

5-2012

## The NEBLINE, May 2012

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May 2012

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# The NEBLINE

## Lincoln's Biosolids Land Application Program is 20 Years Old

**Barb Ogg**

UNL Extension Educator

**Dave Smith**

UNL Extension Technologist

On May 12, 1992, the first truckload of the City of Lincoln's dewatered biosolids was delivered to farmland in Lancaster County. This event ended a decade of planning by Lincoln's sanitary engineers to dispose of this municipal organic waste in a more environmentally responsible, beneficial manner — rather than being buried in the landfill. In the last 20 years, more than 100 area farmers have applied nearly 600,000 tons of biosolids to their cropland, improving their soil and increasing yields.



**Biosolids are organic solids separated from wastewater and biologically processed to make them safe to use as an organic fertilizer for crops not in the human food chain.**

University of Nebraska–Lincoln Extension in Lancaster County has worked with cooperating farmers since the beginning of this program, taking soil tests, making sure biosolids are not applied too close to sensitive environmental features that might compromise surface and groundwater, determining application rates, and calibrating equipment. Program goals are to enhance the productivity of area soils through the environmentally-safe use of this material and to work with as many farmers as possible. We encourage farmers to apply biosolids as soon as possible and to take steps to reduce odors when they occur.

Nebraska farmers tend to be a conservative lot, but a few progressive farmers jumped into

using biosolids wholeheartedly right away. Others adopted a wait-and-see attitude; they sat back and watched their neighbor's corn grow faster and larger and produce higher yields before they were convinced about biosolids.

### What's in Biosolids That Makes it So Good?

Biosolids contains significant quantities of all macro and micronutrients needed for crop growth. One application typically increases organic matter in soil about 0.6%, which increases water infiltration and improves soil tilth. For highly eroded or excavated soils, a single biosolids application can immediately make them productive.

### Demand for Biosolids

There is more demand than ever for biosolids, but most cooperating farmers are not using biosolids for nitrogen (N). It is the readily available phosphorus (P) that cooperators want. After a single application of biosolids, a P deficient soil typically increases 30–40 ppm (Bray-P test). With average crop removal rates, it will take 10–12 years for the soil tests to return to original levels.

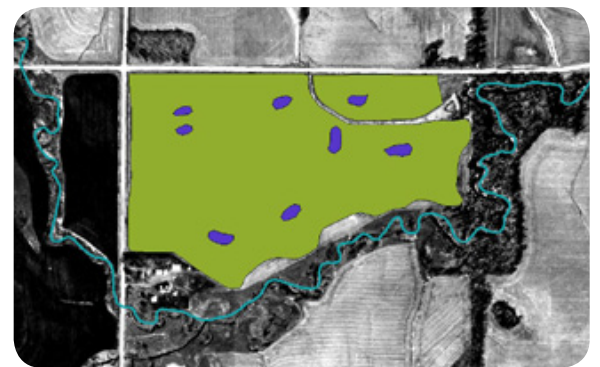
### Farmers are Paying for Biosolids

At the beginning of the program, it was tough to find farmers who were willing to use biosolids because they had to have a loader, spreader and enough time to apply the material. To encourage more farmers to use biosolids, in 1993, the city began paying cooperators to defray application costs. Twenty years later, there is so much demand for biosolids, cooperators are actually paying the city for it. Biosolids are delivered to field storage sites, but cooperating farmers are still responsible for application — either applying it themselves, or

*see BIOSOLIDS on page 10*



Soil samples are taken to determine the amount of biosolids to apply per field.



GPS/GIS technology is used to map storage (indicated above in purple) and application sites (indicated above in green).



A hauling contractor transports biosolids to approved fields.



Farmers either apply biosolids themselves or hire a custom applicator. Spreaders can be rented for a reasonable cost from the City of Lincoln.

## Teaching An Old Guy New Tricks

My favorite biosolids story is about Wally Hansson, who lived in Wahoo, but had 145 acres on Ashland Road, just inside the Lancaster County line. In 1993, I met Wally at his farm to flag storage sites.

"Wally, we will bring enough biosolids so you won't need to apply any other fertilizer," I said. "In fact, I don't want you to add other fertilizer to this field."

Wally looked at me and said, "I can't believe it. Surely, I need to add something more. Are you sure?"

"Yes, Wally, I am quite sure," I said. "I know it is hard to believe, but trust me, and let's just see what happens."

After his 1994 corn crop was harvested, Wally stopped by the office to sign paperwork.

He said, "I didn't add any other fertilizer, just like you said. But, you were right ... I just harvested the best corn crop I ever got off that field."

As I recall, 1994 was an exceptional year for growing crops in eastern Nebraska. Rains

came periodically and at just the right time for growing crops, but Wally credited the biosolids application for his best corn crop ever. Wally passed away in 2010 at age 88. He used to stop by the office sometimes just to pass the time.

—Barb Ogg

## Biosolids Also Benefit Pastures

Mark Benes is a grain and livestock farmer north of Lincoln. He has been using biosolids for 10 years on crop fields and about eight years ago tried biosolids to fertilize a pasture for summer grazing of his cow/calf pairs.

"My normal stocking rate for that pasture is about 20 pair," Benes says. "Biosolids made that field so lush and productive I could have increased my rate. Even after I got my cows off in the fall, there was so much forage left, I was tempted to take a hay cutting."

Since pasture is normally on poorer soils the benefits of using biosolids for both pasture and hay fields can be substantial in increased yields and soil improvement.

—Dave Smith

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## CLOVER COLLEGE

Hands-on  
workshops  
June 12–15

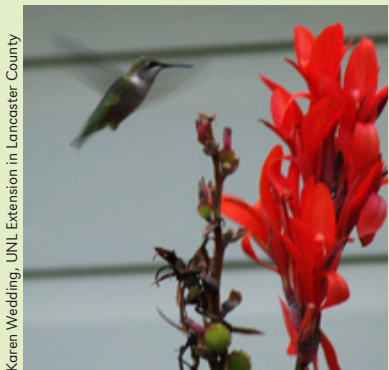


—see page 9



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## Hummingbird Watch!

**Soni Cochran**  
UNL Extension Associate

The ruby-throat hummingbird migration in Nebraska peaks about May 5–17 and Sept. 2–18. Their northward migration may occur from April to June and then southward, from August to early October. Some lucky Lancaster County bird watchers enjoy hummingbirds at their feeders all summer.

Early in the season, these feisty little birds are very territorial. They won't share a large feeder. If you want to feed hummingbirds, put out several small feeders for the little birds. Spread the feeders throughout your yard to reduce competition. You can always put out a larger feeder depending on how quickly the birds empty a small feeder.

There are a number of plants and trees that also benefit hummingbirds. Here are a few flowering plants you may want to consider adding to attract hummingbirds:

- American columbine
- bee balm
- butterfly-bush
- clematis
- coral bells
- daylily
- foxglove
- garden phlox
- gladiolas
- hardy fuchsia
- hollyhock
- honeysuckle
- hosta
- nasturtium
- penstemon
- petunia
- salvia
- zinnias, and more.

It is best to avoid insecticide use around the flowers you've planted to attract hummingbirds, because hummingbirds depend on small insects as part of their diet.

### Make Your Own Hummingbird Nectar

Recipe: Mix one part granulated white sugar (common table variety) with four parts water. For example, mix 1/4 cup sugar with one cup water. Boil the water, dissolve the sugar, and allow to cool before filling feeders. You don't need to add red food dye to the water.

Keep leftover "nectar" refrigerated. Change the mix in your feeders every few days, more often in hot weather. Be sure to clean the feeder each time before refilling to prevent harmful molds.

# Ticks: Reaching Out To Touch Someone

**Barb Ogg**  
UNL Extension Educator

Ticks are small arthropods similar to insects. But instead of having six legs and three body parts as insects do, ticks have eight legs and two body parts. All ticks are blood feeders; some species are important vectors of diseases in humans and other animals. The black-legged tick — aka deer tick — (*Ixodes scapularis*), vectors Lyme disease. We are lucky this species is not found in Nebraska.

Even though spiders have eight legs and two body parts, ticks are more closely related to mites. In addition to having eight legs, both mites and ticks have mouthparts with similar structures. Tick mouthparts are located on the capitulum — or head — and can be easily seen from above. During feeding, the hypostome, the feeding apparatus, remains firmly anchored in the skin because of backward directed spines on it. These projections makes removing a tick cleanly — without leaving mouthparts embedded in the skin — hard to do.

Ticks most commonly encountered in southeastern Nebraska are the American dog tick and the lone star tick. Both species are hard ticks which



James Gathany, CDC Public Health Image Library  
**Tick mouthparts includes the hypostome (center) which has backward directed spines on it (highly magnified).**

have a scutum just behind their head. It is easy to tell the difference between adult male and female hard ticks. The male tick is smaller than the female. His scutum covers the entire surface of his body and constricts the blood meal. The female has a smaller scutum which allows the body to expand greatly so she can ingest enough blood to produce thousands of eggs.

Ticks undergo four stages: egg, larva, nymph, and adult. The first stage larval ticks have 6 legs; nymph and adults have eight. All stages of ticks must feed on blood to molt to the next life stage.

Most hard ticks are "three-host" ticks. During its lifetime, a tick will feed on three different hosts, one for each of its active stages. After feeding, the tick will drop from its host into the leaf litter to either

molt or lay eggs, in the case of a female.

Because a blood meal is required for each stage of development, the entire life cycle, from egg to adult, may take two years or more to complete.

During periods of adverse environmental conditions (heat, drought, cold), ticks will live in leaf litter which provides enough moisture and protection against the elements so they can withstand a colder than normal winter or dry spells.

How do ticks find their host? When I was a kid living in northern Michigan, I was told ticks fall out of trees. This isn't true and falls into the realm of an old wives tale. Ticks do not jump or fly either. To find a blood meal, ticks must literally come in contact with a host and have developed strategies to help them find a host.

The most interesting behavior is called "questing." Questing ticks crawl up the stems of grasses and hang onto the blade with their front legs extended. Their front legs have specialized organs on them to detect carbon dioxide gradients from approaching hosts. When a host brushes against the extended front legs, the tick quickly clings to the animal or human. Favorite vegetation sites for adult questing ticks



Barb Ogg, UNL Extension in Lancaster County  
**American dog tick "questing" with front legs extended.**

include tall grasses and shrubs. Immature ticks may remain lower in the vegetation near the leaf litter where they may come into contact with small rodents and ground-visiting birds.

Do ticks have ways of knowing where animals and humans are more likely to walk? Maybe. Last summer at Ashfall Fossil Bed State Historical Park, I saw a questing American dog tick hanging onto a blade of grass next to a park pathway and took this photo. I then decided to check other plants along the pathway and found questing ticks spaced every 6 feet or so on grasses right next to the pathway. It's a good reason to stay in the middle of the path.

# Tree Squirrels — Tricksters and Troublemakers

**Soni Cochran**  
UNL Extension Associate

Tree squirrels are known for their bushy tails and their ability to climb high into trees. The eastern fox squirrel (*Sciurus niger*) is the most common tree squirrel in Nebraska. It is common throughout the state.



Soni Cochran, UNL Extension in Lancaster County  
**Eastern fox squirrel**

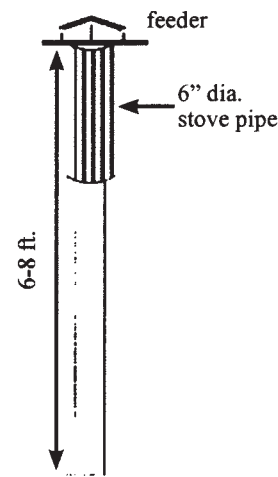
Tree squirrels are enjoyed as backyard wildlife and in public parks. They are valued by Nebraska squirrel hunters for their meat and fur. They can also be a public nuisance. Tree squirrels damage personal property and cause an estimated loss of \$500,000 per year to public power facilities in Omaha alone.

Wildlife control operators regularly rate tree squirrels as a significant nuisance animal in the United States. Tree squirrels can cause a variety of problems, including damage to trees, flowers, lawns, gardens, vehicles, and homes. They eat

acorns, nuts, fruit or vegetables in home gardens and become a nuisance at bird feeders. Squirrels can cause extensive damage to attic insulation or walls and gnaw on electrical wires in homes and vehicles, creating a fire hazard.

If you have squirrels in your neighborhood (and most of us do!), being prepared is your best defense for preventing future damage by squirrels.

To prevent squirrels from invading your home, seal any openings at joints of siding or overhangs. Use chimney caps and seal off access to attic vents with hardware cloth (available at your local hardware/lumber store). Squirrels can squeeze through holes 1-1/2 inches in diameter. They typically enter



**A design for squirrel-resistant bird feeder.**

attics and spaces between walls and floors.

Most people who feed birds, are already familiar with the many ways squirrels find access to bird feeders. The key to squirrel-free feeders is to respect the athletic abilities of squirrels. You're trying to outwit an animal that can jump sideways 8 feet, straight up 4 feet, and down 15 feet, then hang on where it lands.

Don't hang your bird feeders from trees. Use a metal pole with a squirrel baffle to hang your feeder — your feeder must be at least 5 feet off the ground and 10 feet away from trees, bushes, or structures. You can also enclose your bird feeders in 2-inch wire mesh. Small birds can still feed and squirrels kept out. There are

also squirrel-resistant bird feeders available.

It isn't recommended to feed squirrels. Well-fed squirrels quickly fill available "natural" nesting areas and are more likely to invade structures. In addition, the gathering of squirrels by feeding may increase the transmission of

sarcoptic mange among the squirrels. Visible symptoms of squirrels with mange are loss of hair, thick scabs, and a wrinkled appearance.

Squirrels cut off tips of branches in trees and gnaw on tree bark, as well as, gnaw on house siding, decks, bird feeders, etc. Metal flashing can be used to help protect an area, as well as commercial repellents.

What do you do when squirrels are chewing on your deck or tearing apart your lawn furniture? Cover the area on your deck where the squirrels are chewing with hardware cloth (keep in mind, they may just move to another spot). As for the furniture cushions, bring them indoors or put them in the garage while you are gone. If squirrels are chewing on vehicle wiring, move the vehicle into a garage or to another location. You may need to call a pest control professional to help you.

Excluding squirrels is challenging! They are difficult to manage and will usually overcome the barriers you've created to exclude them.

**FOR MORE INFORMATION**  
UNL Extension NebGuide "Control of Tree Squirrel Damage" (G1924) available at the extension office or online at <http://lancaster.unl.edu/pest/squirrels.shtml>.



Stephen Vantassel, UNL Extension Wildlife Damage Project Coordinator  
**Tree bark is commonly stripped by squirrels during winter and spring.**



# New NebGuides Will Help Rural Nebraskans Protect Private Drinking Water Supplies

Sharon Skipton  
UNL Extension Educator

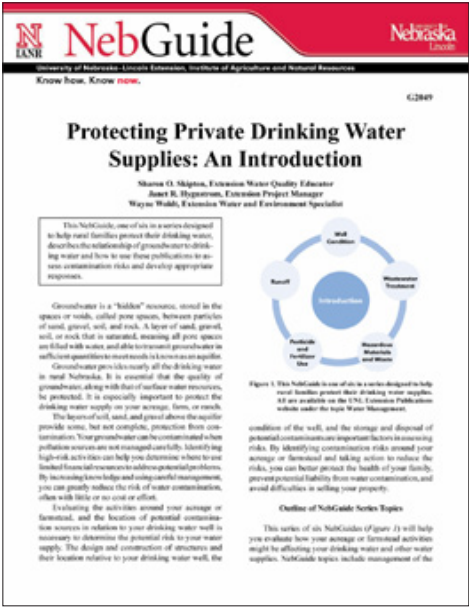
A series of six new University of Nebraska–Lincoln Extension NebGuides will help rural families protect their private drinking water supplies. Developed by UNL Extension faculty, Sharon Skipton, Jan Hygnstrom, and Wayne Woldt, the NebGuides are available at <http://water.unl.edu/web/drinkingwater/publications>, and can be downloaded free of charge.

Groundwater provides nearly all the drinking water in rural Nebraska. The layers of soil, sand, and gravel above ground-water aquifers provide some, but not complete protection from contamination. Groundwater can be contaminated when pollution sources are not managed carefully. By increasing knowledge and using careful management, rural families can greatly reduce the risk of contamination to their private drinking water supply, often with little or no cost or effort.

The six new NebGuides are designed to help rural families evaluate the activities around their acreage or farmstead that can present a risk to their water supply. The NebGuides also provide information on how to reduce risks and better protect the health of family members. Some of the information will be reassuring, while some may encourage people to modify certain practices. Either way, people with private drinking water wells will have the information they need to do the best



Most rural Nebraskans get their drinking water from private water wells.



possible job of protecting their family's drinking water.

If a well is poorly located, constructed, or maintained, pollutants such as bacteria or nitrate may contaminate the groundwater serving as the drinking water source. A contaminated well can pose a serious health threat to water users. The NebGuide **“Protecting Private Drinking Water Supplies: Water Well Location, Construction, Condition, and Management”** (G2050) will help people evaluate possible risks associated with their well.

Most rural families use a septic system or lagoon to treat wastewater and return it to the environment. A poorly designed, located, constructed, or maintained wastewater treatment system can contribute to groundwater contamination. Potential contaminants in household wastewater include disease-causing bacteria, infectious viruses, household chemicals, and excess nutrients, such as nitrate. The NebGuide **“Protecting Private Drinking Water Supplies: Wastewater (Sewage) Treatment**

**System Management”** (G2051) will help people evaluate the type of onsite wastewater treatment system in use, the return of treated wastewater to the environment, and potential threats to the well.

Runoff is the excess water from irrigation, rain, or melting snow that moves across property. As it flows, runoff can collect and transport soil, pet waste, livestock manure, salt, pesticides, fertilizer, oil and grease, leaves, litter, and many other potential pollutants. Polluted runoff can flow down a poorly-sealed well or an unplugged well where it can contaminate groundwater. The NebGuide **“Protecting Private Drinking Water Supplies: Runoff Management”** (G2052) will help people evaluate contaminants present or generated on their property, as well as recognize landscape management practices that could affect runoff quality and quantity.

Pesticides (herbicides, insecticides, fungicides, and rodenticides) and fertilizers (nitrate and phosphorus) play an important role in the management of rural property. If pesticides and fertilizers are not stored, handled, and applied correctly, they can move through soil into groundwater. The NebGuide **“Protecting Private Drinking Water Supplies: Pesticide and Fertilizer Storage and Handling”** (G2054) will help people evaluate storage, use, and disposal of pesticides and fertilizers.

Consider the variety of products used in households and on rural property — paints, solvents, oils, cleaners, wood preservatives, batteries, and adhesives. Also, consider the amount of these products which goes unused or is thrown away. Minimizing the amounts of these substances used on rural property, along with practicing proper disposal procedures can protect groundwater that is the source of drinking water. The NebGuide **“Protecting Private Drinking Water Supplies: Hazardous Materials**

**and Waste Management”** (G2053) will help people evaluate management of products such as ash, building/wood maintenance products, vehicle/metal equipment maintenance products, and wood-preserving products.

The NebGuide **“Protecting Private Drinking Water Supplies: An Introduction”** (G2049) serves as an introduction to wellhead protection and as a summary action plan. People can return to the guide after reading each of the other NebGuides in the series. Space is provided for people to list risks they identified on their property and identify one or more possible actions they can take to reduce the risk. The NebGuide can be referenced often as families implement their plan to reduce risks to their drinking water supply.

The greatest protection of drinking water supplies can be achieved by applying principles from all six publications in the series. Are you doing all you can to protect your drinking water? Use the NebGuides and find out.

The series of publications is the result of a collaborative effort between the University of Nebraska–Lincoln Extension, the Nebraska Department of Health and Human Services, the Nebraska Department of Environmental Quality, the Nebraska Well Drillers Association, and the Nebraska Onsite Waste Water Association, all of whom place a high priority on protecting Nebraska's drinking water resources. Partial funding was provided by the Nebraska Well Drillers Association, the Nebraska Onsite Waste Water Association, and the Water Well Standards and Contractors' Licensing Board.

Publications were modified from the University of Nebraska–Lincoln Extension Farm\*A\*Syst publications which were adapted from material prepared for the Wisconsin and Minnesota Farm\*A\*Syst programs.

## Starting Spring Chicks

Sheila Purdum  
UNL Poultry Specialist

This time of year, many households are brooding a new batch of chicks. Raising poultry is a great family adventure. Young children learn how to care for an animal and parents interact with their children in a learning and nurturing environment. The family eventually benefits from fresh eggs and/or meat. If raising poultry is also a 4-H project, many other benefits can be realized from this experience.

It is very important to get these chicks off to a good start before they are introduced to the “old flock” environment. If you already have a mature flock of chickens, it is best to start the new hatch in a separate barn area that can be sanitized and cleaned without contact with the older flock for at least one month.

Once the new brood has a good start, they can be introduced to the older flock environment. It takes time for the young flock to build immunity to diseases for which the older flock has already built up resistance.

The following management tips are suggested to help you start a healthy crop

- of chicks this year.
1. Provide a clean, sanitized, dry, and warm environment for the new batch of chicks preferably in a separate space from your mature flock of chickens. Provide a properly heated brooding space that allows adequate space for movement of the little chicks around feeders and waters.
  2. Provide adequate fresh bedding for the new flock of chicks. This may be a 3–4 inch base of fresh wood shavings or a 2–3 inch base of wheat straw. It is important to stir wet spots from drinker spills or manure buildup to avoid excessive moisture in the brooding area. Pay close attention to the replacement of wet litter until chicks reach 3–4 weeks of age.
  3. Provide a light source for a minimum of 12 hours per day. It is hard to get adequate feed intake and growth without supplemental light.
  4. Provide fresh, clean water and feed daily. When using bell-type drinkers, place the drinker above the litter on a board, to keep the chicks from kicking litter into the drinker. If litter is kicked into the drinker, wash it out and re-fill with clean water. Keep feed pans clean of manure and litter on a daily basis too.

5. Move the feeders and waterers around the pen regularly to avoid a build-up of manure and moisture. Aerate the litter with a rake or stick when you move equipment to help keep the litter in good condition.
6. At 3–4 weeks of age, provide more space for your chicks. At this time, they are growing very fast, and they need less heat, but more space to exercise and MOVE! At this time, it may be safe to introduce the chicks to a separate pen in a mature flock space. But keep the chickens separated until about 8–10 weeks of age.
7. Once your new chicks are about 8–10 weeks of age, introduce them to their adult environment. If you plan to have layers, introduce them to their nest boxes at this early age for acclimation to potential laying sites.
8. Fresh air/ventilation of your brooding and adult facilities is important to the long-term health of your flock. One of the most common health issues in



Rebekah D. Wallace, University of Georgia, Bugwood.org

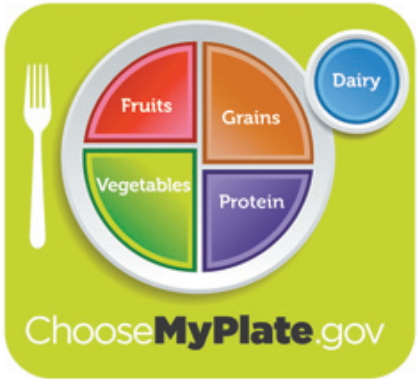
poultry is respiratory disease. Adult farm flocks need constant fresh air to avoid a buildup of noxious ammonia gases and dust. An open inlet and fan in an enclosed pen/barn will help facilitate a good air environment.

9. Clean your adult pen approximately once a month of wet spots. Wet litter breeds bacteria and disease along with ammonia fumes. Good litter management is important to both your bird's health and your comfort while working in the chicken coop.

**FOR MORE INFORMATION**  
For more poultry management tips, go to <http://animalscience.unl.edu/anscextensionpoultry>.



# 30 MyPlate Steps to a Healthier You



Alice Henneman, MS, RD  
UNL Extension Educator

USDA's MyPlate symbolizes a personalized approach to healthy eating and physical activity. It reminds us to make healthy food choices and to be active every day. Take action on the Dietary Guidelines by making changes in these three areas.

Choose steps that work for you and start today.

**Balancing Calories:**

- Enjoy your food, but eat less.
- Avoid oversized portions.

**Foods to Increase:**

- Make half your plate fruits and vegetables.
- Make at least half your grains whole grains.
- Switch to fat-free or low-fat (1%) milk.

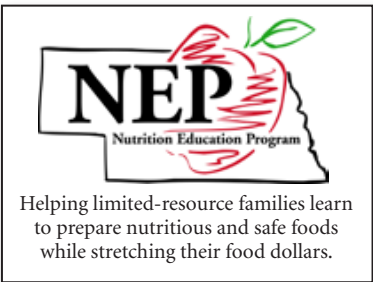
**Foods to Reduce:**

- Compare sodium in foods like soup, bread, and frozen meals and choose the foods with lower numbers.
- Drink water instead of sugary drinks.

Here are some tips from <http://choosemyplate.gov> to help you take steps to a healthier you.

|  |  |  |   |   |   |
|--|--|--|---|---|---|
| <b>1</b><br>On the Internet, go to <a href="http://choosemyplate.gov">http://choosemyplate.gov</a> to calculate your personalized "Daily Food Plan."   | <b>2</b><br><br>Order a veggie pizza with toppings like mushrooms, green peppers, and onions, and ask for extra veggies.   | <b>3</b><br>Eat foods and beverages low in "added sugars." Naturally occurring sugars such as those which are in milk and fruits do not count as added sugars.   | <b>4</b><br><br>Broil, grill, roast, poach, or boil meat, poultry, or fish instead of frying. Skip or limit the breading. Breading adds calories.                     | <b>5</b><br>Make most of your fruit choices whole or cut-up fruit rather than juice, for the benefits dietary fiber provides.   | <b>6</b><br><br>Select vegetables with more potassium often, such as sweet potatoes, white potatoes, white beans, tomato products (paste, sauce, and juice), beet greens, soybeans, lima beans, spinach, lentils, and kidney beans. |
| <b>7</b><br>Make half your plate fruits and vegetables. Vary your fruit and vegetable choices, as they differ in nutrient content.   | <b>8</b><br>Dried fruits make a great snack. They are easy to carry and store well. Because they are dried, 1/4 cup is equivalent to 1/2 cup of other fruits.  | <b>9</b><br><br>Sauces or seasonings can add calories, saturated fat, and sodium to vegetables. Use the Nutrition Facts label to compare the calories and % Daily Value for saturated fat and sodium in plain and seasoned vegetables. | <b>10</b><br><br>Walk up and down the soccer or softball field sidelines while watching the kids play.  | <b>11</b><br>Try a main dish salad for lunch. Go light on the salad dressing.   | <b>12</b><br><br>Make at least half of your grains whole grains. For a change, try brown rice or whole-wheat pasta.   |
| <b>13</b><br><br>Trim away all of the visible fat from meats and poultry before cooking.   | <b>14</b><br>Popcorn, a whole grain, can be a healthy snack if made with little or no added salt and butter.   | <b>15</b><br>Do stretches, exercises, or pedal a stationary bike while watching television.  | <b>16</b><br>Many vegetables taste great with a dip or dressing. Try a low-fat salad dressing with raw broccoli, red and green peppers, celery sticks or cauliflower. | <b>17</b><br>Physical activity may include short bouts of moderate-intensity activity. The accumulated total is what is important and can be accumulated through three to six 10-minute bouts over the course of a day. | <b>18</b><br>Color is not an indication of a whole grain. Bread can be brown because of molasses or other added ingredients. Read the ingredient list to see if it is a whole grain.  |
| <b>19</b><br><br>Frozen juice bars (100% juice) make healthy alternatives to high-fat snacks.  | <b>20</b><br><br>Park further from your destination (work, shopping, etc.) and walk the rest of the way.   | <b>21</b><br>Choose seafood at least twice a week as the main protein food. Look for seafood rich in omega-3 fatty acids, such as salmon, trout, and herring.  | <b>22</b><br><br>Stock up on frozen vegetables for quick and easy cooking in the microwave.   | <b>23</b><br><br>Experiment by substituting whole wheat or oat flour for up to half of the flour in pancake, waffle, muffin, or other flour-based recipes. They may need a bit more leavening.                          | <b>24</b><br>If you drink cappuccinos or lattes — ask for them with fat-free (skim) milk.   |
| <b>25</b><br><br>Never let raw meat, poultry, eggs, cooked food, or cut fresh fruits or vegetables sit at room temperature more than TWO HOURS before putting them in the refrigerator or freezer (one hour when the temperature is above 90°F). | <b>26</b><br>Keep a bowl of cut-up vegetables in a see-through container in the refrigerator. Carrot and celery sticks are traditional, but consider red or green pepper strips, broccoli florets, or cucumber slices. | <b>27</b><br>Select fruits with more potassium often, such as bananas, prunes and prune juice, dried peaches and apricots, cantaloupe, honeydew melon, and orange juice.   | <b>28</b><br><br>For dessert, make chocolate or butterscotch pudding with fat-free or low-fat milk.   | <b>29</b><br>Replace a coffee break with a brisk 10-minute walk. Ask a friend to go with you.   | <b>30</b><br><br>For fresh fruit salads, mix apples, bananas, or pears with acidic fruits like oranges, pineapple, or lemon juice to keep them from turning brown.  |

## Kids in the Kitchen — Part 1



Dana Willeford  
UNL Extension Associate

What are some of your favorite memories you have helping in the kitchen? Having children help with mealtime and cooking does more than just making your life less stressful at the end of a busy day. It adds purpose to kids' lives and gives

them something constructive to do. By giving them responsibility and helping them rise to it, they will build self-esteem and confidence.

If you're a single parent, you may especially need the extra help from your children at home. You're all trying to make your family and together time work. Time together in the kitchen by preparing, eating, and cleaning up will allow time for more family communication that may otherwise be more difficult to take place. Preparing dinner and eating together leads to many positive sharing experiences that could be lost otherwise.

Teaching your children how to cook is one of the best life

skills you can teach them. As we get older and cooking becomes second hand it's easy to forget the skills it takes to prepare meals. As a cook, it's important to be creative, understand math, science, nature, have hand-eye coordination, and be attentive to reading and writing.

Getting children involved with cooking is also a great opportunity to instill the importance of eating nutritious foods. As kids get older they need help learning family food shopping, budgeting, meal preparation, and cleanup. Learning meal preparation and kitchen skills is fun and necessary for survival!

### Pizza Kabobs

- 1/2 French bread baguette, cut into 3/4 inch cubes
- 1/2 cup pepperoni pieces or ham cubes
- 1/2 green bell pepper, cut into 3/4 inch cubes
- 1/2 cup mushrooms, halved
- 1/2 cup pineapple chunks
- 1/4 cup Italian dressing
- 1/4 cup Mozzarella cheese, shredded
- Pizza sauce (optional)

Preheat oven to 350°F. Thread bread, meat, vegetable, and fruit alternately on 8 (6 inch) wooden skewers. (Soak wooden skewers in warm water 30 minutes before using to prevent them from burning in the oven.) Arrange kabobs in single layer on foil-covered baking sheet. Brush evenly with dressing; sprinkle with cheese. Bake 20 minutes or until kabobs are heated through and cheese is melted.

Adapted from Nutrition Education Program 2012 Calendar



## FAMILY & COMMUNITY EDUCATION (FCE) CLUBS

### President's View – Marian's Message

**Marian Storm**  
*FCE Council Chair*

May basket time. I always enjoyed helping the kids make May Baskets. We would pop corn, add peanuts and M&M's. The Lily of the



Valley were usually in bloom so we would add flowers.

I still plant a small garden. My daughter helps me get the seeds planted. Fresh vegetables are so good and it's fun to watch



things grow. I enjoy being outside.

It's been nice having the early warm weather.

I enjoy taking my coffee, sitting on the porch swing, and reading a good book.

If nothing ever changed, there'd be no butterflies.

## FCE News & Events

### 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://lanaster.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

### Simple Steps to Cleaning Electronic Screens

To clean an LCD laptop or flat-panel monitor screen, use a soft, lint-free cloth or a microfiber cloth that's been slightly moistened with plain water. Do not use paper towels, as they can scratch the monitor's surface. Wipe the screen gently to remove dust and fingerprints.

For glass CRT (television-style) monitors, use an ordinary household glass-cleaning solution and a soft, lint-free cloth or microfiber cloth. Never spray the cleaner directly onto the screen — spray the cloth instead.

Unless the manufacturer recommends differently, do not use alcohol or ammonia-based cleaners on the monitor, as these can damage the anti-glare coatings.

Follow the same instructions for TV screens.

## Getting a Workout with Housework

One way to get more exercise in your life is to combine this goal with something we all need to do: clean the house. So here are a few ideas:

**Wear comfortable clothing** so it's easy for you to bend, stretch, and move around.

**Play music:** Choose something with a lively beat that will really get you moving.

**Alternate upstairs and downstairs tasks:** You'll get the cardiovascular benefit of climbing stairs. Plus, it's good for your leg muscles, too.

**Perfect your posture:** As you sweep or dust, tighten your abdomen and keep your knees slightly bent. This will strengthen your stomach muscles and take the strain off your back.

**Choose the old-fashioned way:** Using a broom or a carpet sweeper requires more muscles and energy than an electric vacuum cleaner. Chop food by hand rather than using a food processor. Whip eggs and cream with a whisk rather than a mixer or substitute a hand mixer for the standing mixer.

Forego the dishwasher in favor of washing dishes by hand and letting them air-dry.

**Get pumped:** If you're waiting for the water to boil or the microwave to do its thing, grab a couple of heavy cans and use them as dumbbells. Or, get a little more ambitious and do push-ups. Start with the against-the-wall variety and progress to the ones on the floor.

*Source: American Cleaning Institute, Cleaning Matters Newsletter*

## Daily Dozen Tips for Bathroom Cleaning

A grungy bathroom is not only unpleasant to look at — it's also a breeding ground for germs, mold, and mildew. Here are 12 tips to help keep the bathroom clean and sparkling on a daily basis. For family members with asthma, many of these best practices will help keep mold and mildew, which can trigger an asthma or allergy attack, under control.

**Use the bathroom fan:** It can help remove the moisture that causes mold and mildew. Vacuum the vents regularly to remove any dust that might inhibit the fan's effectiveness.

**Keep pop-up disinfectant wipes next to the sink:** Train family members to wipe down the sink and its surroundings every time they turn the tap water off.

**Hang a squeegee in the shower:** Use it to quick-clean the walls and glass doors before stepping out of the shower.

**Use wipes:** These are handy for cleaning around toilet rims, tanks, faucets, sinks, and basins. Check the label for

disposal instructions — flushable wipes disperse in water when agitated (like toilet paper) and they're safe for plumbing and septic tanks.

**Be soap-smart:** The choice between bar soap and liquid soap is a matter of personal preference. However, the way your family uses the soap may influence your choice. Bar soaps are great if they find their way back to the soap dish. Pump dispensers may be neater if the user's aim is accurate!

**Keep a bleach pen on hand:** It's a great tool for spot-cleaning mold and mildew.

**Get a hand-held vacuum:** When you think of vacuuming, the bathroom isn't the first room that comes to mind. However, consider the hair, dust, talcum powder and more that finds its way to the floor. A small, hand-held vacuum makes quick pickups a breeze.

**Rinse the tub:** Doing this after each use helps keep soap film and hard-water deposits from forming.

**Keep shower doors and**

**curtains open after use:**

This allows them to air-dry and helps prevent mildew.

**Use a daily shower cleaner:** Regular use will help keep shower and tub surfaces free of soap scum, mildew stains, and hard-water deposits. Mist surfaces right after showering while the walls are wet and warm — no rinsing, wiping, or scrubbing is necessary.

**Sort out reading material:** If reading in the bathroom is a family habit, don't let old magazines and newspapers accumulate. They are a magnet for dust and mold.

**Stock up:** Keep a set of cleaning supplies in the bathroom. Cleaning is easier if you don't have to travel far to get what you need. If there are small children in the household — or small visitors who use this bathroom — make sure the cleaning supplies are stored in a cabinet with a child-resistant lock.

*Source: American Cleaning Institute, Cleaning Matters Newsletter*

Your call for

**NEBRASKA  
FAMILY  
HELP  
LINE**

**1-888-866-8660**

- Trained counselors 24/7/365
- Children's behavioral issues
- Parent/child conflict resolution
- Youth mental health services



NEBRASKA FAMILY HELPLINE IS A SERVICE PROVIDED BY BOYS TOWN AND SUPPORTED BY THE NEBRASKA DEPARTMENT OF HEALTH AND HUMAN SERVICES

## 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 Streets)

**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.



# Managing Pastures in Lancaster County — Part 3: Weed Control

Tom Dorn  
UNL Extension Educator

This is the third of a three part series.

What is a weed? A weed is defined as a plant out of place. For example: if a corn seed sprouts and grows in your bluegrass lawn, it would be classified as a weed. Likewise, plants which would be classified as a weed in the garden or corn field can be a valuable forage source in a pasture, especially when the animals are able to graze the “weed” when it will provide good nutrition and is palatable. For many forage plants, timing is key. The nutritional value and palatability nearly always declines as a plant matures and enters the reproductive stage.

One example of weeds that can be utilized with proper timing is the two winter-annual brome species, Downy brome and Japanese brome. These two

weedy bromes germinate from seed in the fall, survive the winter, and begin growing rapidly in the early spring. When these annual bromes are succulent and lush, cattle and horses will readily graze them, especially since they are some of the first plants to green up in the spring, so are welcomed by the livestock.

Early spring grazing of winter-annual bromes not only provides some early-season forage, grazing them helps to reduce the amount of seed the plants will produce. When these annual bromes begin to produce a seed head, they become unpalatable and cattle and horses will no longer graze them. Another example of a weed that can provide forage is foxtail. Foxtail germinates in late May or early June. It will be grazed readily when the leaves are fresh and the seed head has not begun to emerge. Later, the foxtail will not be utilized unless nothing better is available.

If a grazing animal will eat a plant

and it is not toxic to them, why should you try to control it in a pasture? Some plants that definitely should be controlled include weeds on the noxious weed list.

In addition to the noxious weeds that must be controlled by law, I have listed some selected problem pasture weeds along with treatment suggestions.

### Eastern Red Cedar

I get more calls from rural residents about eastern red cedar trees taking over pastures and other untilled land than any other single plant species.

There are several approaches to getting control of red cedar.

Where the site allows, a good management tool is to conduct a controlled burn.

To be effective, there must be enough dry residue to make a hot fire and the trees can’t be too tall. Often trees over 5 to 8 feet tall will not burn all the way to the top , depending on whether there is enough dry residue to make a hot enough







fire. If any of the tree remains green, the tree will live on.







Broadcast herbicide application to Eastern Red Cedar (*Trees less than 24 inches tall* ) mix 2 pints Tordon 22K to 25 gallons water) or mix 3 pints of Surmount to 25 gallons of water.

Individual trees too large to kill with a broadcast spray can be killed using Tordon or Velpar. Apply full strength product at 4 ml per 3 feet of tree height. Apply to the soil inside the drip line of the tree.

#### FOR MORE INFORMATION

- Lancaster County Weed Control Authority’s “Weed Awareness” special section published in the March NEBLINE, and many more resources online at <http://lancaster.ne.gov/weeds>.
- UNL Extension’s “2012 Guide for Weed Management in Nebraska” (EC130) is online free at <http://go.unl.edu/3ce>.

| WEED   |                            | APPLICATION TIME  | PRODUCT PER ACRE   |
|--|----------------------------|---|--|
|  | Musk and Plumless thistles |   | • Chaparral/ Opensight 1–1.25 oz   |
|  |                            | Late fall or spring before bolting  | • Cimarron Plus 0.25 oz<br>• Curtail 2 oz  |
|  |                            | Late fall treatment of rosettes or in spring before flowering stalks lengthen | • 2,4-D ester (4L) 48–64 oz<br>• 2,4-D ester (4L) 32 oz + Dicamba 8 oz                   |
|  |                            | Prior to flowering  | • Telar 1 oz   |
|  | Sericea Lespedeza          | At flower bud to full bloom   | • Cimarron Plus 0.625 oz   |
|  |                            |   | • Escort 1–2 oz<br>• PastureGard 1.5–2 pt  |
|  |                            | Before bloom  | • Remedy 1–1.5 pt<br>• Surmount 2–2.5 pt   |
|  | Russian Knapweed           | At flower bud stage to early flower   | • Curtail 3–4 qt<br>• Dicamba 32–64 oz<br>• Grazon P+D 2.5–4 pt<br>• Redeem R&P 2.5–4 pt |
|  |                            | Apply from bud to mid-flower growth stage or treat in fall                    | • Transline 1–1.3 pt   |
|  | Hoary Cress                | Rosette stage in the fall or early bud in spring                              | • 2,4-D ester (4L) 64 oz   |
|  |                            | Early spring before bud stage   | • Chaparral 3.3 oz   |
|  |                            | Rosette stage in spring   | • Cimarron Plus 1 oz<br>• Escort 1.0 oz  |
|  |                            | Late spring/ summer at flowering  | • Plateau/Cadre 6–12 oz (pasture, range, noncropland, CRP)                               |
|  | Ironweed                   | Prior to flower bud stage   | • Grazon P+D 2–3 pt  |
|  |                            | Flower to bud stage   | • 2,4-D ester (4L) 48 oz   |
|  | Marestail                  | Prior to bolt   | • 2,4-D ester (4L) 32 oz<br>• Redeem R&P 1–2 pt<br>• Grazon P+D 2–3 pt                   |
|  |                            | 2–6” tall in pasture  | • Cimarron Plus 0.125 oz<br>• Overdrive 4–8 oz<br>• Telar 1 oz                           |

| WEED  |                                | APPLICATION TIME   | PRODUCT PER ACRE  |
|---|--------------------------------|--|---|
|  | Locust trees (honey and black) | Full foliage   | • Chaparral 3.3 oz  |
|   |                                | Full foliage during June; cut stump or basal treatment anytime | • Curtail 2–3 pt<br>• Escort 1–2 oz<br>• Grazon P+D 2–4 qt<br>• Remedy 2–4 pt   |
|   |                                | Full foliage during June                                       | • Surmount 2–3 pt   |
|  | Western Ragweed                | Early summer   | • 2,4-D ester (4L ) 32 oz<br>• Curtail 2–3 pt<br>• Grazon P+D 2–3 pt<br>• Overdrive 4–6 oz<br>• Salvo 12–15 oz<br>• Surmount 1.5–2 pt |
|  | Prairie Larkspur               | In spring  | • Grazon P+D 3–5 pt   |
|  | Poison Hemlock                 | Rosettes in fall or early spring                               | • 2,4-D ester (4L) 32 oz + Dicamba 8 oz   |
|   |                                |  | • Grazon P + D 2–4 pt   |
|  | Downy Brome and Japanese Brome | Fall or early spring when desirable grasses are dormant        | • Glyphosate 12–16 oz<br>• Oust 1–2 oz (noncropland)  |
|   |                                | Full PRE or early POST   | • Plateau/Cadre/ Imazapic 2E 4–12 oz  |
|  | Buckbrush                      | Full foliage May 10–25   | • 2,4-D ester (4L) 64–96 oz   |
|   |                                | Full foliage in spring   | • Chaparral 1.25 oz   |
|   |                                | 6–12” of new foliage   | • Cimarron Plus 0.5 oz  |
|   |                                |  | • Grazon P+D 4.0 pt   |

Note: Tordon, Grazon, and Surmount are Restricted-Use Pesticides. Only persons who hold a current pesticide applicator license can purchase and apply these products.

Table source: University of Nebraska–Lincoln Extension’s “2012 Guide for Weed Management in Nebraska” (EC130)



# Flowers That Tower



Boltonia



Common sneezeweed or False sunflower



False Indigo



Goatsbeard



Joe-Pye weed



Queen-of-the-prairie



Russian sage

Mary Jane Frogge  
UNL Extension Associate

Tall perennial plants in your flower beds can bring a sense of drama to your landscape. If you have the space, consider a few of these giants.

**Boltonia (*Boltonia asteroides*)** — This plant has showy, white, aster-like flowers in late summer. It will get 5–7 feet tall and may need staking. Thrives in any garden soil and spreads rapidly in moist conditions. Prefers full sun.

**Common sneezeweed or False sunflower (*Helenium autumnale*)** — Showy yellow flowers in late summer. Grows 3–6 feet tall. Very adaptable, but prefers moist soil and full sun.

**False Indigo (*Baptisia australis*)** — Forms large clumps. Grows 3–5 feet tall. Blue flowers bloom in spring. Prefers full sun to part shade.

**Goatsbeard (*Aruncus dioicus*)** — Stately perennial that produces creamy-white plumes of blossoms in early summer. Will grow in sun to part shade. Reaches heights of 4–6 feet.

**Joe-Pye weed (*Eupatorium purpureum*)** — Very showy with purple flower clusters in the fall. Grows 4–7 feet tall. Prefers moist soil and full sun to part shade.

**Plume poppy (*Macleaya cordata*)** — Handsome, large perennial that grows 5–10 feet tall. Does best in rich, well-drained soil and full sun. Blossoms are creamy-white plumes that reach nearly a foot in length. Warning! This plant spreads vigorously.

**Queen-of-the-prairie (*Filipendula rubra*)** — Tall and wind tolerant. Reaches heights of 6–8 feet tall. Flowers are large, 6–9 inch, pink clusters. Prefers moist-wet conditions and full sun to part shade.

**Russian sage (*Perovskia atriplicifolia*)** — This sage has aromatic gray-green leaves and pale blue flowers in the summer. It prefers well-drained soil and full sun. Russian sage will grow to be 3–5 feet tall.

**White Mugwort (*Artemisia lactiflora*)** — Creamy-white flowers appear in late summer. Attractive foliage reaches 4–6 feet tall. Grows in full sun or part shade.

## Wildflower Week Plant Sale



Leadplant (*Amorpha canescens*)



Coneflower (*Echinacea pallida*)



Shell-leaf penstemon (*Penstemon grandiflorus*)

## Nebraska Statewide Arboretum Friday, June 1, 12–5 p.m.

University of Nebraska–Lincoln East Campus greenhouses  
Enter north entrance at 38th & Leighton  
For more information, go to <http://arboretum.unl.edu> or call 402-472-2971

# Educate Yourself Before You Buy Plants

Mary Jane Frogge  
UNL Extension Associate

It is probably safe to say that the majority of mail order plant companies are legitimate businesses that strive to supply quality products to their customers. They can be a reliable source of unique plants that can otherwise be hard to find.

Whenever you are buying plants by mail, it pays to be cautious. Ads that make fantastic claims for plants should make you wary. Often a plant that sounds too good to be true will not live up to the claims made for it.

To avoid disappointment, read the ads closely. Find out everything you can about the plant being sold. First, find out what the plant is. Plant ads that

use common names and do not give the botanical names of the plants being sold make it difficult or impossible for you to learn more about the plant from other sources. The same common name may apply to several plants or a cute, catchy name may be made up for advertising purposes to attract potential buyers. Study the ad copy, what is missing may be more important than what is there.

Before you order plants, it is a good idea to comparison shop. Get catalogs or view on-line from several companies and compare plant sizes, ages, hardiness zones, growing conditions, warranties, shipping or handling details and costs. Educate yourself before you purchase plants and then enjoy the quality plants you receive.



## Garden Guide THINGS TO DO THIS MONTH By Mary Jane Frogge, UNL Extension Associate

- Grass clippings can be used as a mulch in flower beds and vegetable gardens if allowed to dry well before use. Never use clippings from a lawn that has been treated with a herbicide.
- Cabbage loopers and imported cabbage worms are green caterpillars. They eat large holes in the leaves of plants in the cabbage family. For control, caterpillars can be picked off by hand or sprayed with Bt (*Bacillus thuringiensis*), a natural, non-toxic preparation available by various trade names.
- Plan a landscaping project on paper first. Do not over plant. Be sure you know the mature size of each plant and allow for growth.
- Grow your own dried flowers. Raise statice, globe amaranth, straw flowers and other everlasting to provide flowers for this year's arrangements.
- Plant gladioli bulbs in mid May.
- Set out marigold, petunia, ageratum, and fibrous begonia transplants. All are good border plants.
- To grow annuals in containers on the patio, use a light weight soil mixture. Keep the plants well watered, because the soil dries out fast. Apply a water soluble fertilizer according to package directions every two weeks.
- Lawns maintained at the correct height are less likely to have disease and weed infestation. Kentucky bluegrass and tall fescue should be mowed at approximately three inches in height. Mow frequently, removing no more than one third of the blade at each cutting.
- Make successive plantings of beans and sweet corn to extend the harvest season.
- Harvest rhubarb by cutting or by grasping the stalk and pulling up and gently to one side.
- Watering roses with soaker hoses or drip irrigation will reduce the spread of black spot disease.
- Plant ground covers under shade trees that do not allow enough sunlight to grow grass. Vinca minor or English ivy are ground cover plants that grow well in shade.
- Mulch around newly planted trees and shrubs. This practice reduces weeds, controls fluctuations in soil temperature, retains moisture, prevents damage from lawn mowers and looks attractive.
- When you visit botanical gardens and arboreta, take your camera and notepad with you. Plan now for changes you will make in your landscape.
- For maximum landscape interest in a small, vertical space, try annual vines. They can disguise ugly walls and fences. When trellised, they can create shade and privacy while hiding undesirable views. Try morning glory, nasturtium vine, and scarlet runner bean.
- Newly transplanted vegetable plants should be protected from cutworms with collars. Cut strips of cardboard two inches wide by eight inches long, staple them into circles and place them around the plants. Press the collar about one inch into the soil. These collars will fence out the cutworms and protect the stems of the vegetable plants.
- Stay out of the garden when the vegetable plant leaves are wet. Walking through a wet garden spreads disease from one plant to another.
- Four or five layers of newspaper will serve as an effective mulch in the garden. Cover it with grass clippings or straw to prevent it from blowing away.
- Put tools away at the end of the day. Clean them and hang them up so they are ready to use and easy to find when you need them.





## 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 Cole at 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.

## 4-H Pre-Fair Leader Training, May 17

New leaders, experienced leaders, 4-H members, and parents are invited to a Leader Training on Thursday, May 17, 9:30 a.m. or 6:30 p.m. (you choose which time to attend) at the Lancaster Extension Education Center, 444 Cherrycreek Road. Meeting will focus on static exhibits, opportunities for 4-H members, and more. Learn about fair entry, contests, and important county fair information. It is a great opportunity to connect with other parents and leaders. MUST preregister by May 15 by calling 402-441-7180.

## Clothing Level 1 Workshop, May 19

A “Tips and Tricks for Clothing Level 1” workshop will be held at Hancock Fabrics, 6800 P St., Lincoln, on Saturday, May 19, 10:30–11:30 a.m. Workshop is open to anyone but will focus on 4-H clothing level 1 skills. No cost and no preregistration.

Learn what types of patterns to choose and what to watch for when you select your fabric. We will also cover techniques you should do that might not be mentioned in the pattern and what the judge is looking for. Did you know you can choose from four different waistband styles for Clothing Level 1? For more information, contact Kath at 402-421-7111.

## 4-H Special Garden Project: Firecracker Sunflower

4-H families are invited to participate in a special garden project, growing Firecracker Sunflowers. Twenty-five seed packets are available on a first-come, first-served basis, starting May 1. The cost is \$1.25 for one seed packet per family.

Please stop by the UNL Extension in Lancaster County office front desk to register, pay for, and pick up your seeds. Office hours are Monday–Friday, 8 a.m.–4:30 p.m. We are unable to take orders over the phone or reserve seeds in advance. The project will give youth the opportunity to learn about growing, harvesting, and exhibiting these pretty sunflowers at county fair.

## New 4-H Clover Kids Curriculum

A new 4-H Clover Kids (ages 5–7) home environment curriculum is now available. “A Space for Me! Helper’s Guide” is used in conjunction with the “A Space for Me!” member’s manual. Sections include: 1) Hang It, Fold It, Keep Your Space Neat; 2) Save It, Recycle It, Reuse It; and 3) Color It, Paint It, Create It. Copies are available at the extension office.

## 4-H Life Challenge Contests

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

- **County-level Senior Life Challenge** (for ages 12 and up) is scheduled for Saturday, June 2, 9 a.m. at the Lancaster Extension Education Center. Preregister by May 31 by calling 402-441-7180 (there is no entry form).

- **Statewide FCS Life Challenge** (for ages 12 and up) will be held Monday, June 25 and Tuesday, June 26 on UNL East Campus. To participate, must contact Tracy at 402-441-7180 by June 4. Please note: to participate in Life Challenge quiz bowl, participants must contact Tracy by May 11. Information is online at <http://pase.unl.edu>.

- **County-level Junior Life Challenge** (for ages 8–11) will be held Saturday, July 7, 9 a.m. at the Lancaster Extension Education Center. Preregister by July 5 by calling 402-441-7180 (there is no entry form). Contact Tracy for study packet after June 1.

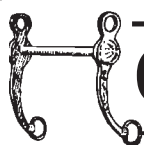
## 4-H/FFA Quality Assurance Certification Now Online

4-H/FFA youth exhibiting market beef, sheep, swine, dairy cattle, and goats must complete Quality Assurance certification in order to show. There is a new format for certification — it is now offered online rather than in person. This format will make it more user friendly and accommodating to your busy schedules. More detailed information will be sent out on how to log on and complete the activities.

## 4-H/FFA Animal ID’s Due June 15

All 4-H/FFA sheep, goats, swine, breeding beef, bucket calves, feeder calves, dairy cattle, llamas/alpacas, and rabbits which will be exhibited at county fair, state fair, and/or Ak-Sar-Ben 4-H Stock Show must have Identification/Ownership Affidavits submitted to extension by June 15.

Forms are available online at <http://lancaster.unl.edu/4h/fair> and the extension office. If you plan on showing market sheep, market hogs, or feeder calves at state fair or Ak-Sar-Ben, you will need to have DNA collected by this deadline also.



## HORSE BITS

### 4-H Riding Skills Horsemanship Level Testings May 1, June 18, and June 26

A 4-H riding skills level testing will be held on Tuesday May 1, 5:30 p.m. at the Lancaster Event Center, Great Plains Equipment Group Pavilion - Amy Countryman Arena. Anyone wishing to be tested must sign up by April 24 by contacting Marty at 402-441-7180 or [mcruickshank2@unl.edu](mailto:mcruickshank2@unl.edu).

Testings will also be held on June 18 and June 26.

**New this year: all parts of the horsemanship levels (reports, feed charts, demonstrations, etc) must be completed before the riding portion can be done.**

### 4-H Horse District/State Entries, IDs, Levels Due May 11

4-H’ers competing in district and state horse shows must be 12 years of age by Jan. 1 and have at least a horsemanship level II.

All Lancaster County 4-H’ers participating in district and/or state horse shows must submit entries, horse identifications, and completed horsemanship levels to the UNL Extension in Lancaster County, 444 Cherrycreek Road, Ste. A, Lincoln, NE 68528 by Friday, May 11. No late entries will be accepted!

Entry forms, entry guidelines, entry procedures, and the 2 & 3 year old western pleasure affidavits are available at the extension office and online at <http://go.unl.edu/horsediststate>.

### County Fair 4-H Horse IDs Due June 1

4-H horse identification forms for the Lancaster County Super Fair are due in the extension office by Friday, June 1. Late ID forms WILL NOT be accepted. Take the time to fill forms out completely and thoroughly. Draw your horse’s markings on the picture as accurately as you can. Also, be sure to indicate the horse’s color on the drawing. Please, if possible, do not use the online horse identification form — use the carbon copy form available at the extension office. If you do use the online ID form, be sure and make a copy for yourself before sending it to the extension office.

### Lancaster County 4-H Horse VIPS Pre-District Show/Clinic/Fundraiser on June 2

To help everyone prepare for districts and state, the Lancaster County 4-H Horse VIPS Committee is hosting a special pre-districts show/clinic/fundraiser on Saturday, June 2 starting at 9 a.m. at the Lancaster Event Center, Pavilion 3. 4-H’ers from all counties are welcome.

The show will follow the district format and all age groups (elementary, junior, and senior) can participate. All age groups can compete for prizes in a Hippology Contest. This will be an excellent opportunity for all 4-H riders to practice for districts. It will also be a great opportunity for elementary age riders to experience the district format even if they aren’t old enough for state. If there is time, the judge will do a little teaching/comments at the end of each class.

We are also using this as a fundraiser, so there will be a one time office charge of \$5 and a \$3 charge per class. Horses may be shown off the trailer (no jump-off fee). Stalls are also available. Anyone wishing to reserve a stall will need to contact Marty at [mcruickshank2@unl.edu](mailto:mcruickshank2@unl.edu) or 402-441-7180 and make arrangements prior to the show. Stalls are \$15 a day and Event Center shavings, \$8 a bag, must be used. Campsites are available on arrival through the Event Center.

Pre-registration is not required. Riders must be in 4-H attire. Concessions will be available onsite. Show flyer is available at <http://go.unl.edu/2pz> and at the extension office. For more information, call Marty at 402-441-7180.

Stay for Sunday’s Open Horse Show sponsored by Salt Creek Wranglers. For more information go to [www.saltcreekwranglers.com](http://www.saltcreekwranglers.com).

### 4-H Horse Tack Swap, June 2

Buyers and sellers of horse tack, books, attire, and anything horse-y are welcome to the second 4-H Tack Swap which will be held Saturday June 2, 8 a.m.–3:30 p.m. at the Lancaster Event Center, Pavilion 3 in conjunction with the Lancaster County Horse VIPS Committee pre-district show/clinic/fundraiser. Items will be accepted the day of, so dust off unused items in your closets, garages, and barns for a good cause and some extra cash! It’s free to list items or to shop the swap! Ten percent of all sales will be donated to Horse VIPS. Unsold items can be donated to 4-H or picked up at 3:30 p.m.

### 4-H Horse Districts in Lincoln, June 14

Lancaster County 4-H will host a district horse show on Thursday, June 14, 9 a.m. at the Lancaster Event Center in Plains Equipment Group Pavilion - Amy Countryman Arena. Stall, shaving and camper hookup reservations are highly recommended and due by June 4. For more information, go to <http://lancaster.unl.edu/4h/horsenews.shtml> or contact Marty at [mcruickshank2@unl.edu](mailto:mcruickshank2@unl.edu) or 402-441-7180.



# Clover College

## Tue., June 12–Fri., June 15

Lancaster Extension Education Center, 444 Cherrycreek Road  
Open to youth ages 6 & up

Four days of “hands-on” workshops full of fun and learning!  
Youth may attend as many workshops as they wish. Youth attending workshops that overlap the lunch period should bring



a sack lunch. Food will not be available (unless otherwise stated in the workshop description).

If you have questions, contact Tracy at 402-441-7180.

### WORKSHOP DESCRIPTIONS

#### 4-Day Workshops

All four-day workshops will be held Tuesday, June 12–Friday, June 15

##### #1 Clover Kids 4-day Day Camp

Clover Kids will participate in several hands-on activities while learning about animals, food fun, science, the outdoors, and more. Refreshments provided for this workshop.

TUE–FRI, JUNE 12–15;  
8AM–12:15PM  
AGES 6 & 7 • FEE \$25

##### #2 Rockets...Countdown to Family Fun

3...2...1...blast off! Have you ever wanted to build a rocket and launch it? Come to this workshop and receive a rocket kit and one engine. TUE–FRI, JUNE 12–15; 8–10AM AGES 8–12 • FEE \$10 INSTRUCTOR: Ron Suing, 4-H Volunteer

#### 3–Day Workshop

##### #3 Clover Chess Tourney

Play in a unique chess tournament. Children play 2 rounds per day all three days, alternating colors. Time controls Game/20, Swiss system. Boards, sets, and clocks provided. WED–FRI, JUNE 13–15; 10:15AM–12:15PM AGES 8–12 • FEE \$10 INSTRUCTOR: James Walla, 4-H Volunteer

#### 2-Day Workshop

##### #4 Camera Creativity!

Bring your ‘point & shoot’ or ‘DSLR’ and learn creative ways to use your camera. Create a mini studio complete with lights! Bring a small fun object for camera shooting in your new studio. Fun filters for camera flash gives you a new view of color and special effects. WED & THU, JUNE 13–14; 12:45–2:45PM AGES 10 & up • FEE \$8 INSTRUCTOR: Michael Pinho Sr., 4-H Volunteer

#### 1-Day Workshops

##### #5 Basketball Basics

Learn the basic skills needed to be a successful basketball player. Basketball included to take home. TUE, JUNE 12; 8–10AM AGES 8 & up • FEE \$10 INSTRUCTOR: Evan Kucera, College Basketball Player

##### #6 Hooded Towels

Create a hooded towel for a baby or toddler. Fee includes towel and thread. Bring scissors, sewing pins, ruler, and sewing machine. TUE, JUNE 12; 8–10AM AGES 11 & up • FEE \$10 INSTRUCTOR: Maureen Burson, Extension Educator

##### #7 Primitive Rope Making

Learn rope making as it was done by the indigenous cultures. Learn techniques using natural fibers found in the woods or prairie. TUE, JUNE 12; 8–10AM AGES 8 & up • FEE \$3 INSTRUCTOR: BJ Spring, owner, Nyakuwalk, Primitive Survival Skills

##### #8 Archery – A

Learn the basic skills needed to be a successful archer. All equipment provided. TUE, JUNE 12; 10:15AM–12:15PM AGES 8 & up • FEE \$2 INSTRUCTOR: Christy Christiansen, Nebraska Game and Parks

##### #9 Origami

Create friendly frogs and other cool things made out of folding paper with special effects. TUE, JUNE 12; 10:15AM–12:15PM AGES 8 & up • FEE \$10 INSTRUCTOR: Evan Kucera, 4-H Volunteer

##### #10 Money, Money, Money

Learn the basics of banking and how to spend and save wisely. TUE, JUNE 12; 10:15AM–12:15PM AGES 8 & up • FEE None INSTRUCTORS: Great Western Bank, Clock Tower Branch

##### #11 Outdoor Cooking

Everything tastes better when cooked outside! Join us for some cooking fun. First-timers get first priority in this class. TUE, JUNE 12; 10:15AM–12:15PM AGES 10 & up • FEE \$8 INSTRUCTOR: Soni Cochran, Extension Associate

##### #12 Archery – B

Same description as #8. TUE, JUNE 12; 12:45–2:45PM AGES 8 & up • FEE \$2 INSTRUCTOR: Christy Christiansen, Nebraska Game and Parks

##### #13 Feathered Flip Flops

Make gorgeous flip flops with feathers and jewels. Must state shoe size on registration form. TUE, JUNE 12; 12:45–2:45PM AGES 8 & up • FEE \$10 INSTRUCTORS: Jhoni Kucera and Brooke Thompson, 4-H Volunteers

##### #14 Mousetrap Car

Build your own vehicle powered solely by the energy of one standard-sized mousetrap. TUE, JUNE 12; 12:45–2:45PM AGES 8 & up • FEE \$4 INSTRUCTOR: Karol Swotek, 4-H Volunteer

##### #15 Terrific Table Setting

Create an awesome centerpiece and learn all you need to know to participate in the 4-H Table Setting Contest. TUE, JUNE 12; 12:45–2:45PM AGES 8 & up • FEE \$4 INSTRUCTOR: Rachel Pickrel, Extension Intern

##### #16 Rabbits, Rabbits!

Rabbits will be present to help you learn how to care for them and learn about rabbit showmanship. TUE, JUNE 12; 12:45–2:45PM AGES 8 & up • FEE \$3 INSTRUCTORS: Cindy & Alyssa Zimmer, 4-H Volunteers

##### #17 Nail Art

Have fun learning how to create different designs on your nails using decals, rhinestones, and beautiful nail paints. Come with clean finger and toe nails. TUE, JUNE 12; 3–5PM AGES 9 & up • FEE \$10 INSTRUCTOR: Jhoni Kucera, 4-H Volunteer

##### #18 Modeling Madness

Be a styling diva and learn the ins and outs of modeling. Perfect preparation for 4-H Style Revue. TUE, JUNE 12; 3–5PM AGES 8 & up • FEE \$2 INSTRUCTOR: Sheridan Swotek, 4-H Volunteer

##### #19 Steady Hand Tester

How steady is your hand? Build this game and find out — and then enter it in the fair! TUE, JUNE 12; 3–5PM AGES 8 & up • FEE \$4 INSTRUCTOR: Jean Nabity, 4-H Volunteer

##### #20 Pizza Farm

What’s a Pizza Farm and what does agriculture have to do with it? Come and find out! TUE, JUNE 12; 3–5PM AGES 8 & up • FEE \$4 INSTRUCTOR: Shayna Truax, Extension Intern

##### #21 Recycled Treasures

One person’s trash is another one’s treasure. Make creative new items that once had a different purpose. TUE, JUNE 12; 3–5PM AGES 8 & up • FEE \$5 INSTRUCTOR: Nicole Effle, 4-H Volunteer

|             | TUE, JUNE 12  | WED, JUNE 13   | THU, JUNE 14  | FRI, JUNE 15   |
|-------------|---|--|---|--|
| 8:00–10:00  | CLOVER KIDS<br>ROCKETRY<br>BASKETBALL BASICS<br>HOODED TOWELS<br>PRIMITIVE ROPE MAKING          | CLOVER KIDS<br>ROCKETRY<br>QUILLING<br>GO GO OSMOSIS                                       | CLOVER KIDS<br>ROCKETRY<br>JAZZY JEWELRY<br>PLANT BABIES                        | CLOVER KIDS<br>ROCKETRY<br>ECO-WONDERS<br>DECOUPAGING DETAILS                    |
| 10:15–12:15 | CLOVER KIDS<br>ARCHERY<br>ORIGAMI<br>MONEY, MONEY, MONEY<br>OUTDOOR COOKING                     | CLOVER KIDS<br>CLOVER CHESS TOURNEY<br>FISHING FUN<br>¡VIVA EL MUNDO!<br>SUMMERTIME CRAFTS | CLOVER KIDS<br>CLOVER CHESS TOURNEY<br>HULA HOOP RUGS<br>GPS BASICS             | CLOVER KIDS<br>CLOVER CHESS TOURNEY<br>CONTROL THE FLOW<br>PHOTO COLLAGE STAR    |
| 12:45–2:45  | ARCHERY<br>FEATHERED FLIP FLOPS<br>MOUSETRAP CARS<br>TERRIFIC TABLE SETTING<br>RABBITS, RABBITS | CAMERA CREATIVITY<br>DESTINATION: MOON<br>YUMMY GARDEN<br>CANDYLAND COTTAGE                | CAMERA CREATIVITY<br>WONDERFUL WILDLIFE<br>BABYSITTING BASICS<br>SIMPLY SCARVES | WILD ABOUT WALLETS<br>PHYSICS IN AGRICULTURE<br>PERFECT PET TREATS<br>FLORAL FUN |
| 3:00–5:00   | NAIL ART<br>MODELING MADNESS<br>STEADY HAND TESTER<br>PIZZA FARM<br>RECYCLED TREASURERS         | CARTOONING FUN<br>JEANS APRON<br>DOUGH FUN<br>CELEBRATE CRAFTS                             | CREATIVE CARDS<br>FUN WITH AGRICULTURE<br>FROSTING FRENZY<br>COOL QUICK QUILTS  | NO CLASSES   |

##### #22 Quilling

Learn the basics of quilling and make an item to enter in the fair. WED, JUNE 13; 8–10AM AGES 8 & up • FEE \$4 INSTRUCTOR: Carol Nabity, 4-H Volunteer

##### #23 Go Go Osmosis!

Cook up some fun and learn the WHY behind cooking techniques as well as the scientific explanation. WED, JUNE 13; 8–10AM AGES 8 & up • FEE \$5 INSTRUCTORS: Jennifer Smith and Paige Roach, 4-H Volunteers

##### #24 Fishing Fun

Bring your fishing pole, line, hook and bobber for fishing fun at a nearby lake. Extra tackle is optional. Bait provided. First-timers get first priority in this class. Wear closed toe shoes and sun protection. WED, JUNE 13; 10:15AM–12:15PM AGES 9 & up • FEE \$5 INSTRUCTORS: David Smith, Extension Technologist & Soni Cochran, Extension Associate

##### #25 ¡Viva El Mundo!

An action-packed class filled with authentic food, craft, language, and dancing in both French and Spanish. WED, JUNE 13; 10:15AM–12:15PM AGES 8 & up • FEE \$5 INSTRUCTORS: Nancy Smith and Paige Roach, 4-H Volunteers

##### #26 Summertime Crafts

Create your own sensational summertime arts & crafts in this hands-on workshop. WED, JUNE 13; 10:15AM–12:15PM AGES 8 & up • FEE \$5 INSTRUCTORS: Lianne, Victoria, and Elizabeth Garza, 4-H Volunteers

##### #27 Destination: Moon

Solve mysteries about the moon’s origins, revolution, and rotation. WED, JUNE 13; 12:45–2:45PM AGES 8 & up • FEE \$7 INSTRUCTOR: Stephanie Wachter, 4-H Volunteer

##### #28 Yummy Garden

Make a cupcake vegetable garden. So real you won’t believe it! WED, JUNE 13; 12:45–2:45PM AGES 8 & up • FEE \$10 INSTRUCTORS: Jhoni Kucera and Brooke Thompson, 4-H Volunteers

##### #29 Candyland Cottage

Assemble a gingerbread house and adorn it with candy. Bring leftover candy to add to the supplies. WED, JUNE 13; 12:45–2:45PM AGE 8 & up • FEE \$4 INSTRUCTOR: Sheridan Swotek, 4-H Volunteer

##### #30 Cartooning Fun

Learn how to draw cartoon characters through fun, easy methods. WED, JUNE 13; 3–5PM AGES 8 & up • FEE \$4 INSTRUCTOR: Teri Hlava, Extension Assistant

##### #31 Jeans Apron

Sew a cute apron using an old pair of jeans. Bring your sewing machine, scissors, matching thread and 1 yd. cotton fabric for the ruffle. Jeans will be provided. WED, JUNE 13; 3–5PM AGES 10 & up • FEE \$2 INSTRUCTOR: Janet Anderson, 4-H Volunteer

##### #32 Dough Fun

It’s easier than it looks to mix and shape bread and rolls. Participants

learn techniques and bring home samples they have made.

WED, JUNE 13; 3–5PM  
AGES 10 & up • FEE \$5  
INSTRUCTOR: Lorene Bartos, Extension Educator

##### #33 Celebrate Crafts

Celebrate crafts as you create your masterpiece in this fun hands-on workshop. WED, JUNE 13; 3–5PM AGES 8 & up • FEE \$5 INSTRUCTOR: Cindy Zimmer, 4-H Volunteer

##### #34 Jazzy Jewelry

Create your own beads and jewelry designs. THU, JUNE 14; 8–10AM AGES 8 & up • FEE \$3 INSTRUCTOR: Rachel Pickrel, Extension Intern

##### #35 Plant Babies

Learn all about planting, propagating, and growing your own flowers. Have a potted plant ready for the fair. THU, JUNE 14; 8–10AM AGES 8 & up • FEE \$5 INSTRUCTORS: Jean & Kyle Pedersen, Master Gardener and 4-H Volunteer

##### #36 Hula Hoop Rugs

Create a hula hoop rug with old T-shirts. Bring 10 colorful old adult large T-shirts. You keep the hula hoop. THU, JUNE 14; 10:15AM–12:15PM AGES 10 & up • FEE \$5 INSTRUCTOR: Janet Anderson, 4-H Volunteer

##### #37 GPS Basics

Learn basics of Global Positioning System (GPS), how to use a GPS unit and find caches. THU, JUNE 14; 10:15AM–12:15PM AGES 8 & up • FEE \$3 INSTRUCTOR: Michelle Huber, 4-H Volunteer

##### #38 Wonderful Wildlife

Birds, snakes, turtles, oh, my! Come and explore wildlife and nature. THU, JUNE 14; 12:45–2:45PM AGES 8 & up • FEE \$2 INSTRUCTORS: Lower Platte South NRD and Pioneers Park Nature Center

##### #39 Babysitting Basics

Learn the basic skills needed to be a responsible and creative babysitter. Focus is on activities, making snacks and toys. THU, JUNE 14; 12:45–2:45PM AGES 11 & up • FEE \$5 INSTRUCTOR: Lorene Bartos, Extension Educator

##### #40 Simply Scarves

Design and create your yarn scarf to wear and enter in the fair. THU, JUNE 14; 12:45–2:45PM AGES 8 & up • FEE \$6 INSTRUCTOR: Kylie Plager and Sheridan Swotek, 4-H Volunteers

##### #41 Creative Cards

Explore your creative side by making fabulous fun cards. THU, JUNE 14; 3–5PM AGES 8 & up • FEE \$2 INSTRUCTOR: Carol Nabity, 4-H Volunteer

##### #42 Fun with Agriculture

Come enjoy the fun and learn about Nebraska agriculture, from corn and soybeans to cows and pigs. Lots of hands-on learning! THU, JUNE 14; 3–5PM AGES 8 & up • FEE \$5 INSTRUCTOR: Cole Meador, Extension Assistant

##### #43 Frosting Frenzy!

Come have your cake and eat it too! Leave with your sample cupcakes and tips to make future masterpieces. THU, JUNE 14; 3–5PM AGES 9 & up • FEE \$6 INSTRUCTORS: Vicki Clarke, Ginger O’Donnell, Linda Thompson, 4-H Volunteers

##### #44 Cool Quick Quilt

Design a quick and fun pieced quilt. Bring sewing machine, basic sewing supplies, six 26" square fleece blocks of contrasting/complimentary colors and/or patterns and matching thread. THU, JUNE 14; 3–5PM AGES 10 & up • FEE \$3 INSTRUCTOR: TBA

##### #45 Eco-Wonders

Create an eco-system and discover the wonders of it. Learn how the sun, air, water, and soil interact. FRI, JUNE 15; 8–10AM AGES 10 & up • FEE \$5 INSTRUCTOR: Cathy Plager, 4-H Volunteer

##### #46 Decoupage Details

Decorate your own storage box by recycling magazines. Bring old magazines and your imagination! FRI, JUNE 15; 8–10AM AGES 8 & up • FEE \$5 INSTRUCTOR: Shayna Truax, Extension Intern

##### #47 Control the Flow

Explore the Magic of Electricity by creating a light switch you can enter in the fair! FRI, JUNE 15; 10:15AM–12:15PM AGES 8 & up • FEE \$5 INSTRUCTOR: Rachel Pickrel, Extension Intern

##### #48 Photo Collage Star

Create a neat wall hanging highlighting your family, friends, and pets! Bring 10–20 photos (all black and white or all color) for the collage. FRI, JUNE 15; 10:15AM–12:15PM AGES 10 & up • FEE \$5 INSTRUCTOR: Michelle Huber, 4-H Volunteer

##### #49 Wild About Wallets

Make a wallet for yourself and a friend or family member. Must have completed Clothing Level 1. Bring sewing machine, scissors, thread, etc. and two coordinating fat quarters for each wallet for a total of four fat quarters to make two wallets. FRI, JUNE 15; 12:45–2:45PM AGES 10 & up • FEE \$5 INSTRUCTOR: Kylie Plager, 4-H Volunteer

##### #50 Physics in Agriculture?

Sure! See how physics and agriculture work together. FRI, JUNE 15; 12:45–2:45PM AGES 8 & up • FEE \$7 INSTRUCTOR: Stephanie Wachter, 4-H Volunteer

##### #51 Perfect Pet Treats

Make dog and cat treats and toys. Take some treats and toys home and donate the rest to the Capital Humane Society. FRI, JUNE 15; 12:45–2:45 PM AGES 8 & up • FEE \$5 INSTRUCTOR: Karen Wedding, Extension Staff

##### #52 Floral Fun

Explore floral fun and learn floral design elements. Take home your floral creation. FRI, JUNE 15; 12:45–2:45PM AGES 8 & up • FEE \$8 INSTRUCTOR: Jo Lynn Brown, 4-H Volunteer

Registration opens May 2 for currently enrolled 4-H members.

Registration opens May 9 for non-4-H members.

## To register, use form on page 11 of this issue!

Early registrations will NOT be accepted! No telephone or online registration.

No refunds unless class is already filled or canceled.

For current class availability, go to <http://lancaster.unl.edu/4h/programs/clovercollege>



## Nebraska LEAD Program

Nebraska Agricultural Leadership Council

Applications are now being accepted for the Nebraska LEAD Group 32 which begins the fall of 2012. Up to 30 highly motivated individuals with demonstrated leadership potential will be selected.

The Nebraska LEAD Program is specifically designed for both men and women involved in production agriculture or agribusiness. Nebraskans in the general age range of 25–50 who are intent in providing quality leadership for the future of Nebraska agriculture are encouraged to apply.

### Application deadline is June 15.

For application or re-application materials and/or further information, call the Nebraska LEAD Program at 402-472-6810 or email [sgerdes2@unl.edu](mailto:sgerdes2@unl.edu).

More information is located at <http://lead.unl.edu>

## 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.



## BIOSOLIDS

*continued from page 1*  
hiring a custom applicator to apply it for them.

### EPA Regulations

In 1993, federal regulations set standards for pathogens, heavy metal concentrations, and rules that determine application rates and application sites. The intent of these regulations was — and still is — to prevent harm to people, wildlife, and the environment. Soil tests are taken on fields to make sure the soil needs nitrogen and to determine application rates. There are also restrictions that prevent application of this material close to wells, rivers, streams, and public water supplies.

### GPS/GIS Technology

In 1997, extension purchased a global positioning system (GPS) receiver and geographic information system (GIS) software used to map storage and application sites. This monitoring system has become

important in tracking multiple applications on fields.

### Everyone Wins

This is a program where everyone wins. The City of Lincoln wins because the cost associated with landfilling biosolids is greater than the cost of the biosolids program. It may be hard to believe, but to landfill biosolids, the City has to pay tipping fees just like any other user. Landfill users — nearly everyone in Lancaster County — win because this program saves landfill space and extends the life of the Bluff Road Landfill. Cooperating farmers win because they get greater yields, which helps their bottom line. UNL Extension wins because this program is one to be proud of — few extension programs do a better job of demonstrating the interdependence of urban and rural sectors of our society.

For more information about the biosolids program, contact Barb Ogg or Dave Smith at 402-441-7180, Monday–Friday, 8 a.m.–4:30 p.m.

# Knowing Facts About Severe Weather Can Prevent Harm

Many myths surround spring severe weather, but knowing all of the facts about safety and preparation can save lives.

### Be Prepared

The first thing a family can do to prevent harm is buy a weather radio. A weather radio costs roughly the same as a family of four going to see a movie. Instead of using a phone or looking outside, find out about severe weather through a weather radio.

When traveling in a car during severe weather, make sure to listen to the radio. Take out the CD, the MP3 player, or turn from an FM station to a local AM station covering the weather going on in the area.

Make a photocopy of everything on paper of value in a home or business. This may include insurance information, car information, licenses, passports, or other forms. Keep those copies stored in a safe location, preferably away from home. Surviving severe weather is important, but returning to normal life will be much easier with backup copies.

Families should also have a communication plan set in place. Relatives or friends could overload authorities' phone lines trying to find out if their loved ones are safe. Designate a relative to be the head of a "communication tree." That person can find out information about family in the disaster and let relatives and friends know about their condition.

Families need to have plans in place for safety areas and meeting places during a storm. Kids home alone on school days need to know a meeting place and designated tornado shelter in their home. Children have died from panicking during a storm and not knowing a safe place to take cover.

### Watch vs. Warning

People should know the difference between a watch and a warning. A watch is telling citizens to just watch out for

the hazard, to be more aware of the weather. A warning means something is happening now and everyone near should seek shelter and safety.

A watch is telling citizens to just watch out for the hazard, to be more aware of the weather. A warning means something is happening now...

### Lightening

Many myths surround lightning from severe thunderstorms. Many people believe no phones are safe during an electrical storm. Phones on land lines are not safe because charges can travel through wires. However, cell phones are safe.

Get inside immediately after hearing thunder during a storm. A house, car, or well-enclosed picnic area in parks are good options. If caught outside, crouch to the ground, don't lie on it. Lying on the ground puts the heart closer to the ground, which increases the chance of an electrical charge reaching the heart and stopping it.

Don't hide under a tree. Trees stand high from the ground and a charge can run through them. If a person's hair begins standing up, it means static electricity is in the air and he or she should find cover immediately. However, don't run. Running in a storm increases static electricity that attracts lightning.

Another huge myth is visibly seeing the sun or being outside rainfall means lightning won't strike close. Lightning can strike more than 15 miles away from the storm. A "bolt in the blue" occurs when lightning strikes out the side of a storm system. These are some of the most common lightning fatalities.

In fact, lightning is more dangerous than tornadoes. Lightning is the number one severe weather killer.

Many people think a human body will hold the charge from a lightning strike, but that's not true. The person struck needs CPR immediately. He or she may just need a few chest pumps to get the heart going again, but if you don't, the person could be dead by the time paramedics arrive. Paramedics can talk a person through CPR over the phone.

### Tornadoes

Tornadoes have their share of myths as well, though many are disappearing. Bathrooms aren't safe to stay in if they are connected to an exterior wall. Also, it doesn't matter if a window is opened or closed during a tornado. Windows will be damaged either way, though if closed, they could prevent debris from coming inside.

Staying safe under overpasses is a common misconception as well. They are not safe from storms and traffic safety would be a concern as well.

Many people believe if a tornado approached from the southwest, it would be safer to stay in the southwest corner of the home. They think it would blow the house over to the northeast, so the southwest side is the safer choice. The center of the home, preferably in a basement, is the safest point.

Source: Ken Dewey, Ph.D., UNL extension climatologist

### ADDITIONAL RESOURCES

Extension Disaster Education Network (EDEN) provides disaster education resources to reduce the impact of natural and man-made disasters; online at <http://eden.lsu.edu>

Lancaster County Emergency Management provides information or presentations. Contact 402-441-7441 or go to [www.lincoln.ne.gov/Cnty/civil/index.htm](http://www.lincoln.ne.gov/Cnty/civil/index.htm)

## From Recipe to Reality Seminar, May 11

The University of Nebraska–Lincoln Food Processing Center's "From Recipe to Reality" seminar is the first step in developing a food business. It is specifically designed to provide entrepreneurs with an understanding of the key issues they will need to consider when starting a food business. Participants include individuals interested in marketing a family recipe, individuals with a product idea or concept, producers considering adding value to an agricultural product, restaurateurs exploring the manufacturing of a house specialty, and storeowners contemplating the development of a private label product.

"From Recipe to Reality" provides a general overview of the many issues involved in developing a food manufacturing business. Seminar topics address important questions

every entrepreneur should consider.

- Market research and selection
- Product and process development
- Food regulatory issues and agencies
- Packaging and labeling
- Pricing and cost analysis
- Product introduction and sales
- Promotional material package
- Food safety and sanitation
- Business structure

Upcoming seminars held in Lincoln at UNL East Campus will be Friday, May 11, Friday, Aug. 10, and Saturday, Nov. 3. Pre-registration required and space is limited. For additional information, contact Jill Gifford at 402-472-2819 or [jgifford1@unl.edu](mailto:jgifford1@unl.edu) or go to <http://fpc.unl.edu/Entrepreneur/recipe.shtml>.



# EXTENSION CALENDAR

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

## April

- 22 **4-H Speech Contest** ..... 1 p.m.  
28 **4-H Paws On Dog Clinic**, Lancaster Event Center - Exhibit Hall **9 a.m.–4 p.m.**  
28 **4-H Horse VIPS Committee’s Middle Cross Dressage Schooling Show**,  
Middle Cross Stables, 500 Sprague Road, Roca

## May

- 1 **4-H Horse Level Testing**, Lancaster Event Center - Amy Countryman  
Arena ..... 5:30 p.m.  
1 **4-H Council Meeting** ..... 7 p.m.  
1 **Family & Community Education (FCE) Council Scholarship Applications  
Due**  
3 **4-H/FFA Sheep Weigh-In**, Lancaster Event Center - Pav. 2..... 6–8 p.m.  
11 **Extension Board Meeting** .....8 a.m.  
11 **Lancaster County Deadline for District/State Horse Show  
Entries, ID, Level Tests**  
12 **4-H “Junque to Jewels” Furniture Painting Workshop** .....9 a.m.  
12 **Composting Demonstration**, Pioneers Park Nature Center’s Backyard  
Composting Demonstration Area ..... 10 a.m.  
15 **Guardian/Conservator Training** .....1:30–4:30 p.m.  
16 **AARP Driver Safety Program** ..... 9 a.m.–1 p.m.  
17 **Co-Parenting for Successful Kids** ..... 9 a.m.–12:30 p.m.  
17 **4-H Pre-Fair Leader Training** ..... 9:30 a.m. & 6:30 p.m.

### Eastern Nebraska 4-H Center Hosts Open House, April 29

To showcase 4-H summer camp programs for the upcoming 2012 camping season, the Eastern Nebraska 4-H Center near Gretna will host an open house Sunday, April 29 from 1–4 p.m. The event is free and open to the public and is a great opportunity for parents to bring their children to see all the activities and camps they can participate in this summer.

The 4-H center has dozens of camp programs for kids ages 5–17 (need not be enrolled in 4-H). The Eastern Nebraska 4-H Center is located at 21520 West Highway 31, five miles south of I-80 exit #432, next to Schramm Park. For more information about the open house or the center, go to <http://4h.unl.edu/camp> or call 402-332-4496.

### National Paper Clover Campaign May 2–13

This year marks two years of collaboration between National 4-H Council and Tractor Supply Company (TSC). The spring 2012 4-H Paper Clover Campaign will take place May 2–13. Shoppers at TSC stores will have the opportunity to support 4-H by purchasing paper clovers for a \$1 or more at checkout. All funds raised will be donated to 4-H. In just two years, the TSC 4-H Paper Clover Campaign has provided more than \$1 million to 4-H across the country, with 70 percent of the funds returning to state and local 4-H programs.

### Upcoming Composting Demonstrations

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

Composting demonstrations are presented at the Pioneers Park Nature Center’s backyard composting demonstration area. 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.



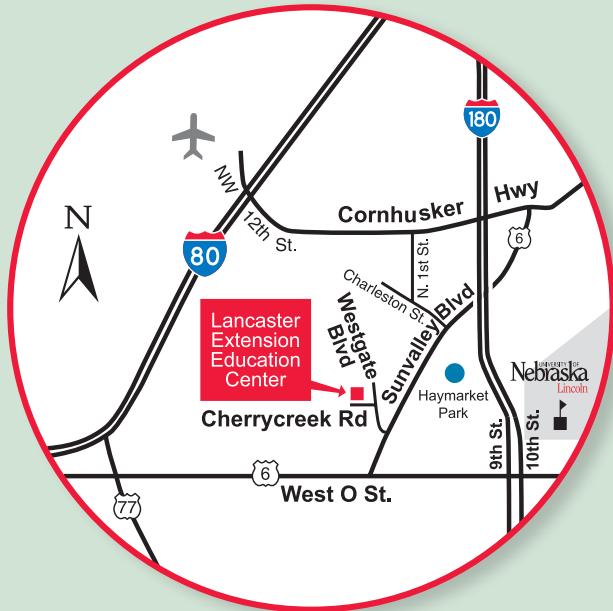
University of Nebraska–Lincoln Extension  
in Lancaster County  
444 Cherrycreek Road, Ste. A, Lincoln, NE 68528  
**402-441-7180**

<http://lancaster.unl.edu>

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

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Lancaster Extension Education Center Conference Facilities  
444 Cherrycreek Road, Lincoln



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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.

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## THE NEBLINE

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### CLOVER COLLEGE REGISTRATION FORM

#### SEE PAGE 9 FOR CLOVER COLLEGE WORKSHOP INFORMATION

For current class availability, go to <http://lancaster.unl.edu/4h/programs/clovercollege>

Classes  
fill up  
quickly!

To register, complete the registration form (one person per form) and return with payment (make check payable to Lancaster County Extension). Registrations must be received by June 6. Registrations are handled on a “first come” basis and will only be accepted upon receipt of fees.

**No telephone or online registration.** No refunds unless class is already filled or canceled. May photocopy this form if needed.

Assume your registration is confirmed unless we contact you about filled classes.

**Registration opens May 2 for currently enrolled 4-H members.**  
**Registration opens May 9 for non-4-H members.**

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

Name \_\_\_\_\_ Age \_\_\_\_\_

Parents Name(s) \_\_\_\_\_

Address \_\_\_\_\_

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

Daytime Phone \_\_\_\_\_ Email \_\_\_\_\_

Special Needs (allergies, etc.) \_\_\_\_\_

Workshop(s) # \_\_\_\_\_ Title \_\_\_\_\_ Fee \_\_\_\_\_

# \_\_\_\_\_ Title \_\_\_\_\_ Fee \_\_\_\_\_

# \_\_\_\_\_ Title \_\_\_\_\_ Fee \_\_\_\_\_

# \_\_\_\_\_ Title \_\_\_\_\_ Fee \_\_\_\_\_

# \_\_\_\_\_ Title \_\_\_\_\_ Fee \_\_\_\_\_

Use additional sheet of paper if needed

Total \_\_\_\_\_

I give permission to use my child’s image in photographs taken at Clover College in publications, news articles, advertisements or Web sites pertaining to 4-H. ☐ yes ☐ no

I give permission for my child to complete workshop evaluations to assess educational impact and life skill development. All information is obtained and reported as aggregated data. ☐ yes ☐ no

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Mail or bring registration form and payment to:  
UNL Lancaster County Extension, 444 Cherrycreek Rd., Ste. A, Lincoln, NE 68528  
**EARLY REGISTRATION NOT ACCEPTED!**



May

Mark Hurt

Lancaster County 4-H is proud to announce Mark Hurt as winner of May's "Heart of 4-H Award" in recognition of outstanding volunteer service.

A volunteer for more than eight years, Mark helps with the Rabbits R Us 4-H club, is a member of the Rabbit Volunteers in Program Service (VIPS) Committee, a superintendent of the 4-H Rabbit Judging and Breed Identification contests at the Lancaster County Super Fair, and a member of 4-H Council. He has helped with 4-H Council's food booth at the fair and other Council activities.

"I like being a 4-H volunteer because I believe the kids are gaining experiences in the life skills of confidence in themselves and projecting that on others," Mark says. "It's such a positive group to be in with so much potential for urban kids to learn from. 4-H is hands-on and involvement with others, gaining communication skills along the way to use later in life. Every year I help out at the Super Fair with the youth in 4-H, helping answer questions or getting them to make more of an effort, boosting their confidence, and showing them they are capable of achieving what they want."

Congratulations to Mark. Volunteers like him are indeed the heart of 4-H!



5th Graders Learn About Environment at earth wellness festival

Approximately 3,100 Lancaster County fifth graders from 44 schools attended the 18th annual **earth wellness festival (ewf)** on March 26 and 27 at Southeast Community College. Students learned about the environment and the importance of natural resources in fun, interactive sessions. More than 200 volunteers, area educators, environmentalists, and government representatives make this educational experience possible.

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

More photos and a video of the Lincoln Children's Zoo "Endangered!" presentation are online at <http://lanaster.unl.edu/ewf>.

In the "Scoop on Poop" session, fifth graders learn about Lincoln's biosolids program.



"The Raptors" presentation by the World Bird Sanctuary of St. Louis, Mo. is the culminating session. Above, a hooded vulture flies above students.



4th Graders Gain Understanding of Agriculture at Ag Awareness Festival

Nearly 470 fourth graders from eight Lincoln area schools attended the Ag Awareness Festival held on April 3 and 4 at the Lancaster Event Center. Students gained a greater understanding of agriculture and how it impacts their daily lives. Students rotated between the following 10 interactive stations: Nebraska Ag Production Across the State, Grain Products, Farming Technology, Swine, Horse, Dairy Production, Ruminant Nutrition, Dairy Calves, Beef Production, and Hay & Forages.

The Ag Awareness Coalition, led by University of Nebraska-Lincoln Extension, organizes the festival with the help of agriculture businesses, commodity associations, and food industry companies. This is the 12th year the festival has been held in Lincoln.



Fourth graders got a close up look at three-month old swine. These swine are offspring of sows bred by UNL students learning to farrow.



Students learned about farm technology and the importance of safety around equipment.



Pete, a quarter horse used by the UNL Equestrian Team, was on hand to help students learn about horses.

Spring Rabbit Show Gives Youth Jump Start on Rabbit Project

The Lancaster County Rabbit VIPS Committee hosted a 4-H Spring Rabbit Show on March 24. This was a good opportunity for youth to learn and practice their showmanship as well as show their rabbits. Youth also participated in Breed Identification and Rabbit Quiz contests. 4-H'ers from Lancaster, Adams, Douglas, Gage, Johnson, Saline, and Saunders counties entered 145 rabbits. Proceeds from the show will go toward educational shows/clinics and trophies for the Lancaster County Super Fair 4-H Rabbit Show. More photos are online at <http://go.unl.edu/lancoflickr>.



Can You Guess It?



Did you guess it? Find out at <http://lanaster.unl.edu>

Did you guess it from the April NEBLINE?

The answer was: Spaghetti with sauce and meatball showing portion distortion