4-H Youth Development Program at 4h.unl.edu and Know How. Know Nebraska. The time is included in the 60 second time limit. As always, background noises and sound effects are encouraged.

Speech Contest, April 21
The 4-H Speech Contest will be held Sunday, April 21 at the Lancaster Extension Education Center. Contest begins at 1:30 p.m.; registration begins at 1 p.m. Preregister by April 12 by calling 402-441-7180 or emailing cmeador2@unl.edu with your name, speech title, age division, and if it is “Speech for YouTube.” Note new age divisions this year:
- **Speech Clover Kids division (5–7 years old)** — read or recite any short story, poem, nursery rhyme, pledge, etc. Clover Kids received participation ribbons only — no premiums given.
- **Speech Junior division (8–10 years old)** — length: 2–5 minutes; topic: any experience in 4-H, including projects, activities, etc.
- **Speech Intermediate division (11–12 years old)** — length: 3–5 minutes; topic: 4-H experience — encouraged to speak about a project which you would like others to enroll in
- **Speech Senior division (13–18 years old)** — length: 5–8 minutes; topic: A timely topic related to 4-H; includes projects, activities, etc. Do not use your name in the speech. All speeches will be videotaped and purple ribbon winners’ videos posted to YouTube and submitted to Cable 5 City TV.

NEW THIS YEAR: Speech for YouTube (13–18 years old) (may enter a regular speech and/or this county-only class) — length: 3–5 minutes; topic: ask adults to volunteer for 4-H by helping start a club, helping teach a project, volunteering for a 4-H youth activities, etc. Please include “To find out more, go to lancaster.unl.edu or call 402-441-7180.” Parent of 4-H participant will need to fill out an image release form online at http://lancaster.unl.edu/4h/Contest/speech.shtml. Do not use your name in the speech. All speeches will be videotaped and purple ribbon winners’ videos posted to YouTube and submitted to Cable 5 City TV.
Alternatives to Guardianship

Each month, as I teach Guardianship Training, participants say they wished their loved ones would have shared their wishes while they were of sound mind, in many cases preventing the need for a guardianship. New legislation implemented in 2012 have created new responsibilities for Guardians and Conservators which make this even more important.

Maureen Bursan, UNL Extension Educator

Guardianships, because they are so powerful, should be used sparingly. Other less restrictive forms of assistance may be more appropriate.

Sometimes obtaining a guardian for a person who is having difficulty making decisions in one or more areas of his/her life is an appropriate solution. Guardianship allows a responsible person to substitute judgment for someone who cannot make or communicate decisions. Without Guardianship the person may be unprotected and lack the ability to find and use services. Even so, guardianship should be used sparingly, probably only if the needs of guardians have so much power.

Guardianship is one form of surrogate decision making — a term used to describe situations in which one makes decisions on behalf of someone else. It is the most restrictive choice when decision making assistance is needed. There are many more ways help can be given before proceeding to guardianship. The following is a description of less restrictive forms of assistance — a list used to describe situations in which one makes decisions on behalf of someone else.

Non Durable Power of Attorney is a document that authorizes another person to act on another’s behalf. It is the delega- tion from the person creating the document (the principal) to the person to whom he or she is granting the power to act (the agent). A limited power of attorney gives authority to act only with regard to very specific matters. A general power of attorney authorizes the agent to act on behalf of the principal in a wide variety of actions. A power of attorney is also terminated by the principal’s death, disability, or incompetence.

Durable Power of Attorney is a power of attorney that lasts beyond the disability or incapacity of the principal. It can be revoked or modified at any time as long as the principal is competent. By assigning a power of attorney to someone else, a principal legally authorizes another person to act on his or her behalf. The agent should be selected very carefully. Characteristics a principal should look for in an agent include competence and experience in managing the type of actions assigned to him or her, reliability, and trustworthiness.

Advance Directives inform others of what choices for medical treatment were made prior to the need for treatment. The most common types of advance directives are living wills, health care power of attorney, and medical directives.

• A Living Will is a written statement that describes the type of care a person wishes to receive in the event he/she is suffering from a terminal illness or is in a persistent vegetative state. You can change your mind and revoke your Living Will at any time, regardless of mental or physical condition.

• Health Care Power of Attorney is, quite simply, a durable power of attorney through which a principal authorizes an agent to make health care decisions on his/her behalf. If you are competent, you can cancel the health care power of attorney at any time.

• A Medical Directive is a specific list of medical procedures on which a person may check various procedures that he/she wants, does not want, or is not sure about. A medical directive is quite specific and is often incorporated into either a living will or a health care power of attorney. In order to exercise the most indepen- dence in selecting a surrogate decision maker, an individual should act sooner rather than later. Pre-planning is impera- tive. The above selection(s) must be made before it is evident the individual is in need of assistance for making decisions. These three options give the principal the control over who is selected to manage decisions before the crisis happens. The following options are available after it is evident a person is in need of assistance for making decisions.

Representative Payee is a person appointed by the Social Security Administration to receive and manage benefits administered through Social Security. A representative payee is a person who is permanently unable to manage the funds and do the necessary reporting required.

Protective Payee is an individual assigned by the Nebraska Department of Health and Human Services to receive public assistance payments on behalf of another person. The protective payee has a supervisory and teaching role. A payee is assigned when it has been determined the person is unable to manage funds from the department or has previously mismanaged those funds.

Conservator is an individual or corporation appointed by the court to manage the estate, property, and/or other business affairs of an individual whom the court has determined is unable to do so for himself/herself.

Guardianship provides for the care of someone who is not able to care for himself/herself. The court may appoint a guardian if there is clear and convincing evidence he/she requires continuing care or supervision. Nebraska law allows for, and favors, the appointment of a limited guardian. This is a guardian who looks after a limited number of the person’s personal needs. The court is required to look at 10 items listed in the guardianship law and state with which of the individual items the person needs assistance. A limited guardianship is less restrictive than a full guardianship. A full guardianship is established when it is determined surrogate decision making is needed in all of the areas the court is required to review.

If you want to explore any of these options you may contact an attorney.

Source: University of Nebraska – Lincoln Extension NetGuide #31506 *Alternatives to Guardianship by development team: Ellen M. Krumbach, Extension Educator, University of Nebraska; Richard J. Bucheli, Professor, UNL Department of Child, Youth, and Family Studies; Sue Fredricks, Executive Director, Volunteer Assistance Seniors (VAS); Omaha, Thomas K. Harman, Volunteer Assistance Attorney at Law; Omaha; Bruce A. Cutillo, Nebraska State Bar Association, D. Delan, Staff Attorney, Nebraska Advocacy Services, Inc.; Julie J. hippen, Program Specialist, Nebraska Department of Health and Human Services, Adult Protective Services; Marie J. Fisher- Lompa, Executive Director, The America of Nebraska, Maryland, and Washington; L. Connolly, Trial Court Services Director, Administrative Office of the Courts.

UNL Extension Guardianship Trainings
State appointed guardians/conservators manage finances, submit reports to the court, and provide other vital roles which impact wards of the court.

UNL Extension’s Guardianship/Conservator Training classes fulfills Guardian/Conservator education requirements set by the Nebraska Probate Code. Classes are approved by Nebraska Supreme Court.

The training prepares guardians to better serve their wards and fulfill the legal responsibilities to the court. More than 6,400 conservators have taken the training to date since it started in 2005. In 2012, 91 educational programs were offered to 939 guardians/conservators. The Nebraska State Bar Association provides volunteer legal expertise during the training.

Upcoming dates at the Lancaster Extension Education Center, 444 Cherry Creek Road, Lincoln, include:
• Tuesday, April 16, 5:30–8:30 p.m.
• Tuesday, May 21, 1:30–4:30 p.m.

For more information about the trainings or to access other NebGuides about Guardianship (available in English and Spanish), go to www.extension.unl.edu/guardianship.

EXTENSION NEWS

Browning Receives Nebraska Arborists Association Educator of the Year Award

The Nebraska Arborists Association (NAA) presented University of Nebraska-Lincoln Extension Educator Sarah Browning with the NAA Educator of the Year Award at their annual winter conference in February.

The award recognizes the important role that teaching and education plays in enhancing the quality and supervisory and teaching role. The Nebraska Arborists Association offers CEU credits towards maintaining their NE arborists certification. She is always willing to help out the NAA

Congratulations Sarah!

www.extension.unl.edu/guardianship

Aging Partners Senior Companions Needed
If you are over 55 and need extra money that is tax-free and will not affect your Social Security, Supplemental Nutrition Assistance Program (food stamps), housing, or other benefits, you will want to check out the Aging Partners Senior Companion Program. The Aging Partners Senior Companion Program is looking for 15 to 20 volunteers to help make inde- pendence a reality in Lincoln and the surrounding areas. Senior Companions help adults with everyday living, among the activities the companions enjoy with their friends are reading mail, playing games, and sharing personal or commu- nity activities.

Other qualifications for Senior Companions Program is looking for 15 to 20 volunteers to help make inde- pendence a reality in Lincoln and the surrounding areas. Senior Companions help adults with everyday living. Among the activities the companions enjoy with their friends are reading mail, playing games, and sharing personal or commu- nity activities.

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Beginning Farmer Workshops

University of Nebraska–Lincoln Extension is presenting a free series of Beginning Farmer and Rancher workshops in Southeast Nebraska:

- **Mob grazing and grass-fed beef**, Thursday, April 4, 9 a.m.–3 p.m. at the Agricultural Research & Development Center, 1071 County Road G, Ithaca.
- **Vegetable/fruit production**, Monday, April 8, 10 a.m.–3 p.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln.

**Nebraska Agriculture Youth Institute**

**Vegetable/fruit production**, Friday, April 12, 10 a.m.–3 p.m. at the ARDC, Ithaca.

**Vegetable/fruit production**, Tuesday, April 16, 10 a.m.–3 p.m. at UNL Extension in Douglas/Sarpy Counties, 8015 W. Center Rd, Omaha.

The workshops are free and include lunch. Please pre-register at least three days before each workshop by calling Gary Lesoing at 402-274-4755. For more information, go to http://nemaha.unl.edu.

**Nebraska Agriculture Youth Institute**

Nebraska Agriculture Youth Institute is a five day summer conference for Nebraska high-school juniors and seniors held July 8–12 at UNL East Campus. The Nebraska Department of Agriculture covers most costs. Applications are due April 15. Forms and more information is online at www.nda.nebraska.gov/nayi.
### Explore Career Options at Big Red Academic Camps

The 2013 Big Red Summer Academic Camps are a chance for youth grades 9–12 to spend time investigating an interest or potential career, explore the UNL campus, meet people from across the state and have lots of fun. Held in June, Big Red Summer Academic Camps features 10 career exploration camps hosted by Nebraska 4-H and University of Nebraska-Lincoln faculty members. The camps are residence camps held on UNL campuses. Housing and food are provided.

After spending several fun-filled days exploring a specific topic such as filmmaking or engineering, youth showcase their work at a special “capstone event” which family members are invited to attend.

Brochures and registration forms are available at [http://bigredcamps.unl.edu](http://bigredcamps.unl.edu) or at the Extension office. For more information, call 402-472-2805. 4-H members are encouraged to apply for a scholarship — application is on the Website.

### Save 10% by registering before April 15!

### Miscellaneous

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

4-H Summer Camps & Trips are a great place to discover, learn, and grow! 4-H camp professionals 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, Gretna, and Alma, there are over 45 camps. Some camp sessions offer a range of activities while others focus on a specific theme.

The 4-H camps and centers all meet over 300 standards established by the American Camping Association. The Nebraska 4-H Camps and Centers’ mission is to provide unique educational opportunities that empower people of all ages to be active in the pursuit of self-improvement in a safe, inclusive, and fun environment.

#### Dates and Camps

<table>
<thead>
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<th>Dates</th>
<th>Days</th>
<th>Nights</th>
<th>Ages</th>
<th>Early Bird*</th>
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<td>4</td>
<td>11–15</td>
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#### Early Bird Discount

- 10% discount if camp fees paid by April 15, 2013.
- Early Bird — 10 percent discount if camp fees paid by April 15, 2013.
- Camp fees include lunch for one chaperone. Chaperones are encouraged, but not required.
- **Day camp fees include lunch for one chaperone. Chaperones are encouraged, but not required.

### 2013 4-H Summer Camp Schedule

<table>
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<tr>
<th>Dates</th>
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</table>

#### 4-H Summer Camp Information

- All 4-H camps and centers are inclusive and fun environments.
- 4-H camp professionals will support your child at all levels of participation.
- Discover, Learn, and Grow! 4-H camp professionals will provide opportunities for all youth ages 5–19 — need not be in 4-H.

- The Nebraska 4-H Camps and Centers’ mission is to provide unique educational opportunities that empower people of all ages to be active in the pursuit of self-improvement in a safe, inclusive, and fun environment.

- **Day camp fees include lunch for one chaperone. Chaperones are encouraged, but not required.**

- **Just Added!** Not on brochures.