NEBLINE, June 2014

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Nurturing Unmarried Parents and Their Children

Lisa Kowalski
former UNL Extension Associate
Maureen Burson
UNL Extension Educator

More and more families with children are single-parent families. According to the 2013 Kids Count in Nebraska Report, “while Nebraska families are predominantly married-couple families, the 31 percent of families headed by single parents cannot be ignored. Since 1970, in Nebraska, the ‘nuclear family’ of a married couple with children has been moving towards more diverse family groups and households.”

In Nebraska, 95,049 children are living in single-parent families, 28,202 living in cohabitating-couple families, 310,853 living in married-couple families and 23,663 living in other living arrangements (2010 U.S. Census).

Children living in single-parent homes have a greater chance of living in poverty. Poverty rates indicate family structure is a factor as follows: 8.5 percent of children living in a married-couple household are in poverty; 45.8 percent of children living in single-mother households are in poverty; 22.5 percent of children living in single-father households are in poverty (U.S. Census Bureau, 2012 American Community Survey, Table B17006).

Research highlights the need to focus efforts on understanding the outcomes of single parenting and identify ways to help families and children be successful in these situations.

The involvement of extended family and community support makes a major difference in the children’s social and emotional growth and development. When everyone works together to do what is in the best interest of children, it sets children up for success.

Multi-Generational Homes

According to the 2013 Kids Count in Nebraska Report, 18,319 Nebraska kids live with a grandparent who is the head of household. Grandparents share their homes to provide a safe and secure place for those they love. This can also develop stress for grandparents, parents and their children living under the same roof.

Research indicates parent-grandparent conflict presents a risk to children’s behavior, especially to social development (Barnett et al, 2012). Guidelines may need to be established to help this situation. If you are living in a multi-generational home, use this checklist (Chen, 2010, University of Missouri Extension) to help children thrive:

- resolve conflict in a positive manner
- communicate any household issues
- establish expectations and house rules
- establish financial responsibilities
- have separate and shared space
- respect each other’s privacy
- establish routines, family rituals and traditions
- be flexible
- be kind to each other

Safety Checklist

It is natural for parents to feel protective when their child is being cared for by another person. Here are practical strategies for co-parents and caregivers to create safe, secure, loving homes for young children:

- parents and other caregivers know how to calm a crying baby and know to NEVER shake a baby
- parents and other caretakers know how to recognize signs of illness
- the home has a complete first aid kit
- the home has a list of emergency telephone numbers near the telephone
- the home has a safe, age-appropriate place for the child to sleep
- infants are placed on their backs to sleep
- infants sleep alone in their cribs and do not sleep with toys, stuffed animals or pillows
- the home is child/baby proofed (electrical outlets covered, safety latches on cabinet doors, cleaning supplies and other dangerous objects stored out of reach, choking hazards are out of reach)
- televisions are positioned high or bolted to the wall so they do not get pulled over
- medicines are in original container and in a locked cabinet out of child’s reach
- the home has working smoke detectors
- the home has a working fire extinguisher
- parents and other caretakers have a fire escape plan
- a car seat, booster seats and/or seat belt are always used when riding in the car
- children are never left alone in the car
- children are always supervised when they are in or near water
- parents and other care-takers have healthy, age-appropriate food

Custody and Co-Parenting Issues

Custody issues are typically associated with parents who are getting a divorce. However, many parents who were never married are also involved in custody issues.

Court-Mandated Classes

Most states, including Nebraska, require parents in the process of custody, divorce or paternity proceedings to take a co-parenting educational class. Since 1999, University of Nebraska–Lincoln Extension has provided a research-based education class designed to help parents cope with custody and divorce. In the “Co-Parenting for Successful Kids” class, parents learn to keep their children safe and out of their conflict. In 2013, over 2,000 Nebraskans participated in the class, either on-site or online.

Of these participants, about 20 percent were never married, with many of them never having been in a long-term relationship with their co-parent. Most are young parents with children under the age of five. Like all parents, they want the best for their children. These parents have unique educational needs, which are somewhat different from parents whose children have lived in a two-parent home for an extended period of time.

Responsibilities of Co-Parents

Are you a co-parent? If so, you are permanently connected to the other parent through your child. Your parental responsibilities do not end even if your relationship with the other parent ends. As you proceed through the experience of custody, focus on your child’s best interest.

- being a leader in your household
- being a positive role model to your child
- putting your child’s needs ahead of your own
- offering warmth, love, empathy and support to your child
- being involved, aware, consistent and nurturing
- developing honest and trusting relationships
- accepting the challenges presented to you
- finding a balance between care for others and care for self
- communicating and cooperating with your co-parent
- respecting and encouraging the bond between your child and your co-parent
- continuing to learn to be a good parent

Additioinal Resources

UNL Extension has several resources at http://child.unl.edu/divorce-effects for parents experiencing divorce and/or custody issues, which includes:

- Co-Parenting for Successful Kids on-site and online class information
- Nebraska Resources: Legal, Support Services and Domestic Violence
- Lincoln, Nebraska Resources
- Website and Book List

See UNMARRIED PARENTS on page 3
June is National Dairy Month

How much is needed? The amount of food from the dairy group you need to eat depends on age. Recommended daily amounts are shown in the chart below.

What counts as a cup? In general, 1 cup of milk, yogurt or soy milk (soy beverage), 1-1/2 ounces of natural cheese or 2 ounces of processed cheese can be considered as 1 cup from the dairy group.

Milk (choose fat-free or low-fat milk)
- 1 cup milk
- 1 half pint container milk
- 1/2 cup evaporated milk

Yogurt (choose fat-free or low-fat yogurt)
- 1 cup yogurt

Cheese (choose reduced-fat or low-fat cheeses)
- 1-1/2 ounces hard cheese (cheddar, mozzarella, Swiss, Parmesan)
- 1/3 cup shredded cheese
- 2 ounces processed cheese (American)
- 1/2 cup ricotta cheese
- 2 cups cottage cheese

Lactose intolerance. If you avoid milk because of lactose intolerance, there are still several ways to get calcium in your diet. You can choose alternatives lower in lactose or lactose-free, such as cheese, yogurt or lactose-free milk, or consume the enzyme lactase before consuming milk products. There are also calcium fortified juices, cereals, breads, soy beverages or rice beverages available in stores.

Getting more dairy into your diet. Try including fat-free or low-fat milk as a beverage at meals. If you usually drink whole milk, switch gradually to fat-free milk, to lower saturated fat and calories. Try reduced-fat (2%), then low-fat (1%) and finally fat-free (skim). Dairy foods also make great snacks, such as eating fat-free or low-fat yogurt by itself, using it to make a dip for fruits and vegetables, or making fruit-yogurt smoothies in the blender. Another option would be to use shredded low-fat cheese to top casseroles, soups, stews or vegetables. There are lots of options when it comes to getting your 3 cups of dairy!

Lisa Franzsen Castle, RD, PhD
UNL Extension Nutrition Specialist

National Dairy Month is a great way to start the summer with “3-A-Day” of nutrient-rich dairy foods. From calcium to potassium, dairy products milk contain nine essential nutrients which may help to better manage your weight and reduce your risk for high blood pressure, osteoporosis and certain cancers. Whether it’s to help build and repair the muscle tissue of active bodies or vitamin A to help maintain healthy skin, dairy products are a natural nutrient powerhouse. Those are just a few of the reasons you should celebrate dairy not just in June, but all year long.

Tips for Getting 3 Cups of Dairy Daily

What foods are included? All fluid milk products and many foods made from milk are included. Most dairy group choices should be fat-free or low-fat. Foods made from milk that have little to no calcium, such as cream cheese, cream and butter, are not part of this group. Calcium-fortified soymilk (soy beverage) is also part of the dairy group.

Dairy Daily Recommendation

<table>
<thead>
<tr>
<th>Cabin</th>
<th>2 cups milk</th>
<th>1 cup milk</th>
<th>1/2 cup evaporated milk</th>
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<tbody>
<tr>
<td>Girls</td>
<td>8-18 years old</td>
<td>3 cups</td>
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</tr>
<tr>
<td>Boys</td>
<td>8-18 years old</td>
<td>3 cups</td>
<td></td>
</tr>
<tr>
<td>Women</td>
<td>19 years &amp; older</td>
<td>3 cups</td>
<td></td>
</tr>
<tr>
<td>Men</td>
<td>19 years &amp; older</td>
<td>3 cups</td>
<td></td>
</tr>
</tbody>
</table>

This month’s Healthy Eating recipe was tested and written by Mollie Stevens, a junior Nutrition and Dietetics major at the University of Nebraska–Lincoln.

When thinking of pizza, most people think of the standard pizzas: cheese, pepperoni, sausage. But pizzas can be fun and unique for each person. This new take on pizzas is light, healthy and quick enough to be the perfect afternoon snack for all ages.

BBQ CHICKEN PIZZA

- 6 English Muffins
- 3/4 cup BBQ sauce
- 1-1/2 cups chicken (cooked and diced)
- 3/4 cup shredded cheese
- 1 chopped bell pepper

Preheat oven to 450°F. Measure out all ingredients. Slice English muffins in half and place on an ungreased cookie sheet. Spread BBQ sauce on English muffins. Top with remaining ingredients. Bake 450°F for 7-12 minutes (or until cheese is melted). Enjoy!
Unmarried Parents
continued from page 1
• toys are clean and age-appropriate
• children are always supervised when playing outdoors
• children are not exposed to secondhand smoke

(Adapted with permission from the Home Safety Checklist for Families with Young Children, Safe Kids Lincoln Neb. For the complete check- list, go to www.safekidslincoln.org/wp-content/uploads/2011/01/Home-Safety-Checklist.pdf)

Real Stories from Nebraskans
• "When my daughter was 6 months old, her father and I made the decision to separate. I have found it challenging to communicate and co-parent with my daughter's father on a consistent basis. My daily goal is to focus on my daughter and put my personal feelings that I have for her father aside. The one thing I would stress to other single parents is to have a good support system in place. My family has played an important role in our lives and they are always there to lean on when needed. Without my excellent support system, I would find things to be quite a bit more difficult as a single parent." — J.M., mom and Co-Parenting for Successful Kids graduate
• "I'm working hard to provide my one-year-old positive experiences. My mom and step-mom help care for her when I need to run errands. Learning about the needs of my infant through the co-parenting class was helpful." — T.W., dad and Co-Parenting for Successful Kids graduate
• "Life oftentimes brings unexpected blessings. When we had a son, we didn't have a father, we couldn't have been more shocked, but after some time to process this news, I think we have recovered pretty well. Initial short-term child care opportuni- ties led to a wonderful relationship with mom and grandchild, culminating in both moving into our basement for the past six years. With mom's graduation, mom and grandchild will be moving out and bringing another phase of life for all of us, but we look forward to the continued joy mom, grandchild and their extended family bring to our lives as adult adults who love a child, the better!" — G., grandparent
• "I work 12-hour night shifts at a hospital. My mom turned my childhood bedroom into a room for my daughter who stays with her overnight. Sometimes she stays with my sister on weekends when I work. My co-parent helps out sometimes. We all agree that she has been a rock for the kids. We're not here every day but we're here every other day." — N.S., mom and Co-Parenting for Successful Kids graduate
• "My daughter was born, a 32-year-old son found he was the father. The child had already been placed for adoption. We secured a legal expert to provide our son parental rights and he sees her five times a year. The adoptive family has agreed as many loving, supporting family members involved so they have included us, the grandparents in the toddler's life. We are respectful of their beliefs, even though they are different than ours." — G., grandparent

FOR MORE INFORMATION
• UNL Extension: "U R Parent" free app available on Apple and Android phones.
• eXtension "Just in Time Parenting" e-resource for parents of children through the age of five, www.extension.org/pages/22110/just-in-time-parenting-enzwolofqr
• ParentSavvy website by Methodist Health System in Omaha includes UNL Extension resources, http://parent savvy.com

FAMILY LIVING TIPS
by Lisa Kowalski, former UNL Extension Associate in Lancaster County, successfully completed her Master’s Degree in May 2014. Her project focused on enhancing education in UNL Extension’s Co-Parenting for Successful Kids class. This article includes portions of her Master’s project.

Parenting During and After Divorce
Parenting through and after divorce is different than parenting when both adults are in the home. Normal parenting challenges become harder during this time. Life is thrown out of balance. Parents and children may experience feelings of stress, loss, guilt and/or anger. Most family members overcome this stressful event, but the process takes time.

Parenting Behaviors After Divorce that Help or Hurt
Making the transition through divorce is easier for the child when parents look at things through the child’s eyes. It’s important to remember that the child is now a member of two families. Children do better when they are able to maintain their relationships with both parents (when it is safe for them to do so).

Children whose parents have a lot of conflict after the separation are the hardest to raise. Parents can support their children best by keeping their arguments private, away from where children can hear them. This includes phone conversations. Experiencing negative emotions about the other parent is normal. But it’s important to avoid making negative comments about the other parent in front of the children. By working together to put their kids first, children will have a better chance to make it through this stressful time. The challenge for us as parents is to use positive statements in everyday communication with our children. For this week, write down all the positive as well as negative statements you make. The goal is to increase the number of positive statements which you make on a routine basis. The result is your children will start communicating more with you, have higher self-esteem and their behavior will improve.

The techniques work. A father realized that he was giving more negative than positive statements. In a one week period of time, he went from totally negative statements to one or two positive statements each day. Within one week’s period of time, the father and son had a conversation after dinner, which lasted an hour. The father said that they had not shared this much in over two years.

Instructions:
1. Each day think about using positive statements.
2. Track positive statements each day for a week.
3. Track negative statements each day for a week.

Parenting App from UNL
"U R Parent" is an app for iPhones, iPads, and Android phones which provides user- friendly information on parenting and child development. It is geared to the specific age of your child. Currently, the app covers a child’s first year — in the near future it will cover up to five years old.

University of Nebraska-Lincoln Extension Educators partnered with "Just in Time Parenting" (a part of eXtension) to develop the app using research-based information.

Unique features include:
• information about children’s ages and stages
• a baby book to record your baby’s firsts along with keeping track of immunizations dates in a handy place

You can download the app free from the Apple iTunes app store and Google Play. Links available at http://uwarhome.unl.edu/mobicapps/parentap.

Parenting the Positive Way
The purpose of using positive statements is to build self-esteem and good behavior. Research says that children need seven positive statements for every one negative that is directed towards them. In other words, every negative statement which is directed toward a child, you need to give them seven positives.

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Loss of nitrogen to the environment is a major concern in society today. People are worried about high nitrogen levels in their drinking water and nationwide there is concern about nitrogen from the corn-growing areas of the Mississippi River into the Gulf of Mexico creating a dead zone. This dead zone is called the hypoxic zone. Under most circumstances, farmers are not currently regulated on nitrogen application strategies unless they farm in areas of high-nitrate levels in the ground water. This could change in the future with the growing concern for the Gulf of Mexico.

It is important to use and apply nitrogen as efficiently as possible, under certain environmental conditions, nitrogen can be lost through co-irrigation field resulting in corn showing significant nitrogen deficiencies in the growing season. This may be due to exceptionally wet soil conditions which cause nitrogen losses in saturated soils which leads to losses in the atmosphere through denitrification. In sandy soils, nitrogen can also be lost from runoff when applied on top of the soil surface, or to the atmosphere through volatilization if it is hot and dry after application. Sometimes corn can show nitrogen deficiency symptoms when supplemental nitrogen is unable to be applied due to wet soil conditions or the corn becoming too tall for side-dressing.

Many Nebraska laboratories conducted in Missouri has indicated mid-season nitrogen application may be economically feasible. In Northwest Missouri in 2013, local ag suppliers were flying on urea to nitrogen-deficient corn fields. A project was conducted to test the feasibility of this management practice in Nemaha County. On-farm experiments were initiated during the summer of 2013. Nitrogen was applied to the three different fields of nitrogen-deficient corn in Nemaha County. Corn was tasseled and showed indication of nitrogen stress (yellow in color). In the first experiment, nitrogen was applied at the rates of 0, 50, and 75 lb N/acre on July 12 in Rob Bohling’s corn field near Johnson, Neb. Earlier nitrogen applied to the field at planting and over the top had been lost through denitrification in this area of the field. A soil sample indicated only 5 lb of nitrate nitrogen in the top 3 feet of soil. Nitrogen was applied in a dry form as urea (46-0-0). This method simulated nitrogen being top-dressed with a high clearance ground applicator or through aerial application. The experiment was designed as a small randomized plot. At harvest time, (Oct. 4), corn was hand-harvested, shelled, tested for moisture and yields were calculated on a 15.5 percent moisture basis. This experiment was repeated in two fields on the Dan Hedges farm northeast of Auburn in Nemaha County. Dan was planning on side-dressing both these fields, but an equipment breakdown and several days of wet weather prevented him from completing this task. In the meantime, the corn grew too tall to complete with a ground rig. On July 26, nitrogen was applied at the rates of 0, 39, 59 and 79 lb N/ac. These rates were used because it was initially thought Dan farmed in a 30-inch row and the fertilizer quantities had already been weighed out for each plot, but when it was discovered he farms in 38-inch rows, rates were recalculated and applied to the plots. Harvest was conducted in a similar method as described above.

Results of all these experiments showed a significant increase in yield when nitrogen was applied mid-season to the nitrogen-deficient corn. In Rob Bohling’s experiment, corn yields were 75, 105, 106 and 123 bu/ac for the 0, 50, 75 and 100 lb of nitrogen side-dressed treatments respectively. Cost of these treatments were 31.5 cents/lb of nitrogen applied and $15/ac application cost. Respectively, costs for these treatments were 0, $30.75, $38.63, $46.50/ac for the 0, 50, 75 and 100 lb of N/ac treatments. When we determine the feasibility of these treatments, we must look at profit ability. Gross income was based on a corn price of $4.20/bu. Gross income for the treatments were 0, $144, $145 and $218 for 0, 50, 75 and 100 lb of nitrogen/ac treatments respectively. This translates into net profits of 0, $113, $106 and $72 for these respective treatments. Results of these experiments showed the benefits of late-season nitrogen application as well. In his east field, yields were 113, 147, 156 and 147 bu/ac for the 0, 39, 59 and 79 lb of nitrogen side-dress treatments with his west field having corn yields of 126, 150, 147 and 162 bu/ac for the 0, 39, 59 and 79 lb of nitrogen side-dress treatments respectively. While his yields were more variable, any nitrogen side-dressed at this later date was beneficial. These corn plots only received 35 lb of nitrogen at planting time. Income value was calculated using the previously described. Net income for the treatments on Dan’s east field were 0, $113, $145 and $104 for 0, 39, 59 and 79 lb of nitrogen/ac applied side-dressed with the west field income of 0, $73, $53 and $82 for the respective nitrogen side-dress treatments respectively.

At the current corn prices, this practice shows promise both as a rescue treatment and as a way of delaying nitrogen application in high-risk fields. If a farmer has a field that has a high potential for early-season nitrogen loss due to leaching or denitrification from fields water logged, a late N application may be feasible. Some producers in Missouri are doing this practice under this type of environment. This project will be evaluated more if we have similar conditions in 2014.

If you have questions about this project, contact the University of Nebraska-Lincoln Extension in Nemaha County at 402-274-4755.
Pollinator Week, June 16–22

Pollinator Week is an international celebration of the valuable ecosystem services provided by bees, birds, butterflies, bats and beetles. The week of June 16–22 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 one out of every three bites of food 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 you can do to help pollinators:
• Educate yourself on pollinators that live in your area.
• Avoid pesticides in your home landscape.

This warm-season perennial grass has blue-green foliage and stands more erect than is typical of the species.

Panicum virgatum ‘Northwind’, common name switchgrass, is best divided in the Spring Plant Association’s 2014 Perennial Plant of the Year.

The species.

Panicum virgatum 'Northwind'

Hardiness: USDA Zones 4–10
Light: Switch grass performs best in full sun and will tolerate very light shade.
Soil: Panicum is very adaptable to almost any soil type.
Uses: Switchgrass is an excellent selection in the full sun, especially native, meadow or prairie gardens. Flower arrangers find the foliage and plumes useful for flower arrangements. Finally, this warm-season perennial grass offers golden fall color.
Unique Qualities: ‘Northwind’ is very easy to grow. It will enhance any sunny border, not just a native, meadow- or prairie-style garden. ‘Northwind’ has a refined, garden-worthy appearance and habit.
Maintenance: There are no serious insect or disease problems with Switchgrass. This grass is best divided in spring.

Source: Perennial Plant Association

2014 Perennial Plant of the Year

Traveling this Summer? Don’t Bring Bed Bugs Home With You

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Source: Perennial Plant Association
Volunteers are needed to help lead 4-H clubs. If you would like to learn more about 4-H volunteer opportunities, call 402-441-7180.

4-H Super Fair
Horse ID is Due June 1
4-H horse identification forms for the Lancaster County Super Fair are due at the Extension office by June 1. Late ID forms will NOT be accepted. Please take the time to fill out the forms completely and thoroughly. Draw your horses markings 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/answers/waumiquineelhorseprogram and at the Extension office. If you do use the online form, be sure and make a copy for yourself before sending it to the Extension office.

State Hippology and Judging Forms Due June 2
Hippology and judging entry forms for the Nebraska State 4-H Horse Expo at Fonner Park are due to the Extension office Monday, June 2. All entry fees will be paid by the Lancaster County 4-H Council. Contest entry forms and information can be found at https://nebraska4H.org/ANSCState4HHorseShowInformation.

For more information or if you have questions, contact Marty at 402-441-7180.

4-H Riding Skills Level Testing on June 3, June 24 and July 1
Level testing for the riding skills horsermanship levels will be held on Tuesday, June 3, 3:30 p.m. at the Lancaster County Event Center – Amy Countryman Arena. Anyone wishing to test must sign up by May 27 by contacting Marty at 402-441-7180 or mcfickshank23@unl.edu. All of the written horsemanship level requirements must be completed and submitted to Marty by the riding portion of the levels can be conducted. Tests will also be held on Tuesday, June 24 and Tuesday, July 1 at the same location. July 1 will be the last date to test in order to ride in the Lancaster County Super Fair.

Pre-District Show CANCELED
The June 7 4-H Pre-District Show/Clinic/ Fundraiser sponsored by the Lancaster County Horse VIP’s Committee has been CANCELED.

Roping Clinic, June 11
Nebraska AQHA Roping Horse Association is hosting a free roping clinic for Lancaster County 4-H youth on Wednesday, June 11, 6-9 p.m. at the Lancaster County Event Center – Pavilion 3. All levels of ropers welcome. You must register by June 30 online at http://go.unl.edu/1p0nt. Contact Shannon or Brian Vogler at 402-490-7895 or 402-499-2330.

Horse Expo Challenge, June 27
The 4-H Horse Expo Challenge will be held Friday, June 27, 9:30 a.m. at the Lancaster Extension Education Center, 444 Cherry Creek Road. Study materials are online at https://nebraska4H.org/ANSCState4HHorseShowInformation. 

For more information or if you have questions, contact Marty at 402-441-7180.
Discover, Learn and Grow at 4-H Summer Camps

4-H Summer Camps are open to all youth ages 5–18 (need not be in 4-H). With locations at Gretna and Halsey, there are nearly 50 camps ranging from one day to seven days/six nights! Brochures are now available online at http://4h.unl.edu/camp and at the Extension office.

Clover College
Tue., June 17–Fri., June 20
Lancaster Extension Education Center, 444 Cherry Creek Road
Open to youth ages 6 & up
Four days of “hands-on” workshops full of fun and learning!
If you have questions, contact Tracy at 402-441-7180.

4-Day Workshops

1 Workshop - 2 Time slots in a Row
Fishing Fun
Bring your fishing pole, line, hook and bobber for fishing fun at a nearby lake. Extra tackle is optional. Bait provided. Wear closed toe shoes and sun protection. Only for youth who have not taken class previously.

AGES 8 & up • FEE $5

“Dress” Up Old Jeans
Bring in a pair of jeans (upper portion in good condition, working zipper and about 4-inches of psewashed, cotton fabric based on how long you want the skirt, and working sewing machine. Must have completed Clothing Level I and know how to use and thread your machine.

WED, JUNE 18; 12:45-2:45PM
AGES 8 & up • FEE $3

Rabbits, Rabbits! Learn to care for rabbits and about rabbit showmanship with live rabbits.

THU, JUNE 19; 12:45-2:45PM
AGES 8 & up • FEE $3

Container Gardening Have fun with your own container garden.

THU, JUNE 19; 12:45-2:45PM
AGES 8 & up • FEE $8

“Wired 4 Wind” Build a Wind Turbine that generates electricity! Experiment with turbine designs. Take it home and experiment more! It will be Watts of fun!

TUE, JUNE 17; 3–5PM
AGES 8 & up • FEE $10

Modeling Madness Be a styling diva and learn the ins and outs of modeling. Perfect preparation for 4-H Style Revue.

WED, JUNE 18; 10–12AM
AGES 8 & up • FEE $2

Happily Helping Others Help others by participating in a fun hands-on community service project.

WED, JUNE 18; 10–12AM
AGES 8 & up • FEE $5

J’Vivia el Español! An action-packed class filled with authentic food, craft, language and aches of Spanish-speaking cultures.

WED, JUNE 18; 10:15AM–12:15PM
AGES 8 & up • FEE $5

Express Yourself Express yourself through card creation.

WED, JUNE 18; 12:45–2:45PM
AGES 8 & up • FEE $2

Babysitting Basics Learn the basic skills needed to be a responsible and creative babysitter. Focus is on activities, making snacks and toys.

WED, JUNE 18; 12:45–2:45PM
AGES 11 & up • FEE $5

American’s Rose Learn how to take care, grow and show roses.

THU, JUNE 19; 10:15AM–12:15PM
AGES 10 & up • FEE $5

City Campus Engineering Tour the University of Nebraska-Lincoln’s Engineering Department on UNL City Campus. Participate in hands-on projects. Transportation provided.

THU, JUNE 19; 12:45–2:45PM
AGES 8 & up • FEE $3

Food Fun Make fun, healthy snacks that are tasty and learn nutrition facts!

FRI, JUNE 20; 12:45–2:45PM
AGES 8 & up • FEE $10

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AGES 8 & up • FEE $2

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Be a Clover College Volunteer!
Adult and teens volunteers are needed to help during Clover College! No experience needed! Volunteer for one session or all four days! If you are interested in this opportunity, contact Tracy at tracy.anderson@unl.edu or 402-441-7180.
**EXTENSION NEWS**

**Lancaster County Board of Commissioners Proclamation**

The Lancaster County Board of Commissioners celebrated Extension’s Centennial with a proclamation (below) at their May 6 meeting. University of Nebraska–Lincoln Extension in Lancaster County is a partnership between UNL, Lancaster County and the USDA.

WHEREAS, May 8, 2014 marks the Centennial of the signing of the Smith-Lever Act which established Cooperative Extension through land-grant universities in partnership with federal, state and local governments; and

WHEREAS, the University of Nebraska–Lincoln Extension in Lancaster County is a critical component of the teaching, research and extension land-grant university mission and works collaboratively with the University of Nebraska; and

WHEREAS, University of Nebraska–Lincoln Extension education disseminated through Lancaster County for agriculture producers has helped establish Nebraska as a leading agriculture state, as well as helped youth prepare for responsible adulthood; and family and consumer sciences has prepared people for healthy, productive lives; and

WHEREAS, University of Nebraska–Lincoln Extension in Lancaster County engages with rural and urban learners through practical, community-based education, resulting in knowledge, skills and motivation to strengthen profitability of animal and plant production systems, protect natural resources, help people make healthful lifestyle choices, ensure a safe and abundant food supply, encourage community vitality and prepare the next generation of leaders.

NOW, THEREFORE, BE IT RESOLVED that the Lancaster County Board of Commissioners hereby extends its sincere appreciation to the University of Nebraska-Lincoln Extension for the numerous benefits it has provided to our community.

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**Extension Centennial Celebration**

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**Covault Receives Commissioners Award of Excellence**

Deanna Covault received the Lancaster County Commissioners Award of Excellence for April 2014 in the category of Customer Service. She is a Clerk Typist II and primary receptionist for University of Nebraska-Lincoln Extension in Lancaster County. Deanna was nominated for the award by Gary Bergman, unit leader of UNL Extension in Lancaster County. The Commissioners’ Award of Excellence recognizes employees who consistently provide outstanding service and work that demonstrates exemplary personal commitment to Lancaster County.

In his nomination, Gary said, “She is a master in simultaneously answering a large volume of phone calls while greeting the walk-in public. Her knowledge of extension materials, programs and resources help her to sort through varied phone-in requests with great poise and demeanor. Deanna is highly valued by our extension staff for her ability to assist the public and direct inquiries to the correct person or program.”

Jenny DeBuhr, Extension administrative aide, said, “Deanna is a true asset to our office. As our key first line of contact with the public, Deanna provides invaluable service. She also organizes complicated and large registrations such as our Clover College program. She is greatly appreciated by our staff and does a tremendous job.”

Deanna began working with Extension in 1999.

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**EXTENSION CALENDAR**

**May**

31 4-H Life Challenge Contest – Junior & County-Level Senior ............ 9 a.m.

**June**

1 Super Fair 4-H Horse ID’s Due to Extension

2 Lake/Pond Management Workshop ........................................ 6 p.m.

3 4-H Horse Level Testing, Lancaster Event Center - Amy Countryman
   Arena .................................................. 5:30 p.m.

4 4-H Council Meeting ........................................ 7 p.m.

5 4-H Bicycle Contest .................................................. 9 a.m.

9–10 4-H Composting Demonstration, Pioneers Park Nature Center’s back yard
   composting demonstration area ........................................ 10 a.m.

10 4-H Plant Science Contests: Horticulture/Tree ID/
   Grass-Weed ID .................................................. 10 a.m. – 12 p.m.

13 Extension Board Meeting .................................................. 8 a.m.

14 4-H Clothing Level 1 Workshop, Hancock Fabrics, 6800 P St.. 10–11 a.m.

15 4-H Club Enrollment Forms Due to Extension – Must List Project
   Area(s) Each Member Plans to Enter at Super Fair

15 4-H/FFA Sheep/Goats/Swine/Breeding Beef/Bucket Calves/Dairy
   Cattle/Llamas & Alpacas/Robots Identification Forms Due to
   Extension

15 4-H/FFA Quality Assurance Training for Market Animal Exhibitors Due

17–20 4-H Clover College

24 4-H Horse Level Testing, Lancaster Event Center - Amy Countryman
   Arena .................................................. 5:30 p.m.

26 Guardian/Conservator Training ........................................ 5:30–8:30 p.m.

26 Co-Parenting for Successful Kids Class ................................. 12:30–4 p.m.

30 4-H Horse Incentive Program Ends

June 30–July 1 Premier Animal Science Events (PASE)/FCS Life Challenge, 
   UNL East Campus

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**Weed Awareness Hidden Word Find Solution**

Here is the solution to the Hidden Word Find printed in the Weed Awareness special section (produced by the Lancaster County Weed Control office) in the April Newzine.

Congratulations to Robert Ellson of Lincoln whose name was drawn from submitted entries. He received a Weeds of the Great Plains book published by the Nebraska Department of Agriculture. The Weed Control office thanks everyone for participating and hopes you learned something about invasive plants.

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**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://buzzatcherrycreekunl.wordpress.com

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**Lake/Pond Management Workshop, June 2**

Have you ever experienced an algae bloom? Fish kill? Murky water? Or do you just want to know what’s going on in a lake or pond? University of Nebraska–Lincoln Extension and the Nebraska Department of Environmental Quality will present a Lake/Pond Management introductory workshop on Monday, June 2, at 6 p.m. at the Lancaster Extension Education Center, 444 Cherrycrest Rd. There is no cost to attend this workshop, but registration is required by May 29. Register by email at kpkeare2l@unl.edu or by phone at 402-441-7180.

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