5-2015

NEBLINE, May 2015

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It is Important for Youth to Keep Learning and Stay Active During Summer

Organized Learning Opportunities

Of course there are the many camps, sports, workshops and programs planned for the summer. But what happens to the children who don’t have these opportunities due to a financial situation, transportation or schedule? Research shows these children have more learning loss. There are many free, low-cost and educational activities available for everyone.

Many communities have special days sponsored by organizations that provide free entrance to the zoo or museum. Libraries offer summer reading programs and activities. Some communities have special summer celebrations that include activities for children. As a parent, prepare a priority list and schedule for your family or caregiver; be sure to take in these opportunities and educational activities.

County and state fairs are another fun and educational experience for the family. This opportunity is especially fun for city children to see farm animals up close and learn about agriculture. The 2015 Lancaster County Super Fair will be July 30–Aug. 8 at the Lincoln Event Center, 84th and Havelock.

The Lincoln Convention and Visitors Bureau website has a list of local attractions and events at lincoln.org.

Lincoln Parks & Recreation has information about their recreation centers, School’s Out programs and more at http://lincoln.ne.gov/city/parks.

Learning Activities at Home

Families can include learning in their daily activities by including children in daily chores, meal preparation, doing dishes, cleaning, etc. Children’s learning can be enhanced year round — but especially when they are home during the summer — by including them in daily routines. Children as young as 3 or 4 can begin learning by stirring and measuring — this is an excellent time to include math skills. Make a game of counting, matching, etc. when picking up toys, folding clothes and putting items away. Be creative and think of ways to continue the learning experience in everyday activities.

Let’s start with math — learning to love math can be a struggle, but there are ways parents and caregivers can help youth see real-life math. For younger children, have blocks, magnetic shapes and numbers, clocks, timers, calendars, measuring cups and spoons for learning.

Activities include:
• Take walks outside and study nature.
• Counting and matching activities when traveling by car.
• Scavenger hunts — create a hunt of the city, a park, your local area, etc.
• During and after these activities discuss with the children what you see and include science, math and reading activities.
• Physical activity — The American Heart Association recommends children over age 2 engage in at least one hour of moderate, physical activity each day. Children who are physically active and develop basic motor skills are more likely to become healthy adults.

• Research supports the need for children to experience in a variety of ways. Some fun activities include planting and caring for flowers or a garden. Bubbles and running through the sprinkler add more summer fun.

4-H CAMPS

4-H Summer Camps

Nebraska 4-H offers nearly 50 summer camps for youth ages 5–18 (need not be in 4-H) at the Eastern Nebraska 4-H Center near Gretna and Nebraska State 4-H Camp near Halsey. Camps range from half day to seven days/six nights. A variety of programs are offered between May 31 and Aug. 6, including:
• Nature programming and GPS
• Team building courses
• Aquatic — canoeing, fishing, tubing, kayaking, swimming
• Arts, crafts, games, songs
Brochures are available online at http://4h.unl.edu/camp and at the Extension office.

Big Red Academic Camps

These career exploration camps for high school youth (need not be in 4-H) will be held on University of Nebraska–Lincoln East Campus the week of June 7–12. After spending several fun-filled days exploring a specific topic such as engineering, digital arts, weather & climate science, or culinary arts & food science, you can showcase your work at a special “capstone event” your family is invited to.

Brochures are available online at http://4h.unl.edu/4hcamps/bigredcamps and at the Extension office. Limited scholarships available.

4-H Clover College

Lancaster County 4-H offers four days of hands-on workshops June 16–19 at the Lancaster Extension Education Center. Classes fill up quickly! Details in this issue on page 7.

4-H camps and programs have been impacted by recent changes to the Nebraska Extension System. Additional resources can be found online or by calling your local Extension office.

ADVANCED RESOURCES

• Nebraska Extension’s “Early Childhood Development” website; http://child.unl.edu
• Nebraska Extension’s “Expanded Learning Opportunities” website; http://elex.unl.edu
• Lancaster County 4-H Youth Development Program website; http://lancaster.unl.edu/4h
• Nebraska Extension’s Participant Guide “Keeping Children Moving, Active and Healthy” (HEF609); www.ianrpubs.unl.edu/semldt/kmc608.pdf
• Nebraska Extension’s “365 Ways to Spend Time With Your Family!” http://gn.unl.edu/365
• Extension’s resource “Basic Math Skills in Child Care: Matching, Classifying and Measuring;” www.extension.org/pages/25593
• Nebraska Department of Education’s “Nebraska’s Early Learning Guidelines” for ages birth-3 and ages 3-5; www.education.ne.gov/OEC/eilg.html

CONNECT WITH US

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How to Make an Olive Oil Salad Dressing Tasty, Healthy, Quick

Alice Hennenman
Extension Educator

“Limited and not conclusive scientific evidence suggests eating about 2 tablespoons (23 grams) of olive oil daily may reduce the risk of coronary heart disease due to the monounsaturated fat in olive oil. To achieve this possible benefit, olive oil is to replace a similar amount of saturated fat and not increase the total number of calories you eat in a day.” —Food & Drug Administration qualified health claim for olive oil

Extra virgin olive oil (EVOO) has a higher natural phenol (a type of organic compound) content than other forms of olive oil. EVOO is the least processed of the various types of olive oil so it retains more phenols. Like monounsaturated fat, the phenols in EVOO also contribute to desirable blood lipid levels (cholesterol and triglycerides).

What healthier way to enjoy olive oil than as part of a dressing served over a salad filled with nutritious fruits and vegetables? A benefit of making a simple oil and vinegar dressing is that you control the amount of ingredients, such as salt and fat. And, you can make a fresh salad dressing from common kitchen ingredients: a couple of spices or whisks.

Here’s how to make a basic olive oil dressing using the general guidelines for a classic French vinaigrette:

- A classic French vinaigrette is typically 3 to 4 parts oil (usually extra virgin olive oil) and 1 part acid (frequently red wine vinegar)
- Seasonings include salt, pepper (freshly ground) and often Dijon mustard and/or garlic

Start experimenting by beginning with 3 parts oil to 1 part vinegar or citrus juice. You may be able to use less oil and more acid ingredient if you use one of the following vinegars in your dressing:
- Rice vinegar
- White wine vinegar
- Raspberry, blueberry or other fruit vinegar
- Champagne vinegar or lemon, lime or orange juice

Note: While lemon and lime juice can stand alone in salad dressings, you’ll get more flavor by combining orange juice with vinegar. Joy of Cooking (Simon & Schuster Inc., 1997) recommends distilled white vinegar is best used in pickling, not salad dressings.

For a better flavor, thoroughly mix the oil and vinegar. The standard procedure is to whisk the vinegar with the salt, pepper and any other seasonings. Then add the oil in a slow stream, whisking constantly, until dressing is translucent. Or, shake the ingredients together in a small jar with a tight-fitting lid. If not using dressing right away, whisk or shake again before using.

Plan to use about 1 tablespoon of oil/vinegar dressing per two cups of salad. Dress, don’t drown, your salad to keep the calories lower. Salad dressing calories lower. Salad dressing don’t drown, your salad to keep the calories lower. Salad dressing

Choosing, Storing and Using Extra Virgin Olive Oil

Light, heat and air are enemies of olive oil freshness. Look for containers made from dark glass; tin, or even clear glass placed in a box, or mostly covered by a label advises the UC Davis Olive Center.

Store olive oil in a cool, dark place, such as inside a cupboard in a cooler location away from the light and oven. Refrigeration will cause olive oil to become cloudy and harden. Olive oil returns to its normal color and consistency when returned to room temperature. If you bought it in a glass jar, you may wish to refrigerate a portion to prolong its quality until you’re ready to use it.

To enjoy EVOO at its best, UC Davis Olive center recommends buying an amount that will be finished in about six weeks after being opened. If you limit exposure to light, heat and air, it will maintain a satisfactory quality beyond this. Properly stored, unopened EVOO may maintain its quality for two or more years. EVOO, because of its more pronounced flavor compared to other forms of olive oil, is most often used to flavor salads and dressings; as a base for marinades; and is drizzled on foods, such as pasta, just before they are served. The flavor profile of EVOO varies from robust to more subtle and fruity. Match the flavor to the ingredients — red meat, for example, may suppress the fruitiness of EVOO. More delicate foods, such as white fish and vegetables, may pair better for a milder EVOO.

Basic Oil and Vinegar Salad Dressing

Directions (adjust amounts given in table according to personal taste):

1. Whisk together vinegar and any additional seasonings or flavorings.
2. Slowly add olive oil and whisk in. Or, shake all ingredients together in a small jar with a tight lid.

For safety and freshness, serve homemade dressings the same day you make them.

### INGREDIENTS

<table>
<thead>
<tr>
<th>2 SIDE-DISH SALADS</th>
<th>FOR 4 SIDE-DISH SALADS</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Balsamic, red wine or white wine vinegar, lemon juice, lime juice or combination of vinegar/orange juice</strong></td>
<td><strong>Balsamic, red wine or white wine vinegar, lemon juice, lime juice or combination of vinegar/orange juice</strong></td>
</tr>
<tr>
<td>1 teaspoon</td>
<td>2 teaspoons</td>
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<tr>
<td><strong>Extra virgin olive oil</strong></td>
<td><strong>Extra virgin olive oil</strong></td>
</tr>
<tr>
<td>1 tablespoon</td>
<td>2 tablespoons</td>
</tr>
<tr>
<td><strong>Salt to taste</strong></td>
<td><strong>Salt to taste</strong></td>
</tr>
<tr>
<td><strong>Black pepper to taste</strong></td>
<td><strong>Black pepper to taste</strong></td>
</tr>
</tbody>
</table>

### OPTIONAL SEASONING

<table>
<thead>
<tr>
<th>2 SIDE-DISH SALADS</th>
<th>FOR 4 SIDE-DISH SALADS</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Minced sweet onion</strong></td>
<td><strong>Minced sweet onion</strong></td>
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<tr>
<td>1/2 to 1 teaspoon</td>
<td>1 to 2 tablespoons</td>
</tr>
<tr>
<td><strong>Dijon-type mustard</strong></td>
<td><strong>Dijon-type mustard</strong></td>
</tr>
<tr>
<td>1/4 to 1/2 teaspoon</td>
<td>1 to 2 teaspoons</td>
</tr>
<tr>
<td><strong>Garlic powder or clove of minced garlic</strong></td>
<td><strong>Garlic powder or clove of minced garlic</strong></td>
</tr>
<tr>
<td>Dash of garlic powder OR 1 very small clove of garlic, minced</td>
<td>1/8 teaspoon garlic powder OR 1 clove, minced</td>
</tr>
<tr>
<td><strong>Sugar</strong></td>
<td><strong>Sugar</strong></td>
</tr>
<tr>
<td>A pinch to taste</td>
<td>A pinch to taste</td>
</tr>
<tr>
<td><strong>Chopped fresh herbs (e.g. oregano, thyme, tarragon, parsley)</strong></td>
<td><strong>Chopped fresh herbs (e.g. oregano, thyme, tarragon, parsley)</strong></td>
</tr>
<tr>
<td>1/2 to 1 teaspoon</td>
<td>1 or more teaspoons</td>
</tr>
</tbody>
</table>
Cleaning to Control Allergies & Asthma

Gail Brand
Extension Educator

How to Get Children to do Chores

Cleaning your home is one of the easiest steps you can take to prevent allergy or asthma flares due by allergens such as animal dander, cockroaches, dust mites, mold/mildew and pollen. If you clean the, the mildew, dust and other allergens will build up, making asthma symptoms worse.

Here are more tips for cleaning to control allergies in your home:

- A supportive family can make all the difference in the life of an asthmatic. Work together to get rid of triggers at home — if everyone helps out, it can be easy and fun!
- For the asthmatic person(s) in the family, assign tasks like dusting and washing dishes. You can save calories lower.
- When tackling other tasks — such as dusting, sweeping or using cleaning products that could trigger allergies/asthma — make sure the asthmatic person is out of the room.
- Read and follow label directions on cleaning products. The label directions give the proper amount of product to use, how to use the product and any special safety advice.
- If you use spray products, spray the cleaner on a cloth or sponge first instead of on the surface.
- Clean in a “well-ventilated” area — open a door and a window or turn on an exhaust fan. Leaking out when you are done cleaning and allow the room to air out.
- Try using cleaning products that have no scent or are perfume free.
- Try different products to find the ones that work best for you.

Source: American Cleaning Institute

1. Whisk together vinegar and any additional seasonings or flavorings.

Directions (adjust amounts given in table below according to personal taste):

Basic Oil and Vinegar Salad Dressing

Look for containers made from towels.

Between two layers of clean dish towels. You will be able to save calories lower. Salad dressing two cups of salad. Dress, don’t spoon of oil/vinegar dressing per using.

If not using dressing right away, a small jar with a tight-fitting lid.

The standard procedure is to roughly mix the oil and vinegar. Thoroughly mix the oil and vinegar.

Mends distilled white vinegar is juice can stand alone in salad dressings.

For a better flavor, thoroughly mix the oil and vinegar.

Note: While lime and lemon juice can stand alone in salad dressings.

• raspberry, blueberry or other fruits

• try using lemon juice to make dressing

• spice

• nightshade (tomato, pepper)

• herbs

• wine

• mustard

• olive oil

• olive oil

• olive oil

Every day chores are a great time to involve your child and help them learn and grow.

also might need to be reminded to do the task. If children have not done any chores, then start out with one or two chores till they are able to do these on a regular basis.

- Chores with stickers and check lists are great for young children that can see when a chore is done and they can see how many times it is done in a week, a month or whatever the time schedule is. You can also reward completing so many days of chores. For very young children this may have to be daily at first and work your way up to weekly. I would suggest extra privileges or special activities in place of gift and money. You might say, “You now can stay up 20 minutes longer tonight since you got your chores done.” As a child gets older giving an allowance is okay because it is a great way to start teaching the use of money. All children need to know chores will always be a part of being a family. Chores are definitely a family affair.

- Remember the chore should be done. For best results have it relate to a time in the child’s schedule, such as breakfast, dinner, bedtime or after school. This helps the child remember when it should be done. It also can set for a specific time to be competed, if the child is old enough to understand time.

- It is very important to reward when your child does their chores without being told. This is one thing parents don’t do very well. If the child is doing the right thing we have a tendency to overlook the good behavior.

- It is better to reward for completion of tasks, but sometimes there should be consequences if the chore doesn’t get done. Consequences can come in two ways: taking things away or introducing extra tasks to be done.

- It should be an enjoyable time, so you may want to reward statements like “Let’s see how fast you can get the table set! Remember you have to do it right.” You are giving your child positive comments to motivate them to do better.

- Consistency is also the key. This can be a hard task because many times your daily or your daily schedule changes. Just remember when you are home it is very important to keep the chore list going. Both parents need to be clear what the chores are for each child and when they are to be done, otherwise the child will figure out fast who is going to make them do their chores and who is not. This is where consistency breaks down. It has to become part of the daily or weekly routine.

- Remember parents, do chores too. Children learn the most from what they see you doing, than what you are telling them to do.

How to Get Children to do Chores

Gail Brand
Extension Educator

How do I get my child to do chores? We hear these statements from parents all the time! One main reason children don’t respond is when parents make the chores “no fun” by nagging at their children to get them done. Getting young children to get their chores done can become a battle. When parents nag, nag, nag, children will stop listening. The conflict can turn sometimes on even to a bigger battle. Some parents feel “chores” is a negative word and they should be called “tasks.” Either is fine, it depends whether you use the word negatively or positively.

Here are a few steps to get the chores done:

1. Let the child do all the chores in the house and make a list of chores your children could do that would fit their age. Listing chores mom and dad do helps let children know their parents do chores too. Children can do chores from 18 months or older. An 18-month-old child may need guidance each time to help them keep on task and learn when they need to do their chore. Many times for young children it is a privilege to help mom and dad. At age three children can have regular chores they need to do each day, such as picking up toys.

- Just know they will need help till they can learn the tasks and be able to do it right. You might say, “Clean your room after you are done playing.” It means! The task may need to be broken down into steps so they understand. “Let’s make the bed first, then pick up the books, then etc….” Now and then they

2015 Household Hazardous Waste Collection Events

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, bleach cleaners, glues, oil-based paint, paint thinner, furniture striper, motor oil,based stains, old gasoline, transmission fluid, pesticides, small propane cylinders. You can dispose of compact fluorescent light bulbs at these waste collection events.

DO NOT BRING latex paint, fertilizers, medicines, pharmaceuticals, electronics & computers, large propane cylinders, tires, used oil, batteries, antifreeze or ammunition. For more information or if you have questions how to recycle or dispose of items not accepted, call the Lincoln-Lancaster County Health Department at 402-441-8021 or go to www.lincoln.ne.gov (keyword: household).

Saturday, April 25 • 9 a.m.–1 p.m.
Wal-Mart South: 87th & Hwy. 2
Saturday, May 30 • 9 a.m.–1 p.m.
Zoets: 601 W. Cornhusker Hwy.
Friday, June 19 • 9 a.m.–1 p.m.
Union College: S. 52nd & Cooper Ave.
Saturday, Aug. 22 • 9 a.m.–1 p.m.
Veyance Technologies: 4021 N. 56th St.
Saturday, Sept. 26 • 9 a.m.–1 p.m.
Lincoln Industries: 600 W. E St.
Saturday, Oct. 24 • 9 a.m.–1 p.m.
Woods Park: S. 31st & J St.
Friday, Nov. 13
Appointment Only: Call 402-441-8021 to schedule

Latex paint is not accepted at Household Hazardous Waste Collections. Usable latex paint can be taken to EcoStores Nebraska paint exchanges May 30 & Sept. 26 at 530 W. P. St., 402-477-3606.
About the Tool
The Corn Growing Degree Day (GDD) decision support online tool was developed by the Useful to Usable (U2U) project, which is geared towards improving the resilience and profitability of U.S. farms in the Corn Belt. To access the Corn GDD tool and other tools from U2U, go to http://agclimate4u.org. The Corn GDD tool puts current conditions into a 30-year historical perspective and offers trend projections (based on climate models) through the end of the calendar year. GDD projections, combined with analysis of historical analog data, can help you make decisions about seasonal climate risks, activity planning and marketing decisions. While this tool is not meant to be a crystal ball, data and information derived from the tool can be used to make helpful inferences about current conditions, especially when combined with your own experience and localized knowledge.

Growing Degree Days (GDD) are a measure of heat accumulation within a specified temperature range. GDD are important for agriculture since they can be directly related to plant growth and development stages. GDD are sometimes also called growing degree units (GDU), heat units or thermal time. There are many ways to calculate GDD. The Corn GDD tool uses the 86/50 method (also called Modified GDD or Corn GDD) since it only allows GDD to be accumulated when temperature conditions are optimal for corn development (above 50°F but below 86°F).

Using the Tool
The Corn GDD tool can provide decision support on a variety of issues throughout the entire growing season by integrating current weather data, historical climate data and farm-specific crop information into an easy-to-use tool. The tool allows you to select your location, enter corn maturity length, planting date and adjust freeze thresholds.

Before your crop is even planted, you can start using Corn GDD information. Test the effects of different seed maturity ratings and planting dates on crop growth milestones, informing your early seed purchases. Use historical freeze data to assess the risk of frost damage at planting and harvest time, helping you determine when you might want to plant. The Corn GDD tool can also help you assess risk and adjust practices during the season. In the case of delayed planting or replanting, you can use Corn GDD data to decide if a shorter-season hybrid is needed to increase the chance of reaching crop maturity before the first fall frost. The Corn GDD tool can also be used to track current corn development and anticipate upcoming corn growth milestones for spraying or side-dressing nitrogen.

Presented with your farming decisions, climate is just one of many important factors you need to consider. The Corn GDD tool takes the guesswork out of assessing your climate-related risks.

Managing Cankers in Landscape Plants
Sarah Browning
Extension Educator
Dead branches in trees can have many causes, but canker infections are one of the most damaging and difficult to manage. The term “canker” is defined as a dead section of a tree or shrub’s bark. Both fungi and bacteria pathogens can cause canker infections on twigs, stems, tree limbs and trunks. The pathogen invades the plant, growing between the plant’s bark and its inner wood, killing the living portion of the outer bark. Death of the bark limits the plant’s ability to transport water, absorbed by the root system, into branch tissues.

Canker Symptoms
In deciduous trees and shrubs, early symptoms of a canker infection can sometimes be seen as leaves wilt from a lack of water. Closely inspect the stem or branch, especially in thin-barked plants, looking for a dark or discolored area of bark. Discolored bark may be darker than normal; black or dark brown, reddish-brown, orange-brown; or lighter than normal, light tan to white. The canker, or dead section of bark, is usually slightly sunken below the level of healthy bark. On older trees with thick bark, cankers can be harder to find, but often cracks develop around the dead section. Look for cracked and discolored sections of bark at the base of any dead branches.

In evergreens, a common symptom of a canker infection is resin or sap leaking from the canker. As the resin dries, it turns white. Look for streaks of white resin on the tree’s trunk, and try to pinpoint where they are coming from to find the canker. Eventually, in both deciduous and evergreen plants, canker infection results in dead and dying branches.

Common Canker Diseases Found in Nebraska
Canker-causing fungi and bacteria are host specific, meaning each type of pathogen attacks a certain host plant, or group of plants. But unfortunately, almost every plant is subject to some type of canker-causing pathogen. Below are some of the canker diseases commonly affecting trees in Nebraska.

Deciduous Trees
- Botryosphaeria canker — commonly found on dogwood. Affects over 100 species of woody trees and shrubs. Infections occur through wounds, lenticels and cracks in the bark.
- Cytospora canker — apple, ash, aspen, birch, cottonwood, elm, maple, peach and willow. Infections only through wounds or other openings in the bark.
- Necraria canker — crabapple, pear, quaking aspen, black walnut, American elm, red maple, sugar maple, linden and red oak. Pruning wounds are common points of entry.

Tractor Safety Courses for Youth 14–15
All youth 14 or 15 years of age who work on a farm or ranch other than his/her parents is required to be certified through a tractor safety course.

Nebraska Extension Tractor Safety Courses will be offered at seven locations in Nebraska during May and June. A training will be held in Lincoln at the Lancaster Event Center on June 4–5. Pre-registration is strongly encouraged at least one week in advance. Cost is $60. Registration form is online at http://kearney.unl.edu. Mail to Tyler Williams, Nebraska Extension in Lancaster County, 444 Cherry Creek Road, Suite A, Lincoln NE 68528. For more information, call 402.441.7180.

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- Botryosphaeria canker — commonly found on dogwood. Affects over 100 species of woody trees and shrubs. Infections occur through wounds, lenticels and cracks in the bark.
- Cytospora canker — apple, ash, aspen, birch, cottonwood, elm, maple, peach and willow. Infections only through wounds or other openings in the bark.
- Necraria canker — crabapple, pear, quaking aspen, black walnut, American elm, red maple, sugar maple, linden and red oak. Pruning wounds are common points of entry.

Tractor Safety Courses for Youth 14–15
All youth 14 or 15 years of age who work on a farm or ranch other than his/her parents is required to be certified through a tractor safety course.

Nebraska Extension Tractor Safety Courses will be offered at seven locations in Nebraska during May and June. A training will be held in Lincoln at the Lancaster Event Center on June 4–5. Pre-registration is strongly encouraged at least one week in advance. Cost is $60. Registration form is online at http://kearney.unl.edu. Mail to Tyler Williams, Nebraska Extension in Lancaster County, 444 Cherry Creek Road, Suite A, Lincoln NE 68528. For more information, call 402.441.7180.
**Rabbit Readiness for Plants**

**Soni Cochran**

Extension Associate

If you’re getting ready to plant, don’t forget to think ahead! Rabbits will readily eat your tender plants. During spring, cottontail rabbits prefer young, growing vegetation like tulips, grass and garden vegetables like carrots, peas, beans, lettuce and beets. Other plants most eaten by cottontail rabbits include asters, hostas, hybrid lilies and impatiens. You can exclude rabbits from gardens with rabbit fencing, 1-inch chicken wire or hardware cloth. To keep cottontail rabbits out, your fence doesn’t need to be tall — it needs to be just two feet tall. Chain link and privacy fences do not keep rabbits from entering your yard. To keep rabbits out, add poultry or rabbit fencing to the bottom two feet of your fence. Use wire cylinders around individual plants like young trees. If you decide against fencing, you’ll have to be persistent. Repellents are available but have limited effectiveness. Make sure you read the label carefully when using any chemicals. Many people try frightening devices but rabbits get used to these and they become ineffective. Trapping is only a temporary solution.

**What to Do if You Find a Baby Bird**

**Soni Cochran**

Extension Associate

It isn’t unusual for people to be concerned about baby birds they’ve found out of the nest during the spring and summer. How do you know if the bird needs your help? First, figure out if it is a nestling or a fledgling.

Nestlings have recently hatched from an egg. They are small, rapidly growing baby birds. When my children were young, they thought these birds were “naked” because they don’t look like they have many feathers yet. Nestlings found on the ground are very vulnerable to the elements.

Nesting birds found on the ground are very vulnerable to the elements. If you can find the nest the baby bird fell from, try to put it back in the nest. The parents will not reject a baby bird placed back in a nest. If the nestling is cold and wet, call them a wildlife rehabilitator for advice. Please don’t attempt to feed a nestling bird.

Fledgling birds are feathered, but still can’t fly. These young birds are seen on the ground calling loudly for their parents to bring them food. Fledglings hop and may make short, awkward flights. The parents are usually nearby and will care for the fledglings until they are old enough to feed themselves and fly. We see a lot of fledging robins in our yard during the spring and summer.

If you notice a fledging bird in your yard, watch from a distance. The parents won’t bring food to their young if they think a predator is nearby (you). Keep cats and dogs away from the area until the young bird can fly well enough to escape. Fledgling birds don’t need our help unless they are injured. Sometimes they will break a leg or wing during their awkward flights. If you find an injured fledgling bird, please don’t attempt to feed it. Contact a wildlife rehabilitator.

The Wildlife Rescue Team in Lincoln can be contacted at 402-473-1951. This group raises, rehabilitates and releases orphaned or injured wildlife (except birds of prey). If you find an injured or orphaned raptor (birds of prey), please contact Raptor Recovery at 402-944-2009.
4-H & Youth

Rhonda Griess
Lancaster County 4-H is proud to announce Rhonda Griess as winner of May’s “Heart of 4-H Award” in recognition of outstanding volunteer service. A volunteer for nearly eight years, Rhonda helps with several 4-H clubs: 4-H Explorers, Pick-a-Pig and 4Hbots Robotics. She is a regular instructor at 4-H Clover College. At the Lancaster County Super Fair, Rhonda has helped with static exhibit setup, the 4-H/FFA livestock and 4-H Council’s food booth. In addition, she has helped with Earth Wellness Festival for 5th graders and Nebraska 4-H’s statewide Premier Animal Science Event (PASE).

“I enjoy sharing my enthusiasm and skills with the young people of our community,” says Rhonda. “My favorite experience as a 4-H volunteer is teaching classes at Clover College in June. No matter what I’m teaching, each class is unique because of the students who attend. Everyone can bring something wonderful and unique to the class, which can be shared with others so that we all benefit from each other.”

Lancaster County 4-H thanks Rhonda for donating her time and talents. Volunteers like her are indeed the heart of 4-H!

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 Interview
Judging Regional Contest, May 21

The Regional Judging Contest gives 4-H’ers ages 11 and up the opportunity to practice the real-life skill of applying a 4-H Youth Judging Contest experience to their 4-H’ers and life experiences to write a resume and cover letter for one of three job descriptions and participate in a live interview. This regional contest will be held Thursday, May 21, 1-7 p.m. at UNL East Campus. Lancaster County 4-H registrations are due to the Extension office by May 1. The $5 registration fee will be paid by 4-H Council. To learn more about the contest, contact Tracy at 402-441-7180 or tracy.anderson@unl.edu. More details at http://4h.unl.edu/4h-judgingcontest.

4-H Life Challenge Contests

4-H Life Challenge Judging Contests help youth learn more about issues related to family and consumer science and entrepreneurship. Contests are open to all 4-H’ers. For more information, contact Tracy at 402-441-7180.

• County-level Junior (ages 6-11) and Senior Life Challenge (for ages 12 and up) will be held Saturday, May 30, 9 a.m. at the Lancaster Extension Education Center. Preregister by May 27 by calling 402-441-7180 (there is no entry fee). Contact Tracy for a study packet for the Junior Life Challenge.

• Statewide Life Challenge (for ages 12 and up) will be held June 29–30 on UNL East Campus. To participate, contact Tracy at 402-441-7180 by June 1. Information will be online at http://pase.unl.edu.

4-H Horse Judging Contest, June 5

The Lancaster County Super Fair 4-H Horse Judging Contest will be held on Friday, June 5 at the Lancaster Event Center – Pavilion 3 arena. Registration begins at 5 p.m. The required dress for judging is a 4-H shirt or plain white T-shirt, blue jeans, belt, boots and 4-H armband OR English attire (a new option this year). More details in next Nebleine.

Pre-District 4-H Horse Show, June 6

The Lancaster County 4-H Horse VIPS Committee is sponsoring a Pre-District Show/Fundraiser on Saturday, June 6, 9 a.m. at the Lancaster Event Center in Pavilion 3. Pre-registration is not required. Show flyer will be available at http://lancaster.unl.edu/4h/horseshow. More details in next Nebleine or contact Marry at 402-441-7180.

TSC Paper Clover Fundraiser, April 22–May 3

Shoppers at Tractor Supply Co. stores will have the opportunity April 22–May 3 to support 4-H by purchasing paper clovers for just $1 at checkout. All funds raised will be donated to 4-H.

4-H/FFA Sheep & Meat Goat Weigh-In and Tag Day, May 19

4-H/FFA members planning to exhibit market sheep and meat goats need to have their animals officially tagged and weighed on Tuesday, May 19, 6-8 p.m. at the Lancaster Event Center – Pavilion 2. For more information, call Cole at 402-441-7180.

CLOVER COLLEGE REGISTRATION FORM

To register, complete the registration form (one person per form) and return with payment (make check payable to Lancaster County Extension). Registration is handled on a first come basis and will only be accepted upon receipt of fees. No telephone or online registration.

No refunds unless class is already filled or cancelled.

Photocopy completed form for your reference.

Confirmation letters and schedules will not be sent. Assume your registration is confirmed unless you contact us about filled classes.

Registration opens May 4 for currently enrolled 4-H members.
Registration opens May 11 for non-4-H members.

A youth currently enrolled in 4-H? ☐ yes ☐ no

Age

Parent Name(s)

Address

City State Zip

Daytime Phone

Email

Special Needs (allergies, etc.,)

Workshop(s) # Title Fee # Title Fee

Use additional sheet of paper if needed

Total

I give permission to use my child’s image in photographs taken at Clover College events, news articles, advertisements or websites pertaining to 4-H.

I give permission for my child to complete workshop evaluations to assess educational impact and life skill development. All information is obtain and reported on aggregated data.

Parent/Guardian Signature Date

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

EASY REGISTRATION NOT ACCEPTED!
Four days of "hands-on" workshops full of fun and learning! You may attend as many workshops as available (unless otherwise stated in the workshop description). If you have questions, contact Tracy at 402-441-7180.

WORKSHOP DESCRIPTION

4-Day Workshops

1. **Clever Kids Day Camp** (AGES 8 & up)
   - Fun-learning activities for children of all ages.
   - Four days of "hands-on" workshops full of fun and learning!
   - You may attend as many workshops as available.
   - For more information, contact Tracy at 402-441-7180.

3-Day Workshops

1. **Clever Kids Day Camp** (AGES 8 & up)
   - Fun-learning activities for children of all ages.
   - Three days of "hands-on" workshops full of fun and learning!
   - You may attend as many workshops as available.
   - For more information, contact Tracy at 402-441-7180.

1-Day Workshops

1. **Sensational Crafts**
   - Create your masterpiece in this fun hands-on activity.
   - Ages 10 & up • Fee $10
   - Instructor: James Hall, 4-H Volunteer

2. **Fox Walking & Stalking**
   - Learn how to fox walk and the stalking steps needed for quiet, undetectable movement in the wilderness. Dress for the weather and bring a Donaldson™ foot cover.
   - Ages 10 & up • Fee $7
   - Instructor: Brad Smith, Biosolids Management

3. **Beginning Knitting**
   - Learn the basic techniques to knit your first project. The finished item can be entered in the fair.
   - Ages 10 & up • Fee $6
   - Instructor: Cathy Babcock, 4-H Volunteer

2. **Dog Days of Summer**
   - Dogs will help you learn about obedience, agility, showmanship, and the dog-salad-doughn to prepare for the fair.
   - Ages 10 & up • Fee $6
   - Instructor: Paws & Pals 4-H Club

2. **Outdoor Cooking**
   - Even the busiest不得超过 to learn how to cook outside! Join us for some cooking fun. Only those who have not taken class previously.
   - Ages 10 & up • Fee $6
   - Instructor: Soni Cochran, Extension Associate

3. **Finger Painting Fun**
   - Learn a great finger painting technique to create your own masterpiece.
   - Ages 10 & up • Fee $6
   - Instructor: Soni Cochran, Extension Associate

4. **Clock, Cluck, Quack!**
   - Poultry will be on hand to help you learn about ducks, etc. Ages 10 & up • Fee $6
   - Instructor: The Egg Basket 4-H Club

**April 2023 Events**

1. **April 15: 4-H Basic Gardening**
   - Ages 10 & up • Fee $5
   - Instructor: The Egg Basket 4-H Club

2. **April 22: 4-H Basic Gardening**
   - Ages 10 & up • Fee $5
   - Instructor: The Egg Basket 4-H Club

3. **April 29: 4-H Basic Gardening**
   - Ages 10 & up • Fee $5
   - Instructor: The Egg Basket 4-H Club

**May 2023 Events**

1. **May 6: 4-H Basic Gardening**
   - Ages 10 & up • Fee $5
   - Instructor: The Egg Basket 4-H Club

2. **May 13: 4-H Basic Gardening**
   - Ages 10 & up • Fee $5
   - Instructor: The Egg Basket 4-H Club

3. **May 20: 4-H Basic Gardening**
   - Ages 10 & up • Fee $5
   - Instructor: The Egg Basket 4-H Club

**June 2023 Events**

1. **June 6: 4-H Basic Gardening**
   - Ages 10 & up • Fee $5
   - Instructor: The Egg Basket 4-H Club

2. **June 13: 4-H Basic Gardening**
   - Ages 10 & up • Fee $5
   - Instructor: The Egg Basket 4-H Club

3. **June 20: 4-H Basic Gardening**
   - Ages 10 & up • Fee $5
   - Instructor: The Egg Basket 4-H Club

**July 2023 Events**

1. **July 7: 4-H Basic Gardening**
   - Ages 10 & up • Fee $5
   - Instructor: The Egg Basket 4-H Club

2. **July 14: 4-H Basic Gardening**
   - Ages 10 & up • Fee $5
   - Instructor: The Egg Basket 4-H Club

3. **July 21: 4-H Basic Gardening**
   - Ages 10 & up • Fee $5
   - Instructor: The Egg Basket 4-H Club

**August 2023 Events**

1. **August 7: 4-H Basic Gardening**
   - Ages 10 & up • Fee $5
   - Instructor: The Egg Basket 4-H Club

2. **August 14: 4-H Basic Gardening**
   - Ages 10 & up • Fee $5
   - Instructor: The Egg Basket 4-H Club

3. **August 21: 4-H Basic Gardening**
   - Ages 10 & up • Fee $5
   - Instructor: The Egg Basket 4-H Club

**September 2023 Events**

1. **September 7: 4-H Basic Gardening**
   - Ages 10 & up • Fee $5
   - Instructor: The Egg Basket 4-H Club

2. **September 14: 4-H Basic Gardening**
   - Ages 10 & up • Fee $5
   - Instructor: The Egg Basket 4-H Club

3. **September 21: 4-H Basic Gardening**
   - Ages 10 & up • Fee $5
   - Instructor: The Egg Basket 4-H Club

**October 2023 Events**

1. **October 8: 4-H Basic Gardening**
   - Ages 10 & up • Fee $5
   - Instructor: The Egg Basket 4-H Club

2. **October 15: 4-H Basic Gardening**
   - Ages 10 & up • Fee $5
   - Instructor: The Egg Basket 4-H Club

3. **October 22: 4-H Basic Gardening**
   - Ages 10 & up • Fee $5
   - Instructor: The Egg Basket 4-H Club

**November 2023 Events**

1. **November 5: 4-H Basic Gardening**
   - Ages 10 & up • Fee $5
   - Instructor: The Egg Basket 4-H Club

2. **November 12: 4-H Basic Gardening**
   - Ages 10 & up • Fee $5
   - Instructor: The Egg Basket 4-H Club

3. **November 19: 4-H Basic Gardening**
   - Ages 10 & up • Fee $5
   - Instructor: The Egg Basket 4-H Club

**December 2023 Events**

1. **December 6: 4-H Basic Gardening**
   - Ages 10 & up • Fee $5
   - Instructor: The Egg Basket 4-H Club

2. **December 13: 4-H Basic Gardening**
   - Ages 10 & up • Fee $5
   - Instructor: The Egg Basket 4-H Club

3. **December 20: 4-H Basic Gardening**
   - Ages 10 & up • Fee $5
   - Instructor: The Egg Basket 4-H Club
Nearly 3,500 Lancaster County fifth graders from 47 schools attended the 21st annual Earth Wellness Festival (EWF) on March 25 and 26 at Southeast Community College. Students rotated among 25-minute sessions and then attended a culminating activity with featured presenters from World Bird Sanctuary in St. Louis. Classrooms attending the festival received pre-festival learning kits in October.

Students discovered and explored the relationships and interdependency of land, water, air and living resources through hands-on activities. Hundreds of volunteers, area educators, environmentalists, government representatives, as well as donations from local businesses, made this educational experience possible.

The festival is organized by eight local agencies, as well as donations from local businesses, environmentalists, government representatives, and interdependency of land, water, air and living resources through hands-on activities. Nearly 3,500 Lancaster County fifth graders from 47 schools attended the 21st annual Earth Wellness Festival (EWF) on March 25 and 26 at Southeast Community College.

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