

4-2012

## The NEBLINE, April 2012

Follow this and additional works at: <http://digitalcommons.unl.edu/neblines>

---

"The NEBLINE, April 2012" (2012). *The NEBLINE Newsletter Archive from UNL Extension in Lancaster County*. 261.  
<http://digitalcommons.unl.edu/neblines/261>

This Article is brought to you for free and open access by the Extension at DigitalCommons@University of Nebraska - Lincoln. It has been accepted for inclusion in The NEBLINE Newsletter Archive from UNL Extension in Lancaster County by an authorized administrator of DigitalCommons@University of Nebraska - Lincoln.

# Helping New Americans Choose Healthy Foods

**Karen Wobig**  
*UNL Extension Educator*

For the past 12 years, limited English speaking children in Lancaster County qualifying schools have been receiving important health and physical activity information through a comprehensive school enrichment program provided by the University of Nebraska–Lincoln Extension’s Nutrition Education Program (NEP). In the past couple of years, the

focus has extended to reach the parents, or food buyers, in these families. The task of reaching the adult population is more difficult, however. Jobs, busy lifestyles, and financial burdens limit access to these audiences.

Research shows family, home, and community are the true drivers of a child’s education.<sup>1</sup> Because of this, Lancaster County NEP increased collaborations with area agencies to reach all members of limited English speaking families.

In 2009, a partnership was formed

between NEP and Lincoln Public School’s Bilingual Parent Groups. In January of this year, NEP joined efforts with the Department of Health and Human Services and the Asian Center Fusion Project to provide nutrition education at the “New American Leadership Academy.”

Nutrition lessons at these programming opportunities focus on ways to stretch your food dollar, food safety, shopping, menu planning, and limiting fats, sugars, and salt. Many visuals are used to convey the messages. Other

lessons involve discussions and activities relating to the USDA recommended five food groups, using MyPlate as the visual clue to remember how to get those foods.

Lancaster County NEP is excited about these partnerships because they enhance our efforts to reach the food buyers and parents of school age youth. To date, approximately 150 adults have been served because of these two collaborations.

<sup>1</sup> [www.familit.org](http://www.familit.org)

## LPS Bilingual Parent Groups



UNL Extension Associate Dana Willeford teaches parents about MyPlate’s five food groups using colored paper strips.

NEP provides nutrition classes for Lincoln Public School’s Bilingual Parent Groups. To date, approximately 120 limited English speaking parents from Arnold, Belmont, Elliott, Everett, and West Lincoln elementary schools have participated in these nutrition classes, learning about healthy eating and safe food handling.

Data collected from the LPS Family Literacy Program, the umbrella program overseeing these groups, showed improved language acquisition and reading scores in students whose parents participated in the program. They also showed it drew parents into the school when they otherwise likely would not have been there.

Translators are a vital part of these programs. Spanish, Arabic, Vietnamese, Kurdish, and Nuer translators assist NEP staff Dana Willeford and Lisa Kowalski as they teach nutrition and food safety to these parents.

At the conclusion of the programs, participants indicated they had made

positive healthy lifestyle changes. Feedback included:

- “My son and I are eating less salt. I am drinking more water and trying to eat healthy every day.”
- The coordinator of one of the parent groups said most of the parents participating reported they were adding more vegetables and fruits to their daily meals, decreasing TV, video games, and computer time, and becoming more aware of the portion sizes on their plates.
- Another group reported eating less fast food and paying more attention to their food safety practices, especially not letting food sit out for over two hours.
- One of the Arabic participants was very excited to receive her NEP cookbook, which is given to those who complete a series of lessons. She has a teenage daughter who likes to cook. She said, “Now we’ll be able to learn more about cooking and spend time together in the kitchen.”

## New American Leadership Academy

The “New American Leadership Academy,” was formed in a partnership with the Asian Center Fusion Project and the Department of Health and Human Services (DHHS). Its purpose is to educate and empower recently arrived immigrants. Sief Mahagoub, Community Health Educator for DHHS, was instrumental in organizing the class and asked Lancaster County NEP to provide nutrition lessons and discussion during each class.

Approximately 30 immigrants and refugees representing 17 nationalities were enrolled in the inaugural four-week class. Each week, the class began with a nutrition lesson taught by UNL Extension Educator Karen Wobig. At the conclusion, a graduation ceremony was held and participants received completion certificates from both NEP and the “New American Leadership Academy.”

Sief commented, “It was good to partner with extension for bettering our refugee communities’ lives.”

During the final class, a participant from Cameroon, Africa said these classes had “changed her life.” After arriving in America, she began gaining weight, which bothered her. Never before had she thought about what it meant to choose healthy foods. At each of the four classes, she asked questions and made comments indicating she



Several “new Americans” proudly pose at their graduation ceremony with City of Lincoln Mayor Chris Beutler, Academy coordinator Sief Mahagoub, and UNL Extension Educator Karen Wobig.



Karen Wobig explains the importance of reducing fats, sugars, and salt.

was happy to learn about healthy eating and what to look for when shopping in large supermarkets. Specifically, she hadn’t known about the differences in whole grain versus white bread. After seeing a demonstration on how whole grain has more energy power, she switched to only whole grain and convinced four friends to successfully do the same.

Sief said, “Refugees are not used to food choices. Now they can choose healthy and nutritious food. Nutrition is part of preventive medicine that will help the refugee community to stay healthy.”

### IN THIS ISSUE

Farm Views.....	2
Urban Agriculture .....	3
Environmental Focus .....	4
Home & Family Living.....	5
Food & Fitness .....	6
Horticulture .....	7
4-H .....	8–9
Community Focus.....	10

**4-H SUMMER CAMPS**  
Discover, learn, and grow!  
—see page 12



To go to our home page on your smart phone, scan this code with a QR reader app.



# Managing Pastures in Lancaster County — Part 2: Soil Fertility

**Tom Dorn**  
UNL Extension Educator

*This is the second of a three part series.*

The two primary nutrients of concern for pastures in eastern Nebraska are nitrogen (N) and phosphorus (P). Apply N fertilizer yearly to grass pastures and haylands for profitable livestock production.

Nitrogen improves both grass yield and protein content. It also improves the vigor of grass plants, which can thicken stands and reduce weed invasion. When adequate soil moisture is present, economical rates of nitrogen more than double forage production. Nitrogen fertilizer applied just prior to

the period of most rapid grass growth assures the applied N is available to the plants. For cool-season grasses, early spring application is preferred.

Spring and fall split applications of N to cool-season grasses are recommended only if more than 100 pounds of N are applied per year, and then only if adequate moisture is available in the fall for good growth in September and October.

Apply fertilizer in mid- to late-May to pastures and hay lands containing warm-season grasses. If the pasture is a mix of cool and warm-season grasses, fertilize when appropriate for the warm-season grass, because the fertilizer will stimulate growth of cool-season grasses and weeds before the warm-season grasses

get started. Early fertilization of a mixed-grass pasture can crowd out the warm-season grasses.

### Nitrogen Fertilizer Rates

Nitrogen rates depend on whether the grass is warm-season or cool-season. Rates vary across Nebraska, with higher rates in areas receiving more rainfall. On cool-season grasses in southeast Nebraska annual applications of 80–120 pounds of N per acre are recommended for pastures and 100–150 pounds of N per acre are recommended for hay lands. Warm-season nitrogen rates in southeast Nebraska are 60–90 pounds for pastures and 75–100 pounds for hay lands.

Avoid over fertilizing warm-season pastures as carry-

over N can stimulate growth of cool-season grasses and weeds in the fall and the next spring, putting the warm-season grasses at a disadvantage.

In addition to N, P fertilizer also is needed on many pastures in Nebraska. Research in eastern and northeastern Nebraska shows the combination of N and P frequently produces higher yields, than the application of either nutrient alone.

### Phosphorus Fertilizer Rates

Research has shown forage production increases greatly to phosphorus when the amount of available P is low in the soil. The University of Nebraska recommends 40 pounds per acre of phosphate (P<sub>2</sub>O<sub>5</sub>) on soils

classified as very low, 20 pounds per acre P<sub>2</sub>O<sub>5</sub> on soils classified as low, and 10 pounds per acre P<sub>2</sub>O<sub>5</sub> on soils classified as medium in available phosphorus as determined by soil tests.

*Acknowledgment: This educational resource is based partially on information provided by Dr. Bruce Anderson, UNL Extension Forages Specialist*

**FOR MORE INFORMATION**  
UNL Extension NebGuide “Fertilizing Grass Pastures and Hayland” (G1977) is online at <http://go.unl.edu/27v>. **Note: even though this NebGuide is archived, the information is still current.**

## How to Estimate Bushels in a Round Grain Bin

**Tom Dorn**  
UNL Extension Educator

Several times a year, I get a phone call from someone wanting to know how to measure the bushels of grain in a round grain bin. There are two ways to calculate the number of bushels in a bin. The most basic method is to use the formulas we were taught in high school math class.

### Basic Method

The area (square feet) of a circle is Pi (3.14) multiplied by the radius squared. To square a number, you multiply the number by itself. The radius is the diameter of the bin divided by 2.

To calculate the volume of a cylindrical object, like a round grain bin, calculate the area as shown above, then multiply by the height of the bin (or the grain depth if the bin is not full). This results in the cubic feet of grain in the bin.

To convert from cubic feet to bushels, multiply cubic feet by 0.8.

Example. Assume a 36-foot diameter bin. The radius of a circle is half of the diameter. In this case, the radius is 18 feet. To square a number, multiply the number by itself. So the radius squared is **18 x 18 = 324.**

Now, multiply by pi (3.14): **324 x 3.14 = 1,017.36 square feet.**

Lets assume the grain is 18 feet deep and leveled off at the top. There is **1,017.36 square feet x 18 feet of grain depth = 18,312.5 cubic feet** of grain in the bin.

The final step is to convert from cubic feet to bushels. There are 0.8 bushels in a cubic foot.

This bin contains **18,312.5 cubic feet x 0.8 bu/cubic foot = 14,650 bushels** of grain in the bin

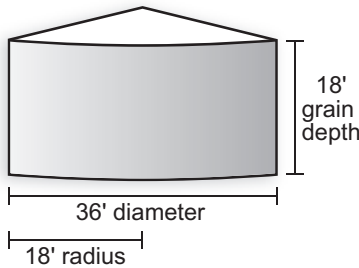
### Second Method

A second method results in the same answer in fewer steps and does not require as much algebra. The equation is:

$$Bu = 0.628 \times D^2 \times H$$

Where: **Bu** is the bushels of grain the bin. **D** is the diameter of the bin (ft). **H** is the depth of the grain in the bin. **0.628** is a conversion constant that combines several of the mathematical operations found in method 1.

Going back to the example, 36-foot diameter grain bin holding 18 feet of grain, the bushels in the bin is calculated as follows: **Bu = 0.628 x 36<sup>2</sup> x 18 = 14,650**



## “My Pond Won’t Stay Full!”

**Tom Dorn**  
UNL Extension Educator

I visited with an acreage owner about his pond and decided it would be good to share the experience in THE NEBLINE since it is a common problem; the owner was wondering about sealing his pond with bentonite clay because he couldn’t keep his pond full during the summer months and thought he had excessive seepage losses.

After probing for more information, I learned the surface area of the pond was about 2/3 acre. It was situated below a very limited watershed area consisting of perhaps an acre. The watershed area did add runoff water to the pond during heavy rainfall events, but there was no flowing spring.

His main source of water for the pond was groundwater that first circulated through the heat exchanger in his geothermal heat pump. He could direct the water coming from the heat pump either to his pond or to a recharge well by switching a valve. He was told by the installer the pump was supplying 7.8 gallons of water per minute to the heat pump (when the heat pump was operating).

Before recommending bentonite to seal the bottom of the pond, my first thought was to calculate the water balance (water in versus water out) in this pond,

including estimated evaporation losses.

Average summertime evaporation from the surface of a pond is in the range of 1/3 of an inch per day. An acre-inch of water (the volume of water to cover an acre one-inch deep) is 27,154 gallons. The surface area of this pond was 2/3 acre.

**We concluded there was no need to seal the pond because evaporation, not seepage, was the reason the pond was not staying full.**

It would, therefore, take 27,154 gallons/acre-inch x 0.67 acre = 18,193 gallons to raise/lower the water level of the water an inch. Since 1/3 inch is evaporating each day, we can assume evaporation losses of 18,193/3 = 6,064 gallons of water per day from this 2/3 acre pond.

If we assume the heat pump operates 1/4 of the time during the summer months, how much water is moving through the cooling system and on to the

pond each day and will that be enough to balance the water lost to evaporation?

The heat pump is assumed to operate 24/4 = 6 hours or 360 minutes per day and, therefore, water is flowing through the heat exchanger for 360 minutes per day. The water inflow to the pond is 360 minutes per day x 7.8 gallons per minute = 2,808 gallons per day. Since we calculated average daily evaporation at 6,064 gallons per day, the water balance (water in versus water out) is a negative 3,256 gallons per day. This would result in a water level drop of 3,256 gallons /18,193 gallons per inch = 0.18 inch per day on average.

Assuming an extended dry spell, how many hours would the water pump supplying the water to the geothermal heat pump need to operate to meet the average evaporation demand of this small pond? Evaporation was calculated as 6,064 gallons per day. The water pump would need to operate 6,064 gallons per day with 7.8 gallons per minute at 60 minutes per hour = 13 hours per day. This is over twice the estimated operation time of the heat pump.

We concluded there was no need to seal the pond because evaporation, not seepage, was the reason the pond was not staying full.

## Pioneer Farm Award Nominations Due May 1

For more than 50 years, the Knights of Ak-Sar-Ben Foundation has been proud to provide the “Pioneer Farm Family Award.” This program has honored farm families in Nebraska whose land has been owned by the same family for 100 years or more. To date, more than 8,000 families in

all 93 Nebraska counties have been honored at various county fairs. Each honoree receives an engraved plaque and gatepost marker as permanent recognition of this milestone. Nebraska Farm Bureau Federation is the sponsor of the Pioneer Farm Awards and is supported by the Nebraska Association of Fair Managers.

In Lancaster County, the Pioneer Farm Families are honored at the Lancaster County Super Fair Foundation and Awards Dinner, which will be Thursday, July 12 this year. For an application, call the Lancaster Event Center at 402-441-6545. Deadline is May 1.



## Planting Bare Root Trees and Shrubs

**Sarah Browning**  
UNL Extension Educator

During early spring, many gardeners anxiously await the arrival of the postman or UPS truck bearing carefully packed plant orders from mail-order nurseries. These orders contain highly prized plant material, usually bare-root and dormant. The novice gardener might look at these “sleeping” plants and think they’ve been cheated. “Where are the green leaves? And what’s this hunk of root?” they might be heard muttering in dismay. Don’t panic and send these plants back, thinking you’ve been bamboozled. These plants are definitely alive and will soon sprout leaves.

Acreage owners and farmers order bare root seedling trees and shrubs from their Natural Resources District office to establish new windbreak plantings, riparian buffers or conservation plantings. Many local nurseries also carry high-quality bare-root nursery stock, but unless they’re geared to mail order, they usually only carry a small amount. Plants commonly sold bare-root include fruit trees, deciduous trees, small fruits, strawberries and roses.

A few special techniques are required when working with bare root plants, but establishing a successful planting is not as difficult as you might think.

### Handling & Storage

Ideally, bare root plants should be planted the same day they arrive, however, this is not always possible and your plants may need to be stored until planting conditions improve. Careful handling before planting occurs will determine success or failure.

Bare root plants have had the soil washed or shaken from their roots after digging from the field. Because bare root plants lack a rooting media that supplies water to the plant, they must be stored in a dormant state with temperatures slightly above freezing and high (95%) humidity levels. Do not allow plants to freeze or dry out.

When bare root plants are shipped from a nursery

their roots are usually wrapped in damp sphagnum moss or newspaper. The plants are then placed in a plastic bag and packaged in a wax-coated or cardboard box. After receiving the plants, inspect them briefly to ensure they are healthy and undamaged, and the packing material is still moist. Re-wet the packing material if necessary, and then store the plants in their original packaged state, under cold temperatures until they can be planted.

### Planting

Bare root plants must be planted in early spring, before the buds begin to swell. To minimize stress on the plants, try to plant on a calm or cloudy day, and keep the plants moist during the planting process. It is helpful to re-hydrate the plants by soaking them in a bucket of water for a couple hours before planting, however, DO NOT store the plants with their roots in water overnight.

Use a sharp knife or pruning shears to remove any broken or twisted roots. Make clean cuts and don’t remove more root than necessary.

Stay in this conservative mode when pruning the top of your bare-root plant at planting time, too. Remove only broken, dying or dead plant tissue.

During planting, it is extremely important to avoid exposing roots to the air any longer than necessary, so keep the plants in a bucket of water as you take them out to the planting area.

Prepare a planting hole for each plant that is wide and shallow. Create a mound of soil in the center of each hole. Place a plant on top of the mound and drape the roots evenly around each side. Don’t bend or force the roots to fit in the planting hole, instead dig the hole wider if necessary. Place the plant only deep enough in the planting hole so the top roots are just below



Thomas D. 'Tom' Landis, USDA Forest Service, Bugwood.org  
Locate the first roots originating from the stem and place them just beneath the soil surface.

the soil surface. Do not place the plants too deep in the soil, which could result in poor root development due to lower amounts of oxygen in deeper layers of the soil.

Gently firm the soil with your hands around each seedling after planting to remove air pockets. Water each new plant as it is planted — do not wait until the entire planting is finished to begin.

### After Planting Care

Mulching is the most important post-planting practice that can improve the health and vitality of new plantings. Research has shown a 2–3 inch application of wood chip mulch nearly doubles plant growth in the first few years after planting.

Mulch conserves moisture and insulates roots from heat and cold extremes. Proper mulching provides a well-groomed appearance to new plantings, eliminates grass or weed competition and prevents damage from mowers and weed trimmers.

Desirable mulching materials include wood chips, wood shavings, bark or equivalent materials. Coarse-textured organic mulches are preferred since they tend to aerate the soil and replenish soil nutrients as they decompose. Apply a 2–3 inch mulch layer, with a diameter of at least 2 feet.

Caution must be used when applying mulch since a layer greater than 4 inches

thick may provide an excellent habitat for small rodents. If damage from rodents occurs, it may be necessary to use pesticides, change the mulching method or eliminate mulching. Heavy mulching also can be a problem in poorly drained or wet sites where moisture can remain at high levels for extended periods and cause root dieback. Also, heavy mulch layers encourage tree roots to grow up into the mulch material, which may dry out during long, dry periods, causing roots to die.

Keep mulch pulled back about 2–4 inches from the base of the plant. Mulch placed right next to the trunk can hold moisture against the bark, which may promote crown rot or death of the bark.

## Arbor Day, Nebraska’s Holiday

**Mary Jane Frogge**  
UNL Extension Associate

Arbor Day, the Tree Planter’s Holiday, started more than a century ago in Nebraska, is still going strong today. In January 1872, J. Sterling Morton proposed to the State Board of Agriculture a tree planting holiday be observed in Nebraska on April 10, 1872. He proposed the holiday be named “Arbor Day” and its purpose, “to urge upon the people of the state the vital importance of tree planting.” His efforts were successful and more than a million trees were planted in Nebraska on the first Arbor Day.

In 1885, Arbor Day became a legal holiday in Nebraska, to be observed on Morton’s birthday, April 22. Since 1989, Nebraska has celebrated Arbor Day on the last Friday in April. Tree planting is as important now as it was to our grandparents. In fact, it is even more important now since many trees must be planted to keep up with the loss of trees and forests to land clearing, storms, insect or disease issues, and urban development. By replacing these trees, we can be sure we will always have forests and trees for our future. Trees provide shelter from the wind and sun, wood products, wildlife habitat, and more pleasurable surroundings for recreational activities.

Perhaps the most important aspect of Arbor Day is its emphasis on the future. In the words of J. Sterling Morton, “Other holidays repose on the past. Arbor Day proposes for the future.”

To celebrate Arbor Day this year, consider planting a tree in your yard or neighborhood. To find out more about Arbor Day, go to [www.arborday.org](http://www.arborday.org).

## Tree Care Workshop, April 3

The Nebraska Forest Service will present a “Tree Care Workshop” on Tuesday, April 3, 8 a.m.–3 p.m. at Lancaster Extension Education Center, 444 Cherrycreek Road., Lincoln. The workshop is for public works employees, landscape managers, tree board volunteers, arborists, nursery and green industry professionals and landscape enthusiasts. Participants can earn CEUs from the International Society of Arboriculture and Nebraska Arborists Association. Registration fee is \$50. For more information, go to [www.nfs.unl.edu](http://www.nfs.unl.edu) or call Eric Berg at 402-472-6511.



## Open House Events

### JUNIOR WEDNESDAYS

Wednesdays March 28 and April 4, 11, 18, 25 — a Husker Weekday visit specifically for juniors.

### BIG RED OPEN HOUSE

April 6 or April 20 — an on campus experience for high school and transfer students to learn about the BIG things happening on the UNL campus.

### HUSKER WEEKDAYS

This is Nebraska’s most versatile half-day campus visit option. You can schedule a visit for any weekday and select Saturdays throughout the year.

For more information or to register, see <http://admissions.unl.edu/visit>





# Carpenter Ants Inside: An Indicator of Moisture Problems

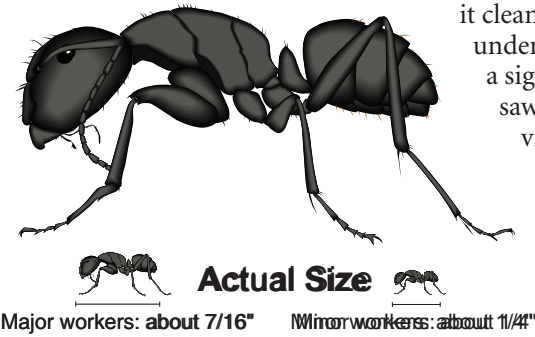
**Barb Ogg**  
UNL Extension Educator

Carpenter ants are social insects which live in wood. Their chisel-like mouthparts are used to hollow out wood to build their nests. Because they forage for food and water inside the home, most people see them as a nuisance. But, the presence of carpenter ants can be an indicator of moisture problems or rotting wood — a greater structural problem than the ants themselves.

### Identification

There are two carpenter ants found in Nebraska. Black carpenter ants are large, black ants. Adults vary in length from 1/4–3/8-inch. The queen is 1/2-inch long and is the largest ant in Nebraska. There is a second carpenter ant in Nebraska that is a smaller, about 1/4-inch. We call it the “red” carpenter ant to distinguish it from the black carpenter ant, but it is really two-toned. The thorax is reddish brown, the head and abdomen are darker.

People often see carpenter ants indoors during the late winter and early spring months.



Sometimes they find winged ants which are the colony’s new reproductives, the queens, and kings. When colonies are in outdoor locations, the mated queens fly off to start new colonies. When there are winged carpenter ants in the house, there almost always is a colony living within in the structure.

People also see carpenter ants inside the home when foraging workers from an outdoor colony, enter the house looking for food. Carpenter ants are often found in the kitchen where they are attracted to moisture. When you see foraging ants, there is no way to know for sure if the colony is outdoors or indoors. More investigation is needed.

### Nesting Sites

Carpenter ants normally build their nests outdoors in hollow trees, logs, posts, or landscaping timbers. Unlike termites, they do not feed on wood but use it as a place in which to build a nest. They prefer moist or partially decayed wood, frequently entering existing cavities or void areas through cracks and crevices.

Occupied galleries are kept immaculately clean. Ants push sawdust out of the nest to keep it clean; piles of sawdust underneath the nest are a sign of a colony. This sawdust is not always visible, because colonies can be hidden in wall voids.

Carpenter ants nest inside a structure when wood is very moist or



Jim Kolisch, UNL Dept. of Entomology

previously damaged by water or termites. A colony develops best in wood with moisture content above 12-15 percent. This requires the wood to be wet by rain, leaks, condensation, or high continuous relative humidity.

Typical interior nest locations include:

- Wood affected by water seepage from plugged drain gutters, damaged flashing, wood shingle roofs, poorly fitted or damaged siding, improper pitch of porch floors, between the roof and ceiling of flat deck porches, hollow porch posts and columns, or leaking door and window frames.
- Areas around plumbing in kitchens and bathrooms where water leaks have occurred or behind poorly grouted tiles.
- Wood in contact with soil, such as porch supports, siding, and stair risers.
- Wood in areas of poor ventilation or condensation such as

- cellars, crawlspaces, attics, or under porches.
- Wood scraps in dirt-filled slab porches.
- Voids under bathtubs or hot tubs.
- Hollow wooden doors and ceiling beams.
- Sill plates and floor joists.
- Voids under attic insulation or under insulation in crawlspaces.
- Voids above or below windows.

### Management

The key to successfully managing carpenter ants inside a structure is to locate the colony. Inspect the structure thoroughly, both inside and out. When nighttime temperatures are warm enough for insect activity outdoors, carpenter ants will forage outdoors and may be observed crawling on the side of the house, emerging from the colony. Shortly after dark, check the outside of the house for trailing carpenter ants. A good flashlight will help you.

Most of the foraging ants will return to their colony before sunup. Eliminating a carpenter ant colony with insecticides can be difficult for the homeowner — especially when the colony is hidden inside a wall. But, because of the association between moisture and carpenter ants, eliminating the source of the moisture may also control the colony, without the use of insecticides.

- Tips to prevent carpenter ants include:
- Repair plumbing or roof leaks promptly and replace damaged wood.

- Make sure there is proper clearance between soil and structural wood.
- Provide good ventilation under the house and in the attic.
- Drain water away from the structure.
- Remove stumps, logs, and wood debris near the house.
- Store firewood away from the house.
- Trim back any tree or shrub limbs touching the structure.
- Keep exposed wood in good condition, with all cracks, knot holes, checks, or joints properly sealed with wood putty, and all surfaces painted.

### Insecticide Treatments

Over-the-counter (OTC) “ant sprays” are rarely effective. Some ants will be killed but these OTC products will not kill the colony. More effective treatments include insecticidal dust treatments in wall voids. Another effective method is a perimeter treatment using an insecticide foraging ants pick up and transfer to other members of the colony. The active ingredient *fipronil* has been shown to transfer through colonies and the product Termidor is labeled for this use. It is a professional-use product and not available to do-it-yourselfers. It is labeled for outdoor use only and can only be used twice each year.

If you see ants and are unsure whether they are carpenter ants, have them identified by bringing samples to the extension office at 444 Cherrycreek Road, Suite A, Monday through Friday, 8 a.m.–4:30 p.m.

## Household Hazardous Waste Collections

These collections are for households only. Only residents of Lincoln and Lancaster County can bring items to collections.

**SOME ITEMS YOU CAN BRING FOR DISPOSAL:** Thermometers, thermostats containing mercury, solvents, oil-based paint, paint thinner, stripper, stain, old gasoline, transmission fluid, pesticides, (even banned products like DDT), items containing PCB’s (ballasts from fluorescent fixtures and capacitors from old appliances). You can dispose of compact fluorescent light bulbs at these waste collections.

**DO NOT** latex paint, fertilizers, medicines/pharmaceuticals, electronics/TVs, propane cylinders, tires, used oil, batteries, antifreeze, or ammunition.

For more information or if you have questions how to recycle or dispose of items not accepted, call the Lincoln-Lancaster County Health Department at 402-441-8021.

**Saturday, April 28 • 9 a.m. – 1 p.m.**  
Walmart South, 87 St. & Highway 2

**Saturday, May 19 • 9 a.m. – 1 p.m.**  
Pfizer Inc., 601 W. Cornhusker Highway

**Saturday, Aug. 25 • 9 a.m. – 1 p.m.**  
Veyance Tech, 4021 N. 56 St.

**Saturday, Sept. 22 • 9 a.m. – 1 p.m.**  
Lincoln Industries, 600 W. E St.

**Saturday, Oct. 13 • 9 a.m. – 1 p.m.**  
Woods Park (31 & J Steets)

**Friday, Nov. 16 • 9 a.m. – 1 p.m.**  
Appointment Only. Call 402-441-8021

Take usable latex paint to EcoStores Nebraska at 530 W. P St. Call 402-477-3606 for details.

# Watch for Invading Clover Mites!

**Barb Ogg,**  
UNL Extension Educator

We had calls about invading clover mites during unseasonable warm temperatures in January. These mites are usually a problem in April, so I am predicting some clover mite problems this spring. Watch for this tiny pest coming inside around windows and doors, especially in areas where the sun warms the house. Clover mites have a preference for well-fertilized fescue turfgrass, so homeowners who have this type of turf may experience more recurrent clover mite infestations.

The clover mite is an eight-legged relative of spiders and ticks. It is slightly smaller than a pin head and has a reddish-brown body. They have an unusually long pair of front legs, which distinguishes them from other mites (see photo). These tiny mites are brick-red; they come into homes through extremely small spaces around windows.

Clover mites do no damage or injure humans. They cannot survive inside. Outdoors, they feed on turfgrass and other

Jim Kolisch, UNL Dept. of Entomology



Adult clover mites and eggs (highly magnified). Adults are slightly smaller than a pin head.

plants, but do not seem to cause any damage.

### Management Strategies

**Outdoors.** Effective control means preventing entry into buildings in the spring or the fall. The best way to prevent entry is to remove grasses and weeds in a three-foot strip around foundations, although mites may cross mulch and pea gravel to enter the home anyway.

A chemical barrier outside the home may help reduce or prevent infestations inside the home. Treat five to ten feet out from the base of the foundation and a few feet up on the walls. Successful chemical control requires a very thorough treatment and may need to be repeated because many products on the market registered for

clover mite control are short-lived. Treat when daytime temperatures will be at least 60°F because chemical effectiveness may be reduced with cooler temperatures.

**Indoors.** Clover mites inside are best controlled with a vacuum cleaner. Avoid crushing or smearing the mites, especially on fabrics, because they may leave a red stain. It is not recommended to use chemicals indoors for clover mites. A vacuum cleaner works just as well and eliminates pesticide exposure.

Whitney Cranshaw, Colorado State University entomologist, suggests putting a fine layer of dust around windows, in cracks, and other areas where clover mites may enter. Try using talc-containing baby powder, diatomaceous earth, and even baking soda. The mites coated with the fine dust will die in the barrier.

Clover mites are so tiny they stick easily to almost any type of sticky tape. Place double-sided masking tape on window sills or other areas where mites are entering to catch the tiny mites as they cross the tape. When the tape becomes filled with mite bodies, simply peel it up, throw it away, and replace, if needed.



FAMILY & COMMUNITY EDUCATION (FCE) CLUBS

President's View – Marian's Message

Marian Storm  
FCE Council Chair

April showers bring May flowers. April Fools is the first, so be careful so you don't get fooled.

Time to start thinking about planting potatoes. My dad always planted on Good Friday. The whole family always waited for his potatoes. His love for working in his



garden always produced a lot of vegetables. Easter will soon be here. We always have a family get together. Big kids hide eggs for the little ones to find. They have a good time. Time to think about getting outside and see what has survived the winter. I have lots of trouble with the rabbits and squirrels liking my flowers and garden.



District meeting will be Thursday, April 26, 9:30 a.m. to 2 p.m. at Union Bank Community Room in Wahoo, Neb. The agenda and registration for was in the Your FCE Speaks, you should have received the first part of March. Try to attend. Life isn't about waiting for the storm to pass. It's about learning to dance in the rain.

FCE News & Events

Upcoming FCE & Community Leader Training Lessons

These FCE and Community Leader Training Lessons give you the tools to present the topic as a program. Extension provides a teaching outline for the facilitator and a handout for participants.

All trainings will be presented at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln. Non-FCE members or groups should call Pam at 402-441-7180 to register for these lessons so materials can be prepared.

**"Save Time, Money, and Energy with Homemade Master Mixes,"** Wednesday, March 28, 1 p.m. — presented by Extension Educator Alice Henneman. Learn how to prepare "master mixes" for future use, featuring common household ingredients. Homemade master mixes can include basic baking mixes (pancakes, muffins, cookies, etc.), soup mixes, meat mixes, and more. You control the amount of sugar, salt, fat, and calories when you make your own mixes.

**"Making It Happen!: Building Positive Relationships with Children,"** April 18, 1:30 p.m. Please note change in date and time — presented by Extension Educator Lorene Bartos. This interactive lesson will invite caregivers and parents to consider ways to build positive, nurturing, responsive, and dependable relationships with the young child in their care. Participants

will receive exciting resources and strategies sure to support children's healthy growth and development.

FCE Council Meeting, April 2

The FCE Council meeting is scheduled for Monday, April 2, 1 p.m., at the Lancaster Extension Education Center. The program "Button History and Displays" will be presented by LaVonne Uffelman. The business meeting will follow the program. All FCE members are invited to attend.

FCE Scholarship Applications Due May 1

A \$400 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 2012 or who have completed two quarters of study in a vocational school. Applications are available at the extension office and online at <http://lancaster.unl.edu/home/fce>. Deadline is May 1.

Save the Date: Sizzling Summer Sampler, July 11

The 2012 Sizzling Summer Sampler will be Wednesday, July 11 at the Lancaster Extension Education Center. Watch for details in upcoming NEBLINE.



Lorene Bartos, UNL Extension Educator

Cleaning Easter Egg Dye Stains

Spring brings the Easter holiday and the fun of coloring Easter eggs. Although precaution are taken to eliminate getting dye on clothes, etc. — it still happens. To remove the dye — pre-treat stains with a pre-wash stain remover, and then launder. If the stain remains, mix a solution of 1/4 cup of oxygen bleach or 1/4 cup of chlorine bleach (if safe for the fabric) per gallon of cool water. Soak for 30 minutes. Rinse, and then launder. Make sure the dye color is out before putting items in the dryer, as you can retreat the stain. The heat from the dryer may set the stain. A solvent such as Goof Off® or Goo Gone® may also be used to remove stains. Always follow the direction on the container.

AARP Driver Safety Program, May 16

The AARP Driver Safety Program is the nation's first and largest classroom course designed for motorists 50 and older. The course will be presented in Lincoln as a one 4-hour session on Wednesday, May 16, 9 a.m. to 1 p.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road. A certified AARP instructor will teach the course. Cost is \$12 for AARP members and \$14 for non-members payable at the door. To register for the class, call 402-441-7180.

You will learn:

- defensive driving techniques, traffic laws, and rules of the road,
- how to deal with aggressive drivers,
- techniques to handle driving situations such as left turns, right-of-ways, and
- how to safely use anti-lock brakes, air bags, and safety belts.

There is no test. Course participants may be eligible to receive an insurance discount — consult your insurance agent for further details. For more information about the course, go to [www.aarpdriversafety.org](http://www.aarpdriversafety.org) or call 1-888-227-7669.



What's Your Child's Behavior Style?

Knowing your baby's style of reacting to everyday events will help you figure out what works best for your baby.

All parents wonder what their baby will be like. What is your baby like? Is he sensitive to wet diapers or doesn't he seem to mind? Can she sleep pretty much anywhere, or does she do best in her own crib?

Each baby is born with his/her own unique style of behavior or **temperament**. Since babies don't come with manuals, parents and babies must learn to figure each other out. Learning your baby's temperament will help you figure out what works best for your baby.

Your baby's temperament shows up in **how** he reacts to his world — for example, how actively baby moves, how regular he is in his hunger and sleep patterns, or how strongly he

Learning your baby's temperament will help you figure out what works best for your baby.

reacts to being bathed.

Baby's temperament is a combination of seven different traits:

1. **Sensitivity** — how much stimulation (sounds, lights, touch, smell) it takes to get a reaction from baby. Does baby wake up whenever the phone rings?
2. **Activity level** — the amount of movement. Are baby's arms

and legs always waving about?

3. **Intensity** — the strength or loudness of baby's reaction. When baby is hungry or tired does he cry loudly or just fuss?
4. **Regularity** — how regular baby is in all her biological functions, such as eating and sleeping. Does baby wake up at the same time each morning?
5. **Adaptability** — the ease with which baby adapts to new things and changes of any kind, such as transitions (shifts from one activity to another) or intrusions (like being picked up or getting water in his face).
6. **Persistence or frustration tolerance** — the amount of time your baby will stick with an activity.
7. **Soothability or distractibility** — how easy it is to

distract and sooth baby when she is fussing or crying.

Babies' temperaments are not always clearly visible at birth. However, certain temperament traits you may notice right away, like activity level. Does your baby move around a lot when you change her diaper or does she lie fairly still?

By four months of age your baby's temperament will become clearer. At that time you can find out more about your baby's temperament by completing a free online questionnaire at [www.preventiveoz.org](http://www.preventiveoz.org). When you get to the website click on *Image of Your Child*. Questionnaires are available for parents of infants, toddlers, and preschoolers.

Once you submit the questionnaire you will immediately

receive back — a temperament profile that shows your child's temperament, a forecast of likely-to-occur behaviors that are normal for your child's temperament, and strategies for handling likely-to-occur behaviors.

Each temperament trait ranges from high to low, and many different combinations of temperament traits are possible. All temperament styles are normal, although some are more challenging for parents to handle.

Parents who get to know and understand their child's temperament feel better about their child and have an easier time handling behaviors that are challenging, but normal for their child.



Source: Carol Ostergren, Child Development Specialist, University of Wisconsin Extension



# Prevent Portion Distortion

Alice Henneman, MS, RD  
UNL Extension Educator

Portion sizes have gotten bigger over the past 20 years, and so have we! Larger portions add up. Just 100 extra calories per day can lead to a weight gain of 10 pounds per year. Maintaining a healthy weight is a balancing act ... balance calories in with calories out.

## Downsizing Portions

If you downsize your portion size and feel a smaller portion looks too small ... serve it on a smaller plate so it looks larger. Note the difference in the appearance of one cup of cereal when a smaller bowl is used.



Using a smaller plate or bowl also can help you eat less according to research by professors Brian Wansink and Koert van Ittersum. Larger plates can make a serving of food appear smaller. For example, in a study conducted at a health and fitness camp, campers given larger bowls consumed 16 percent more cereal than those given smaller bowls. Their estimates of their cereal consumption, however, were 7 percent lower than the estimates of those eating from the smaller bowls.

## Be an Able Label Reader

Be aware the Nutrition Facts label on some foods may give the calories for only a part — or amount considered one “serving” — of the contents. If you eat or drink the total amount, you would consume many more calories.

For example, the Nutrition Facts label on larger beverage containers may give the calories for only a portion of the bottle’s contents.

Here’s an example from the Centers for Disease Control and Prevention:

Nutrition Facts	
Serving Size	8 fl. oz.
Servings Per Container	2.5
Amount Per Serving	
Calories	100

The Nutrition Facts label on this 20 ounce beverage bottle lists the number of calories in an 8 ounce serving (100) even though the bottle contains 20 ounces or 2.5 servings. To figure out how many calories are in the whole bottle, you need to multiply the number of calories in one serving by the number of servings in the bottle (100 x 2.5). You can see that the contents of the entire bottle actually contain 250 calories even though what the label calls a “serving” only contains 100.

References:  
• Choose MyPlate at <http://ChooseMyPlate.gov>  
• Dietary Guidelines for Americans, 2010 at [www.cnpp.usda.gov/DGAS2010-PolicyDocument.htm](http://www.cnpp.usda.gov/DGAS2010-PolicyDocument.htm)  
• Keep an Eye on Portion Size Serving Size card, Dept. of Health & Human Services, National Institutes of Health, and National Heart, Lung, and Blood Institute at <http://hp2010.nhlbi.nih.net/portion/servingscard7.pdf>  
• Portion Distortion Quiz, Dept. of Health & Human Services, National Institutes of Health, and National Heart, Lung, and Blood Institute at <http://hp2010.nhlbi.nih.net/portion>  
• Rethink Your Drink, Centers for Disease Control and Prevention at [www.cdc.gov/healthyweight/healthy\\_eating/drinks.html](http://www.cdc.gov/healthyweight/healthy_eating/drinks.html)  
• Selected Messages for Consumers, USDA Center for Nutrition Policy and Promotion at [www.choosemyplate.gov/print-materials-ordering/selected-messages.html](http://www.choosemyplate.gov/print-materials-ordering/selected-messages.html)  
• Wansink, Brian and Koert van Ittersum (2006), “The Visual Illusions of Food: Why Plates, Bowls and Spoons Can Bias Consumption Volume,” *EASEB Journal*, 20:4 (Mar 6) A618-A618, Part 1

## Portion Distortion

20 YEARS AGO



333 Calories

TODAY

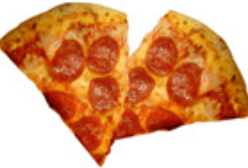


590 Calories

DIFFERENCE

257 MORE CALORIES

Lifting weights for 1 HOUR AND 30 MINUTES burns approximately 257 calories\* \*Based on 130-pound person



500 Calories



850 Calories

350 MORE CALORIES

Playing golf (while walking and carrying your clubs) for 1 HOUR burns approximately 350 calories\* \*Based on 160-pound person



1 cup spaghetti with sauce and 3 small meatballs

500 Calories



2 cups spaghetti with sauce and 3 small meatballs

1,025 Calories

525 MORE CALORIES

Housecleaning for 2 HOURS AND 35 MINUTES burns approximately 525 calories\* \*Based on 130-pound person

20 YEARS AGO



Coffee, 8 oz (with whole milk and sugar)

45 Calories

TODAY



Mocha Coffee, 16 oz (with steamed whole milk and mocha syrup)

350 Calories

DIFFERENCE

305 MORE CALORIES

Walking 1 HOUR AND 20 MINUTES burns approximately 305 calories\* \*Based on 130-pound person



1.5 oz

210 Calories



4 oz

500 Calories

290 MORE CALORIES

Vacuuming for 1 HOUR AND 30 MINUTES burns approximately 290 calories\* \*Based on 130-pound person



1.5 diameter

55 Calories



3.5 diameter

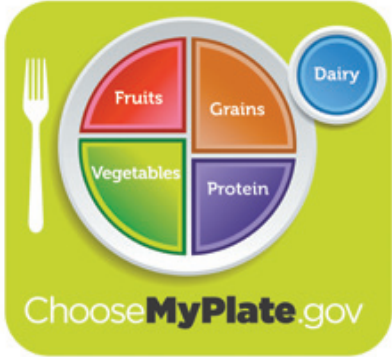
275 Calories

220 MORE CALORIES

Washing a car for 1 HOUR AND 15 MINUTES burns approximately 220 calories\* \*Based on 130-pound person

## MyPlate Helps You Choose Types and Amounts of Foods

The following foods and amounts are for a 2,000 calorie daily food pattern for ages 19 and over. Your calorie needs may be more or less; adjust the amount you are eating accordingly. For a more personalized plan for YOUR calorie level, based on your age, gender, size, and activity level — and for ages 2 through 18 — visit <http://choosemyplate.gov>.



### GRAINS:

Eat 6 “ounce-equivalents.”

Make at least half your grains whole grains.

Ounce-equivalents:

- 1 slice bread
- 1 cup ready-to-eat cereal (such as flakes)
- ½ cup cooked pasta, cooked rice, or cooked cereal

### FRUITS: Eat 2 cups of fresh, canned, or frozen fruits.

- In general, 1 cup of fruit or 100% fruit juice, or 1/2 cup of dried fruit can be considered as 1 cup from the Fruit Group
- Make most of your choices whole or cut-up fruit rather than juice for the benefits dietary fiber provides

### VEGETABLES: Eat 2½ cups of fresh, frozen, canned vegetables, or an equivalent amount of dried/dehydrated vegetables.

- Note: 2 cups raw leafy greens = 1 cup of vegetable

### DAIRY: Consume 3 cups of fat-free or low-fat milk (1%) or equivalent Dairy Group foods.

1-cup equivalents:

- 8 oz milk
- 1 cup yogurt
- 1½ oz natural cheese
- 2 oz processed cheese
- 8 oz calcium-fortified soy beverages

### PROTEIN FOODS: Eat 5½ oz (or equivalent) of lean meat, poultry, or fish.

1-ounce equivalents:

- 1 oz meat, poultry, or fish
- ¼ cup cooked beans or peas (does not include green beans and peas)
- 1 egg
- 1 tablespoon peanut butter or almond butter
- ½ oz of nuts or seeds
- ¼ cup (about 2 oz) of tofu
- ¼ cup roasted soybeans

## Keep an Eye on Your Portion Sizes

Here are some ways to “eyeball” food portion amounts:

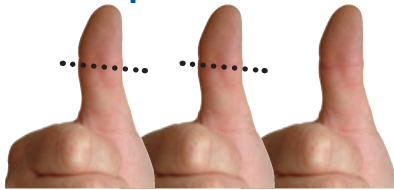


1 cup =

½ cup =

1 teaspoon = tip of a thumb to the first joint

1 tablespoon = 3 thumb tips



1½ ounces of cheese = 4 stacked dice



3 ounces cooked meat, or poultry = a deck of cards



3 ounces grilled/baked fish = checkbook





# 2012 Perennial Plant of the Year

The 2012 Perennial Plant of the year is *Brunnera macrophylla* ‘Jack Frost.’ This plant grows 18 inches tall and 18 inches wide in a mounded form. It is a hardy perennial, grows well in hardiness zones 3–8.

Brunneras are treasured for their shade tolerance and early baby-blue, forget-me-not like flowers. *Brunnera macrophylla* ‘Jack Frost’ has enchanting silvery leaves with green venation and a thin green margin. One common name for this perennial is heartleaf brunnera, because the emerging leaf enlarges to a heart shape.

Plants thrive in the shade, but will tolerate morning sun if the soil conditions remain moist. By midday, shade is essential, particularly in southern gardens. This perennial performs best in shady areas with good moisture-retentive soils.

‘Jack Frost’ brunnera may be used along the front of the shade border, is excellent in a container, or can be combined with other ground cover perennials such as hostas, ferns, and epimediums. The silver foliage lights up a dark garden from spring to fall.

From mid-to late-spring, blue, forget-me-not-like blossoms are held in clusters several inches above the brilliant frosty silver leaves. The rough leaf texture makes this perennial less palatable to browsing deer.

The Perennial Plant of the Year program began in 1990 to



*Brunnera macrophylla* ‘Jack Frost’ is treasured for shade tolerance and early baby-blue, forget-me-not like flowers. It has enchanting silvery leaves with green venation and a thin green margin.



showcase a perennial that is a standout among its competitors. Perennials chosen are suitable for a wide range of growing climates,

require low maintenance, have multiple-season interest, and are relatively pest/disease-free.

Source: Perennial Plant Association

## Spring Affair Gardening Event, April 28

Spring Affair, the Midwest’s largest gardening event, will be Saturday, April 28, 9 a.m.–4 p.m. at the Lancaster Event Center, 84th and Havelock, Lincoln. More than 500 different varieties of plants will be offered at the day-long plant sale, with educational talks, and garden vendors all under the same roof in Pavilion 1. Plenty of parking is available just north of the building. Admission to the sale is free.

Kim Todd, UNL Extension Horticulture Specialist, said the 2012 theme for the event, “All Hands on Plants,” refers to the eagerness of gardeners to get their hands on plants, the good feel of rich soil in a gardener’s hands and the passing on of plants and of a love for gardening from one gardener to another, one generation to another.

Plants are selected for regional suitability, uniqueness, and demand and are provided by Bluebird Nursery, Inc. of Clarkson, Neb. Gardeners will find perennials, herbs, native plants, temperennials,



vines, and a variety of trees and shrubs — something for everyone.

Plant talks will focus on the plants in Lincoln’s Sunken Garden; on how to choose and use plants in unusual ways for beautiful, edible containers; and learn what it takes to create fairy gardens and wall art from the smallest of plants. Throughout the day, “talk-about” speakers will wend their way through the plant sale discussing topics ranging from using herbs to composting.

Articles in the 2012 *Spring Affair News*, to be mailed in late March, will include a list of plants to be offered, recom-

mended lists of plants for specific sites, landscape design recommendations, and more.

The Spring Affair Preview Party is Friday night, April 27, 6–9 p.m. To register and pay for the evening’s hors d’oeuvres, sale preview, and activities, go to <http://springaffair.unl.edu>.

Spring Affair is sponsored by Nebraska Statewide Arboretum, Inc. Proceeds from Spring Affair sustain the Arboretum’s mission and fund critical programs and services. For more information or to get a copy of the newsletter, call 402-472-2971 or go to <http://springaffair.unl.edu>.

## 2012 Composting Workshops and Demonstrations

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




**Composting Workshops** are held at various Lincoln locations:

- Tuesday, April 10, 6:30 p.m. — Loren Corey Eiseley Library, 1530 Superior St.
- Tuesday, April 17, 6:30 p.m. — Bess Dodson Walt Library, 6701 S. 14th St.
- Tuesday, Oct. 9, 6:30 p.m. — Charles H Gere Library, 2400 S. 56th St.
- Tuesday, Oct. 16, 6:30 p.m. — Anderson Library, 3635 Touzalin Ave.

**Composting Demonstrations** are presented at the Pioneers Park Nature Center’s backyard composting demonstration area. These demonstrations will show you how to be successful with backyard composting. You will see three types of composting bins and how to use them. At each composting demonstration two lucky participants will win either a composting thermometer or bin. Demonstrations will be held:

- Saturday, May 12, 10 a.m.
- Saturday, June 9, 10 a.m.
- Saturday, Sept. 22, 10 a.m.
- Saturday, Oct. 13, 10 a.m.



### Garden Guide

THINGS TO DO THIS MONTH

By Mary Jane Frogge, UNL Extension Associate

Prune spring blooming shrubs such as forsythia and spirea after they have completed flowering.

Remove sticks, rocks and other debris from your lawn to prevent damaging your lawn mower or injuring yourself when mowing. Check your lawn mower and other lawn-care equipment in preparation for the coming season.

Put a birdhouse in the garden to attract insect-eating friends.

The last Friday in April is National Arbor Day. Plant a tree or support an organization which plants trees.

Do not add organic matter to the soil when planting trees. It does not help the plant become established and it may create conditions that encourage the roots to stay inside the planting hole instead of spreading to surrounding soil. Do dig a large planting hole, but fill it with the original soil removed from it.

Cut flower stalks back to the ground on daffodils, hyacinths, and other spring flowering bulbs as the flowers fade. Do not cut the foliage until it dies naturally. The leaves are necessary to produce strong bulbs capable of reflowering next year.

Seed bare spots in your fescue or bluegrass lawn.

Scatter annual poppy seeds in flower borders. The fine seeds need not be covered. The plants grow rapidly and provide colorful flowers in early summer.

In a sunny location with poor soil, plant nasturtiums for a colorful show. They require warm soil to sprout, and start blooming in about 50 days. Too much water and fertilizer produces excess leaves and few flowers.

Measure the rainfall with a rain gauge posted near the garden so you can tell when to water. The garden needs about one inch of rain per week from April to September.

When chrysanthemums show signs of life, dig up and divide large plants. Discard woody portions, and replant divisions 12–15 inches apart.

Consider planting flowers which may be dried for winter arrangements. Some of the best are strawflower, statice, celosia, and globe amaranth.

Do not restrict yourself to buying plants in bloom. Petunias that bloom in the pack are often rootbound or overgrown and after planting, will actually be set back and cease to bloom for about a month. Plants without blossoms will actually bloom sooner and will grow better as well.

To extend the blooming period of gladiolus, plant each week until the middle of June. Choose a sunny location and plant the corms 4–6 inches deep and 6–8 inches apart.



April

Bob Dresser

Lancaster County 4-H is proud to announce Bob Dresser as winner of April's "Heart of 4-H Award" in recognition of outstanding volunteer service.

A volunteer for 10 years, Bob helps with the Rabbits R Us 4-H club and is a member of the Rabbit VIPS Committee (currently as president). At the Lancaster County Super Fair, he is overall assistant superintendent of the 4-H Rabbit Show and a superintendent of several rabbit contests.

"I like seeing 4-H exhibitors progress over the years, developing skills, learning to work together, and learning to take responsibility for their projects and livestock," Bob says. "I like to see the reactions and expressions of the 4-H exhibitors when they present their projects, livestock, and receive the results. I also enjoy working with other volunteers who are dedicated to supporting the projects of the 4-H exhibitors and for 4-H. My favorite experience is the county fair. I look forward to the fair and being a part of the results of the work of the 4-H exhibitors, their families, and the volunteers."

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



4-H Enrollment Forms Due!

Attention 4-H club leaders and independent members — your fall enrollment forms **MUST** be updated with member and volunteer information, and returned to the extension office in order to be enrolled for the 2012 year. Project information can be updated until June 15.

New 4-H Photography Club Starting

Do you like photography? Are you interested in learning how to take fantastic pictures and learning new photography techniques? Then come with your point and shoot camera to the first 4-H Photography Club meeting on Thursday, April 12, 6:30 p.m. at the Lancaster Extension Educational Center, 444 Cherrycreek Road. Open to all youth ages 8-18. Call Tracy at 402-441-7180 if you plan to attend.

Dog Skill-A-Thon, April 10

Test your dog knowledge at the third annual 4-H Dog Skill-A-Thon Tuesday, April 10, 3-7 p.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road. Youth do not need to be present the entire time. Just come at your convenience — it usually takes one to two hours. Open to all youth ages 8-18 (need not show a dog in 4-H). Non-4-H members are invited to enroll in 4-H at the contest. There will be a variety of topics including: parts, parasites, breeds, confirmation, and more. Preregister by March 30 by calling 402-441-7180.

Paws-On Dog Workshop, April 28

UNL Extension is presenting a statewide 4-H Paws-On Dog workshop on Saturday, April 28, 9 a.m.-4 p.m. at the Lancaster Event Center - Exhibit Hall. Topics will include: dog obedience, showmanship, agility, grooming, health care, and much more. Fee is \$15 per person. Registration is due by April 20. A printable registration form is at <http://go.unl.edu/pawson> or register online at <http://go.unl.edu/pawsonregistration>. For more information, call Dr. Lisa Karr-Lilienthal at 402-472-6458.

4-H/FFA Sheep Weigh-In, May 3

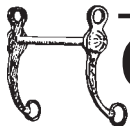
4-H/FFA members planning to exhibit market sheep need to have their lambs officially tagged and weighed on Thursday, May 3, 6-8 p.m. at the Lancaster Event Center - Pavilion 2. For more information, call 402-441-7180.

Furniture Painting Workshop, May 12

Lancaster County 4-H is presenting a "Junque to Jewels" furniture painting workshop on Saturday, May 12, 9 a.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road. Open to all youth ages 8-18 (need not be in 4-H).

Bring a small piece of "junque" (unpainted furniture, such as a shelf, stool, or chair) and turn it into a "jewel!" Choose a "Red, White, & Blue" or a "Black & White" theme and learn how to prepare new and used wood furniture by sanding, sealing, painting, decorating, antiquing, and finishing. All paints and finishes will be provided.

Cost is \$5. Adults are welcome to attend to help youth. Bring a sack lunch. Register by May 7 by calling 402-441-7180.



HORSE BITS

State Stampede Results

The statewide 4-H Horse Stampede in February was a huge success with 130 total youth participating. Congratulations to all Lancaster County 4-H members who participated! Below are the purple ribbon winners. All championship individuals and teams are qualified to compete at national 4-H contests. (*Art Contest photos on back page.*)

ART CONTEST

**Senior Division:** Chelsea Harders (Reserve Champion), Ivy Dearmont, Breann Johnston, Haylie Pointer, Kenzie Wolfe

**Junior Division:** Sidney Schlesiger (Champion), Jenna Wolfe (Reserve Champion) Ellie Bunz, Ashley Clegg, Emmi Dearmont, Bailey Hampton, Brienne Kroeger, Sarina Kyhn, Madeleine Polk, Cadi Wilbeck

DEMONSTRATION CONTEST

**Senior Individual Division:** Hannah Ronnau (Champion)

**Senior Team Division:** Lexi Wolfe and Ivy Dearmont (Champion)

**Junior Individual Division:** Jacob Ronnau (Reserve Champion)

PUBLIC SPEAKING CONTEST

**Senior Division:** Megan Luedtke (Reserve Champion)

HORSE BOWL

**Lancaster Team 1** (Reserve Champion): Hannah Ronnau, Elli Dearmont, Kate Rawlinson, Kenzie Wolfe, and Brooke Bennett



4-H Spring Tack Swap, March 31-April 1

Come and shop the first Annual "4-H Spring Tack Swap," Saturday, March 31-Sunday, April 1 at the Lancaster Event Center - Amy Countryman Arena. It will be held in conjunction with the Shaggy Horse Dressage Schooling Show sponsored by the Hunter's Pride 4-H Club and Cornhusker Pony Club. The swap will include leather goods, riding attire, books, and everything horse-y you can think of! Ten percent of all proceeds will support Lancaster County Horse VIPS Committee fundraising efforts. Items will be accepted day of, so dust off unused items in your closets, garages, and barns for a good cause and some extra cash! Unsold items can be donated or picked up Sunday at 2 p.m. For more information about the tack swap, contact Jennifer Cusick-Rawlinson, 402-488-7879 (home); 402-560-3319 (cell). For more information about the show, contact Becky Robinett at 402-202-2363.

Level Testings, April 17 and May 1

The first 2012 riding skills level testing will be held on Tuesday, April 17, 5:30 p.m. at the Lancaster Event Center - Amy Countryman Arena. Anyone wishing to be tested must sign-up by April 10. Contact Marty at 402-441-7180 or [mcruckshank2@unl.edu](mailto:mcruckshank2@unl.edu). A second testing is scheduled for Tuesday, May 1, 5:30 p.m. at the Lancaster Event Center - Amy Countryman Arena. Sign-up deadline is April 24.

Horse VIPS Dressage Schooling Show, April 28

The 4-H Horse VIPS Committee is hosting a Middle Cross Dressage Schooling Show on Saturday, April 28 at Middle Cross Stables (Lowell Boomer's historic facility, 500 Sprague Road, Roca). The show is a fundraiser for Horse VIPS and funds support the 4-H Horse program. It is an NDA-recognized show, so you can count these scores toward the end-of-year championship. Open to all youth and adults (need not be in 4-H). More information and entry form is online at <http://lanaster.unl.edu/4h/horse/MiddleCrossSchoolingShow.pdf> or call Marty at 402-441-7180.





## Table Setting Contest Superintendent Needed

Do you enjoy the 4-H Table Setting contest and helping youth? Here is a great opportunity to do both. A Table Setting superintendent is needed for the 2012 Lancaster County Super Fair. Find another interested person and become a team. Call Tracy at 402-441-7180.

## Clover College Instructors Needed

4-H Clover College is four days of fun-filled, hands-on workshops for youth ages 6 and up, June 12–15 at the Lancaster Extension Education Center. If you have workshop ideas, or if you would like to teach a workshop or volunteer to help, please contact Tracy at 402-441-7180 or [tanderson14@unl.edu](mailto:tanderson14@unl.edu). All help is very much appreciated!

## 4-H Spotlight Newsletter for Volunteers

Nebraska's "Spotlight on 4-H Newsletter" for 4-H volunteers is mailed to club organizational leaders. It is also posted online at <http://lancaster.unl.edu/4h/Spotlight.shtml>. March topics include: 4-H Introduces Diamond Clover, What's In a Name? Know Your Cultivar!, A Quick Flash on 4-H Photography Project Changes!, Exciting Electricity!, Rethink Recycling.

## 4-H/FFA SUPER FAIR NEWS



## 4-H/FFA Fair Books Have Been Mailed

The Lancaster County 4-H & FFA Fair Book contains entry information for 4-H & FFA members exhibiting in 4-H/FFA. Fair Books have been mailed to all 4-H & FFA families. It is also available at the extension office and online at <http://lancaster.unl.edu/4h/Fair>. Many fair handouts, forms, and videos also on this website.

Open Class entry information and schedule will be online by April 15 at [www.superfair.org](http://www.superfair.org). Anyone can participate in open class categories.

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

## A WORD ABOUT SPORTSMANSHIP

Celebrating the accomplishments of our youth, the spirit of our community and the bounty of our agriculture is a long standing tradition at the Lancaster County Super Fair. Lasting friendships and memories are often based on positive experiences and add to the strength of our community.

All of us have a stake in making the 2012 fair the best ever. Practicing good sportsmanship and making ethical decisions isn't just for our youth. Parents, volunteers, and officials are expected to practice good sportsmanship and make ethical decisions as well. Why? Because our youth learn from adults. While watching adult actions and listening, youth learn how to deal with conflict, disappointment, and competition.

So, during the 2012 Super Fair, let's practice good sportsmanship and demonstrate honest and ethical behavior. Everyone's effort will teach our youth the right thing to do and make this fair a real "Super Fair" for all to enjoy.

## Livestock Rule Changes

- Absolutely no evaporative coolers (also known as swamp coolers, desert coolers, wet air coolers — or any other cooling device which cools air through the evaporation of water) will be allowed. This is a new Fair Board rule because these coolers take up more space, water and electricity than needed.
- All hogs need to be washed and dry when they reach the check-in scale. No hogs will be allowed in the wash racks for one hour after being weighed, scanned, and paint branded — this will allow paint adequate time to dry properly. Please plan accordingly. Hogs may be clipped/shaved; however the fair board strongly suggests clip/shave at home. If clipping at the fair no snaring or tying up is allowed. Please remember we are setting an example of livestock production for the general public.

## New in 4-H at Fair

See the Fair Book for detailed information about each of the following:

- **Presentations** — to be considered for State Fair, presentations must be related to how the youth is learning about one (or more) of the following: Career Development, Ag Literacy, Science, Leadership/Citizenship, or Healthy Lifestyles.
- **Banners** — two options to hang: on dowel stick with two 6" chains or one 45" chain.
- **Consumer Management** — Becoming Money Wise has been dropped.
- **Entomology** — Display Club Project new class (county only).
- **Photography** — only 8" x 10" exhibit prints allowed (5" x 7" no longer an option). Changes to Data Tag B.
- **Home Environment** — Home Building Blocks has been dropped; Create Your Corner wind chime added; Design Decisions has new classes.
- **Child Development** — new classes based on the new project manual "I Have What it Takes to be Your Teenage Babysitter;" exhibits in several classes must be tied to one (or more) of the following: Career Development, Ag Literacy, Science, Leadership/Citizenship, or Healthy Lifestyles.
- **Clothing** — new classes: Decorate Your Duds "Embellished garment using technology;" Textile Clothing Accessory; Educational Display.
- **Food** — new classes: Tasty Tidbits "Unique baked product;" Foodworks "Family food traditions" — Food Preservation has new recipe/label requirements.
- **Science, Technology & Engineering** — "Careers Interview" in several project areas; Geospacial (GPS) and Robotics new classes
- **Forestry** — changes to supplemental information in several classes.
- **Livestock Judging Contest** on Sunday, August 5, 1-4 p.m.
- **Dog** — additional Intermediate Agility class added; Creative Kennel theme "Life's a Beach."
- **Swine** — new class: club or chapter group.
- **Horse** — new All-Around Ranch Horse Award; new classes: Ranch Horse Pleasure Horses, Ranch Trail, Discipline Rail (Western Riding has been dropped), Extreme Versatility Class (Level IV riders and Level III Seniors only), Miniature In-Hand Obstacle Trail, Dressage has new classes, including Western Dressage.

## 4-H & FFA Parking

4-H/FFA families can get a free 4-H/FFA car pass from the extension office (available July 2–Aug. 1). The car pass allows a vehicle to enter the fairgrounds each day Aug. 2–7 and park in designated areas. It does not cover admission for each individual in the vehicle (see exhibitor admission passes). 4-H/FFA families are asked to enter Gate 3.

## 4-H & FFA Individual Exhibitor Admission Passes

Individual exhibitor admission passes will be available from the extension office (available July 2–Aug. 1). An individual exhibitor pass allows the exhibitor to enter the fairgrounds each day Aug. 2–11.

## Kiwanis Karnival, April 14

Lincoln Center Kiwanis sponsors an annual Kiwanis Karnival, a FREE family event. This year, it will be held Saturday, April 14, 6–8 p.m. at Elliott Elementary School, 225 S. 26 St., Lincoln

**4-H members & their families and Elliott school students & their families are invited to share the fun!**

The Karnival features carnival-type games for the kids, bingo for adults, prizes, snacks, fun, and fellowship. Lincoln Center Kiwanis has sponsored this event for over 50 years providing prizes and snacks. 4-H clubs are needed to provide carnival-type booths. For more information, call Lorene at 402-441-7180.

# 4-H Speech & PSA Contests

The Speech and Public Service Announcement (PSA) contests provide 4-H'ers the opportunity to learn to express themselves clearly, organize their ideas, and have confidence. Contests are open to all 4-H'ers ages 8–18 (by January 1 of the current year) — need not be enrolled in a specific project. Youth may choose to participate in either or both the Speech and PSA contests. For resources, guidelines, and examples go to <http://lancaster.unl.edu/4h/Contest/speech.shtml>. If questions, contact Cole Meador at [cmeador2@unl.edu](mailto:cmeador2@unl.edu) or 402-441-7180.

## Speech/PSA Workshop, March 29

Learn more at a Speech/PSA workshop on Thursday, March 29, 6 p.m. at the Lancaster Extension Education Center. Out of ideas? We will help you get started. Already started? Bring your completed speech/PSA's to practice or get suggestions. This is also a good time to record your PSA. We will teach you Audacity basics so you can add sound effects and edit to make your final PSA perfect. There will be computers available to work with, or bring your own.

## PSA Contest, Due April 13

In the Public Service Announcement (PSA) Contest, 4-H'ers submit a 60 second "radio commercial" promoting 4-H. The PSA contest will be held via audio only (not in person). Submit a PSA via CD playable on any standard stereo equipment to extension by Friday, April 13. If you do not have the capabilities to record a PSA, contact Cole to set up a recording time. Results and comment sheets will be handed out at the 4-H Speech Contest on April 22.

State 4-H asks for PSA's to be non-county specific so winning PSA's can be aired on radios statewide (for example, say "call your local extension office").

- All PSA's must use the state theme as the basis for their PSA. **The 2012 PSA theme is "Join the Revolution of Responsibility" (based on the National 4-H theme — see [www.4-h.org/about/revolution](http://www.4-h.org/about/revolution))**
- All 4-H PSA's must include the following tag line within the last ten seconds of the PSA: "Learn more about the University of Nebraska–Lincoln Extension 4-H Youth Development Program at [4h.unl.edu](http://4h.unl.edu) and 'Know How. Know Now.'" The tag line is included in the 60 second time limit.

As always, background noises and sound effects are encouraged.

## Speech Contest, April 22

The 2012 4-H Speech Contest will be held Sunday, April 22, 1 p.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln. Register by April 13 by calling 402-441-7180 or emailing [cmeador2@unl.edu](mailto:cmeador2@unl.edu) with your name, speech title, and your age division. Contest divisions:

- **Clover Kid:** 5–7 years old, read or recite any short story, nursery rhyme, poem, pledge, etc.
- **Novice:** 8–9 years old, 2 minutes in length, any topic related to 4-H.
- **Junior:** 10–11 years old, 2–3 minutes in length, any topic about a 4-H experience.
- **Intermediate:** 12–13 years old, 3–5 minutes in length, encouraged to talk about a 4-H project you would like others to enroll in.
- **Senior:** 14–19 years old, 5–8 minutes in length, a timely topic related to 4-H.



# “Co-Parenting For Successful Kids” Class Now Offered Online In Addition to In-Person

Maureen Burson  
UNL Extension Educator

University of Nebraska–Lincoln Extension now offers “Co-Parenting for Successful Kids” classes online in addition to in-person for parents experiencing custody and divorce. Classes meet guidelines required by Nebraska LB554. Both classes cost \$50.

Each year, thousands of children under the age of 18 are affected by divorce in Nebraska. Research indicates for many children, separation or divorce may leave overwhelming feelings of insecurity, guilt, shame, loneliness, and failure. Often, these feelings stay with the child for a lifetime — affecting not only their self-esteem, but also their ability to cope and handle conflict, peer pressure, and anger.

For these reasons, since 1999, UNL Extension has provided research-based in-person classes designed to help separating and divorcing parents. Last year, of the 1,700 parents who participated statewide, 90 percent were motivated



to improve their relationship with the other parent to best support their child’s healthy growth and development.

Parents divorce each other, not the children, but the children often feel the pain more than parents realize.

Parents learn to answer the children’s questions and keep their children safe and out of the middle of conflict. The program strengthens communication skills that can improve interactions with their children and the other parent. The goal of “Co-Parenting For Successful Kids” is to develop respectful, responsive, and responsible co-parenting.

In 2011 in Lancaster County, 220 parents caring for 348 children completed one of the 20 (3.5 hour) classes presented. Evaluations indicated after the class:

- 99 percent understand the effect of divorce on children compared with 66 percent prior to the class
- 99 percent understood ways to resolve conflict, compared to 49 percent prior to the class
- 94 percent understood how to develop a co-parenting plan, compared with 55 percent prior to the class

Most parents express their appreciation at the conclusion of class, even though they typically don’t want to come to a Nebraska Supreme Court mandated class.

## Additional Resources for Families Experiencing Divorce and Custody

- Suggested Book and Website List compiled by UNL Extension in Lancaster County in cooperation with Lincoln City Libraries: <http://lancaster.unl.edu/family/COPEDBooklist.pdf>
- Suggested Resources for Divorcing Parents, Lincoln, Nebraska: <http://lancaster.unl.edu/family/ResourceList.pdf>
- “Co-Parenting For Successful Kids” statewide class calendar and registration information: [www.extension.unl.edu/divorce](http://www.extension.unl.edu/divorce)
- UNL Extension statewide resources on “Divorce, Children and Stepfamilies:” [www.extension.unl.edu/divorce](http://www.extension.unl.edu/divorce)
- UNL Extension *Supporting Stepfamilies Workbook with Lessons and Activities for Parents and Children*: [www.ianrpubs.unl.edu/epublic/live/ec476/build/ec476.pdf](http://www.ianrpubs.unl.edu/epublic/live/ec476/build/ec476.pdf)

## Online Class Approved January 2012

In 2012, The Nebraska Supreme Court approved the UNL Extension online class “Co-Parenting For Successful Kids.” Prior to online class approval, some parents traveled several hours to participate in a class. In addition to travel challenges and high gas costs, the online class is convenient for parents who live out of state (including those in the military), have limited child care options (including those who have children with special needs), or don’t want to miss their children’s school events.

UNL Extension teamed up with Nebraska Education Television (NET) to develop the online class which includes video instruction, interactive pages, and chapter reviews.

Parents may take the class in one approximately three hour setting or break it up into segments that meet individual scheduling need. They have 30 days to complete the course.

After completing the chapter checks and evaluations, the official Nebraska Certificate of Completion of Parenting Education Course is emailed within 24 hours.

Online participants say,



“I really learned how badly divorce and separation can affect the children. I wish I would have taken this course before I divorced. I know now to start using “I” sentences and will communicate better with him about discipline and consistency in both households.”

“I will now make sure transition to overnights is done in a way that leaves my child feeling secure.”

“I learned to listen, be patient, to communicate, keep lines of communication open, and to talk positively about my spouse.”

For online classes see <http://marketplace.unl.edu/extension/registration>.

## In-Person Class Offered Since 1999



Classes in Lancaster and Gage counties are taught by UNL Extension Educator Maureen Burson

In-person classes have been offered in Lancaster County since 1999 (formerly called “Parents Forever”).

This year, UNL Extension is providing 170 “Co-Parenting For Successful Kids” in-person classes throughout the state. Parents gain positive educational experiences by being with others in similar transitions. Parents say they appreciate learning strategies which have worked for their classmates. “Since I was at the beginning of the process, it was reassuring and helpful to learn from each other,” commented one dad.

When surveyed six months after the class, 92 percent of the parents had made changes to improve and encourage their child’s growth and development. Most parents commented they are now keeping children out of the middle and as one parent reported, “My child was not transitioning well from parent to parent. I was able to talk to him (dad) and work it out.”

Some feedback from parents last year included:

- “I will keep good communication open with the children’s mom.”
- “I learned how my children are

affected and how I can help them.”

- “I recommend this class to anyone who might need it.”
- “I plan to write my child a letter as suggested in class.”

## Upcoming Classes

Additional information and registration form online at <http://lancaster.unl.edu/family/CoParent2012Local.pdf>

### LANCASTER

Classes held Thursdays at Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln

- April 19: 9 a.m. – 12:30 p.m. or 5:30–9 p.m.
- May 17 – 9 a.m. – 12:30 p.m.
- June 21 – 9 a.m. – 12:30 p.m. or 5:30–9 p.m.
- July 19 – 9 a.m. – 12:30 p.m.
- Aug. 16 – 9 a.m. – 12:30 p.m.
- Sept. 13 – 9 a.m. – 12:30 p.m. or 5:30–9 p.m.
- Oct. 25 – 9 p.m. – 12:30 p.m.
- Nov. 15 – 9 a.m. – 12:30 p.m. or 5:30–9 p.m.
- Dec. 13 – 9 a.m. – 12:30 p.m.

### GAGE

Classes held Tuesdays at UNL Extension in Gage County, 1115 W. Scott St., Beatrice

- June 5 – 9 a.m. - 12:30 p.m.
- Sept. 4 – 9 a.m. - 12:30 p.m.
- Dec. 4 – 9 a.m. - 12:30 p.m.



# EXTENSION CALENDAR

All programs and events will be held at the Lancaster Extension Education Center unless otherwise noted.

## March

- 24 4-H Spring Rabbit Show .....9 a.m.  
26–27 earth wellness festival, Southeast Community College  
28 Family & Community Education (FCE) and Community Leader  
Training Lesson, “Homemade Master Mixes” ..... 1 p.m.  
29 4-H Speech/Public Service Announcement Workshop ..... 6 p.m.  
31 Child Care Conference: A Window of Opportunity .....8 a.m.–3:30 p.m.  
31–April 1 4-H Horse VIPS Committee’s 4-H Spring Tack Swap,  
Lancaster Event Center, Amy Countryman Arena

## April

- 1 All 4-H/FFA Market Beef ID’s Due to Extension  
1 Early Bird Discount Deadline for Big Red Summer Academic Camps  
2 Family & Community Education (FCE) Council Meeting ..... 1 p.m.  
3 4-H Council Meeting ..... 7 p.m.  
3–4 Ag Awareness Festival, Lancaster Event Center  
10 4-H Dog Skill-A-Thon ..... 3–7 p.m.  
10 Composting Workshop, Loren Corey Eiseley Library,  
1530 Superior St. .... 6:30 p.m.  
12 Initial Pesticide Training .....8:30 a.m.–5 p.m.  
12 4-H Photography Club First Meeting..... 6:30 p.m.  
13 Extension Board Meeting .....8 a.m.  
13 4-H Public Service Announcement (PSA) Contest CDs Due/  
Preregister for Speech Contest  
14 Kiwanis Karnival, Elliott School, 225 S. 26th St. .... 6–8 p.m.  
15 Early Bird Discount Deadline for 4-H Summer Camps  
15 4-H Teen Council Meeting ..... 3 p.m.  
17 4-H Horse Level Testing, Lancaster Event Center - Amy Countryman  
Arena ..... 5:30 p.m.  
17 Guardian/Conservator Training .....5:30–8:30 p.m.  
17 Composting Workshop, Bess Dodson Walt Library,  
6701 S. 14th St..... 6:30 p.m.  
18 Family & Community Education (FCE) and Community Leader  
Training Lesson, “Building Positive Relationships with  
Children” [note date and time change] ..... 1:30 p.m.  
19 Co-Parenting for Successful Kids .....9 a.m.–12:30 p.m. / 5:30–9 p.m.  
22 4-H Speech Contest ..... 1 p.m.  
28 4-H Paws On Dog Clinic, Lancaster Event Center - Exhibit Hall9 a.m.–4 p.m.  
28 4-H Horse VIPS Committee’s Middle Cross Dressage Schooling Show,  
Middle Cross Stables, 500 Sprague Road, Roca

## “Purple Up! For Military Kids,” April 13

April marks the nation’s “Month of the Military Child,” a time to honor youth impacted by deployment. In celebration, Nebraska Operation: Military Kids (OMK), part of the 4-H Youth Development program of University of Nebraska–Lincoln Extension, invites you to join us for the second annual “Purple Up! For Military Kids.”

We are encouraging everyone across the state of Nebraska to wear purple on Friday, April 13 as a visible way to show support and thank military children for their strength and sacrifices. Purple is the color that symbolizes all branches of the military, as it is the combination of Army green, Coast Guard blue, Air Force blue, Marine red, and Navy blue. OMK hopes everyone will take this opportunity to appreciate and celebrate these young heroes.

Send us your photos to post on the Nebraska OMK website at [www.nebraskaomk.org](http://www.nebraskaomk.org), where military youth and families from across the state will see them. For more information about OMK, contact Beth Kaiser at 402-440-9580.

## Lancaster Ag Society Hall of Fame Nominations Due May 1

At the 2010 Super Fair, the Lancaster County Agricultural Society unveiled a new Ag Society Hall of Fame located at the Lancaster Event Center in the Bristol Windows Business Center.

This wall formally recognizes those individuals who have dedicated time and effort to the Lancaster County Agricultural Society beyond the normal volunteer hours and have made significant contributions to the establishment, development, advancement, or improvement of the Lancaster County Fair.

Inductees to date include: Lorene Bartos, Gordon Chapelle, Rod Hollman, Larry Hudkins, Franklyn Manning, and Charlie Willnerd.

If you know of a person who is deserving of this honor, please nominate them. Nomination forms and more information can be requested by calling the Lancaster Event Center at 402-441-6545. Nomination forms will be due by May 1.

## Nebraska Agriculture Youth Council Conference

Nebraska Agriculture Youth Institute (NAYI) is a conference for high school juniors and seniors from across Nebraska held July 9–13 at UNL East Campus. The purpose of the institute is to encourage young women and men to get and stay involved in the various facets of agriculture by informing them about career opportunities available in agriculture and to develop leadership potential from the youth in attendance. The Nebraska Department of Agriculture will provide all arrangements and the cost of meals, lodging, and conference fees. Application deadline is April 15. Application forms are online at [www.agr.ne.gov/nayi](http://www.agr.ne.gov/nayi). For more information, email [Melissa.keyes@nebraska.gov](mailto:Melissa.keyes@nebraska.gov) or call 402-471-6864.

## NPower Leadership Conference

NPower is a premiere leadership development experience offered in partnership between 4-H, FFA, FBLA, FCCLA, DECA, SkillsUSA, HOSA, and Nebraska Human Resources Institute to provide a leadership development opportunity for all Nebraska youth leaders entering 6th–12th grades. Two identical sessions are offered: July 9–11 and July 12–14. NPower is held at The Leadership Center in Aurora. Cost is \$150, which includes lodging, meals, and conference supplies. For more information, go to [www.nestudentleadership.org](http://www.nestudentleadership.org) or call 402-471-2441.

UNIVERSITY OF  
Nebraska  
Lincoln

EXTENSION

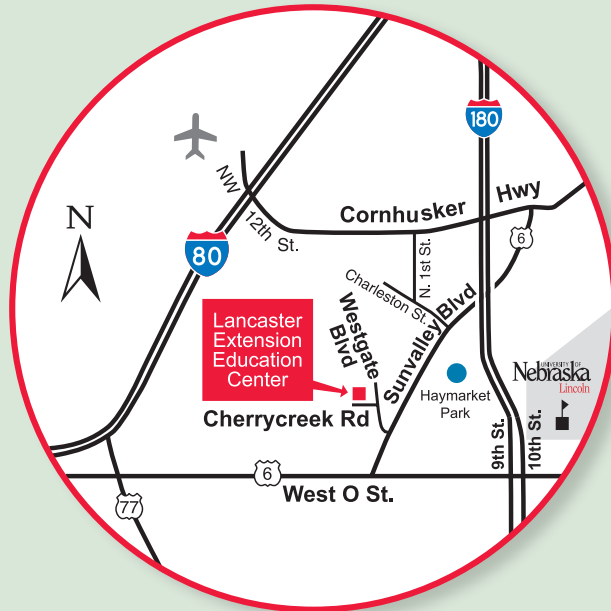
University of Nebraska–Lincoln Extension  
in Lancaster County  
444 Cherrycreek Rd., Ste. A, Lincoln, NE 68528-1507  
402-441-7180

<http://lancaster.unl.edu>

Email: [lancaster@unl.edu](mailto:lancaster@unl.edu) • Fax: 402-441-7148

Join us on YouTube, Twitter, and Facebook  
<http://lancaster.unl.edu/media>

Lancaster Extension Education Center Conference Facilities  
444 Cherrycreek Road, Lincoln



Extension is a Division of the Institute of Agriculture and Natural Resources at the University of Nebraska–Lincoln cooperating with the Counties and the United States Department of Agriculture.

University of Nebraska-Lincoln Extension educational programs abide with the nondiscrimination policies of the University of Nebraska-Lincoln and the United States Department of Agriculture.

We assure reasonable accommodation under the Americans with Disabilities Act; for assistance contact UNL Extension in Lancaster County at 402-441-7180.

### EXTENSION EDUCATOR & UNIT LEADER

Gary C. Bergman

### EXTENSION EDUCATORS

Lorene Bartos, Sarah Browning, Maureen Burson, Tom Dorn, Alice Henneman, Barb Ogg, Karen Wobig

### EXTENSION ASSOCIATES

Mary Abbott, Tracy Anderson, Soni Cochran, Marty Cruickshank, Mary Jane Frogge, Mardel Meinke, Julie Rasmussen, Dana Willeford

### EXTENSION TECHNOLOGIST

David Smith

### EXTENSION ASSISTANTS

Teri Hlava, Vicki Jedlicka, Lisa (Connot) Kowalski, Cole Meador, Kristen Neth, Jim Wies

### SUPPORT STAFF

Pam Branson, Kay Coffey, Deanna Covault, Karen Evasco, Konnie Robertson, Chris Rosenthal, Karen Wedding

## THE NEBLINE

THE NEBLINE is published monthly (except December). Mailed to more than 12,000 households in Lancaster County and can be read online at <http://lancaster.unl.edu/nebline>.

The Nebraska Library Commission’s Talking Book and Braille Service records THE NEBLINE for individuals with a visual or physical condition or a reading disability which limits use of regular print. For more information, go to [www.nlc.nebraska.gov/tbbs](http://www.nlc.nebraska.gov/tbbs) or call 402-471-4038 or 800-742-7691.

THE NEBLINE articles may be reprinted without special permission if the source is acknowledged as “University of Nebraska–Lincoln Extension in Lancaster County NEBLINE.” If the article contains a byline, please include the author’s name and title.

Reference to commercial products or trade names is made with the understanding that no discrimination is intended and no endorsement by the University of Nebraska–Lincoln is implied.

## Email Notifications

Sign up at <http://lancaster.unl.edu/nebline> to be notified by email when THE NEBLINE is posted online.

## Mail Subscriptions

Subscriptions to THE NEBLINE via mail are free to Lancaster County residents. There is an annual \$5 mailing and handling fee to addresses in zip codes other than 683–, 684–, 685–, 68003, 68017 and 68065.

☐ Order subscription ☐ Change of address

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_

We will only use your phone number in case there is a problem with your mailing address.

Mail to: UNL Extension in Lancaster County  
444 Cherrycreek Road, Suite A • Lincoln, NE 68528-1507



## Watch Chicks Hatch Online with EGG Cam!

[lancaster.unl.edu/4h/Embryology](http://lancaster.unl.edu/4h/Embryology)

Embryology resources include incubation, candling, and more!



Find us on Facebook!



Horse Stampede Art Contest Winners

Pictured are the 4-H Horse Stampede top Art Contest winners from Lancaster County. See page 8 for more about Stampede.



Lincoln TSC Store Recognized for 4-H Paper Clover Goal

For two years, Tractor Supply Company (TSC) has partnered with National 4-H Council to present 4-H Paper Clover fundraisers in their stores nationwide. Shoppers support 4-H by buying paper clovers for \$1 at checkout. All funds are donated to 4-H.

During the Fall 2011 Paper Clover Fundraiser, the Lincoln north store met its goal of number of transactions to include a Paper Clover purchase. Lancaster County 4-H thanks both Lincoln TSC stores for their support of 4-H.

The next TSC 4-H Paper Clover Promotion will be May 2–13.



Local 4-H staff Cole Meador, Marty Cruickshank, and Gary Bergman presented a certificate from National 4-H Council to TSC store manager Amanda Kadavy.

Teen Council 4-H'ers Practice Leadership at Lock-In

In January, 4-H Teen Council members organized and led the overnight 4-H Lock-In for 71 fourth and fifth graders. The teens prepared snacks, led games, presented craft activities, and more.

Learning and Fun for Teens and Youth

The 2012 Lock-In that 4-H Teen Council hosts annually was a blast for both the teens and youth. It's always a joy to expose the youth of Lincoln to safe and fun activities planned by the members of 4-H.

This year's theme was "A Travel Through Time," where the kids transported themselves into different time eras where they played games, ate delicious food, and made their own time capsules. This is not only a great environment for kids to learn and meet new friends, but also a learning experience for the members of Teen Council to interact with the youth and each other. Like always, I think the fourth and fifth graders enjoyed themselves — because I know I did!

— Sadie Hammond

Helping People is a Joy

This year's 4-H Lock-In was a merry romp across time, with a Time Machine theme. The kids had a wonderful time. They played large group games to get to know each other. They also learned about time zones, made time capsules, played games, and ate food. Later, they watched a movie.



4-H Teen Council members planned and led all activities for the overnight Lock-In for fourth and fifth graders.

The teens also had a good time. We learned how to entertain large groups of kids. Helping people is a joy all its own.

— Justin Muehling

Planning Leads to Fun Night

After working within the 4-H Teen Council Lock-In for what would be my sixth year, there is nothing but positive things to say about it.

We have multiple activities planned to keep the fourth and fifth graders occupied and having a good time the entire night. Our night consists of large group games, getting to know each other activities, and different stations the kids rotate about throughout the night. The stations include games, food, crafts, and education. We do this so there are a variety of things to do to make sure our overnights

have the best time they can.

This year, our theme was time travel, so our leaders spent months planning and getting all kinds of lessons, games, crafts, treats, and activities together to make it all possible. There was never a dull moment with the group of kids that participated in our fun that night and every one of them seemed to be enjoying themselves.

— Abbey Spencer



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



2012 4-H Summer Camp brochures are now available online at <http://4h.unl.edu/camp> and at the extension office. Camps are open to all youth ages 5–18 (need not be in 4-H). With three unique Nebraska locations at Halsey, Gretna, and Alma, there are more than 40 camps ranging from half day to seven days/six nights!

UNL Extension, through its 4-H Youth Development Program, has been operating 4-H Camps for over 40 years. The 4-H camps and centers all meet over 300 standards established by the American Camping Association. Brochures have complete information about all camps.

Save 10%  
by registering  
before  
April 15!



Can You Guess It?



Did you guess it? Find out at

<http://lanaster.unl.edu>

Did you guess it from the March NEBLINE?  
The answer was: Firework