5-2013

The NEBLINE, May 2013

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Physical Activity is defined as a behavior consisting of bodily movement that requires energy expenditure. It can improve your health, reduce your risk of disease, slow the aging process and may help you live longer. The many health benefits of physical activity include improving balance (thus reducing falls), encouraging normal weight, lowering blood pressure, increasing bone mass, improving cholesterol levels and stimulating brain function.

Making physical activity a part of your daily life, along with consuming a healthy diet, are the keys to achieving these benefits. For most people, it is fairly easy to put calories in, but burning those calories takes a bit more work. That’s where physical activity comes in. Balancing the calories you eat with the calories you burn for basic body function and during physical activity.

It is important to have healthy nourishment as you increase your physical activity. On the next page, you will find some healthy snack ideas and recipes. The following websites will also provide you with additional information and tips as you move toward a healthier you:

- www.cdc.gov/physicalactivity/everyone/videos/index.html
- www.choosemyplate.gov/physical-activity/increase-physical-activity.html
- http://food.unl.edu/web/fsh/physical-activity

5 Steps to Increase Your Physical Activity

Following these 5 steps could help you gradually become more physically active as well as increasing your enjoyment of these activities.

**STEP 1: Start Small**

The activity wheel to the right provides a sampling of basic ideas to increase your activity. Some minor changes in your lifestyle could make a huge difference. Never underestimate the benefit of even the slightest increase in movement in your day. As you become accustomed to adding more movement to your days, it will become second nature, and you will find yourself increasing these activities not because you should, but because you want to.

**STEP 2: Set Goals**

The best method to track your physical activity is to set goals. Start with very small goals and increase over time. Use S.M.A.R.T. goals (see above right) to help you be successful as you engage in your physical activity.

**STEP 3: Do What You Enjoy**

You know what your days look like. Choose activities which will fit into your day and decide what will be the easiest way to make them happen. For example, if you enjoy walking, decide which days, what time during the day and for how long, you would be most successful. If you prefer a more structured environment, join a gym/fitness center on, or close to, your route home or near your home. If you do well with encouragement from others, find a walking/running/workout partner. Design your activities around situations and people you most enjoy. Remember, physical activity can be free or low-cost.

**STEP 4: Never Give Up**

Didn’t meet your goal today or this week? Tomorrow is another day! Everyone has days when plans change. Don’t dwell on what you didn’t do, but look forward and focus on what you will do. Keep a positive attitude.

**STEP 5: Reward Yourself**

Celebrate ANY and ALL accomplishments. Examples of rewards might be:

- New exercise shoes or clothes
- A relaxing bath/shower
- Girls/Guys night out
- Watching a favorite movie
- Putting money in a jar each day you reach your goal then have a “spending” day
- Get together with a friend to celebrate

S.M.A.R.T. GOALS

The following chart shows a comparison between goals and S.M.A.R.T. goals. Make your goals specific and fit your lifestyle, then stick to them. Record your successes on a calendar and look forward to your reward.

<table>
<thead>
<tr>
<th>GOAL</th>
<th>S.M.A.R.T. GOAL</th>
</tr>
</thead>
<tbody>
<tr>
<td>I will walk three times</td>
<td>I will walk for 30 minutes on Tuesdays</td>
</tr>
<tr>
<td>per week after work.</td>
<td>Thursdays and Saturdays.</td>
</tr>
<tr>
<td></td>
<td>I will do stretching exercises every week.</td>
</tr>
<tr>
<td>I will be more physically</td>
<td>I will park my car in a far away stall if I</td>
</tr>
<tr>
<td>active this year.</td>
<td>go to the grocery store or shopping center.</td>
</tr>
</tbody>
</table>

**ACTIVITY WHEEL**

As with all physical activity, set a goal for number of repetitions or length of time.

**CLOVER COLLEGE**

Hands-on workshops June 18-21 — see page 9

444 Cherrycreek Road, Suite A, Lincoln, NE 68528 • 402-441-7180 • http://lancaster.unl.edu
Healthy and Easy Snack Ideas

Recipes from UNL Nutrition Education Program

**Tips for Organizing Your Kitchen for Healthy Home Cooking**

Alice Henneman, MS, RD
UNL Extension Educator

Ever wondered how to organize your kitchen to make finding and storing foods easier? Here are seven tips to start you thinking.

**Snack of Life**
(microwave method)

- 4 cups square shaped cereal
- 2 cups pretzels
- 1 cup peanuts (or nut of choice)
- 2 tablespoons grated Parmesan cheese
- 1/4 cup butter or margarine, melted
- 1 to 2 teaspoons chili powder
- 1/8 teaspoon onion powder

Combine cereal, pretzels, nuts and Parmesan cheese in a large bowl. Combine melted butter, chili powder and onion powder and mix well with cereal mixture. Sprinkle into 11 x 7 inch baking dish. Microwave on HIGH 4-6 minutes or until light, golden brown, stirring every 2 minutes. Spread on cookie sheet to cool. Store in tightly covered container for up to 1 week.

**Super Yogurt**

1 carton plain low-fat yogurt (6 or 8 ounces)
2 tablespoons raisins, nuts or sunflower seeds
1/4 cup chopped fruit (apples, berries, peaches or bananas)
1 tablespoon lemon or vanilla instant pudding mix

Mix all ingredients. Refrigerate or serve immediately.

**Pasta Primavera**
(Serves 4)

1 16-oz package Linguine or other long pasta shape, uncooked
3 tablespoons olive oil or vegetable oil
1 cup snow peas
1 cup broccoli
1 cup cauliflower
1/2 cup shiitake, morel or chanterelle mushrooms
4 fresh basil leaves or 2 teaspoon minced fresh chervil
2 cloves garlic, minced
1 cup grated Parmesan cheese


Recipe and image courtesy of National Pasta Association at www.ilovepasta.org

**Healthy Eating**

Enjoy Nebraska Foods!

Alice Henneman, MS, RD, UNL Extension Educator

Welcome the warmer months with this colorful, vegetable-rich salad. Note: Omit or substitute a different type of mushroom, if desired.

1 cup grated Parmesan cheese
1/2 cup shiitake, morel or chanterelle mushrooms
1/2 cup red and yellow bell pepper, peeled and julienne
1/2 cup shiitake, morel or chanterelle mushrooms
4 fresh basil leaves or 2 teaspoon minced fresh chervil
2 cloves garlic, minced
1 cup grated Parmesan cheese


Recipe and image courtesy of National Pasta Association at www.ilovepasta.org

**Ripening Fruit at Room Temperature**

Avocados, tomatoes (botanically, they are fruits), kiwi, fruit, nectarines, peaches, pears, bananas and plums ripen at room temperature. Store them in a clean, dry, well-ventilated place, away from direct sunlight and away from areas where meat is prepared.

**Find Fridge Foods Faster with a Turntable or “Lazy Susan”**

Perhaps you’ve purchased something only to find there already was a container in the back of the refrigerator. Take a turn for the better by using a turntable. Use a smaller turntable for foods such as: refrigerated mayonnaise, mustard, nut butters, pickles, etc.

**An inexpensive 2-tiered rack offers an attractive countertop storage space.**

**Short Term Kitchen Storage of Potatoes, Onions and Garlic**

It is recommended you store garlic, onions and potatoes in a well-ventilated area in the pantry. Protect potatoes from light to avoid greening. But what if you don’t have a pantry?

An added benefit of a clam-shell grill is the ease of taking the temperature of thin cuts of meat from the side. According to a recent U.S. Department of Agriculture study, I out of every 4 hamburgers turns brown in the middle before it reaches a safe internal temperature. Using a food thermometer is the only way to assure a safe temperature.

**Is Your Oven Temperature Off?**

An oven thermometer can be left in the oven to verify the oven is heating to the desired temperatures.

**The Spice Is Right**

There are many ways to store spices and dried herbs. There are spice organizers for drawers, expanding tiered shelves (such as in the picture below) and wire spice racks that can be attached inside cabinet doors.

**Is Your Electric or Gas Grill“Shell”**

I found some storage canisters on the Internet that allowed ventilation and prevented light from reaching the potatoes. They also looked attractive on my kitchen counter. There are also several brands of decorative cloth storage sacks that provide ventilation and protect from light. Some of the sacks can even be hung from the wall. Individual plastic or wire baskets work well in a pantry.

**Contain It!**

Shallow, see-through, stackable containers help you find foods easier in the fridge. Square-type containers let you store more food in less space than round ones.

**Foods also cool faster when stored in shallow containers.**

**Oh, Grill of Mine!**

Research by Washington State University found the best method of safely grilling meats is using a double-sided (clamshell) type grill that cooks both sides of the meat at once. These grills are one of the fastest and easiest means of grilling meat.

**An oven thermometer can be used to heat food in the microwave and/or the oven.**

**Glass containers work well.**

**It may save you time and money by helping prevent over- or under-baking foods.**

**Remember to remove an oven thermometer when using the self-cleaning feature on your oven!**

**Whatever method you choose, use these guidelines for storing your spices. To prevent flavor and color loss, avoid moisture, light, heat and air:**
- Store in tightly covered containers.
- Store in a dark place away from sunlight, such as inside a cupboard or drawer.
- Avoid storage above the dishwasher, microwave, stove or refrigerator, or near a sink or heating vent.
- If storing in an open spice rack, store in a site away from heat, light and moisture.
Nebraska Guidelines for Children Staying Home Alone
From the Nebraska Department of Health and Human Services website at http://dhhs.ne.gov/children_family_services/Pages/children_family_services_homealone.aspx

Nebraska has no law that states a specific age when children can be left alone home alone. Each situation must be evaluated on a case by case basis considering a number of factors. These are the guidelines that Children and Family Services use to help parents decide what is appropriate. Preschool age children (age 6 or under) should never be left alone. For older children the parent must consider:
1. The child's age, cognitive abilities, maturity and level of responsibility.
2. The length of time the child will be alone.
3. The circumstances under which they will be unsupervised. Is it day time or night time, will the child be asleep or awake, is the home in a safe neighborhood?
4. Availability of a responsible adult to assist. Is there a neighbor the child can go to, or can the parent come home quickly?
5. Ability of the child to phone for assistance. Does the child know how to reach such numbers as the police or the parent or a relative who could respond?
6. Child's ability to act in an emergency. Does the child know how to exit the home in a fire, what to do if a stranger?
7. Child's feelings about being alone. Is he/she afraid, or comfortable with the plan?
8. Child's ability to care for him/herself while alone. Can he/she fix a meal or snack, entertain themselves without getting into trouble?
9. Can the child be trusted to follow household rules such as not having other kids in the home when parents are gone, not using the stove?
10. Are dangerous things available to the child? Are the guns locked up, drugs and chemicals not accessible?
11. Is the child expected to supervise younger children? The Department generally considers children under the age of 11 to be unable to supervise children under the age of 6. If more than one child will be left alone, the interaction of the children must also be considered. Will they play well together or will they fight?

If the child is alone and someone calls law enforcement, the responding officer will consider these factors to determine if the plan is appropriate. If the officer determines that the child is not able to stay alone safely, it is possible the parent will get a ticket for child neglect.

Nebraska has a specific law about leaving children unattended in a motor vehicle.

FCE News & Events

FCE Scholarships Due May 1
A $6000 scholarship provided by the Lancaster County FCE Council is available for a graduate of a high school in Lancaster County or a permanent resident of Lancaster County majoring in Family and Consumer Science or a health occupation. This is open to full-time students beginning their sophomore, junior or senior year of college in the fall of 2013 or who have completed two quarters of study in a vocational school. Applications are available at the extension office and online at http://lancaster.unl.edu/homefex. Deadline is May 1.

Save the Date: Sizzling Summer Sampler, July 10
The Sizzling Summer sampler will be Wednesday, July 10, 6 p.m. at the Lancaster Extension Education Center. Theme will be "Christmas in July." Watch for more details.

Grill Care
The time of year for grilling outside is here. Keeping the grill clean is sometimes the biggest challenge of all. Many people seem to forget this important aspect of grilling and food safety.

If the grates are removable, take them out and soak them in warm water and dish soap. Brush clean with a wire brush and then reassemble the grill and let it air-dry.

If other parts require cleaning, check the manual and follow directions.

The key to a clean grill is to be diligent about cleaning it immediately after each use, rather than waiting until you’re ready to start cooking. The next time you take the steaks off the grill, let any cooked-food residue burn away before turning it off. It is a simple thing to do while the meat rests. Then turn off the grill, but while it’s still warm, use a small wire brush to clean any food particles that remain on the cooking grates.

Home Alone: Ready or Not?
Summer is just around the corner. For many working parents, considering self-care for your children even if it is for a short period of time can be a real challenge. There is no magic age at which children develop the maturity and good sense needed to stay alone. However, there are some very specific concerns you should consider before your child is in this situation.

Answering the Phone
When children are home alone, the phone can be a source of fear and reassurance. Calls to parents, family members or friends can make their time alone less scary. In an emergency, the telephone can reach immediate help. Children need to understand while the telephone is a valuable safety tool, it can also be a source of danger. If you have an answering machine or caller ID, you can encourage your child to screen calls before answering them. Otherwise, instruct your child to:
• Begin by only saying "Hello." Never answer the phone by giving your name.
• Never tell a stranger you are alone or your parents are not home.
• If a stranger asks to speak to your parents, say they are busy and cannot come to the phone.
• Never give any information about you or your family.
• Offer to take a message.

Answering the Door
A knock on the door when a child is home alone may be a frightening moment. Children need to remain calm and realize most people who approach the house do not intend to harm them. When children are home alone, you may want to instruct them not to answer the door at all. But if you do expect them to answer the door, they should try to identify who is at the door before opening it. This can be done by saying, "Who's it?" through the closed door or looking through a window. Children should not open the door to a stranger.

Emergency Phone Numbers
Making emergency calls is a skill everyone needs to practice. When calling 9-1-1, be sure your child can:
• state the problem
• give first and last name
• give complete address
• give the nearest intersection, cross streets, landmark
• give the location and/or phone number where the emergency is happening
• If your house has no phone, find some way to get your children access to a phone for emergencies whether it is a trusted neighbor or a phone in a nearby store. Calling 9-1-1 is a free call.
• give 9-1-1, parents should post other important phone numbers for easy access in case of an emergency. You may want to add numbers such as the poison control center; local power, gas or telephone companies; doctor; parents' work numbers and trusted stay-at-home neighbors.

Emergency vs. Non-Emergency
Your children should understand an emergency is when there is a real or potential threat to their health or safety or to personal property, and they cannot handle the situation alone. Examples of emergencies include fire, severe injury or assault. In a non-emergency, children would have time to get help or they could handle the situation on their own. Examples of non-emergencies are minor injuries, the lights go out or a lost house key.

Children can handle many accidents themselves if they are well prepared. Teach them these three important rules and how to give basic first aid:
• remain calm
• call for help if it is an emergency
• give first aid to yourself or others when needed

Dealing With Fear
When children are home alone, they may sometimes feel fearful. You should encourage your children to talk about their fears and discuss how they can cope with fear. Here are a few thoughts for discussing fears with your child:
• Acknowledge your child's thoughts and feelings. When a child shows fear, it is important for others to respect those feelings. Make time to talk and listen to your child. Ask open-ended questions such as:
• When you're by yourself, you feel ... What you're by yourself, you really don't like ... When you're by yourself, you wish you knew ... When you're by yourself, the best thing is ...
• Prepare your child. When children do not know what to expect or do not know how to react in certain situations, they may become afraid.
• Discuss what your child should do when afraid. Make a plan for dealing with fear by keeping busy (doing homework, completing chores, etc).

Talk it Over — Act it Out
If your child will be spending time alone, talk about family rules, expectations and personal safety. Encourage your child to share their thoughts and concerns. Role-play "what if" situations.

Source: University of Illinois Extension

The Sizzling Summer Sampler will be Wednesday, July 10, 6 p.m. at the Lancaster Extension Education Center. Theme will be "Christmas in July." Watch for more details.
May is Time to Control Leafy Spurge

Tom Dorn
UNL Extension Educator

Leafy spurge is found primarily on untilled land such as pastures, range, roadways, water-lands and farmsteads. Leafy spurge is a noxious weed according to the Nebraska State Law and the Nebraska Noxious Weed Law. It is also a highly invasive weed to cattle and can effectively ruin the carrying capacity of pastures where it is growing because cattle soon learn to avoid grazing near it.

Identification

Leafy spurge is a persistent, deep-rooted perennial which reproduces by seeds and roots. Leafy spurge has a somewhat woody crown below the soil surface. Each crown produces several upright stems giving the plant a clump-like appearance. In addition, the stems arise from buds on lateral, secondary roots. Stem growth starts in April, making leafy spurge an early, vigorous competitor with forage and pasture plants. The plant bears numerous linear-shaped leaves with smooth margins. Leaves have a bluish-green color but turn yellowish or reddish-orange in late summer. If you break off a leaf, a white sap will run from the injury. Leafy spurge produces a flat-topped cluster of yellowish-green, petal-like structures called bracts, which bear the true spurge flowers. The showy, yellow bracts appear in May and give the plant a “blooming” appearance. The true spurge flowers, however, develop about 10 days later and have small, green bracts. The distinction between bract appearance and true flowering is important for timing herbicide applications. Spring-applied herbicides are more effective when applied on plants with developing flower parts.

Controlling Cattails

Tom Dorn
UNL Extension Educator

Four approaches can be used for controlling cattails.

Mechanically Removing the Tops

One can keep cattails in check, and eventually eliminate them, by repeatedly cutting the tops. If possible, the plants should be cut below the water line. If they must be cut above the water line, the water level should be raised to submerge the cut stems at least eight inches. Research in Iowa (Weller, 1975) found that cutting shoots two or three times during the growing season before flower production, reduced a cattail stand by 95–99% in one year. A single cutting in August followed by submergence resulted in 80% control. It is important to remove all live and dead cattail stems to achieve this control.

Power equipment that has been used to cut cattails includes sickle mowers and hand operated power trimmers equipped with metal cutting teeth instead of strings. Hand mowers, machetes (corn knives) and long-handled shovels also have been used to manually cut cattails that are close to the shoreline.

Hand Pulling

Where feasible to do so, pulling rather than cutting, will result in faster control because one is removing structures where energy is stored by the plant (crowns, rhizomes and roots). Repeated pulling so the plants never grow taller than three feet above the water surface will prevent seed production. Sometimes the rhizomes become so interwoven, it is nearly impossible to pull the plants out by their roots. In this case, use a shovel to first divide the clumps into square foot sections and then pull them.

Using a Contact Herbicide

A contact herbicide only kills the green tissue that comes in contact with the herbicide. It does not translocate to (move to) other parts of the plant as in the case of a systemic herbicide. Thorough coverage of the green tissue is essential for effective control. Expect plants to regrow from the roots. Treat three to four times during the growing season to prevent seed production and to eventually starve the root system.

For each 1,000 square feet of surface area treated, use: 9 Tbsp (4.5 fl oz) 2,4-D ester (4L) + 3 Tbsp Methylated seed oil (MSO) or 3 Tbsp Crop Oil Concentrate (COC) in 3½ gallons of water OR 4½ Tbsp (2.25 fl oz) aquatic glyphosate (Aquamaster® or Rodeo®) + 3 Tbsp non-ionict surfactant (X-77 or equivalent) in 2½ gallons of water

Products mentioned can be purchased at your local garden supply centers, landscape nurseries or from agricultural chemical suppliers. Be sure to read and follow all label directions.

Apply herbicide mixtures to the green foliage, not to the water, using a pressurized hand sprayer. For information on calibrating a hand-held sprayer see UNL Extension in Landscaping and p4y online educational resource “Calibrating a hand-held sprayer,” available online at www.unl.edu/agfactsheets/handspry.pdf or at the Extension office.

Credit: written with former UNL Extension Educator Don Janssen.

Cost of Pumping Water for Domestic and Acreage Needs

Tom Dorn
UNL Extension Educator

We occasionally are asked by rural residents, “How much does it cost to pump water with our domestic well?” I will show the calculations necessary to compute the electricity consumption. Note: This discussion is for electricity cost only and does not include an estimate of depreciation and repairs resulting from use of the pumping equipment.

The horsepower and the electricity required to pump water depends on four factors:

1. The distance the water must be lifted from the pumping water level in the well to the soil surface. (Lift component)
2. The pressure in the distribution system. (Pressure component)
3. The volume of water pumped per minute, gallons per minute (GPM)
4. The efficiency of the pump and motor.

Note: The lift component and the pressure component combine to make up the total head the pump is working against. Head is expressed in feet. Each PSI of system pressure the pump must produce is equivalent to lifting water an extra 2.31 feet.

Total head (ft) = lift (ft) + PSI x 2.31 ft/PSI

Water Horsepower (WHP) = GPM x Total head (ft) / 3,960

Let’s look at the example of a domestic well pumping 10 gallons per minute while lifting water from 125 feet pumping depth and producing 45 PSI pressure in the distribution system.

Total head = 125 ft
Lift = (45 x 2.31) ft = 104 ft
Pressure head = 229 ft total head

WHP = 10 x (229) / 3,960 = 0.58

If we assume the pump is 75% efficient, the motor driving the pump must produce 0.58 x 0.75 = 0.44 horsepower (hp) to drive the pump. Assuming the single phase (220 volt) motor is 70% efficient, the pump motor consumes 1.07 kWh of electricity for each hour of operation. If the electricity rate is $0.09 per kWh the electricity cost is about 7.5 cents per hour of pumping.

A family of four will use about 250 gallons of water per day (91,250 gallons per year) for domestic uses. This pump would have to run 9,125 minutes or 152 hours a year to supply enough domestic uses. The electrical cost would be $91.25 x 0.09 = $8.21 per year for domestic uses.

If the family also irrigates a 10,000 square foot lawn, the pump would need to pump 10 gallons per minute while lifting water 20 feet. Assuming the single phase motor is 70% efficient, the pump motor consumes 1.3 kWh of electricity for each hour of operation. If the electricity rate is $0.09 per kWh the electricity cost is about 11.40 cents per hour of pumping.

A family of four will use about 140,000 gallons of water per year for lawns. This pump would have to run 14,000 minutes or 233 hours a year to supply enough water for the family’s lawn.

Another question I get on occasion concerns livestock, could you charge for pumping drinking water for cattle on rented pasture.

In the summer months, cows nursing a calf require 22 gallons of water per day. Each cow will drink about 22 x 31 = 680 gallons of water per month.

The pump described above would need to run 68 minutes = 1.13 hours per month to pump the water needs of each nursing cow. The electricity cost would be about 9 cents per cow per month.

True flowering is important for timing herbicide applications.
Growing Pesticide-Sensitive Crops? Let Others Know Through Driftwatch

Driftwatch is the Nebraska Department of Agriculture’s system for tracking and locating pesticide-sensitive crops in Nebraska. This system was established by the University of Nebraska-Lincoln and USDA to help growers and pesticide applicators alike to more accurately identify potential pesticide sensitive crops and avoid spraying in those areas. The main advantages are as follows:

- Growers can draw their own property or field boundaries, leading to more accurate information.
- Applicators can register a “business area” and receive email notifications when new properties with pesticide sensitive crops are added in that geographic area.
- Actual applicators that are working in the area can register as “role watchers” and receive alerts when pesticide applications are occurring near their own registered business areas.

The first step is to register for the system. Visit Driftwatch from the http://driftwatch.unl.edu website to register and start using the system. Growers can register their business areas, and applicators can register a “business area” and receive email notifications when new properties with pesticide sensitive crops are added in that geographic area.

Applicators can register a “business area” and receive email notifications when new properties with pesticide sensitive crops are added in that geographic area. A map view, satellite view, and a layer of pesticide information can be displayed to help keep your business areas up-to-date and informed of state-wide pesticide applications.

Growing Brambles: Raspberries and Blackberries

Brambles are native plants to the Midwest including Nebraska. One of the most coveted secrets for many is that wild patch of blackberries or blackberries they harvest each year for jelly. Brambles are perennial, woody shrubs that may or may not have thorns. They belong to the genus Rubus, in the Rosaceae family, which includes many fruits such as strawberries, apples and pears to name a few. Raspberries and blackberries are not true berries as their name implies. The fruit itself is known as an aggregate drupe, containing a seed. The fruit is made up of several individual fruits known as druplets, which settle the soil around the roots. Watering after planting will greatly increase the odds of survival for these plants. Dormant plants should be planted after the average last frost date. Immediate watering after planting will settle the soil around the roots. Watering after planting is essential when planting living plants to get them off to a stress free start.

Pruning

Pruning is required in order to keep the plants productive. Summer raspberries are not pruned the first year. The second year, early in the season cut back the floricanes to 4-6 feet to promote lateral branching and thin to 3-4 canes per square foot. Remove canes once they fruit. Black and purple raspberries need to have the primocanes tipped back to 24-40 inches while the more vigorous erect blackberries are tipped to 36-60 inches. Again, remove canes once the canes have fruited.

To promote a summer crop of ever-bearing raspberries, thin canes to 3 or 4 canes per foot and remove fruited floricanes and leaves. Remove fruited canes once the canes have fruited.

How Brambles Grow, Trellising and Disease Control

There are two similarities and differences as to how these differing types of brambles grow. All brambles consist of perennial crowns and roots as well as canes that spread up to two years. The first year canes are known as primo canes — these generally do not produce fruit. Two year old canes are known as floricanes, which produce fruit and then die. Once a floricanes produces fruits it is removed to reduce disease incidence and redirect energy to the primocanes, which are next year’s fruiting canes.

However, there is an exception to the non-fruiting primocane, and that is in the situation where all the canes of an ever-bearing variety are pruned back to the 3-4 inches each year once the growing season is over. These ever-bearing varieties then produce primocanes that fruit in the fall rather than the more extended period that they normally would. Trellising may be required depending on the type of plants. Semi-erect blackberries require trellising. All others could benefit from trellising but it is not required. Trellising in windy environments and for simple containment can help keep your plants more manageable.

Brambles are not disease and insect free so some scouting is required in order to identify problems early. Sanitation is key in reducing both disease and insect issues. Most importantly, plant healthy and disease free plants. Remove canes that have produced fruit after harvest. If there are nearby wild brambles, destroy those and keep your plants healthy.

Site Selection and Planting

Planting raspberries or blackberries starts with the site selection and preparation. The site should be in full sun and free of any frost pockets. Planting on a slight slope will allow cold air to move out of the planting. You will enjoy the greatest success by planting early in the season by starting the site preparation well before your planned planting day. Prepare as much as a year in advance.

The first step is to collect a soil sample for testing which will provide information on pH, percent and organic matter levels in the soil. Brambles have a specific pH range of 6.0 to 6.5, which is slightly acidic, and are relatively high nutrient consumers that perform best with high levels of organic matter in the soil. Any soil amendment that may be needed as indicated by the soil test should take place prior to planting. If pH modification is warranted the best results are obtained by amending for pH several months prior to planting and then retest before planting to make sure the needed change has taken place. Prepare the soil as if you are getting ready to plant a garden. Add any amendments and till in.

Early soil preparation is especially important if the planting site was in grass. Grubs must be removed in this situation and early ground work helps eliminate grubs that would feed on the new, tender roots and hamper the development of the plants.

Bramble Selection

Choosing what to plant requires some research and an evaluation of your time and needs. Both raspberries and blackberries have several options to choose from the choices of variety. Raspberries can be classified according to fruit color and fruiting time. There are red, black, purple and yellow or golden raspberries. The purple raspberry is a cross between the red and black raspberries. Red raspberry varieties tend to ripen first followed by black, purple and lastly yellow. Raspberries can also be categorized as a summer-bearing or ever-bearing type. Blackberries are categorized as either thorned or thornless, and erect or semi-erect. Generally speaking, blackberries are slightly less hardy than raspberries, and thornless blackberries are less hardy than those with thorns. Site selection and mulching can help offset colder temperatures increasing the chances of survival for these less hardy varieties.

Another consideration when making your planting selection is how each type of bramble spreads, which dictates how each plant is treated throughout the season. Red and yellow raspberries and erect blackberries spread by root suckers. This means many new plants each year and your row becomes a solid row of black and purple raspberries, and semi-erect blackberries seldom sucker and grow from the crown resulting in more individualized plants.

Once you have decided what you are going to plant it is important to purchase healthy, disease free plants from a reputable source. Obtaining plants from a friend or trans-planting from an older planting then produce primocanes that fruit in the fall rather than the more extended period that they normally would. Trellising may be required depending on the type of plants. Semi-erect blackberries require trellising. All others could benefit from trellising but it is not required. Trellising in windy environments and for simple containment can help keep your plants more manageable.

Brambles are not disease and insect free so some scouting is required in order to identify problems early. Sanitation is key in reducing both disease and insect issues. Most importantly, plant healthy and disease free plants. Remove canes that have produced fruit after harvest. If there are nearby wild brambles, destroy those and keep your plants healthy.

Raspberries and blackberries are categorized into a group of plants known as brambles. Brambles are native plants to the Midwest including Nebraska. One of the most coveted secrets for many is that wild patch of blackberries or blackberries they harvest each year for jelly. Brambles are perennial, woody shrubs that may or may not have thorns. They belong to the genus Rubus, in the Rosaceae family, which includes many fruits such as strawberries, apples and pears to name a few. Raspberries and blackberries are not true berries as their name implies. The fruit itself is known as an aggregate drupe, containing a seed. The fruit is made up of several individual fruits known as druplets, which settle the soil around the roots. Watering after planting will greatly increase the odds of survival for these plants. Dormant plants should be planted after the average last frost date. Immediate watering after planting will settle the soil around the roots. Watering after planting is essential when planting living plants to get them off to a stress free start.

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Got Ants? You Are Not Alone
Part 1 of 2: Carpenter Ants

Barb Ogg
UNL Extension Educator

Environmental Focus

Even though bed bug infestations are on the rise and in the news, a 2012 survey by the National Pest Management Professionals indicated ants are the number one nuisance pest problem in the United States. We host hundreds of calls annually about managing ants. The three most important nuisance ants identified in the survey are found in Nebraska:
1. carpenter ants
2. odorous house ants
3. pavement ants

I will talk about these three species of ant here and the next newsletter.

When faced with ants, folks sometimes react at the store and start spraying, but before at the store and start spraying, we get hundreds of calls annually about managing ants. The three most important nuisance ants identified in the survey are found in Nebraska:

Carpenter Ants

There are two carpenter ant species in Nebraska. The black carpenter ant, Camponotus pennsylvanicus, is the most common species and easily recognized. Foraging workers are black and quite large 1/4-inch to 5/8-inch in length. The second species has no recognized common name, but we unofficially call it the “red” carpenter ant. It has a reddish-orange head and thorax and a black abdomen. It is smaller than the black carpenter ant – 1/8-inch to 3/8-inch in length.

Food — The carpenter ant diet is variable and includes, living and dead insects, honeydew from aphids and plant exudates. Inside homes, they feed on honey, syrup, apples, raisins, pastries and pet food. When producing brood in the summer and fall, carpenter ants consume protein (insects) in higher amounts. Adult carpenter ants use carbohydrates as an energy source.

Management

Eliminate Moisture — Carpenter ants inside wall voids cannot survive well without high humidity. It make take some investigating to figure out what is causing the moisture. Once you do, you may be able to eliminate the colony by eliminating the moisture source.

Baits — Baits can control some species of ants, but it is hard to control carpenter ants using baits, probably because they have such a varied diet. It can be done, but it takes attention to detail and persistence. Baits should be replaced weekly and even researchers found it still took about three months to eliminate colonies. For most homeowners and even pest control professionals, the amount of time and meticulous aspect of using baits, makes them not a very good choice for controlling carpenter ants.

Dusts — Dust insecticides (such as Sevin) labeled for use in wall voids or on trees in the landscape are suggested for control. Control of carpenter ants inside trees is not easy but may help reduce invasions of the ants into adjacent structures.

Main or Parent Colonies — Most mature colonies have one main or parent colony and one or more satellite colonies. These colonies are connected by underground tunnels. The queen, eggs, early-instar larvae and workers will be found in the parent colony which has high moisture content because eggs and early-instar larvae require high humidity. Usually, the main colony is found outdoors, in the stump of a dead tree, railroad ties, a deck, a porch or in firewood. Carpenter ants generally don’t infest a healthy living tree, but they are common inside old trees which are hollow or have dead limbs and branches. The colonies are usually in rotted, decayed wood, although some nests may extend into sound heartwood in the center of the tree.

Winged ants (swarming reproductives) inside the house indicates there is a main colony living inside the structure, probably in areas of high humidity, which indicates a moisture problem. Leaky roof, unpainted siding, windows or moisture condensation or leaky plumbing may be the reason for the parent colony inside the house.

Satellite colonies — When the brood chamber in the main colony becomes crowded, workers search for more space. Huge numbers of ants leave the main colony and relocate in damp wood and other soft materials, like insulation material. Satellite colonies are usually close to the main colony.

Backyard Wildlife and Pesticides

Soni Cochran
UNL Extension Associate

Inviting wildlife to your backyard can be enjoyable, educational and fun for the whole family. A backyard can offer the fascination of a robin’s nest or cardinal’s song, the scurry of a squirrel, the speed of a dragonfly and the beauty of a hummingbird or butterfly at a flower. The addition of a backyard pond can add even more opportunities to observe nature.

When we create inviting habitats, we can also expect to have a few problem pests to make their appearance. What do we do?

Pesticides are one of the tools we can use to control problem pests like weeds, insects and rodents. These are readily available so it is tempting to just grab something off the shelf at the store and start spraying or sprinkling. But before deciding on using pesticides, it’s important to determine if the benefits outweigh the risks. Even proper use of pesticides may kill non-target wildlife like beneficial insects/spiders. If used carelessly or improperly, pesticides can contaminate water supplies and also affect the health and well-being of your family.

We encourage everyone to practice integrated pest management (IPM) both in the home and outdoors. IPM uses three basic steps:
1) inspection
2) identification
3) treatment

Treatment options can include sealing cracks and crevices, removing food and water sources and/or breeding sites and then pesticide treatments, if necessary. Your goal should be to solve pest problems in the least toxic manner possible. Here are some tips to help minimize harm to the environment:

- Use your IPM approach. Identify and learn about the best way to control specific pests to contact your local Extension office for help. Then start with non-chemical methods first like barriers, dusting, mulching, modifying habitat.
- Always read the label of any product you plan to use. Make sure you carefully read the “Environmental Hazards” section of the label for information.
- Consider what happens once you use the pesticide. How long will it last? Is there potential for the pesticide to move from the area? Is it worth the money and the risk?
- Don’t apply pesticides when it is raining or about to rain. This prevents pesticides from being washed into storm drains, soils, lakes, ponds or streams.
- Sweep excess granules off sidewalks and driveways back onto lawns to keep them from being washed into storm drains.
- Avoid using pesticides in areas where animals are active or raising young. If you have a butterfly garden, don’t use pesticides on the plants.
- Liquid pesticides pose the greatest risk of exposure when they are wet. Try to apply them when you are sure there will be plenty of drying time before animals encounter the area.
- Move bird baths and feeders away from areas you are treating with pesticides.
- Birds can easily mistake granular pesticides for food. Apply these products when birds are not active and water the granules if in the label directs.
- Use bait stations to protect non-target wildlife and pets from rodent baits and traps.
- Never dispose of pesticides in storm drains, sewer systems or waterways. When you clean your application equipment, make sure any rinse water is also disposed of properly.
- Store all pesticides out of reach of children, pets and wildlife.

If you have a question about specific pesticides, their use and risks, contact the National Pesticide Information Center at http://npic.oregonstate.edu or 1-800-858-7378. Staff are available Monday–Friday, 9:30 a.m. to 5:30 p.m. CT. This service is made possible through Oregon State University and the U.S. Environmental Protection Agency.
Create Your Own Perennial Zoo Garden

Mary Jane Frogge
UNL Extension Associate

For many kids, visiting the zoo is a memorable trip. You can create your own perennial zoo garden right in your own landscape.

The Francis Meilland rose is named to commemorate the centenary of Francis Meilland’s birth and to honor the Conard-Pyle Company’s historic relationship with Meilland International, the breeder behind the historic Peace rose and, most recently, the Drift series of groundcover roses. It is the first hybrid tea rose to win under no-spray conditions. AARS members recently voted to stop all fungicidal spraying and disease resistance and aesthetics.

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FOR MORE YOUTH GARDENING ACTIVITIES
UNL Extension in Lancaster County has many activity ideas at http://lancaster.unl.edu. For maximum landscape interest in a small, vertical space, try annual flowers and other everlastings to provide flowers for this year’s harvest season.

All America Rose Selections 2013 Winner

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New leaders, experienced leaders, 4-H members and parents are invited to a Leaders Training on Thursday, May 16, 9:30 a.m. or 6:30 p.m. (you choose which time to attend) at the Lancaster Extension Education Center, 444 Cherrycreek Road. Meeting will focus on static exhibits, opportunities for 4-H members and more. Learn about fair entry contests and important county fair information. It is a great opportunity to connect with other parents and leaders. MUST preregister by May 14 by calling 402-441-7180.

4-H Garden Project — Amethyst Beans

4-H families are invited to participate in a special garden project growing Amethyst Beans. Fifteen seed packets of these purple beans are available on a first-come, first-served basis starting April 22. Cost is $1.25 for one seed packet per family. Please stop by the UNL Extension office, Lancaster County front desk to register, pay for and pick up your seeds. We are unable to take orders over the phone or reserve seeds in advance.

4-H Cat Clinic, May 29

4-H Cat Clinic will be held on Wednesday, May 29, 6-8 p.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln. CORRECTION: There is a $5 fee per youth. This clinic will be conducted by Dr. Lisa Karr-Lilenthal, UNL Companion Animal Specialist, and is open to 4-Hers and interested youth ages 8-18. You will learn basic information on general cat care, health and showmanship. You do not need to bring a cat, but if you do, it must be in a pet cage. Please preregister before May 27 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, call Cole at 402-441-7180.

4-H Horse VIPS Show/Clinic/Fundraiser, June 1

To help everyone prepare for districts and state, the Lancaster County Horse VIPS Committee is hosting a special pre-districts show/clinic/fundraiser on Saturday, June 1, 9 a.m. at the Lancaster County Event Center - Pavilion 3. All counties are welcome.

Although districts are only for the junior and senior age groups, elementary riders are also encouraged to ride in this show in hopes that the practice will help them prepare for the “real” districts in years to come. There will be walk-trot classes.

We plan to have two on-the-rail individual demonstration rides. We are asking the judge to narrate throughout the demonstration rides explaining exactly what district judges will be looking for.

We also plan to have a judge’s comment sheet for each 4-Her after their individual rail rides. The purpose is to provide riders with a brief evaluation of strengths and weaknesses of the ride.

Preregistration is not required. Riders must be in 4-H attire. Concessions will be available on site. Stalls are available for $15 a day. Lancaster Event Center shavings must be used ($8 a bag). Stall arrangements must be made through the Lancaster Event Center at 402-441-7180. Show flyer will be posted at http://lancaster.unl.edu/dh/horseteams.shtml. For more information call Marty at 402-441-7180.

Stay for Sunday’s Open Horse Show presented by Salt Creek Wranglers. For more information, go to www.saltcreekwranglers.com.

Tack Swap-Apalooza During Pre-District Show

Buyers and sellers of horse tack, books, attire and anything horse related are welcome at the Lancaster County 4-H Horse VIPS Committee’s second annual tack swap, which will be held at the same time as the 4-H/FFA Sheep Show/clinic/fundraiser on Saturday June 1, 8 a.m.—3:30 p.m. at the Lancaster Event Center in Pavilion 3. Items will be accepted day of, so dust off unused items in your closets, garages and barns for a good cause and some extra cash! It’s free to list items or to shop at the swap! Ten percent of all sales will be donated to the 4-H/FFA Sheep VIPS Committee. Unsold items can be donated to 4-H or picked up at 3:30 p.m.

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University of Nebraska–Lincoln Extension’s Text4Teachers delivers text messages for teachers of children from birth through age 8 that focus on the critical areas of:

- Child development
- Family involvement
- Social and emotional development
- Health, safety and nutrition
- Curriculum and activities

Text4Teachers is designed to share information and resources offered through UNL Extension that can support your work. When you subscribe, you will receive weekly short informational tips and links to existing resources where you can learn more. Normal text message rates apply. You can opt out anytime by replying STOP. You can subscribe in 3 easy steps:

1. Visit the website at http://extensiontexts.unl.edu
2. Select the age group you teach and add your information.

![Image](http://lancaster.unl.edu)

**The Nebraska LEAD Program is specifically designed for**

- Children between the ages of 25–50 who are interested in becoming leaders in their future community
- Potential leaders interested in the arts, education, agriculture, health care, or other fields

**Keep Your Family Safe in Rural Areas**

**Tractor Safety is Everyone’s Business**

“Higher, Grandpa, higher!” Gleefully shouted 4-year-old Mikey Dobberpuhl to his grandfather, Harlow. His grandfather was feeding cattle with a front-end loader on a brisk March day in South Dakota. Mikey loved shadowing his grandfather’s every move at chore time, even on a snow-packed winter day like this one. As he had done many times before, Mikey jumped in the scoop of the tractor-loader. With Mikey in tow, his grandfather drove toward the haystack. Once there, Harlow briefly glanced backward. Horrified, he saw Mikey’s body lying in the snow. “I was hoping the soft snow would have cushioned him, but it wasn’t enough,” his grandfather said. Today, the Mikey D. Chapter (of Farm Safety 4 Just Kids) of Conde, S.D., works feverishly to educate local children, youth and farm families about not only tractor safety, but all aspects of farm safety. (Reprinted with permission from the Dakota Farmer)

**Tractor Safety Courses for Youth 14–15**

University of Nebraska-Lincoln Extension Tractor Safety/Hazardous Occupations Courses will be offered at seven locations in Nebraska during May and June. All youth aged 14 and 15 working on a farm or ranch other than their own MUST be certified through a Hazardous Occupations Course. Successful completion of the course will allow trained youth to operate a tractor 20 PTO horsepower, or to connect or disconnect an implement or any of its parts to or from a tractor.

Classes consist of two days of instruction plus homework assignments. Classes are 8 a.m. - 5 p.m. each day. Dates and locations include:

- **June 10–11, Osceola, Fairgrounds**
- **June 17–18, Grand Island, College Park**

Pre-registration is strongly encouraged at least one week before a location’s start date. Cost is $60, which includes educational materials, testing, supplies, lunches and breaks. For more information, go to http://kearney.unl.edu or contact Sharry Nielsen at 308-832-0645.
World Food Prize Nebraska Youth Institute Opportunities For High School Students

High school students interested in helping solve the huge challenges of feeding the world’s growing population can make their voices heard when they participate in the World Food Prize Nebraska Youth Institute. Participants gain knowledge of issues affecting world hunger and have opportunities to apply for international internships while in high school, and USDA scholarships once in college. Students must be in high school now and in the fall of 2013 to participate. All participants work with a mentor (who can be a high school teacher, UNL Extension staff member or 4-H club leader) to research, write and submit a paper on a key global issue concerning food security and agriculture.

Students’ papers — due June 1 — earn them a place as a participant in the World Food Prize Nebraska Youth Institute. The broad theme for papers this year is “Ending Hunger in Our Lifetime: A Call to Action.” During the World Food Prize Nebraska Youth Institute on Friday, Sept. 20 at UNL East Campus, students present their research, hear and discuss the findings of others, and interact in various activities with CASNR faculty, staff and students. Each student who attends will receive a $500 scholarship from the UNL College of Agricultural Sciences and Natural Resources.

Based on their papers and presentations, six Nebraska students will be selected to attend the World Food Prize Global Youth Institute in Des Moines, Oct. 17–19. For more information, go to www.worldfoodprize.org/en/youth_programs/global_youth_institute/nebraska or contact jnelson5@unl.edu, or call 402-472-3031 or 402-472-9707.

Mail or bring registration form and payment to:
UNL Extension Lancaster County, 444 Cherrycreek Rd., Ste. A, Lincoln, NE 68528

E A R L Y R E G I S T R A T I O N NOT A C C E P T E D!
4-H Horse Stampede Results

The statewide 4-H Horse Stampede was a huge success with 147 kids participating in four events; horse bowl, public speaking, demonstration and art contest. There was tough competition and great sportsmanship demonstrated. Congratulations to all Lancaster County 4-H members who participated! Below are the Lancaster purple ribbon winners. Champions are qualified to compete at national 4-H contests.

HORSE BOWL
Lancaster Team 1 (Champion): Kate Rawlinson, Hannah Ronnau, Elli Dearmont, Lexi Wolfe and Ivy Dearmont; coach Kendra Ronnau

PUBLIC SPEAKING
Junior Division: Jenna Wolfe (Champion)
Senior Division: Hannah Ronnau (Champion), Sierra Nelson (Reserve Champion), Megan Luedtke

DEMONSTRATION
Senior Individual Division: Erika Warner (Reserve Champion)
Senior Team Division: Kenzie Wolfe and Megan Lueldtke (Reserve Champion)

ART CONTEST
Junior Division: Cyndi Weber (Champion), Emmi Dearmont (Reserve Champion), Anna Cooper, Carmen Hillhouse, Brenna Kirby, Tyrelle Sampson, Grace Spaulding
Senior Division: Ivy Dearmont (Reserve Champion), Holly Cushman, Elli Dearmont, Breeanna Krueger, Sarina Kyhn, Kelsie Shriver, Madison Sabata, Alysa Whitehall, Jenna Wolfe, Kenzie Wolfe

5th Graders Learn About Environment at Earth Wellness Festival

Approximately 3,100 Lancaster County 5th graders from 50 schools attended the 19th annual Earth Wellness Festival (EWF) on March 25 and 26 at Southeast Community College. Students learned about the environment and the importance of natural resources in fun, interactive sessions. More than 175 educators and volunteers make this educational experience possible.

The festival is organized by 10 local agencies, including University of Nebraska-Lincoln Extension in Lancaster County. Classrooms attending the festival received pre-festival learning kits in October.

New this year, UNL Master Gardeners presented Compost It!, teaching students about composting and looking at soil critters that contribute to decomposition.

Nearly 500 fourth graders from eight Lincoln area schools attended the Ag Awareness Festival held on April 3 and 4 at the Lancaster Event Center. Students gained a greater understanding of agriculture and how it impacts their daily lives. Students rotated between the following 10 interactive stations: Nebraska Ag Production Across the State, Grain Products, Farming Technology, Swine, Horse, Dairy Production, Ruminant Nutrition, Dairy Calves, Beef Production and Sheep & Goats.

The Ag Awareness Coalition, led by University of Nebraska–Lincoln Extension, organizes the festival with the help of agriculture businesses, commodity associations and food industry companies. This is the 13th year the festival has been held in Lincoln.

4th Graders Gain Understanding of Agriculture at Ag Awareness Festival

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