The NEBLINE, June 2013

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Family Finances

Plan a Budget by Prioritizing Needs
One of the first strategies in family finances is to have a budget or spending plan. This will help prioritize the family’s needs. Keep in mind spending beyond one’s means lead to financial problems and debt.

A budget includes income and expense. Start by listing all income — this includes paychecks as well as other resources one may receive such as Social Security, SNAP, housing allowances, etc. Changing income amounts due to the hours worked etc. can create budging challenges.

Expense include all the ways money is spent — rent, utilities, food, etc. Some expenses are fixed and others are flexible which can create questions when creating a budget.

Developing the skills to estimate income and expenses by creating a spending plan is very helpful. It also gives one a chance to re-evaluate how money is being used.

Understand Wants vs. Needs
An important factor to consider when finances challenge the family is to look at wants versus needs. This influences many of the decisions made daily or even hourly. Making a list of wants and needs will help prioritize the actual needs of the family.

Needs are things needed to survive — food, clothing and shelter. Wants are things that would be nice to have but not necessary — things we can live without. One important question we must ask when trying to decide what purchases to make is “Do I really need this?”

Increase Income and/or Decrease Expenses
Taking a look at one’s budget and making decisions depends a lot on the lifestyle chosen and the amount of income in the household. A choice that many times needs to be made is “How do we meet the demands of the family?”

The choice comes down to increasing income OR decreasing expenses. Decreasing expenses are many times easier to do immediately. Increasing ones income depends on factors such as the current income source, time and energy.

Making a list of possible ways to decrease spending or expenses is a good place to start. Prioritize the list and cross off things that are wants. Always remember, spending more than what comes in reduces the ability to save for the future and may start a trend toward debt or make existing debt harder to decrease.

Families really wanting to make changes may try increasing income AND decreasing expenses. This takes strong willpower and the desire to make immediate changes.

Set Family Goals Together
Family discussion about the financial situation is important. Setting goals together will help everyone understand the importance of prioritizing spending.

Setting short, middle and long term goals will help a family plan for the future. What are the immediate needs? What can be put on the list to save for the future? What are the wants that can be put off at the present time?

Writing down these goals help families to review them and work towards what is best. If goals are written down one is more likely to refer to them and they are not forgotten.

Tips to Be a Wise Shopper

Approximately one-third of the family’s take home pay is spent on groceries and household items. There are ways to stretch these dollars. Start by being a wise shopper and use common sense when spending.

- Use a shopping list.
- Plan meals for a week using foods on-hand and grocery store specials.
- Shop sales. Use coupons for food and items used regularly.
- Cut down on expensive ready-to-eat salty and sweet snacks.
- Limit fast foods.
- Take your lunch instead of eating out.
- Avoid excess soda, expensive energy drinks and coffee shop drinks.
- Buy a reusable water bottle and fill it with tap water. Use in place of buying bottled water.

FOR MORE INFORMATION
The national eXtension website has many resources on personal finance, including hot topics, in-depth information and webinars at www.extension.org/personal-finance.

Children & Money
Children need to be taught about money. They are never too young to start learning money management skills. Children learn their money habits, values and principles by watching and listening to parents and others around them.

In fact, one doesn’t have to say anything to pass on good and bad habits. All family members feel the pinch when money is tight, therefore, open communication is important.

Tips for talking with children about money:
- Communicate with children about money — Involve the family members when making decisions about money. Children grow in understanding and self-worth when they contribute to the resolution of financial issues.
- Teach the different between wants and needs — This will help with good decision-making in the future.
- Help children set goals — Every time a child asks for something such as a toy, clothing, etc. is a chance to teach goal setting.
- Savings vs. spending — Help children learn to save by putting a small amount in a bank weekly. Talk about saving a percentage of their allowances and gifts.
- Help them start a record keeping system — Keep receipts and keep a journal of where and how their money is saved and spent.
- Let them make spending decisions — Decisions may be good or bad but each is a learning experience. Help children learn to do research before making major spending decision. Ask what else the money could be used for.
- Teach about debit and credit cards — When using a card for paying in a restaurant or store, explain how it works and the importance of checking the amount and how to use them correctly to avoid fraud.

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Miniature Gardens are Fun and Easy
— see page 7
Harvest Bromegrass Hay in Early June for Most Crude Protein

Tom Dorn UNL Extension Educator

Many people cut bromegrass hay in mid- to late-summer — July, August, even September. The question you might ask yourself is: Do people cut their bromegrass hay at this time because it makes the best hay, or because it is when they have seen other people cutting hay? Cutting bromegrass in mid- to late-summer can have its advantages. Weather damage is less likely because mature hay has lower moisture content when cut and we usually get less rain in July and August than in June. But think about what waiting would do to the quality of the hay.

Bromegrass cut in early June, soon after it begins to flower, has a crude protein content of around 10 or 11 percent and TDN (a measure of energy) of 55 to 60 percent (on a dry matter basis). According to NU Extension Forage Specialist, Bruce Anderson, that’s plenty adequate for wintering most beef cattle. Pleasure horses without adding additional energy or protein. However, when bromegrass is cut in late summer, crude protein might be only 6 percent with TDN below 50. Anderson says all species of livestock need some supplements if fed this kind of hay.

Another advantage to cutting bromegrass hay earlier is the possibility of grazing the regrowth in September. Some pasture owners might use the re-growth in September, to provide some forage for cattle. In addition, as your cows finish grazing pasture, you can use a little help at that time of year. So, for the best quality hay and to possibly extend the grazing season, why not break with tradition and cut bromegrass when it has better nutritional quality instead of when the neighbors cut their hay.

Bromegrass hay in mid- to late-June should be cut when it has better moisture content when cut and the hay is dry. In many cases, 10 to 11 percent moisture will be best. If it is cut too dry, the hay will lose much of its nutritional value. If it is cut too wet, the hay will be difficult to handle and store. The re-growth in September, to provide some forage for cattle. However, when brome grass is cut in late summer, crude protein might be only 6 percent with TDN below 50. Anderson says all species of livestock need some supplements if fed this kind of hay.

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What is a farm? Each parcel of land is considered a separate “farm” for purposes of SPCC. For example, assume an operation included a “home place” that included fuel storage, storage equipment and maintenance facilities, and three irrigated quarters each with their own diesel fuel storage facility. This operation would have four separate parcels of land, and each would be considered individually to see whether SPCC thresholds were met. If the diesel ASTS for the irrigation wells were, for example, 500 gallons or 1,000 gallons each, and these were the only oil storage tanks at that location, then none of the irrigated fields would be subject to SPCC. You don’t add up the total fuel storage facilities for all the land you operate — you go parcel by parcel to make the SPCC determination. If the home place and shop have more than 1,500 gallons AST, the home place shop could be subject to SPCC.

What does “reasonably expected to discharge” mean? This is very important, because if your farm or parcel does not meet this requirement, SPCC does not apply to you. In most cases, if a spill occurs most of the spilled product is going into the ground, and little if any of it is going to run off (even on clay soils). EPA doesn’t say this, but my impression is that if the oil storage facility is located within, say 100 feet of a creek, stream, river, lake, canal or other water body, then you may be covered by the “reasonably expected to discharge” requirement. If your oil storage facilities are located more than 100 feet from the water body, you probably are not subject to SPCC. Your Local Natural Resources District or USDA Natural Resources Conservation Service representative may be able to help you make that determination, although they are probably not going to be able to give you a definitive or official yes/no answer.

If I am subject to SPCC, what will EPA contact me about? If you are subject to SPCC, you must prepare the SPCC plan. But the plan is not submitted to EPA, and EPA would likely never ask to see your plan unless you have a spill or you have taken something beyond a reasonable precaution. If you need to, but try not to worry about it too much.

Where can I go for more information? You can find more information about the SPCC Rule at www.epa.gov/spcc or at www.bpa.gov/docs/85004/oil_spill_preven- tion_control_and_countermeasures_spcc_rule_information.pdf. When will EPA contact me? What does “reasonably expected to discharge” mean? This is very important, because if your farm or parcel does not meet this requirement, SPCC does not apply to you. In most cases, if a spill occurs most of the spilled product is going into the ground, and little if any of it is going to run off (even on clay soils). EPA doesn’t say this, but my impression is that if the oil storage facility is located within, say 100 feet of a creek, stream, river, lake, canal or other water body, then you may be covered by the “reasonably expected to discharge” requirement. If your oil storage facilities are located more than 100 feet from the water body, you probably are not subject to SPCC. Your Local Natural Resources District or USDA Natural Resources Conservation Service representative may be able to help you make that determination, although they are probably not going to be able to give you a definitive or official yes/no answer.

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Drip Irrigation: Low Flow is the Way to Go

Sarah Browning
UNL Extension Educator

Providing water for large landscapes or windbreak planting can be labor intensive and time consuming, and the cost of water used adds up quickly. In these situations, drip irrigation is the most efficient watering system to use — 90% efficient compared to 50–70% efficient for sprinkler irrigation — proving low flow is the way to go. Hardly any water is wasted through wind, evaporation, run-off or overspray.

Additional benefits of drip irrigation include the following:

- Drip irrigation supplies are readily available for all types of garden areas.
- Water is applied slowly, reducing the risk of soil erosion or compaction.
- Drip irrigation can be operated during windy periods, without significant water lost to evaporation.
- Low volume water application preserves water and reduces the cost of water used adds up quickly.
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- Low volume water application preserves water and reduces the cost of water used.
- Drip irrigation makes supplying water a few inches above ground level, thereby allowing placement near plants further away from the pipe.
- The amount of water applied by emitters is measured in gallons per hour, and various flow rates can be selected based on your system, or plant needs. Common emitter flow rates include 1/2, 1, 2 or 4 gallons of water per hour (gph), allowing you to choose emitters that apply water at the proper rate for your soil type and plant needs. Emitters are often color-coded by their flow rate, making them easier to identify as you install or modify your system. However, not all irrigation system manufacturers use the same color code system. It’s important to refer to the manufacturer’s instructions for guidance.
- Systems can be run by connecting them to an AC or battery powered controller unit, which automates the system runtime for busy homeowners.
- Drip irrigation supplies are readily available, and can be installed by do-it-yourselfers.

Soaker hoses or “leaky pipes” are the least expensive form of drip irrigation available for home landscape plantings. Their flow is slow, and they are easy to install. Do not include microspray heads in the design of your drip irrigation system. Microspray heads put out fine streams of water, which can destroy the soil around the base of a new tree or shrub. Use soaker hoses around the base of a new tree or shrub to keep water close to the plant’s root zone.

Clay soils have high water-holding capacity but slow water-infiltration rates, usually 1/10–1/4 inch per hour. For this reason your drip irrigation system should be designed to apply water slowly enough to avoid runoff. Clay soils have high water-holding capacity but slow water-infiltration rates, usually 1/10–1/4 inch per hour. For this reason your drip irrigation system should be designed to apply water slowly enough to avoid runoff.

Loam soils have moderate water-holding capacity and an infiltration rate of 1/4–1/2 inch per hour.

Sandy soils have the fastest water infiltration rates at 1/2–3/4 inch per hour, but low water-holding capacity. Water can be applied to sandy soils more quickly with less chance of runoff; however, any water applied beyond the water-holding capacity of the soil is lost as it moves below the plant’s root zone. Sandy soils have the fastest water infiltration rates at 1/2–3/4 inch per hour, but low water-holding capacity. Water can be applied to sandy soils more quickly with less chance of runoff; however, any water applied beyond the water-holding capacity of the soil is lost as it moves below the plant’s root zone.

Drip irrigation systems are a great do-it-yourself project because the main pipe line does not need to be trenched into the soil, although if the lines are not buried, they should be held in place with wire landscape pins placed every 2–3 feet. This helps eliminate the pipe as a tripping hazard in the garden. Burying the irrigation system pipes with mulch is also beneficial; it protects the pipes, holds moisture in the soil and prevents weed problems. The most common water source is an outdoor home faucet. At the faucet, install a 1) backflow preventer, 2) 150–200 mesh filter, and 3) pressure regulator.

Bucket size in gallons/seconds to fill bucket = flow rate in gph

If you are not sure of your home water pressure, the addition of a pressure reducer or regulator can be beneficial. A drip system can also draw water from a well or pond, or utilize one valve of a high-pressure sprinkler system. For more information on setting up these systems, refer to:


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Backflow prevention is important when using a municipal or other potable water source. It prevents back siphoning of contaminants into the water source if a sudden drop in water pressure occurs from the water source.

A filter is installed on the main line to catch physical contaminants and prevent clogging of the emitters. The filter should be cleaned regularly so the system operates effectively.

Drip irrigation systems usually operate best with 10–30 pounds per square inch (psi) of water pressure; however, many municipal water systems deliver water at pressures above 30 psi. High water pressure can blow out emitters.

To estimate the water pressure of your faucet, use an old bucket and turn the water on full force. Note the number of seconds it takes to fill the bucket. Plug your numbers into the equation below.

(Bucket size in gallons/seconds to fill bucket) x 3,600 seconds per hour = flow rate in gph

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Outdoor, these ants feed on attracted to sugary substances, pavement ants are similar in Nebraska, there are a about do species of structure-invading ants. Results of a random population surveyed indicated carpenter ants, odorous house ants and pavement ants are the top three problem ants. All three are found in Nebraska. I wrote about carpenter ants last month. If you missed it, you can find it online at http://lancaster.unl.edu/nebine/2013/may13/.

Odorous house ants and pavement ants are similar because their workers sometimes invade homes for food and are attracted to sugary substances, particularly in the kitchen. Outdoors, these ants feed on honeydew produced by sap-feeding insects such as aphids and mealybugs.

Pavement Ants are small, dark brown ants, about 1/8- to 1/10-inch long. They have a two-segmented node between the thorax and abdomen. pavement ants have a single pair of spines on their thorax. The key feature which distinguishes them from other two-node ants is the scutellum grooves on their head and thorax (see the drawing).

The pavement ant gets its name from its habit of nesting under sidewalks, driveways, patio pavers and other locations. The common “ant hill” between sidewalk squares is usually from pavement ants.

Management
Effective ant control requires treating the colony to eliminate the queen and all the colony members. Odorous house and pavement ant workers deposit a trail pheromone on the substrate to let other workers know about food resources. Before you take control actions, follow these three steps to try to locate the colony.

Treating ants — If you find it, the simplest method of eliminating an ant colony in the yard is to pour a small amount of a diluted insecticide down the hole. This is called a French treatment.

This can reduce exposure and can also be used indoors.

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:
- Thermostats containing mercury, solvents, oil-based paint, point thinner, stripper, ston, old gasoline, transmission fluid, pesticides, even banned products like DDT and PCBs.
- Thermostats containing mercury, solvents, oil-based paint, point thinner, stripper, ston, old gasoline, transmission fluid, pesticides, even banned products like DDT and PCBs.

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 any questions about how to recycle or dispose of items not accepted, call the Lincoln-Lancaster County Health Department at 402-441-8031.

Friday, June 14 • 9 a.m. – 1 p.m.
Union College, South 52nd Street & Cooper Avenue
Saturday, Aug. 24 • 9 a.m. – 1 p.m.
Veyance Tech, 4021 N. 56th St.
Saturday, Sept. 21 • 9 a.m. – 1 p.m.
Lincoln Industries, 600 W. St.
Saturday, Oct. 19 • 9 a.m. – 1 p.m.
Woods Park (31st & J Streets)
Friday, Nov. 15 • 9 a.m. – 1 p.m.
Appointment Only — Call 402-441-8022

Do not take latex paint to Household Hazardous Waste Collections. Instead, take usable latex paint to EcoStores in Nebraska at 530 W. P. St. Call 402-477-3606 for details.

Common Home Nuisance Ants
Part 2 of 2: Odorous House and Pavement Ants

Barb Ogg
UNL Extension Educator

Even though bed bugs are on everyone’s mind, the extension office receives more consumer calls about ants than any other group of insects. In Nebraska, there are about dozen species of pavement ants are similar because their workers sometimes invade homes for food and are attracted to sugary substances, particularly in the kitchen. Outdoors, these ants feed on honeydew produced by sap-feeding insects such as aphids and mealybugs.

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Treating ants — If you find it, the simplest method of eliminating an ant colony in the yard is to pour a small amount of a diluted insecticide down the hole. This is called a French treatment.

There are a number of granular ant baits which are usually used outdoors around ant hills.

Liquid baits — Sometimes ant colonies cannot be found easily. Both odorous house and pavement ant workers are often attracted to syrup baits for sweet-loving ants. These baits should be placed near where ants are seen or on or along trails. Place the liquid syrup on small pieces of cardboard, index cards or painter’s tape. You’ll want the syrup to bead up rather than soak into the paper. Some baits come inside plastic boxes or metal traps, but many people who buy them often find the ants do not seem to be able to find the entrance to the bait box.

Ants prefer a liquid diet, so if the bait gets dried, replace it. Don’t use insecticide sprays along with bait treatments. The goal of baiting is to feed as many ants as possible so they take it to the colony to feed other ants. If an insecticide treatment kills ants, they won’t be able to get back to the colony so you are counterpointing your baiting effort. Be patient. It may take several weeks or more to get rid of the ants using baits.

Perimeter sprays — Do it yourself sprays around the house perimeter may be helpful in keeping ants out of the house, but these products won’t elimi- nate the colony.

If you are unable to control the ant problem or find the location of the colony, hire a pest control professional to do a Termidor treatment for you. When applied to ant trails or entry points, the active ingredient, fipronil, adheres to the ant body. It transfers to other ants in the colony. Termitor is a professional use product and can be only used twice a year. It cannot be used indoors.

Nebraska’s Ag Pesticide Applicators Risk Pesticide Poisoning

Barb Ogg
UNL Extension Educator

As springtime gets closer, Nebraska farmers and pesticide applicators should be aware they face a significant risk of a pesticide poisoning. The American Association of Poison Control Centers reported more than 600 work-related pesticide poisonings from 2000–2011 in Nebraska. In 10 of the last 12 years, Nebraska also ranked in the top three states for rate of poisonings.

Farmers, agricultural workers, pest control workers, groundkeepers and others who handle pesticides are most likely to experience a pesticide-related illness or injury.

Poisonings can occur from accidental exposure to pesticides like fungicides, herbicides, insecticides, rodenticides and fumigants. These chemicals can enter the body through the skin, eyes, mouth or lungs. While many pesticides pose a low health risk to humans if label instructions are followed, others are very toxic and require special precautions. To prevent accidental exposures, follow all instructions on the pesticide label. Always wear the personal protective equipment (PPE), such as gloves and goggles, as indicated on the pesticide label.

Be patient. It may take several weeks or more to get rid of the ants using baits.

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Diagnostic Services
If you need help identifying ants or pest signs, bring specimens to the UNL Extension in Lancaster County, 444 Cherry Creek Road, Suite A, Lincoln, between 8 a.m.–4:30 p.m. Wednesday through Friday. A free service, Extension staff can identify and make control recommendations.

For More Information
UNL Extension publication “Managing the Risk of Pesticide Poisoning and Understanding the Signs and Symptoms” (EC2505) available at the Extension office or online at www.neyrpubs.unl.edu/sendIt/ec2505.pdf.
FCE News & Events

Council Meeting, June 24

The June FCE Council meeting will be Monday, June 24, Noon, at the Governor’s Residence, 1425 H St. We will have lunch, tour the residence and have our meeting. Cost is $10 payable at the door. RSVP to Pam at 402-441-7180 and must be done by June 18. All FCE members are invited to attend. Remember to bring your Heritage Skills entries.

Baskets Needed

Clubs and individuals are reminded, baskets are needed for the Scholarship Raffle at the Sizzling Summer Sampler on July 10. Each year a scholarship is awarded to a college student majoring in Family and Consumer Science or a health occupation. The deadline has been extended to Aug. 30. Applications are available at the extension office and online at http://lancaster.unl.edu/home/fce.

June is Home Safety Month

It is important to keep our homes safe for all family members. A quick check of your home can protect young children from being unintentionally injured. Most causes of injury to children are unintentional and can be prevented. Safe Kids Worldwide suggests these tips:

Prevent Falls

• Use stair gates at the top and bottom of stairs.
• Install window guards on upper windows.

Prevent Poisonings

• Keep cleaners, medications and cleaning products in a place where children can’t reach them. Use child safety locks.
• For Poison Help call 1-800-222-1222. Call if you need help or want information about poisons. Call 9-1-1 if someone needs to go to the hospital right away.
• Prevent Fires and Burns
• Have working smoke alarms and hold fire drills. If you build a new home, install fire sprinklers.
• Use back burners and turn pot handles toward the back of the stove.
• Set your hot water at 120°F to prevent burns.
• Prevent Choking and Suffocation
• Keep coins, latex balloons and hard round foods such as peanuts and hard candy where children cannot see or touch them.
• Things that can fit through a toilet paper tube can cause a young child to choke.
• Place babies to sleep on their backs, alone in their crib. Don’t put pillows, blankets, bumpers, comforters or stuffed animals in their crib. These things can sometimes keep a baby from breathing.

Prevent Drowning

• When your children are in or near water, watch them very carefully. Stay close enough to reach out and touch them. This includes bathtubs, toilets, pools and spas — even buckets of water.

Source: Safe Kids website, www.safekids.org

FCE Scholarship Deadline Extended to Aug. 30

A $600 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. The deadline has been extended to Aug. 30. Applications are available at the extension office and online at http://lancaster.unl.edu/home/fce.

SIZZLING SUMMER SAMPLER

Wednesday, July 10 • 6 to 9 p.m.
Light Supper at 6 p.m.
Lancaster Extension Education Center, 444 Cherryrock Road, Lincoln

PROGRAM: No-Till Education Around the World presented by Paul Jasa, UNL Extension Engineer

Paul has traveled to Canada five times, Ukraine four times, Turkey twice, and to China, Brazil and Mexico to share his no-till knowledge and experiences.

Cost $10. Make checks payable to FCE Council.
Send reservations and check by June 28 to: Pam Branson, UNL Extension in Lancaster County, 444 Cherryrock Road, Suite A, Lincoln, NE 68528

Staying Clean During Summer Activities

As the weather warms up, everyone wants to spend more time outside enjoying all the offerings of the season, including trips to the park, local fairs and festivals — maybe even a night or two camping in the great outdoors. While nothing is better than relaxing outdoors with friends and family, don’t be tempted by all the leisure to skip proper handwashing.

Public parks may not have well-stocked or clean bathrooms, and if they do, they always seem to be located far away from where you’ve set up your blanket and umbrella.

“Don’t worry,” says Nancy Bock, Senior Vice President of Education at the American Cleaning Institute, “it’s still easy to keep your family’s hands clean, even on the longest of summer outings, as long as you’ve packed the right stuff. Just follow these simple tips to keep clean:

• Stock your bag with a “clean kit” containing a hand sanitizer, gel or a package of hand wipes.
• Keep one kit in the car, and another in your carry-on bag if traveling by plane or train. (Just remember: If you are traveling by plane, you can only carry on containers of 3 ounces or less.)
• Use the sanitizer and/or wipes before eating or drinking, even if you’ve just taken a dip in the lake or pool.
• If kids are going to have a snack after spending time in the car, hand them a wipe first.
• Always remember to clean your hands first with the sani- tizer or wipes before taking food out of the cooler.
• There are a variety of wipes on the market, so be sure to read the label and use products as directed.

Just follow these simple steps:
• Wet hands with clean, running water and apply soap.
• Rub hands together to make at least 20 seconds of foaming lather. Sing "Happy Birthday" twice to reach this goal.
• Rinse with water.
• Dry hands with a clean towel, or air dry.

Source: American Cleaning Institute.

Lancaster County Association for Family and Community Education presents

President’s View — Marian’s Message

Marian Storm
FCE Council Chair

This seems to be a slow year for the trees and flowers, I do enjoy working in the yard and digging in the dirt.

If the rabbits are eating your flowers, try spraying them with water and then sprinkle chili powder or any bad tasting powder. It has helped my problems.

It’s time to be thinking about making baskets for the Sizzling Summer Sampler. Remember to bring the Heritages for the June 24 Council meeting. The Heritage Skills this year are sculpture, fiber arts, scrapbooking and photography.

Staying Clean During Summer Activities

As the weather warms up, everyone wants to spend more time outside enjoying all the offerings of the season, including trips to the park, local fairs and festivals — maybe even a night or two camping in the great outdoors. While nothing is better than relaxing outdoors with friends and family, don’t be tempted by all the leisure to skip proper handwashing.

Public parks may not have well-stocked or clean bathrooms, and if they do, they always seem to be located far away from where you’ve set up your blanket and umbrella.

“Don’t worry,” says Nancy Bock, Senior Vice President of Education at the American Cleaning Institute, “it’s still easy to keep your family’s hands clean, even on the longest of summer outings, as long as you’ve packed the right stuff. Just follow these simple tips to keep clean:

• Stock your bag with a “clean kit” containing a hand sanitizer, gel or a package of hand wipes.
• Keep one kit in the car, and another in your carry-on bag if traveling by plane or train. (Just remember: If you are traveling by plane, you can only carry on containers of 3 ounces or less.)
• Use the sanitizer and/or wipes before eating or drinking, even if you’ve just taken a dip in the lake or pool.
• If kids are going to have a snack after spending time in the car, hand them a wipe first.
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• Rinse with water.
• Dry hands with a clean towel, or air dry.

Source: American Cleaning Institute.

Lorene Bartos, UNL Extension Educator

Water Saving Tips

• Fix dripping or leaking faucets — A faucet that drips 1 time each second will waste almost 9 gallons per hour (over 1,000 gallons per year).
• Fill the dishwasher — The same amount of water is used for a full dishwasher as a half full dishwasher. A standard dishwasher uses 15 gallons.
• Washing dishes — When washing dishes by hand, don’t let the water run while rinsing. Fill one sink with warm water and the other with rinse water.
• Select the proper level for each load of laundry — A full cycle at the top level uses 40 gallons per wash.
• Reuse water — Collect the water you use for rinsing fruits and vegetables, then reuse it to water houseplants. When you have ice left in your cup at home or from a take-out restaurant, don’t throw it in the trash, dump it on a plant.
• Check your water meter and bill — Talk to family members about setting water conservation goals for indoor water use.
Add Taste, Nutrition and Color with Fresh Herb Garnishes

Use These Techniques for Chopping Herbs

- **Chives:** Quickly snip small bundles of chives with a kitchen scissors OR Cut bundles on a cutting board with a very sharp chef’s knife
- **Cilantro, parsley and other small-leaved delicate herbs:** Remove leaves (OK to include some tender stems) Bunch on cutting board Place fingertips on tip of a chef’s knife and rock blade briefly back and forth. Re-gather leaves and chop again if a smaller size is desired
- **Thyme, oregano, rosemary, tarragon and other sturdy stemmed, small-leaved herbs:** Hold thumb and index finger together, run down the stem in the opposite direction the leaves have grown Chop the same as other herbs, if desired

**Basil, mint, sage and other large, leafy herbs** — a technique called “chiffonade” can be used:

- Stack 5 or 6 leaves, and roll tightly
- Cut crosswise
- This method cuts herbs into narrow ribbons

**$stretch Your Food Dollar with Fruits and Vegetables**

When it comes to nutritious density and great taste, fruits and vegetables top the charts. But most Americans aren’t consuming enough. Adding more fruits and vegetables to your diet can be overwhelming if you are not sure where to begin or how to make your food dollars stretch more. Building your meals around fruits and vegetables to pastas, casseroles and salads is a great way to add more fruits and vegetables.

When shopping for specific fruits or vegetables, some of your favorite recipes call for certain fruits or vegetables. But try adding them to a stir fry or salad. Preparing and using produce in season usually offer the best price per serving. To save money, choose produce that is in season. Fruits and vegetables quickly spoil and are fast and convenient. Try frozen fruits and vegetables are a smart choice because they are just cents a serving, will not quickly spoil and are fast and convenient. Try frozen fruit in smoothies or as a topping for yogurt or ice cream. Add frozen vegetables to pastas, casseroles or steam in the microwave for a quick and tasty side dish.

**Fruit Salsa**

In a large bowl, gently mix kiwi, apple, raspberries, strawberries and fruit preserves. Cover and chill in the refrigerator at least 15 minutes.

**Cinnamon Chips**

In a large bowl, gently mix kiwi, apple, raspberries, strawberries and fruit preserves. Cover and chill in the refrigerator at least 15 minutes.

**Calories, Nutrition and Color with Fresh Herb Garnishes**

### Fruit Salsa

2 kiwi, peeled and diced
1 apple, cored and diced
6 ounces raspberries
1/2 pound strawberries, sliced
1 1/2 tablespoons fruit preserves (raspberry, strawberry, etc.)
6 whole wheat tortillas

In a large bowl, gently mix kiwi, apple, raspberries, strawberries and fruit preserves. Cover and chill in the refrigerator at least 15 minutes.

Preheat oven to 350°F. Coat one side of each tortilla with cooking spray. Sprinkle each “sprayed” side of the tortilla with cinnamon and sugar mixture. Cut into wedges and arrange on a single layer on a large baking sheet. Bake 8–10 minutes or until wedges are crispy. Serve with chilled fruit mixture.

**Cinnamon Chips**

Recipe adapted from UNL Extension Nutrition Education Program 2011 Calendar.

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**Food & Fitness**

Basil (leaf)

Basil (chiffonade)

Chives (stems)

Dill (chopped)

Mint (in smoothie)

Thyme (individual tiny leaves)

Chives (flowerettes)

Basil (chopped)

Chives (flowerettes)

Dill (small, tender sprig)

Mint (with fruit)

Parsley (chopped)

Parsley (leaves of flat-leaved parsley)

Thyme (young thyme with tender, edible stems)

**Mountain Selections Fresh Herb Garnishes**

Helping limited-resource families learn to prepare nutritious and safe foods while stretching their food dollars.

Lisa Kowalski
Extension Assistant

When it comes to nutrient density and great taste, fruits and vegetables top the charts. But most Americans aren’t consuming enough. Adding more fruits and vegetables to your diet can be overwhelming if you are not sure where to begin or how to make your food dollars stretch more. Building your meals around fruits and vegetables to pastas, casseroles and salads is a great way to add more fruits and vegetables.

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**Miniature Gardening**

**Mary Jane Frogge**

**UNL Extension Associate**

"A miniature garden is the perfect blend of tiny trees, plants, hardscaping and garden accessories that are in scale with one another to create a lasting, living garden scene or vignette."

—Jan Cabo, co-owner of Two Green Thumbs

**Miniature Garden Center and co-writer of Gardening in Miniature: Create Your Own Tiny Living World.**

A miniature garden is gardening on a smaller scale. Your mini garden can be in a container or a garden in the landscape. Mini gardens are fun to design and easier to maintain than large traditional gardens because of their small dimensions. Before you start, it may be helpful to plan your garden on paper first.

Select plants to fit your small scale garden. Select dwarf evergreens like pygmy juniper, mini mug pine, dwarf spruce and dwarf hemlock. There are dwarf cultivars of deciduous plants too. Boxwood, barberry, cotoneaster and elm are just a few. Select perennials such as creeping speedwell veronica, stonecrop sedum, Heron's bill, creeping bluestar, sea thrift, elfin thyme, red thyme, woolly thyme, brass buttons, mondo grass, dwarf fern, Scotch moss and Irish moss.

Add hard scape garden features to your mini garden. Use little tile pieces or small, flat river stones to make a walk way or patio. Consider a tiny fence, miniature bench or bridge. Add a pond or water feature. Tell a story or follow a theme. You can make this garden as simple or elaborate as you want. No matter what theme you choose, it will be your creative miniature garden for you to enjoy and add to for years to come.

**Select plants to fit your small scale garden.**

**Herbal Festival**

**Saturday, June 22 • 9:30 a.m.–2:30 p.m.**

**Pioneers Park Nature Center – Chet Ager Building**

Special guest Betsy Williams of Andover, Mass. will be leading workshops on “Making the Ordinary Extraordinary” and “Flavor and Fragrance: Planting a Container Herb Garden.” Other workshops will include “Flowers from the Republic of Georgia” and “Medicinal 101.”

Register early – limited space. Call 402-441-7895 for brochure.

**Fee: $25 for 2 workshops, $40 for 3 workshops**

**Pollinator Week, June 17–23**

**Mary Jane Frogge**

**UNL Extension Associate**

In 2007, the U.S. Senate unanimously approved and designated a week in June as “National Pollinator Week” to mark a necessary step toward the international celebration of the valuable ecosystem services provided by bees, birds, butterflies, bats and beetles.

Pollinator Week is an international celebration of the valuable ecosystem services provided by bees, birds, butterflies, bats and beetles. The week of June 17–23 will spotlight a unique opportunity to learn about some fascinating and fundamental animals, the pollinators. Often overlooked or misunderstood, pollinators are in fact responsible for 1 out of every 3 bites of food that we eat. In the United States, bees alone undertake the astounding task of pollinating over $15 billion in added crop value, particularly for specialty crops such as almonds and other nuts, berries, fruits and vegetables. Beginning in 2006, pollinators started to decline rapidly in numbers. Participating in Pollinator Week can help save these important animals.

What can you do to help pollinators:

- Educate yourself on pollinators that live in your area.
- Avoid or limit pesticides in your home landscape.
- Plant a pollinator garden using native plants.
- Provide nesting sites, like bee houses or insect hotels, for pollinators.
- Provide a water source such as a bird bath, small pond or water feature.
- Go to the Pollinator Partnership website to learn more about pollinators, http://pollinator.org
- Share the information you learn with others.
- Establish green corridors by working with your neighbors to include several backyards in a pollinator habitat plan.

Sources: Pollinator Partnership, Life Cycles Project

**Garden Guide**

**THINGS TO DO THIS MONTH**

By Mary Jane Frogge, UNL Extension Associate

Remove old flower heads from annual bedding plants to keep them blooming.

Spring flowering shrubs such as azaleas, viburnum, lilacs and forsythia should be pruned as soon as they are done blooming.

Mid to late June is an excellent time to take softwood cuttings of shrubs to start new plants. Some shrubs which can be propagated in this way are azaleas, lilacs and viburnum.

When you buy nursery stock that is container grown, check the root ball and make sure it is not bound too tightly. A mass of circling roots will stay that way even after it is planted in the ground.

Divald chrysanthemum flowers to secure large, beautiful blooms on straight, strong stems. To disbudd, remove the small side buds along the stems which form in the angles of the leaves. This will allow all of the food reserves to be used for one large flower rather than many smaller ones.

Plant annual flowers in tubs or large containers for the porch or terrace. These can be a gardener’s secret weapon in the battle against weeds. Use bark mulch around young trees to protect them from lawn mower damage.

Watch for and control blackspot and powdery mildew on rose foliage.

Use bark mulch around young trees to protect them from lawn mower damage. Keep a close eye on the quality of your spring crops. Hot weather causes lettuce to bolt and become bitter. Plant a warm season crop as soon as the spring vegetables are harvested.

For hanging baskets in cool, shady locations, use tuberous begonias, ferns, impatiens or fibrous rooted begonias in combination with trailing plants, such as English ivy.

In most cases, blossom-end rot on tomatoes, peppers, squash and watermelons can be prevented. Do this by maintaining uniform soil moisture by mulching and watering correctly, planting in well drained soil and not cultivating deeper than one inch within one foot of the plant. Also avoid the use of high nitrogen fertilizers.
4-H Cat Clinic, May 29

A 4-H Cat Clinic will be held on May 29, 6-8 p.m. at the Lancaster Extension Education Center – 444 Cherrycreek Road, Lincoln. This clinic will be conducted by Dr. Lisa Karr-Lilienthal, UNL Companion Animal Specialist, and is open to 4-H’ers and interested youth ages 8-18. You will learn information on general pet care, health and showmanship. A variety of hands-on activities will include information on cat vaccines, neutering, spaying, flea control, 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. A $5 fee will be charged. Please preregister before May 27 by calling 402-441-7180.

Clothing Level 1 Workshop, June 1

A "Tips and Tricks for Clothing Level 1" workshop will be held at Hancock Fabrics, 6800 P St., Lincoln, on Saturday, June 1, 1-2 p.m. The workshop is open to anyone but will focus on 4-H Clothing Level 1 skills. No cost and no preregistration.

Learn what types of patterns to choose and what to watch for when you register your fabric. We will also cover techniques you should do that might not be mentioned in the pattern and what the judge is looking for.

Did you know you can choose from four different woven styles for Clothing Level 1? For more information, contact Kath Conroy at 402-421-7111.

Donated Sewing Machine to Go To a 4-H’er

This is the fifth year Kath Conroy, a 4-H clothing supervisor in Lincoln, and Mike, are graciously donating a brand new sewing machine to one Lancaster County 4-H youth. All interested 4-H youth should submit a paper describing the clothing projects they have done in the past and plans to do in the future. Also explain why they should be the youth to receive it. All papers should be sent by Friday, June 28 to Tracy, Lancaster County Extension, 444 Cherrycreek Road, Ste. A, Lincoln, NE 68528.

4-H Bicycle Safety Contest, June 8

The 4-H Bicycle Safety Contest will be held Saturday, June 8, 9 a.m. at the Lancaster Extension Education Center. The contest is open to all 4-H’ers ages 8 and up. Participants must provide their own bicycle and must sign up at the 4-H office by June 5. You MUST preregister by June 3 by calling 402-441-7180 (there is no entry form). Late registrations will NOT be accepted. There are categories of the contest. In the bicycle skills events, 4-H’ers maneuver through several designated courses to test their riding skills and safety. A bicycle inspection reinforces the importance of bicycle maintenance and safety features.

4-H Horse Tack Swap-Apalooza, June 1-2

Buyers and sellers of horse tack, books, attire and anything horsey are welcome at the Lancaster County 4-H Horse VIPS Committee’s 2nd annual tack swap, which will be held at the same time as its Pre-District Horse Show on June 1, 8 a.m.-9 p.m., at the Lancaster Event Center in Pavilion 3 – 84th & Havelock, Lincoln.

Do not have your items set up by 8 a.m. and your items will be declined. Items include tack, books, riding clothes, blankets, motion equipment, and much more. We will have a $5 entrance fee. There will be an entry fee and an entry fee for each additional entry. All items will be sold as is. Entry forms are available at the Extension Building and online at http://animalscience.unl.edu/web/anisci/anscdistrictandstate4hshows.

For more information, contact Jennifer Rawlinson, 402-560-3319, or Jennifer Rawlinson, 402-560-3319, or jcrawlinson@windstream.net

4-H Plant Science Contests, June 11

Three Plant Science Contests will be held Tuesday, June 11, 10 a.m.—noon at the Lancaster Extension Education Center. Open to all 4-H’ers ages 8–18. Pre-registration is not required — enter the day of the contest. Youth choosing the horticulture contest may participate in: tree identification, garden weed identification, horticulture contest. More information is available at http://lancaster.unl.edu.

Nevada 4-H is offering an online Horticulture Judging Contest at http://gpa.unl.edu/4yvpc. The quiz will be available June 14–24. Youth will need to enter their name, age and county — the password is Nebraska.

STAY OVERNIGHT FOR SUNDAY’S OPEN SHOW! Details at www.saltcreekwranglers.com

Questions? Jennifer Rawlinson, 402-560-3319, jcrawlinson@windstream.net

Stephanie Wachter, 402-217-8328, stephwachter@nbbn.com

Horse BITS

Lancaster County Horse VIPS 4-H Pre-Districts Format Clinic/Show/Fundraiser

Saturday, June 1, 2013 • 9 a.m.

Lancaster Event Center • Pavilion 3 • (84th & Havelock, Lincoln)

The Lancaster County Horse VIPS committee is hosting a very special 4-H clinic/show to help everyone prepare for Districts and State!

NEW WALK/TROT CLASSES

Newer riders and green horses can participate for dressage competition, too. Walk/trot pleasure and equitation classes have been added for all 4-H divisions. You and your horse may show in both the walk/trot classes and centerline classes since we have limitations on our warm-up times.

PRACTICE FOR DISTRICT SHOWS

This clinic/show will be set up in the district format and all 4-H age groups can participate in English and Western classes. Reining and games are not offered in each 4-H age division, too. Nebraska 4-H attire and 4-H armbands required, but ID sheets are not needed for this show.

COMBINED CLINIC/SHOW FORMAT

Depending on size of the classes and show, the judge will be able to do some teaching and commenting at the end of the classes. This feedback is designed to help participants learn how to further improve their riding.

YOUR CLASS FEES SUPPORT 4-H

There will be a one time office charge of $5 and a $3 charge per class. Proceeds support the Horse 4-H program in Lancaster County. Thank you for your support!

FACILITY NOTICES

Concessions will be available onsite. A limited number of $15 stalls and $20 campites are available plus $8 bag shavings, all payable to Lancaster Event Center on show day. Horses may be shown from trailers.

8:00 a.m. Judge’s Comments to All Exhibitors, then show starts at 9 a.m.

1. English Walk/Trot Pleasure (walk/trot, novice, elementary)

2. English Walk/Trot Pleasure (junior, senior, green horse)

3. English Walk/Trot Equitation (w/t, novice, elem, no pattern)

4. English Walk/Trot Equitation (jr, sr, green, no pattern)

ALL English riders report to gate for individual class workouts (district pattern) followed by group trail work (all pleasure first).

5. English Pleasure/Equitation (seniors first)

6. English Pleasure/Equitation (juniors after seniors)

7. English Pleasure/Equitation (elementary after juniors)

Warm-up for all entered in Western classes.

8. Western Walk/Jog Pleasure (walk/trot, novice, elementary)

9. Western Walk/Jog Pleasure (junior, senior, green horse)

10. Western Walk/Jog Horsemanship (w/t, novice, elem, no pattern)

11. Western Walk/Jog Horsemanship (jr, sr, green, no pattern)

ALL Western riders report to gate for individual class workouts (district pattern) followed by group trail work (all pleasure first).

12. Pleasure Ponies (all ages, English or Western tack)

13. Western Pleasure/Horsemanship (seniors first)

14. Western Pleasure/Horsemanship (juniors after seniors)

15. Western Pleasure/Horsemanship (elementary after juniors)

Warm-up for all entered in Reining & Games

16. Reining (seniors)

17. Reining (juniors)

18. Reining (elementary)

Break, arena worked, and set up for Games

19. Pole Bending (seniors)

20. Pole Bending (juniors)

21. Barrel Racing (elementary)

22. Barrel Racing (seniors)

23. Barrel Racing (juniors)

24. Ext. Racing (elementary)

Questions? Jennifer Rawlinson, 402-560-3319, jcrawlinson@windstream.net

Stephanie Wachter, 402-217-8328, stephwachter@nbbn.com

4-H Super Fair

Horse ID’s Due June 1

4-H horse identification forms for the Lancaster County Super Fair are due to the Extension office by June 1. Horse ID forms for all 4-H’ers may NOT be accepted. Please take the time to fill out the forms completely and thoroughly. Draw your horses marking as accurately as you can. Also, be sure and indicate the horse’s color on the drawing. ID forms are available online at http://animalscience.unl.edu/web/anisci/4hextensionexquines4hhorprogram and at the Extension office. If you do use the online form, be sure and print a copy for yourself before sending it to the Extension office.

State 4-H Hippology and Judging Forms Due June 3

Hippology and judging entry forms for the State 4-H Horse Expo at Fonner Park are due to the Extension office on June 3. Please note, although the entry form directs you to return the forms to Lena Goltz, forms must be returned to the Extension office. All entry fees will be paid by the Lancaster County 4-H Council. Contest entry forms and contest information can be found at http://lancaster.unl.edu/web/anisci/anisci4hjudandhippcontests. For more information or if you have questions, contact Marty at 402-441-7180.

4-H Riding Skills Level Testings, June 18, June 25 and July 2

Level testing for the riding skills horsemanship level will be held on Tuesday, June 18, 5:30 p.m. at the Lancaster County Event Center – Amy Countryman Arena. Anyone wishing to test must sign up by June 11 by contacting Marty at mcruickshank2@unl.edu or 402-441-7180. Testings will also be held on Tuesdays June 25 and July 2 at the same location and same time. All of theusername horsemanship level requirements must be completed and submitted to Marty Cruickshank before the riding can be scheduled. July 2 will be the last date to test in order to ride in the Lancaster County Super Fair.

New Date Set for Middle Cross Dressage Schooling Show

Due to inclement weather, the Middle Cross Dressage Schooling Show that was postponed until Sunday, June 1, 2013 was postponed until Sunday, June 9. If interested in riding, call Jennifer at 402-560-3319 to check on availability of entries. Late ID forms for the Horse 4-H ID Contest, June 11 will be held Tuesday, June 11, 10 a.m.—noon at the Lancaster Extension Education Center. Open to all 4-H’ers ages 8–18. Pre-registration is not required — enter the day of the contest. Youth choosing the horticulture contest may participate in: tree identification, garden weed identification, horticulture contest. More information is available at http://lancaster.unl.edu.

The quiz will be available June 14–24. Youth will need to enter their name, age and county — the password is Nebraska.
4-H Life Challenge Contests

4-H Life Challenge judging contests help youth learn more about issues related to family, food, and consumer science (FCS). Contests are open to all 4-H’ers; need not be enrolled in a specific project. Contact Tracy at 402-441-7180 for more information.

- County-level Junior (for ages 7 and under)
- Statewide FCS Life Challenge (for ages 12 and up)

Both will be held Saturday, June 1, 9 a.m. at the Lancaster Extension Education Center. Preregister by May 30 by calling 402-441-7180 (there is no entry form). Contact Tracy for a study packet for the Junior Life Challenge.

Premier Animal Science Events (PASE), July 1–2
The statewide Premier Animal Science Events (PASE) will be held July 1–2 on UNL East Campus. Open to 4-H’ers ages 12 and up. PASE consists of a variety of different contests:
- Livestock, meats and poultry judging
- Livestock skill-a-thon
- Livestock quiz bowl
For more information, go to http://pase.unl.edu. To participate, contact Cake at 402-441-7180 by June 15.
Volunteerism: A Tool for Positive Youth Development

Maria Rosario T. de Guzman UNL Adolescent Development Specialist

While negative stereotypes abound on the outlook, lifestyles and attitudes of young people today, most youth in the country actually hold productive and positive values. Many youth are engaged in volunteerism and many see the value of helping others. When young volunteer, benefits are realized by almost everyone involved — the targeted population, the community and especially the volunteers themselves. More importantly, volunteerism has important implications for positive youth development. Among other things, it encourages a sense of service and responsibility toward others, provides a venue for developing skills and relationships, and facilitates the development of various social skills such as empathy, a sense of service toward others, and a stronger sense of identity.

It is thus essential that young people are encouraged to participate in volunteer endeavors.

Facts About Volunteerism in the United States

What is “volunteerism”? Volunteerism is the act of providing service to others for no cost. However, volunteering sometimes provides some small stipends, often to cover costs of operations or to help the volunteers maintain their participation. This can include small monetary incentives, grades or school credit, or other forms of rewards.

What types of volunteering are there? There are many types of volunteering. This includes (but not limited to) participating in community development, mentoring others and giving services to those in need. Volunteering can be done through school programs, religious groups, churches, community organizations, nonprofit groups and others. There are also various opportunities in the time of leisure. Many volunteer efforts are done with no cost; others pay a small stipend or its equivalent, while others are done to fulfill requirements for school (e.g., service-learning) or other entities. It is important for youth to realize that there is a wide range of opportunities available, and that adults should help them find a way to find a good match between what experiences they are looking for and the activity they will engage in.

Approximately how many hours do teenage volunteers contribute annually? 2.5 billion hours. Teens volunteer a significant number of hours each year. Most youth volunteer an average of 3.5 hours per week, totaling 2.5 billion hours per year.

In dollars, approximately how many hours do teenage volunteers contribute annually? $35 billion per year. Teenagers volunteer an average of 3.5 hours per week, totaling 2.5 billion hours per year. This allows services to be more available to a broader range of people.

What best describes the volunteer trends among teens in the United States? In recent years, the percentage of youth who volunteer has been increasing. Among youth, it has increased 12 percent over the last decade. Which of the following best describes the status of volunteerism in the Midwest? Volunteer rates in the Midwest are much higher than the national average. Volunteerism in the Midwest is relatively high — more than 30 percent higher than the national average.

Who Benefits from Volunteerism? Volunteerism is an activity that helps multiple people and entities.

Benefits for the specific target group. Obviously, youth volunteerism helps the targeted group. For instance, if youth volunteer to help children, the children benefit. Volunteerism also helps the organizations, for instance, cutting down costs of operations and making services available to a larger audience. In the United States, it is estimated that over $60 billion is contributed annually to the United States economy by virtue of volunteer services.

Benefits for the community. When youth volunteer, the larger community benefits. As mentioned above, there are practical benefits that targeted recipients and organizations receive, including the lowering of costs of operations, making services available to a larger community, and the like. In addition, volunteerism encourages positive citizenship among youth. Volunteerism encourages youth to be more engaged in their communities. Studies show that youth who volunteer feel more connected to their community, are more likely to show concern, and stay in or return to their communities. Thus, youth volunteerism contributes substantially to community vitality.

Benefits for the youth volunteers. Ironically, while volunteerism is often difficult to find time to do anything else. Among youth and across all age groups, lack of time is stated as the number one reason (64 percent) for not volunteering. In addition, having family responsibilities (4.5 percent) also was stated. Adults can help to remove this barrier to volunteerism. This can include helping youth structure their time better and helping them choose which activities might be best for them. This also includes helping them decide the amount and length of time they will commit.

Practical concerns: Includes lack of information, lack of transportation or expenses. Sometimes, even if individuals have the time and are willing to volunteer, there are practical barriers such as those stated above. This is the second most commonly stated reason by youth for not volunteering (5.8 percent).

Lack of interest or activity was not enjoyable (5.2 percent). For youth to continuously be involved in volunteer efforts, it is helpful if the activities are interesting or of significance to them. Adults can create interest and enjoyment among youth. Here are some possibilities.

• Match the young person’s interest with the activity. Think about what interests the young person. Consider whether he enjoys face to face interactions (e.g., mentoring) or solitary activities (e.g., community gardening).
• Make it developmentally appropriate. If tasks are too difficult or too easy, the youth might give up or become bored. Try to help youth find volunteer opportunities that are age appropriate.
• Try to find something rewarding. While the essence of volunteering is really to provide service without reward, there are some intangible rewards that youth can take. This includes praise and recognition, improved skills and learning and enjoyment.

• No one asked. Finally, another top reason why youth don’t volunteer is that they simply weren’t asked (3.1 percent). Sometimes, all it takes for youth to start thinking about volunteering is for them to be approached and given information about opportunities.

Why youth volunteer? Volunteerism becomes a common activity for various reasons. The top reasons mentioned by respondents include:...
Weed Awareness Hidden Word Find Solution

Here is the solution to the Hidden Weed Find printed in the Weed Awareness special section (produced by the Lancaster County Weed Control office) in the April Nebline. Congratulations to Judy Andrews of Lincoln whose name was drawn from 65 submitted entries. She received a copy of the Great Plains book published by Nebraska Department of Agriculture.

Sharing the “Buzz”

UNL Extension in Lancaster County is working on a special project to enhance the habitat for native pollinators and wildlife at the Extension office. Check out “The Buzz at Cherry Creek” blog to learn more and follow the progress! We hope you’ll be inspired to try some of the ideas.

http://buzzatcherrycreek.unl.wordpress.com

4-H’ers Qualify for Regional Speech & PSA Contest

The Lancaster County 4-H Speech and Public Service Announcement (PSA) contest was held April 21. Thirty Lancaster County 4-H youth competed in this year’s communication events.

The top winners will represent our county at the regional Speech & PSA contest on Thursday, May 23 at University of Nebraska-Lincoln’s East Campus. Here are the Lancaster County 4-H’ers who qualified for regional.

Speech contest:

• Junior (8-10 years): Emmi Dearmont, Riley Peterson, Grace Spalding
• Intermediate (11-12 years): Lily Noel, Addison Wanser, Alyssa Zimmer
• Senior (13-18 years): Peter Greff, Emma Noel, Renae Sieck

Public Service Announcement contest:

• Junior (8-10 years): Cassie Brown, Ruby Molini, Riley Peterson
• Intermediate (11-12 years): Nate Becker, Jordan Nielsen, Addison Wanser
• Senior (13-18 years): Ivy DeArmon, Taylor Nielsen, Max Wanser

A free Pollinator Workshop will be held during National Pollinator Week on Thursday, June 20, 9 a.m.-3 p.m. at Spring Creek Prairie Audubon Center, 11700 SW 100th St. near Denton. The workshop is sponsored by Pheasants and Quail Forever, the Nebraska Environmental Trust, and Nebraska Game and Parks Commission.

Topics will include:

• beginning beekeeping
• different types of pollinators and why they are important
• custodians
• importance of pollinator habitat
• plant identification

Lunch will be provided. Preregistration appreciated. For more information or to preregister, contact Bruce Sprague at 402-269-2361 ext. 3.
Nearly 300 Attended Kiwanis Karnival

Nearly 300 4-H families and Elliott School students and their families attended this year’s Kiwanis Karnival held April 13 at Elliott Elementary School. Lincoln Center Kiwanis sponsors the free, family event by providing snacks and prizes.

Eight 4-H clubs created and ran 16 carnival-type games for the kids. The participating clubs were: Coddington Clovers, 4-H Explorers, Fantastic 4, Pet Pals, Rabbit’s ‘R Us, South Prairie Wranglers, Super Shamrocks, Teen Council and the Cuttler Family. 4-H Teen Council also ran Bingo for adults.

David Swotek (age 10) with the 4-H Explorers club said, “All the kids had lots of fun and they liked the candy and prizes.” Alyssa Zimmer (age 12) with the Coddington Clovers club said, “When you volunteer, it isn’t like work — you’re giving back and helping others.”

Explore the Science of Life

University of Nebraska-Lincoln
College of Agricultural Sciences and Natural Resources

• Preparing students for careers in everything from animals to plants, soil to climate, golf to business, mechanization to leadership, food to forensic science
• Scholarship and loan opportunities
• One-on-one faculty mentoring and research opportunities
• Study abroad experiences
• Internships with major companies and organizations
• Guaranteed job offers

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

4-H Summer Camps & Trips are a great place to discover, learn and grow! Camps are open to all youth ages 5–19 — need not be in 4-H.

There are more than 45 camps at two Nebraska locations near Halsey and Gretna. [note: the South Central 4-H Center at Alma was recently closed.] The Nebraska 4-H Camps and Centers’ mission 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.

2013 4-H Summer Camp brochures have complete information and registration forms — available online at http://4h.unl.edu/camp or at the Extension office.

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Farewell Ag Educator Tom Dorn

Tom Dorn, Extension Educator, has been with University Nebraska–Lincoln Extension for 33 years. In June he will be recognized for his contributions to UNL Extension in Lancaster County and statewide. The public is invited to Tom’s farewell party on Wednesday, June 26, 4–6 p.m. at the Lancaster Extension Education Center, 444 Cherry Creek Road, Lincoln. Tom is on medical leave as of May 1.

Tom has worked at UNL Extension Lancaster County since 1997 as the Extension Educator focusing on agricultural profitability and sustainability. He has also served as Extension’s statewide contact for grain storage questions.

Tom began his Extension career in 1980 as an Extension Technologist in Biological Systems Engineering. After a year, he became Irrigation and Conservation Specialist at the Northeast Research and Extension Center near Concord (now Haskell Ag Lab). In 1984, Tom became the Ag Agent in Holt County, and then in Fillmore-Thayer-Nuckolls County in 1990.

Some of Tom’s many accomplishments in Extension include:
• presenting and co-presenting numerous workshops, such as Computerized Farm Financial Recordkeeping, Ten Easy Ways to Boost Profit $20 Per Acre, Crop Protection clinics, private and commercial pesticide applicator certification trainings, nitrogen management trainings and new computer technology trainings for farmers
• writing articles, published in The Nebr., CropWatch and NebGuides which have been reproduced and referenced in publications and websites across the nation
• appearing as a guest on Market Journal
• maintaining UNL Extension in Lancaster County’s Agriculture and Acreage website at http://lancaster.unl.edu/ag
• developing spreadsheets posted online, such as Irricost* (to estimate annualized costs of owning and operating an irrigation system), Long Term Pump* (to calculate long-term irrigation pumping plant performance from records), Fuel Cost Estimator and Grain Drying Models* (*indicates UNL Extension is developing these spreadsheets into apps for mobile devices)
• managing Extension’s Pesticide Container Recycling program for Lancaster and surrounding counties, and helping coordinate unwanted pesticide product collections
• consulting with many ag producers — answering questions and diagnosing crop and livestock problems
• serving on the USDA’s Extension Service! Federal Crop Insurance Corporation Advisory Committee in 1995 and 2013 which worked on the National Program on the Crop Insurance Reform Act

During his career, Tom earned many awards and honors, including:
• 2008 — UNL Institute of Agriculture and Natural Resources: one of four statewide Holling Family Awards for Teaching Excellence
• 2007 — UNL Extension: statewide Distinguished Educator Award
• 2007 — Nebraska Cooperative Extension Association (NCEA): Outstanding Service to Members
• 2001 — National Association of County Agricultural Agents (NACAA): Distinguished Service Award for Excellence in Extension Education Programs
• 1986 — Nebraska Cooperative Extension Service: Excellence in Programming Award

Other professional accomplishments include serving as president and treasurer of the Nebraska Agribusiness Club; president, vice president and treasurer of the Nebraska Section of the NACAA; treasurer of NCEA and member of Gamma Sigma Delta (the honor society of agriculture).

Originally from Tekamah, Neb., Tom received his B.S. and M.S. in Mechanized Agriculture from UNL. His first job out of college was with Servi-Tech as a crop consultant.

Tom lives in Lincoln with his wife of 41 years, Cecelia. They have two children and two grandchildren.