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The NEBLINE, April 2013

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April 2013

444 Cherrycreek Road, Suite A, Lincoln, NE 68528 • 402-441-7180 • <http://lancaster.unl.edu>

Landscapes in Drought

Sarah Browning
UNL Extension Educator

LAST SUMMER'S HOT, DRY conditions were brutal to many of our landscapes, leaving us with dead patches in the lawn, dead shrubs, and dead trees. So far, a dry winter has continued the trend, and predictions for summer 2013 are more of the same.

So, what can we do to repair last summer's damage, and prevent additional problems this summer?



Arboretum shrubs which died from drought.



Burning bush shrubs and sections of lawn that died from drought.

Replace Shrubs and Trees

Assessing the Damage

We expect plants not well-adapted to Nebraska's dry, windy conditions to develop damage during drought. This includes plants such as arborvitae, poorly-sited yews, and broadleaf evergreens like holly. Arborvitae can become tolerant to average dry conditions if they are planted in shade, and once they are well established. Yews can tolerate normal dry conditions if they are located in afternoon shade. But last summer's drought was way beyond normal dryness, and many plants that did not receive supplemental irrigation have died.

Some plants with reputations as tough, drought tolerant plants suffered much more damage last summer than was expected; specifically burning bush (*Euonymus alatus*) and Colorado spruce (*Picea pungens*). These plants are known for their tolerance of difficult conditions, but by mid-summer last year, many landscapes had completely brown, burning bushes. By fall, many Colorado spruce were exhibiting browning needles and branches, and that browning has continued to worsen during winter.

As spring progresses, homeowners should carefully observe plants that

turned brown last year, or those that have brown branches. Check plants and branches in several locations for signs of life. Try to snap the branches, and look for those still pliable. Look for green, dormant buds, which would indicate the branches are still alive. Gently scrape the outer bark away, looking for green, cambium underneath. If any of these life signs are present, give the plant plenty of time to begin new growth in spring. Once new growth begins, the dead branches can be pruned away.

If, however, branches are brittle, dry, and show no signs of green live buds or living green cambium, then remove the dead plants, or prune out the dead branches.

Designing Drought Resistance Landscapes

Before automatically replacing dead plants, stop to consider why these particular plants died. Many factors contribute to plant health, and many factors play a part in plant death, too. Address these issues before replanting, to improve the overall health of your landscape.

see SHRUBS/TREES on next page



Desiccation of needle tips and scorch along the leaf edges of maple due to drought.



Repair Turfgrass

Many lawns sustained damage last year, and now is the time to repair it before hot summer conditions are upon us again. If your lawn has 50 percent or more desirable, living grass, then overseeding is a good choice. If you have less than 50 percent desirable, living grass, then it might be worthwhile to renovate the entire lawn.

Choose a high-quality seed blend with 3–4 different cultivars of Kentucky bluegrass or tall fescue. A blend of Kentucky bluegrass and tall fescue together can also make a nice lawn.

Remember, scrimping on seed quality will soon be evident in lawn quality. Seed certified by the Nebraska Crop Improvement Association is usually identified with a blue tag on the seed bag. Check the seed label and avoid seed blends that include:

- coarse textured, pasture grasses like K-31 tall fescue, or
- annual grasses like annual bluegrass or annual ryegrass.

Overseeding

Spring overseeding of Kentucky bluegrass should be done between April 1 and April 30; tall fescue should be

done between April 15 and June 15. The amount, or rate, of seed applied in an overseeding operation differs compared to that used for a new seeding.

If you decide to renovate your entire lawn, then use a full seeding rate. For Kentucky bluegrass, apply 3–4 lb of seed per 1,000 square feet, and tall fescue apply 8–10 lb of seed per 1,000 square feet.

When overseeding into a partial turf, Kentucky bluegrass should be applied at 1–2 lb of seed per 1,000 square feet and tall fescue at 4–6 lb of seed per 1,000 square feet. When working with small amounts of seed, mix sawdust, dry sand, organic fertilizer, or any other suitable material with the seed to aid in obtaining uniform coverage.

Site Preparation

Before spreading the seed, prepare the soil to create a good seedbed. Small areas can be prepared by hand raking to remove excess dead top growth and loosen the soil surface. Larger areas can be prepared by aerating or power raking. Aerating opens up the soil and provides a good surface for seed germination. Seeds

see **LAWNS** on next page

CERTIFIED SEED

Grind Iron

Blumkrans/Bregmas Mix

Lot # GIM 08

Intargency Certified Seed

Variety & Kind

Perfection Kentucky Bluegrass

Limousine Kentucky Bluegrass

Cabernet Kentucky Bluegrass

Rambou Kentucky Bluegrass

Rugby II Kentucky Bluegrass

GoAweeder II Perennial Ryegrass

Monterey 3 Perennial Ryegrass

Total Purity: 97.84%

Total Weight: 20.16 kg

Net Weight: 20.16 kg

Purity	Germs	Origin	Lot Number
97.84%	90%	WA	7156-05
97.84%	90%	WA	71-72-06A
97.84%	90%	WA	57-79-06aase
97.84%	90%	WA	71-05-25A
97.84%	90%	WA	71-93-05A
97.84%	90%	OR	71-05-21A
97.84%	90%	OR	M100-2107A

Crop: 4/18/17 Weeds: 0.00% AMS: 1/17

Excess: 0.00% Excess: 0.00%

Origin: WA

Country: USA

Dus: 10/16/17

Date: 10/16/17

Phone: 508-555-5555

Email: info@unitedseeds.com

Website: www.unitedseeds.com

MEMBER OF ASSOCIATION OF OFFICIAL SEED CERTIFYING AGENCIES

1. The Certifying Agency certifies that no variety of any kind, improved or unimproved, is being introduced into the seed market without the approval of the Association of Official Seed Certifying Agencies. The seed is certified in accordance with the regulations of this Agency. The Seller guarantees this seed to conform to the analysis shown. No further analysis will be made by the Association of Official Seed Certifying Agencies.

Seed certified by the Nebraska Crop Improvement Association is usually identified with a blue tag.



Core aeration is a great way to prepare dead turf areas for overseeding.

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4-H SUMMER CAMPS

Discover, learn,
and grow!

—see page 12

2013 Composting Workshops and Demonstrations



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

Composting Workshops are held at various Lincoln locations:

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

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

- Saturday, May 11, 10 a.m.
- Saturday, June 8, 10 a.m.
- Saturday, Sept. 28, 10 a.m.
- Saturday, Oct. 12, 10 a.m.

Replace Shrubs/Trees

continued from page 1

Were these plants a poor selection for the site? Did they receive too much sun for their growing preference, or not enough water?

What are the soil conditions? If soil is heavy, compacted, or poor quality, amend the soil with compost and alleviate compaction before replanting.

Were the plants placed in the middle of the lawn, and surrounded by turf grass instead of placed in a planting bed? Turf grass can be very competitive for soil moisture, and make it difficult for trees and shrubs to grow well. Put tree, shrubs, and ornamentals in planting beds, grouping plants with similar water and sun requirements. This creates the best growing environment, and allows you to optimize irrigation for both ornamentals and turf.

Were they growing in rock mulch? Did they have plastic covering their roots? Lack of oxygen in soil covered by plastic can limit root development, and reduce a plant’s ability to tolerate drought. Remove plastic and replace rock mulch with organic products, such as wood chips or bark chips. Or install a drip irrigation system in planting beds with rock mulch to make irrigation easier and more efficient. Replant with very tough plants that can tolerate reflected heat from the mulch.

Did the plants receive reflected heat from a building, or other hardscape feature? Choose plants carefully that can tolerate these difficult conditions.

Whenever possible, consider using landscape plants well-adapted to Nebraska’s challenging growing environment, and place plants in the landscape according to their site preferences. “Right plant, right place” is very important concept when creating a drought-resistant landscape.

Plants native to the Midwest often exhibit good drought

adaptability. But many non-native plants are also highly drought-tolerant, and as long as they are well-adapted to local conditions and are non-invasive, they can make a good addition to a drought-resistant landscape.

Regardless of source, plants adapted to drought often have the following characteristics:

- Deep and extensive rooting (some native prairie plants can develop roots to depths of 15–20 feet).
- Smaller leaves which lose less water to transpiration.
- Shading of leaf surfaces by hairs, which is often the reason leaves of drought-tolerant plants appear gray or fuzzy.
- Waxy leaf surfaces (typically appear white or blue) that help restrict water loss.
- Drought avoidance; they have adapted to go dormant during the hottest periods of the summer and resume growth in the fall when temperatures cool and moisture may be more available.

For more suggestions on drought tolerant plants for your landscape, refer to UNL Extension NebGuide “Perennials in Water-Wise Landscapes” (G1214) online at www.ianrpubs.unl.edu/sendIt/g1214.pdf

Consider Soil Quality

In addition to focusing on plant selection, the most important thing a homeowner can do to enhance drought tolerance is to provide plants with the best soil conditions possible. Healthy soils that balance water storage and drainage, contain ample organic matter, and are not compacted, will help plants maximize rooting and water uptake. Growing plants with vigorous root systems increases their drought tolerance.

You can amend soil with organic matter, breaking up compaction through tilling or spading. Work 1–2 inches of compost into the soil at a depth of 6 inches. Minimize traffic in planting areas, and never work with wet soil.

Repair Lawns

continued from page 1

that fall into the aeration holes will germinate and grow well; there is no need to topdress or fill in the holes before seeding. Power raking should be used only if a thatch layer in excess of 1/2 inch is present.

Applying a pre-emergent herbicide for weed control is especially important with spring seedlings since weed pressure is so much greater early in the year. The only pre-emergent herbicide that can be used with new seedlings is Siduron, commonly sold as Tupersan. This herbicide will provide good control of annual grassy weeds like crabgrass and foxtail, yet still allow the grass seed to germinate. For new seedlings, use the lower recommended rate and repeat the application one month later.

Finally, keep the new seeding moist until germination has occurred, then gradually decrease the amount of water applied. Kentucky bluegrass should receive 1 inch of water during spring and fall, and 1-1/2 inches of water in mid-summer. Tall fescue is drought tolerant, and once established, can be grown in most years without irrigation. No matter what type of grass is used in the turf, apply water deeply and infrequently to encourage deep rooting.

Begin mowing as soon as possible. Mowing encourages the lawn to become thick and dense. Sharpen the mower blade before cutting the new stand of grass to avoid tearing out the new plants and reduce the probability of disease infection.

Take Precautions to Avoid Serious Injury When Operating ATVs

Sarah Browning
UNL Extension Educator

All-Terrain Vehicle accidents are a major cause of Nebraska acreage and farm fatalities. From 1982–2010, 107 deaths from ATV accidents have occurred in Nebraska, with 26 of those deaths to children 16 or under. However, these tragedies can be avoided if appropriate precautions are taken.

Safety Training

All ATV operators, both adults and children, should take an ATV safety course. Whenever anyone operates a new piece of machinery, he or she should have training about the characteristics of the machinery, how it operates normally, and how it operates in unusual situations. No one is immune to accidents, but the increased awareness a safety course provides will help ATV operators navigate the unexpected situations that often cause them. Many ATV manufacturers offer a tuition rebate program to cover the cost of a safety course.

University of Nebraska–Lincoln Extension offers two different ATV safety training courses.

Free online course — The Nebraska 4-H ATV Safety Program, in

collaboration with the American Safety Institute, offers three age-specific free e-learning courses to address basic ATV safety principles. Adults, teens, and children will learn how to apply the “golden rules” of ATV riding in an interactive setting. The course includes videos, pictures, and interactive games to make it a fun and effective learning experience for all age groups. After taking the course, users can take an ATV Safety exam and receive a certificate of completion.

The entire course takes approximately 2–2.5 hours to complete. You can stop at any point and your progress will be saved so that you can return and pick up right where you left off. It’s free, fun and a great learning experience for ATV riders of all ages. Sign up at <http://southeast.unl.edu/atvsafety>.

Half-day, hands-on training — *ATV RiderCourse®* is a fast-paced, half-day, hands-on training that is exciting and fun. Sessions include:

- pre-ride inspection
- starting and stopping
- quick turns
- hill riding
- emergency stopping and swerving
- riding over obstacles

The training is conducted by certified *RiderCourse®* instructors. Whatever your experience, you will come away



a better rider. For more information about training sessions across Nebraska, contact Robert Meduna, UNL Southeast District 4-H Youth Program Coordinator at 1-402-624-8064, or email Bob at rmeduna1@unl.edu.

ATV Safety Tips

Use extra caution when operating an ATV in risky situations. Many accidents occur when the driver is unfamiliar with the area and doesn’t know about unpredictable conditions such as sudden drop-offs or cattle trails hidden by overgrowth. Slow down when riding in unfamiliar areas. Consider walking a proposed route before riding in rugged terrain to identify potential hazards.

Carrying equipment also can pose a risk. In particular, spray tanks and other liquid-filled containers can cause balance problems for ATVs when they’re going up hills, sometimes tipping them over backward or sideways. Never exceed the capacity posted on luggage and equipment racks. Current ATVs are heavy enough that if they roll on top of someone, they will cause very serious or fatal injuries.

Always wear safety gear when using an ATV. It’s essential to have an ATV helmet and vented goggles. Also wear full-length pants and boots, and consider wearing long-sleeve shirts and gloves, which will protect the operator when riding in tall, heavy vegetation or brushy areas.

Finally, never allow passengers to ride the ATV along with the driver. Most ATVs are designed to carry only one person, and the driver must be free to shift their weight in all directions to effectively steer the vehicle. Carrying passengers makes this difficult. Parents should not allow children to ride along on the ATV, and children under the age of 16, who have not completed an ATV safety training course, should not be allowed to drive by themselves.

Follow all warning labels on the ATV.

Year to Year Fuel Cost Comparison for Farming

Tom Dorn
UNL Extension Educator

With skyrocketing fuel prices, now’s a good time to see how your fuel budget for farming operations has been increasing over time and get a grasp on expected fuel costs for 2013.

For example, from 2005 to 2012 the average cost of #2 diesel increased from \$1.89 to \$3.43 per gallon, an increase of 77%. Given that a 310 HP tractor uses approximately 13.6 gallons of fuel per hour, the fuel cost for that hour of use increased from \$25.65 in 2005 to \$46.65 in 2012.

You can view the fuel cost changes over time in the two tables below.

Table 1 estimates the gallons of #2 diesel fuel consumed per hour for various power units multiplied by the average yearly #2 diesel fuel price per gallon for the 2005 to 2012. It includes 12 horsepower options for tractors and three options for combines.

Table 2 estimates the diesel fuel cost per acre for various field operations based on the anticipated fuel consumption multiplied by the average yearly #2 diesel fuel price per gallon for the 2005 to 2012. It includes 18 budget lines for tillage, planting, miscellaneous equipment, and harvesting.

You can estimate your own costs for 2013 and 2014 using the Excel® worksheet I developed, which is online. Go to <http://lancaster.unl.edu/ag>, then click the link to the Farm Management page. The Fuel Cost Estimator is under Custom Rates & Operating Costs. The Excel® worksheet is protected so you cannot change the worksheet except for the unprotected cells (in blue). You can add the average price per gallon of fuel that you’d like to use for 2013 and 2014. You may want to use actual historical prices or you can discover what the fuel cost would be given your own price scenario.

TABLE 1. DIESEL COST PER HOUR FOR VARIOUS POWER UNITS

Year		2005	2006	2007	2008	2009	2010	2011	2012
#2 diesel \$/gal		\$1.89	\$2.17	\$2.35	\$3.68	\$1.96	\$2.45	\$3.41	\$3.43
	Estimated fuel use gal/hour	Cost/hour	Cost/hour	Cost/hour	Cost/hour	Cost/hour	Cost/hour	Cost/hour	Cost/hour
TRACTORS									
40 HP	1.8	\$3.39	\$3.90	\$4.23	\$6.62	\$3.53	\$4.41	\$6.14	\$6.17
60 HP	2.6	\$4.90	\$5.63	\$6.10	\$9.57	\$5.10	\$6.37	\$8.87	\$8.92
75 HP	3.3	\$6.22	\$7.14	\$7.75	\$12.14	\$6.47	\$8.09	\$11.25	\$11.32
105 HP	4.6	\$8.68	\$9.96	\$10.80	\$16.93	\$9.02	\$11.27	\$15.69	\$15.78
130 HP	5.7	\$10.75	\$12.34	\$13.38	\$20.98	\$11.17	\$13.97	\$19.44	\$19.55
160 HP	7.0	\$13.20	\$15.16	\$16.44	\$25.76	\$13.72	\$17.15	\$23.87	\$24.01
200 HP	8.8	\$16.60	\$19.05	\$20.66	\$32.38	\$17.25	\$21.56	\$30.01	\$30.18
225 HP	9.9	\$18.67	\$21.43	\$23.25	\$36.43	\$19.40	\$24.26	\$33.76	\$33.96
260 HP	11.4	\$21.50	\$24.68	\$26.77	\$41.95	\$22.34	\$27.93	\$38.87	\$39.10
310 HP	13.6	\$25.65	\$29.44	\$31.93	\$50.05	\$26.66	\$33.32	\$46.38	\$46.65
360 HP	15.8	\$29.80	\$34.21	\$37.10	\$58.14	\$30.97	\$38.71	\$53.88	\$54.19
425 HP	18.7	\$35.27	\$40.49	\$43.91	\$68.82	\$36.65	\$45.82	\$63.77	\$64.14
COMBINES									
190 HP	8.4	\$15.84	\$18.19	\$19.72	\$30.91	\$16.46	\$20.58	\$28.64	\$28.81
220 HP	9.7	\$18.29	\$21.00	\$22.78	\$35.70	\$19.01	\$23.77	\$33.08	\$33.27
275 HP	12.1	\$22.82	\$26.20	\$28.41	\$44.53	\$23.72	\$29.65	\$41.26	\$41.50

TABLE 2. DIESEL FUEL COST PER ACRE FOR VARIOUS FIELD OPERATIONS

Year		2005	2006	2007	2008	2009	2010	2011	2012
#2 diesel \$/gal		\$1.89	\$2.17	\$2.35	\$3.68	\$1.96	\$2.45	\$3.41	\$3.43
	Estimated fuel use gal/acre	Cost/acre	Cost/acre	Cost/acre	Cost/acre	Cost/acre	Cost/acre	Cost/acre	Cost/acre
TILLAGE									
Field Cultivator	0.33	\$0.62	\$0.71	\$0.77	\$1.21	\$0.65	\$0.81	\$1.13	\$1.13
Tandom Disk	0.47	\$0.00	\$1.02	\$1.10	\$1.73	\$0.92	\$1.15	\$1.60	\$1.61
Tandom Disk (HD)	0.76	\$0.00	\$1.65	\$1.78	\$2.80	\$1.49	\$1.86	\$2.59	\$2.61
PLANTING									
Row Crop Planter	0.34	\$0.64	\$0.74	\$0.80	\$1.25	\$0.67	\$0.83	\$1.16	\$1.17
Minimum Till Planter	0.53	\$1.00	\$1.15	\$1.24	\$1.95	\$1.04	\$1.30	\$1.81	\$1.82
Grain Drill	0.49	\$0.92	\$1.06	\$1.15	\$1.80	\$0.96	\$1.20	\$1.67	\$1.68
Press Wheel Drill	0.63	\$1.19	\$1.36	\$1.48	\$2.32	\$1.23	\$1.54	\$2.15	\$2.16
No-Till Drill	0.81	\$1.53	\$1.75	\$1.90	\$2.98	\$1.59	\$1.98	\$2.76	\$2.78
MISC. EQUIPMENT									
Cultivator	0.46	\$0.87	\$1.00	\$1.08	\$1.69	\$0.90	\$1.13	\$1.57	\$1.58
Rotary Hoe	0.18	\$0.34	\$0.39	\$0.42	\$0.66	\$0.35	\$0.44	\$0.61	\$0.62
Boom Sprayer	0.11	\$0.21	\$0.24	\$0.26	\$0.40	\$0.22	\$0.27	\$0.38	\$0.38
Anhydrous Applicator	0.55	\$1.04	\$1.19	\$1.29	\$2.02	\$1.08	\$1.35	\$1.88	\$1.89
Stalk Shredder	0.74	\$1.40	\$1.60	\$1.74	\$2.72	\$1.45	\$1.81	\$2.52	\$2.54
HARVESTING									
Mower Conditioner	0.40	\$0.75	\$0.87	\$0.94	\$1.47	\$0.78	\$0.98	\$1.36	\$1.37
Hay Swather	0.35	\$0.66	\$0.76	\$0.82	\$1.29	\$0.69	\$0.86	\$1.19	\$1.20
Hay Baler PTO (twine)	0.40	\$0.75	\$0.87	\$0.94	\$1.47	\$0.78	\$0.98	\$1.36	\$1.37
Round Baler (1500 lb)	0.77	\$1.45	\$1.67	\$1.81	\$2.83	\$1.51	\$1.89	\$2.63	\$2.64
Combine (various heads)	2.00	\$3.77	\$4.33	\$4.70	\$7.36	\$3.92	\$4.90	\$6.82	\$6.86

Fuel use estimates taken from Machinery Cost Estimates, University of Minnesota - William F. Lazarus
Prices for non-tax #2 diesel taken from Futures-Based Price Forecasts for Non-taxable Diesel Fuel, Kansas State University - Kevin Dhuyvetter

Estate Planning Seminar, April 12

University of Nebraska–Lincoln Extension will present a seminar, “Planning for the Future of Your Estate,” on Friday, April 12, 9 a.m.–4 p.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln.

Pre-registration is required by April 10. For a registration form, go to <http://lancaster.unl.edu/ag> or call 402-441-7180. Fee is \$30 per person or \$50 per couple and includes materials, a catered lunch, and expert presentation. Space for is limited. Only payment assures a seat.

- Topics will include:
- planning with the end in mind
 - estate planning basics
 - how to manage family in estate planning
 - various estate tools that you can use to meet your goals
 - how business transition compliments your estate planning goals
 - understanding and working with “the other generation”

Upon completion of this seminar, the participant will have the knowledge necessary to begin the process of estate planning, or to critically evaluate and change an existing plan, based on your goals.

- Meeting presenters include:
- Tim Lemmons — Extension Educator
 - Tom Fehringer J.D. — Family Lawyer
 - Al Vyhnalek — Extension Educator

There has been an increasing demand for educational programs related to estate planning and basic business transition as a result of the most recent fiscal cliff bill retroactive in Congress to Jan. 1, 2013. While the law allowed for the continuation of the \$5 million individual lifetime exemption, there were changes to the overall estate tax rates. For Nebraska and regional producers, this is a second chance to revisit old estate plans and to begin the process of developing plans for those without. With the current rate of real estate and asset growth in our farming and business communities, the individual exemption may be reached relatively quickly.

Please take this opportunity to visit with an expert lawyer in the arena of estate planning, business transition, and family communications/relations.

Use Biosolids on CRP Conversion and Pastures

If you will be converting CRP to row crops in the next year or so, consider using biosolids from the City of Lincoln. There’s nothing better than biosolids as a soil enhancement before you begin planting corn or soybeans on your converted field. Biosolids has all the nutrients crops need to grow and one application supplies enough available phosphorus for about 10 years. There’s no requirement that biosolids must be disked into the soil, but many cooperators do this to retain nitrogen.

Biosolids can also be applied to pastureland. The only requirement is if you want to graze animals, you must wait 30 days after the biosolids application before you put animals out to graze. You’ll be amazed at how biosolids improves your pasture.

If you are interested in using biosolids, contact Dave Smith or Barb Ogg at 402-441-7180.



Alice Henneman, MS, RD, UNL Extension Educator

Here's a take-along snack to enjoy during a break on a longer walk.

Trail Mix

(16 servings • Serving size: 1/4 cup)



- 1 cup almonds
- 1/2 cup chocolate chips or M&M's
- 1 cup dried fruit
- 1/2 cup dried cranberries
- 1 cup oatmeal squares

Measure ingredients and put in a large zip-close bag. Shake to mix. Portion into single-serving zip-close bags.

Per serving: 140 calories, 20 grams (g) carbohydrate, 6 g fat, 3 g protein

Source: North Dakota State University Extension Service at www.ndsu.edu/eatsmart

Adapted slightly from an article by Cindy Brison, MS, RD, UNL Extension Educator

April 3, 2013 is the American Heart Association's National Walking Day and a nationwide call-to-action for Americans to adopt a healthy lifestyle.

Physical inactivity increases the risk of coronary heart disease. Luckily, this is a modifiable risk factor and improving it is as easy as going for a walk most days of the week. One of the most effective forms of exercise to achieve heart health is walking.

The American Heart Association suggests "at least 150 minutes per week of moderate exercise or 75 minutes per week of vigorous exercise (or a combination of moderate and vigorous activity). An easy goal to remember is 30 minutes a day, five times a week. However, you will also experience benefits even if you divide your time into two or three segments of 10–15 minutes per day."

Walking is a fun, inexpensive way to include valuable, physical activity in your day. It can be done anywhere, at any time. If you don't shake it up a bit, walking may get monotonous. Here are a few ways to break up that routine:

- **Walk with a friend if you usually walk alone.** Or take your family. It may not be as fast, but others point out things you may not see, and make the time fly!
- **Take a different route.** See something new. Try watching a movie if you are walking on the treadmill. It will encourage you to walk longer.
- **Use a pedometer.** Wearing one all day will be a gentle reminder to



Lisa Keech (leech3), www.flickr.com

Mahoney State Park

keep moving. Parking further away in the parking lot or taking the stairs will help.

- **Listen to upbeat tunes on a portable device.** MP3 players, walking radios, etc. are all great ways to kick up your heels while you are walking.
- **Update your shoes and socks.** Wearing ill-fitting or worn-out shoes and socks will make your feet sore, and can affect your legs, hips, and back. According to the American Academy of Podiatric Sports Medicine, most walking/running shoes need to be replaced every 300–500 miles of use. For example, if you are walking 2 miles a day — your shoes will need to be replaced about every six months.
- **Keep a walking journal.** It is motivating to see how far you have come — and helps you set goals.
- **Hydration is important and key to staying healthy.** Carry a favorite water bottle when you walk. It can double as a weight until empty.

- **Pamper yourself after walking.** Use a foot spa or a great peppermint foot lotion to pamper those tootsies!
- **Try a heart rate monitor/watch.** You will know when you are working to your health capacity.

One last hint — if you are having problems encouraging your family members to walk with you, try giving them a gadget to walk with. This may just be the thing to get them hooked!

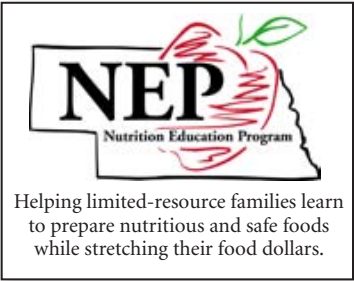
Sources:

- American Academy of Podiatric Sports Medicine at www.aapsm.org/replace_shoes.html
- The Mayo Clinic at www.mayoclinic.com/health/walking/HQ00885_D

FOR MORE INFORMATION

UNL Extension's "Walk Nebraska" at <http://food.unl.edu/web/fnh/walknebraska> is a unique website designed to help you achieve a healthier lifestyle by making walking an important part of your personal fitness program.

\$tretch Your Food Dollar With Breakfast



Lisa Kowalski
UNL Extension Assistant

"I don't have time!" "I am just not hungry when I wake up!"

These are commonly heard reasons why people skip breakfast.

When it comes to eating breakfast, there is NO good reason to skip. There are, however, numerous reasons to be a breakfast-eater.

Eating breakfast will help you achieve and/or maintain a healthy weight. According to the Mayo Clinic, breakfast eaters make healthier food choices throughout the day. Your body reacts differently to food when you skip breakfast. When you don't eat for a long time, your

body thinks you're starving. When you finally eat, energy will be conserved and stored as fat.

Eating breakfast will help keep you from over-eating throughout the day. If you eat breakfast, you are less likely to be starving at lunch and over-eat.

Eating breakfast will give you energy throughout the day. Breakfast provides an early dose of energy, which can lead to higher levels of productivity and physical activity.

Eating breakfast can help you save money.

Breakfast will help you feel satiated, which means no daily vending machine purchases (\$1.50/day x 4 times a week x 52 weeks a year = \$312!). Eating from home, instead of from a drive-thru or bagel shop, can also save money (\$6 for bread and coffee?!).

If these reasons have yet to convince you to squash those excuses for skipping breakfast, try these tips:

- Eat breakfast within two hours of waking up. If you do

not feel hungry right away in the morning, wait an hour or two before eating.

- Reach for lean proteins and whole grains to give you the feeling of satiety.
- Aim for three or more food groups to ensure a variety of nutrients.
- Keep it simple. Whole-wheat toast with peanut butter and a glass of low-fat or fat-free milk is quick, inexpensive, and rich in nutrients.
- Plan ahead. When you plan ahead, you will always have time for breakfast.

Low-Cost Ideas

Here are some quick, nutritious, and low-cost breakfast ideas.

Eggs – At about \$1.50 per dozen, one egg can help you get a protein-rich breakfast for about 10–15 cents per serving. Try making eggs ahead of time so they are quick and easy to eat in the morning. Scramble enough eggs for three days and separate into three containers for the fridge. In the morning, sprinkle some shredded cheese on top and microwave for 45

seconds. Hard boil eggs for a quick breakfast. Peel and eat, how easy is that?

Pancakes — Pancakes can be made for about 10–15 cents per serving, and can be made ahead of time so they are super quick in the morning. On Sunday night, make a medium-sized batch of pancakes. Each morning, pop one in the toaster until thoroughly warmed. For added fiber, try using half whole-wheat flour in your pancake recipe. Use fruit for topping. Eat within 3–4 days.

Low-fat or fat-free yogurt — A 6–8 ounce serving of yogurt costs about 50–75 cents, and packs protein and 15–20 percent daily value of calcium. Add your favorite fruits and some whole grain cereal for extra nutrients.

Granola bars — These usually cost around 50 cents per serving. Read the food label to look for a whole grain, low sugar option. Granola bars can also be made at home for just cents per serving. Try the recipe at right.

Granola Bars

(24 servings)

- 2 cups rolled oats
- 3/4 cup packed brown sugar
- 1/2 cup wheat germ
- 3/4 teaspoon ground cinnamon
- 1 cup all-purpose flour
- 3/4 cup raisins (optional)
- 3/4 teaspoon salt
- 1/2 cup honey
- 1 egg, beaten
- 1/2 cup vegetable oil
- 2 teaspoons vanilla extract

Preheat the oven to 350°F. Generously grease a 9 x 13 inch baking pan. In a large bowl, mix together the oats, brown sugar, wheat germ, cinnamon, flour, raisins, and salt. Make a well in the center, and pour in the honey, egg, oil, and vanilla. Mix well using your hands. Pat the mixture evenly into the prepared pan. Bake for 30–35 minutes in the preheated oven, until the bars begin to turn golden at the edges. Cool for 5 minutes, and then cut into bars while still warm.

Recipe courtesy of UNL Extension State NEP office

FAMILY & COMMUNITY EDUCATION (FCE) CLUBS

President's View – Marian's Message

Marian Storm
FCE Council Chair

April Food's Day is on April 1. Be careful so you do not get fooled. This is the month for April showers. We sure need the moisture. Rain always makes everything look clean and fresh. The flowers are peeking out and looking



for the sun and warmer days. Yard work will be in full swing. The Southeast District meeting will be Thursday, April 11 in Fremont. South Central District meeting will be Wednesday, April 10 in Seward. Your FCE Speaks has more information.



The leader training lesson "Passing on Family Memories" will be April 17. My challenge this month will be keeping the rabbits and squirrels from digging in my flower beds. "Life is not measured by the number of breaths we take, but by the moments that take our breaths away."

FCE News & Events

FCE Council Meeting, April 1

The next FCE Council meeting will be Monday, April 1, 1 p.m. at the Lancaster Extension Education Center. Our guest speaker will be Tonya Bernadt, project coordinator with Climate Masters of Nebraska.

Climate Masters of Nebraska is a unique educational program that strategically trains community volunteers about climate change science and corresponding ways to reduce greenhouse gas emissions, with the idea they become motivated to train others

within their personal and professional networks — in turn achieving a significant multiplier effect. Tonya will discuss the program and some of the ways in which Climate Masters volunteers have achieved these goals.

The business meeting will follow the program. Home Service FCE Club will be hosting our meeting.

Leader Training Lesson, April 17

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

for participants. Trainings are presented Wednesdays at the Lancaster Extension Education Center, 444 Cherrycreek Road. Non-FCE groups and club members should call Pam at 402-441-7180 to register for these lessons so materials can be prepared.

The next training will be **April 17, 1:30 p.m. (note date and time change), "Passing on Family Memories,"** presented by Extension Educator Lorene Bartos. Participants will understand the value of reminiscence and learn ways to engage in planning personal effects to pass on family memories.



Lorene Bartos, UNL Extension Educator

Tips For Removing Common Spring Holiday Stains

Egg: Pretreat or soak stain using a prewash stain remover. Soak for at least 30 minutes or several hours for aged stains. Launder.

Egg Dye: Pretreat stain with a prewash stain remover as soon as possible or use a solvent such as Goof Off® according to directions. Launder, using a laundry detergent and a bleach safe for the fabric. Some stains may be permanent.

Chocolate: Pretreat stain with a prewash stain remover or liquid laundry detergent. Launder in the hottest water safe for the fabric.

Wine: Sponge or soak stain in cool water. Pretreat with a prewash stain remover, liquid detergent, liquid detergent booster or paste, or a granular laundry product and water.

Juice: Wash with laundry detergent and a bleach safe for the fabric.

Always treat stains as soon as possible to get the best results.

AARP Driver Safety Program, April 3

This course will be presented in Lincoln as a one 4-hour session on Wednesday, April 3, 9 a.m. to 1 p.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln. 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. AARP members must bring their membership card with their ID number as well as their driver's license. Payment by check is required — charge/credit cards are not accepted, nor is cash.

Celebrate Earth Day (April 22) in the Laundry Room

From cars to schools, today's world is all about going green. Even the products and appliances we use in the laundry room have become more environmentally friendly. Though you may have bought an energy-efficient washing machine, use a concentrated laundry detergent, and recycle your empty laundry-product packages, there still might be more you can do while cleaning your clothes to lessen your environmental impact. (Lessening the actual loads of laundry each week is still a mystery we'd like to solve!)

How can you make laundry day (every laundry day) Earth Day? It's easy. And even the slightest change in routine can have a positive impact on the environment, not to mention your family's finances.

Wash with the Coldest Water Possible. You'll save energy by not heating up the water. Fortunately, many detergents are now formulated to perform well in cold water. Read and follow product package and garment label directions for the most effective water temperature to use. Switching your temperature setting from hot to warm can cut energy use in half, and using the cold cycle reduces energy use even more (www.EnergyStar.gov).

Select the Right Amount of Water for Each Load.

Avoid overfilling your washing machine, and save water and energy.

Spin Your Clothes at the Highest Recommended Speed. Ever seen dogs come out of a pool or lake? They don't just stand there and drip dry — they shake all over the place. This helps them get rid of the excess water on their fur and dry faster. Same goes for your washing machine. The spin cycle "shakes" (removes) the water from your clothes. The faster it spins, the more water gets removed. The less time your clothes have to spend in the dryer, the more energy (money) you save.

Use the Right Amount of Detergent for the Washer and the Load. Read the instructions for your washer and on the detergent package.

Speaking of Detergent ... If you haven't already switched to a concentrated detergent, you might want to consider doing so. Why? A concentrated product comes in a much smaller package. You'll get the same number of laundry loads out of a smaller bottle, but uses much less plastic. And these smaller bottles take up less space on a delivery truck, which reduces the energy costs to transport them from the

manufacturer to the store. (It's easier to carry a small jug from the store into the house. Unless of course you prefer the upper-body workout.)

Twoifers, Anyone? Instead of buying a separate bottle of bleach or fabric softener, consider looking for a two-in-one product — such as a detergent with a built-in stain remover. Again, less packaging (which takes energy to produce) and lower shipping costs.

The Best Time for Laundry. As we head into warmer weather, deciding when to do your laundry can determine the amount of energy you use. Running appliances creates heat, so use the washing machine and dryer at night when it's cooler outside. This way, you won't have to use more energy to cool your house during the day.

Don't Forget to Recycle! Nothing like squeezing out the last drop of detergent to make it go farther (store nearly empty jugs upside down and you may find enough for a whole other load!). When you've really gotten to the end of a bottle, please dispose of it properly. Rinse and re-cap the empty container to protect pets and young children, and put it in the recycling bin.

Source: American Cleaning Institute - Cleaning Matters Newsletter

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), and 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 BRING 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.

Friday, March 15 • 9 a.m. – 1 p.m.
Appointment Only — Call 402-441-8021

Saturday, April 20 • 9 a.m. – 1 p.m.
Walmart South, 87th Street & Hwy. 2

Saturday, May 18 • 9 a.m. – 1 p.m.
Zoetis (aka, Pfizer), 601 W. Cornhusker Hwy.

Friday, June 14 • 9 a.m. – 1 p.m.
Union College, South 52nd Street & Cooper Avenue

Saturday, Aug. 24 • 9 a.m. – 1 p.m.
Veyance Tech, 4021 N. 56th St.

Saturday, Sept. 21 • 9 a.m. – 1 p.m.
Lincoln Industries, 600 W. E St.

Saturday, Oct. 19 • 9 a.m. – 1 p.m.
Woods Park (31st & J Streets)

Friday, Nov. 15 • 9 a.m. – 1 p.m.
Appointment Only — Call 402-441-802

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

Head Lice Are Primarily Spread Through Head-to-Head Contact

Barb Ogg
UNL Extension Educator

In the “olden days” — just 10–15 years ago — when the school nurse identified a student as having the dreaded case of head lice, parents would panic. The typical protocol was to wash bedding and clothing in hot water and vacuum everywhere, maybe daily, if not more often. Some parents would use sprays or even “bomb” the home with a fogger. The environmental part of managing head lice was such a daunting task, parents sometimes delayed the removal of lice from their child’s head until after the cleaning of the home was carried out. Talk about stress on a family. And, schools sometimes got pressure from parents to treat classrooms with insecticides.

How much of this environmental cleaning and control effort is really necessary? Just 15–20 years ago, there weren’t enough studies to actually prove or disprove whether it was important to do all this laundering and cleaning. We know a little more today. Dr. Rick Speare, a head lice researcher at James Cook University in Queensland, Australia, has looked for solid evidence to prove or disprove these common assumptions.

Lice on Classroom Floors

One 2002 study looked at 2,230 children in 118 classrooms. In this study, 466 students were found to have lice (that’s almost 21%). A total of 14,033



Adult head lice are 1/10 to 1/8” long and are tan to grayish-white (highly magnified view).

live lice were removed from the heads of infested children (that’s about 30 lice per kid). The researchers vacuumed the floor, using a special vacuum cleaner, and picked through the debris to look for lice.

How many lice or eggs were found on the carpeted classroom floors? Zero. They concluded the risk of children being infested from carpets is zero. There is no benefit in the compulsive vacuuming of floors. The

primary focus should be the removal of the lice and eggs from the head, with minimal effort put into eliminating non-existent lice and eggs from the carpet.

Lice on Pillows

In 2003, Speare and his colleagues conducted another study to discover the role of bedding (also clothing and toys) in the transference of head lice. They decided the most likely place head lice would be found would be on pillowcases, because pillowcases are in contact with the head 8–10 hours each day. They collected pillowcases from 48 infested people who collectively were infested with 1,845 head lice.

How many live lice were removed from the pillowcases? Two. This is a 4.2% (2/48), so the researchers did find there is a small risk. This study suggests it’s probably not a good idea for infested individuals to share a bed with non-infested individuals. The risk is small, but there’s still a risk.

Laundering — They also found lice were killed during a hot wash cycle, when

temperature reached 60°C (140°F). And, tumbling laundry in a hot dryer for 15 minutes also killed lice. However, lice were found alive after cold water wash and after they were hung out on a clothesline in the sun.

Lice in Hairbrushes

In another study that looked for the presence of head lice in hair brushes used on infested children, Speare and colleagues concluded that “hard data was still needed,” as the results were inconclusive. In four studies, they did not find lice in hair brushes, but, in one study, head lice were found. Conclusion: it’s still a good idea not to share combs and brushes.

Lice Are Spread Through Head-to-Head Contact

The final conclusion from all of this research is: Head lice are primarily spread through head-to-head contact.

Treatments

A number of products claim to control lice, but we’ve learned many head lice populations are resistant to over-the-counter products, including Nix, Rid, and store brand generics. Most of these products provide a nit comb and suggest parents comb nits and lice after the treatment. Parents should definitely use the comb after the treatment to remove lice and eggs.

The lowest toxic (and cheapest) method is to use a nit comb alone and oil or conditioner to lubricate the hair. Part the hair into small sections and comb the hair, getting very close to the scalp, which is where the eggs and lice will be found. Do this on the whole head. It is time consuming, but works. After you’ve done



The lowest toxic (and cheapest) treatment method is to use a nit comb.

this, wash the oil or conditioner out of the hair. You can check to see if there are any live lice using an electronic comb (Robi®). The comb will detect lice caught in the tines. Use the electronic comb only on dry hair.

Most repeated infestations are not from re-infestation, but because the initial treatment didn’t work. It could be because the lice product wasn’t used correctly or because the lice population was resistant to the product. It is also possible parents didn’t follow up with head checks/ repeated treatments. After all, if a few tiny lice are missed, they grow up to be adults and the infestation begins again. If you’ve tried everything and nothing has worked, contact your child’s pediatrician and ask for prescription medication.

FOR MORE INFORMATION

UNL Extension in Lancaster County has many head lice resources you can trust, including a “Removing Head Lice Safely” 9-minute video available in English, Spanish, Arabic and Russian, online at <http://lancaster.unl.edu/pest/lice>.

Garter Snakes Are Beneficial Predators

Garter snakes are harmless and nonvenomous. They play an important role in our natural world. There are four species of garter snakes found in Nebraska. To know if a snake is a garter snake, here’s a good rule of thumb: If you are in Nebraska, any snake with a line running down the length of its body, mid-center and on each side, is one of our garter snakes.

Garter snakes are readily found in urban and suburban areas. You are more likely to find these snakes in residential areas than in some rural areas.

Most human-snake encounters occur in spring and early summer when snakes are looking for mates and food. Garter snakes emerge from hibernation in early spring when the ground is still beginning to thaw. The males emerge first and wander around trying to locate the scent of females. When temperatures begin to rise above freezing during the day, females emerge and immediately release a pheromone scent that attracts every male snake of the same species in the area. Males search out the female and form mating aggregations. These annual garter snake mating events are amazing. The mating mass usually include one female and at least a dozen males all trying to mate with her. After mating, the snakes disperse.

There is only one mating and one litter per year. In late summer, the female garter snake gives birth to her litter of 12–20 young. The young must fend for themselves and find food. Over 90 percent



Plains Garter Snake

will die before the next spring. A garter snake reaches maturity in 2–3 years.

Garter snakes are beneficial predators. They feed on soft-bodied prey like earthworms, grubs, termites, and other soft insects. If you have a backyard pond or water feature, small fish, and frogs become preferred prey. In order to digest their food, garter snakes need warmth. This is why you find snakes in sunny spots during the day.

If you come across a garter snake, the first thing the snake will do is try to escape. If the snake is attacked, or if you get too close, garter snakes will try to defend themselves by lunging at you with their mouths wide open. The snakes will never initiate a fight with a human or a pet, their instinct is to flee. But, if the snake thinks it can’t escape, it will strike repeatedly in defense.

There is no reason to kill a garter



Red-sided Garter Snake

snake. If you choose to reduce the population of garter snakes around your home, focus on modifying possible snake habitat around your property. Remove debris, rocks, brush, woodpiles, and trim tall grass. Rock walls can harbor large numbers of garter snakes. Replace these with solid cement structures. If you want to use rock or lumber walls, make sure all the spaces are tight-fitting with few areas where snakes can hide. Garter snakes can only burrow in loose soil. Cover loose soil with lava rock and caulk around stoops and slabs. Trim plants, shrubs, and bushes so branches aren’t close to the ground.

Snakes can squeeze through openings as small as 1/4 inch. Make sure entry points are sealed all around the home. Many people are surprised to learn garter snakes can climb. They will climb up shrubs to bask in the sun. They also climb up the sides of buildings. If you don’t want snakes climbing up your home, keep

a space of 2–3 feet between the plants and the structure.

If a garter snake has accidentally wandered into your home, use a gloved hand (leather, rubber, or vinyl) and gently grasp the snake around the middle of its body. Carry the snake outdoors or put it in a tall plastic bucket. You can also lay a bucket on its side and sweep the snake into it. Turn the bucket upright and carry the snake out. Once a snake is released outside, it will flee. A snake that has been trapped will avoid having a repeat encounter with you.

If you know a snake has entered your home and you can’t find it, check dark areas that are warm and moist. Primary hiding locations include: under hot water heaters, dryers, washing machines, under clothes piled on the floor, in heating vents, and plumbing walls. Place a pad covered with a slightly moist towel in a quiet corner of the room. The snake may hide in that location and you can then capture and remove the snake. Snakes who are indoors, aren’t trying to find food. They want to find a warm hiding place or get back outdoors.

Most repellents labeled for snakes currently on the market are ineffective. Recently, mint oil, castor oil, cedar oil, and citrus acid oils have also been marketed as snake repellents. Preliminary data indicates these repellents offer little deterrence, but more university testing is being planned.

see GARTER SNAKES on next page



2013 Weed Awareness

The Weed Control Authority is responsible for implementation of the Nebraska Noxious Weed Control Act throughout Lancaster County. The authority has also provided the inspection and administration of the City of Lincoln's Weed Abatement Program since entering into an interlocal agreement with the city in 1996.

444 Cherrycreek Road, Bldg. 'B', Lincoln, NE 68528 • 402-441-7817 • <http://lancaster.ne.gov/weeds>

Newest Noxious Weed: Sericea Lespedeza

In order to protect Nebraska's economy and the quality of its land, the Nebraska Department of Agriculture will designate sericea lespedeza (*Lespedeza cuneata* G. Don) as a noxious weed in Nebraska on April 1, 2013.

Spread Potential

Sericea lespedeza is present and considered invasive or weedy in 31 states — it is already a noxious weed in Kansas and Colorado. It was first introduced into the United States in 1896, and the oldest listing of it on Nebraska record is 1974 in Richardson County. Sericea lespedeza has already spread to at least eight counties in the southeast part of the state. Initial use as a hay crop facilitated its spread throughout the eastern United States. It is also readily spread by wildlife and livestock.

Impact Potential

Sericea lespedeza is a long-lived perennial forb that grows well in grasslands, pastures, along roadsides, drainage areas, fencerows and other disturbed areas. Sericea lespedeza is an extremely aggressive invader of open areas. Dense monocultures of thickets are formed due to its ability to sprout from root crowns.

Established sericea lespedeza plants will reduce or eliminate competing vegetation and restrict



Sericea lespedeza in Lancaster County

the amount of light reaching other plants. Its tall, upright growth with multiple branches and dense foliage produces heavy shading. Originally introduced as a forage plant, sericea lespedeza out-competes native grasses thus reducing the carrying capacity of livestock because it is not palatable to most livestock.

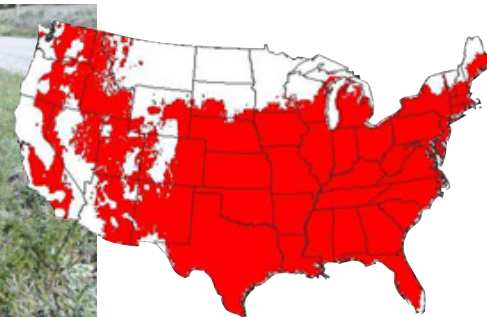
In a mixture with grass, it usually becomes the dominant species after three to four years. In natural areas, these stands can become so dense that native plants are reduced. It also produces chemicals, such as tannins, that can inhibit the growth of other plants and promote the formation of pure stands of sericea lespedeza.

Seed production rates of 150 million to 300 million seeds per acre were reported for cultivated

stands and there are reports that 1,500 seeds can be produced on a single sericea lespedeza stem. It readily escapes from cultivation into native grasslands and agricultural areas, and can seriously impact pastures and natural areas.

Risk Potential

The Nebraska Invasive Species Council (NISC) recently completed the Weed Risk Assessment (WRA) of sericea lespedeza. The WRA is a scientific study used to identify the potential risk of spread in Nebraska. The results showed sericea lespedeza had a very high



Predicted distribution of sericea lespedeza in the United States



Flowers

risk to invade almost 98% of land in Nebraska. When compared with more than 200 other assessments, sericea lespedeza ranked among top high-risk plants based upon its reported impact and ability to establish and spread. The addition of this species to the noxious weed list requiring control by landowners will aid in efforts preventing its spread beyond southeastern Nebraska.

Cost Share Available

Five Rivers Weed Management Area member counties recently received a grant from the Nebraska Environmental Trust for up to 75% cost share for control of sericea lespedeza. Lancaster County landowners interested should contact the Weed Control office for eligibility.

Drought Doesn't Slow Noxious Weeds

Prolonged periods of dry conditions affect weed growth, alter herbicide performance, and complicate weed management strategies.

With the drought experienced in Lancaster County and across the state in 2012, most would expect our noxious weed inspections and infestations would have been less. In fact, there was a 6.7% increase in sites found, from 1,045 sites in 2011 to 1,120 sites in 2012.

Unfortunately, one of the things that make a noxious weed so hard to control is the ability to survive during stressful conditions. We find — especially with the deep-rooted perennials such as leafy spurge, knotweed, Canada thistle, and phragmites — they are able to outcompete other vegetation for water and nutrients to survive.

Performance of herbicides also changes during dry conditions. Plants under stress from drought are difficult to control since water-stressed weeds have thicker, waxy leaves (cuticle), reducing herbicide absorption into the plant. Plant growth processes are also altered, reducing movement of herbicides within the target weeds to sites of action. The results are less than you would expect and far less than if the plant is healthy and taking in nutrients.

Noxious weeds are very aggressive. Any time a pasture is overgrazed it is easier for invasive plants to outcompete the native grasses and legumes. Pastures will require extra attention this growing season if they were overgrazed. Weed seeds lay dormant for years; with very little grass competition, the sunlight will germinate those dormant seeds. Aggressive weed control methods will need to be practiced to keep weeds from robbing moisture and nutrients from the desirable plants.



Ideal time to control musk thistle is when the plant is small and actively growing.

Become a Weed Watcher! Volunteer Program Now in Second Year

Lancaster County's Weed Watcher program is entering its second season with some very good results in its first year. In one case, a single purple loosestrife plant was reported in a creek. Following an inspection by our office, contact was made with the agency responsible, and it was removed. If this plant would have been allowed to go to seed, it would have only taken a few years to create a serious infestation that would have been very difficult to control, as well as very costly.

The program is designed to train and support volunteers to find and report new occurrences of harmful, invasive plants in the City of Lincoln and Lancaster County. Weed Watchers help protect natural areas from the impacts of invasive plants by **detecting new populations early** before they get out of hand.

Preventing a plant from invading in the first place is more efficient, less ecologically damaging, and far less costly than managing



large plant infestations after they're already established.

A second, and equally important goal of the Weed Watcher program is to build capacity for other organizations to initiate early detection programs by serving as a potential model and providing educational materials for use and adaptation. Invasive plant early-detection programs can be as simple as informally training your staff or volunteers on weeds to watch for.

Weed Watchers can be anyone who simply wants to scan for new invaders while they hike. "Weed Watchers trek to protect."

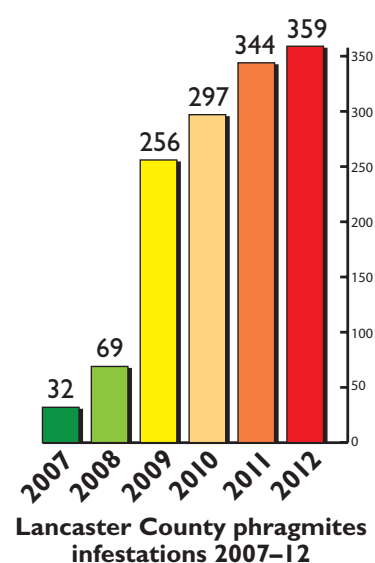
Weed Watching is as easy as one, two, three:
1. **Learn the weeds.**
2. **Look for weeds.**
3. **Document and report weeds.**

For more information including a "Weed Watcher Guide" and "Hit Report," visit <http://lancaster.ne.gov/weeds>. To sign up, call 402-441-7817 or email weeds@lancaster.ne.gov.

Phragmites Continues to Spread

Since phragmites became a statewide Noxious Weed in Nebraska in 2008, Lancaster County has seen a steady rise in the number of infestations from 32 in 2007, to 359 in 2012. Last year, phragmites became the second most frequent noxious weed in Lancaster County (moving in front of leafy spurge, behind musk thistle).

Non-native Phragmites (*Phragmites australis*) also known as common reed, is a perennial, aggressive wetland, warm-season grass that outcompetes native plants and displaces native animals.
see Phragmites on next page



Phragmites in Lincoln

WEED AWARENESS

PHRAGMITES

continued from previous page

What Does Phragmites Look Like?

Phragmites plants range from 3.2–20 feet in height, yet 70-80% of the plant is contained below ground in a dense mass of roots and rhizomes that can penetrate the soil to a depth greater than 6 feet. In the summer, its flat, grayish green leaves are 2–2.5 inches wide, 8–15 inches long, and alternate along the stem. Phragmites has a distinctive purple-brown seed head with plumes appearing by late July. These feathery plumes form at the end of stalks 6–20 inches long and up to 8 inches wide with many branches. Phragmites turns a tan color in the fall and most leaves drop off, leaving only the stalk and plume-topped shoot commonly seen throughout winter.

Why Should I be Concerned?

Recreational impacts:

Phragmites can reduce native fish and wildlife populations, limiting recreational values for birdwatchers, walkers, naturalists, boaters and hunters.

Fire danger for nearby residents: Phragmites grows rapidly, and each fall plant material dies back, creating large concentrations of tinder-dry vegetation. This increases the potential for fast-spreading fires.

Biological impacts: Phragmites can create a dense jungle of vegetation that native birds, furbearing mammals and even deer cannot penetrate.

How Does Phragmites Spread?

Phragmites can be spread by wind, water dispersal of seeds, or by intentional introduction by people. Seed viability tests performed by the State of Nebraska Seed Lab in 2012 showed 75–90% viable seed in mature heads collected in Lancaster County.

Most commonly, however, phragmites spreads by horizontal, above-ground stolons and underground rhizomes. Stolons can grow dozens of feet annually, and new plants can sprout at nodes located every few inches along the stolon. Rhizomes, which create thick underground mats, can expand at the rate of 30 feet per year, with new plants sprouting all along the rhizome. In addition, rhizomes broken by natural actions, such as waves, water current in streams, or man-made actions, such as dredging or disking, readily root down in new locations. Maintenance

equipment used in a wetland with phragmites must be carefully cleaned to avoid transporting phragmites to new locations; it only takes a small piece of rhizome to start new plants.

Phragmites has also been unintentionally introduced by people planting it as a garden ornamental, using it for floral displays, or camouflage for duck blinds. Even phragmites that appears to be dead, is likely to have viable seeds and rhizomes. Once well-established, phragmites is difficult to control or eradicate.

Methods of Control

An aggressive approach is needed to prevent the rapid expansion. The easiest way to control phragmites is to begin a control program as soon as it is identified on your property, before the plants become well established. If aggressive management strategies begin early, eradication of phragmites may be achievable.

Biological: Currently, there are no approved bio-control agents for the control of non-native phragmites.

Mechanical: Mowing or burning is generally unsuccessful, unless the work is repeated for multiple years.

Herbicide: To date, field experience and research have shown using herbicides is the most effective method and is recommended as the first step toward effective control of phragmites. Glyphosate (Rodeo®) and imazapyr (Arsenal®) are two herbicides known to be effective in controlling phragmites (*generic formulations of both glyphosate and imazapyr are available*). These herbicides are non-selective and will affect any plant species. However, when applied using the correct method and used according to chemical manufacturer’s instructions, impacts to native plants, as well as mammals, birds, and fish can be minimized.

Use only herbicides labeled for aquatic sites. Always read and follow label directions.

Control recommendations according to the University of Nebraska–Lincoln Extension *2013 Guide for Weed Management* (EC130) are: Aquatic glyphosate 96–128 ounces per acres or Habitat (imazapyr) at 2–4 pints per acre. An additional surfactant should be added to these aquatic formulations to improve the effectiveness of the treatment. Apply in spring before flower or fall.

For more information about phragmites, contact the Lancaster Weed Control office at 402-441-7817, or go to <http://lancaster.ne.gov/weeds>. We can provide assistance in developing a control plan.

Knock Out Knotweed Before It Knocks You Out

The knotweed family includes:

- Japanese Knotweed (*Fallopia japonica*)
- Giant Knotweed (*Fallopia sachalinensis*)
- Bohemian Knotweed (*Fallopia bohemica*)
- Pink Fleece Flower (*Fallopia japonica* “*Reynoutria*”)
- Variegated Fleece Flower (*Fallopia japonica* “*Variegata*”)

Since the knotweed family was designated a noxious weed in 2011, we have found that it will:

- grow almost anywhere,
- is very aggressive, and
- extremely difficult to control.

In 2012, 22 locations were confirmed in Lancaster County with Japanese knotweed, bohemian knotweed, or variegated fleece flower. All but two of the sites are ornamental plantings that have gotten out of control and in many cases spread to neighboring properties. The two locations in the wild are likely escaped ornamental plantings.

Small segments of the plant are able to regenerate into new plants. These plant segments are commonly transported by water and regenerate new plants on the banks of streams. These plant segments may be transported to new sites by foot traffic, equipment, mowing, and improper disposal of vegetation. Sexual reproduction is also possible as evidenced by viable seeds collected from two Japanese knotweed sites in Lincoln. The seeds move easily by water and wind.

Knotweeds are very aggressive perennial plants that will NOT be easily controlled. It is important to treat it aggressively since its ability to re-sprout and send up new plants is very likely. Knotweed appears in early spring and quickly outcompetes other vegetation, allowing it to totally take over an area.

Known to grow 5 inches or more in a single day, it can grow up to 6–8 feet tall in a very short time. What can be seen above ground growing rapidly is also happening below ground in its aggressive rhizome root structure. Knotweeds have the ability to grow 20 feet or more under concrete and come up on the other side. When found by a house, they can find a crack in the basement wall or foundation, grow through it, and actually push in the wall. They are definitely not something you want growing in your landscape.



Japanese knotweed infestation in Lincoln

Methods of Control

Timing is key to eradicating knotweed. Treat from July 1 to the first killing frost when carbohydrates produced in the leaves are moved to the rhizomes for growth and storage. Foliar applied herbicides move through the plant with the carbohydrates.

READ AND FOLLOW HERBICIDE LABEL DIRECTIONS.

Do not compost any green portions of the plant. In residential areas, let the plant completely dry out and put in plastic bags for regular garbage pickup.

For Small Sites and Ornamental Plantings

Cut the stems about 2 inches above ground level. Immediately apply a 25% solution of glyphosate (*e.g., Roundup®, or use Rodeo® if applying in or near wetland areas*) and water to the cross-section of the stem.

For Larger Sites, One of the Following Treatments is Required

Some products may not be available in small quantities.

- Apply 2 quarts per acre of imazapyr (*e.g., Arsenal®, has aquatic label if applying in or near wetland areas*), use non-ionic surfactants or Methylated seed oil (MSO) (*consult label*), or
- Apply 2 quarts per acre of Garlon 3A, use non-ionic surfactants (*consult label*), or
- Apply 1 quart per acre of glyphosate (*e.g., Roundup®, or use Rodeo® if applying in or near wetland areas*), use non-ionic surfactants (*consult label*).

Provide Follow-up

To prevent re-establishment, **continue with aggressive follow-up maintenance annually**. It is very important all planted and wild sites be controlled and kept controlled.

Hidden Word Find

Responsible landowners take pride in their management efforts to control weeds in order to protect our environment. Sometimes the greatest challenge is to understand how invaders spread, the groups involved in treating them, and tools they use.

Find the words in the puzzle and send your completed form to Lancaster County Weed Control for your chance to win the “Weeds of the Great Plains” book published by Nebraska Department of Agriculture. **All entries must be postmarked by April 22.**

If your name is drawn, the book will be mailed to you. This information will not be used to contact you with any other offer.

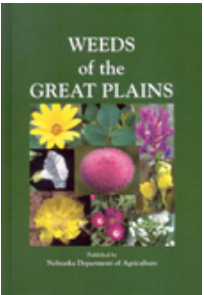
Enter drawing to win:

Name _____

Address _____

City/State/Zip _____

Send completed Word Find to:
Lancaster County Weed Control, Weed Book Drawing
444 Cherrycreek Rd., Bldg. B, Lincoln, NE 68528



- Annual
- Biennial
- Canada thistle
- Knapweed
- Knotweed
- Herbicide
- Introduced
- Invasive
- Lancaster
- Leafy spurge
- Mapping
- Musk thistle
- Noxious weeds
- Perennial
- Phragmites
- Plumeless thistle
- Purple loosestrife
- Saltcedar
- Sericea lespedeza
- Weed watcher

H E R B I C I D E R E T S A C N A L D
P U R P L E L O O S E S T R I F E M A
S L E T L Z W W D R B P N X D L T Z W
D E L P J L G R Q E E K D K T B E M J
E A T A L Y Q R R R E E N S R D N K Z
E F S N N U D S E A C W I O E K J Q X
W Y I N L N M N E U D H P P T R N B D
S S H U R N N E D T T E S A E W I Z I
U P T A X I R O L A I E C H N E E N D
O U K L A N R L D E L M C T N K V E Q
I R S L R T Y A M A S T G N L A B X D
X G U B N R N Q E L A S I A S A P T K
O E M I Z A J C M W N A T I R G S Y Y
N Q A X C N I T D W L D V H R H L M T
W M P R N R P E Q K J E J N I W P B Y
L N P N E M E D T K L L L D Q S B J M
D Z I S R W N R G Z Z P L R M G T R M
M B N M R J W Y N J Q T N Z N J L L M
Z T G B V B V Z P J D D V Z J N Y R E

Nebraska's Noxious Weeds

It is the duty of each person who owns or controls land to effectively control noxious weeds on such land.

Noxious weed is a legal term used to denote a destructive or harmful weed for the purpose of regulation.

The Director of Agriculture establishes which plants are noxious. These non-native plants compete aggressively with desirable plants and vegetation. Failure to control noxious weeds in this state is a serious problem which is detrimental to the production of crops and livestock, and to the welfare of residents of this state. Noxious weeds may also devalue land and reduce tax revenue.

Musk Thistle

Height 1.6–9.8 ft



Pink to purple flowers

Mature seedhead

Canada Thistle

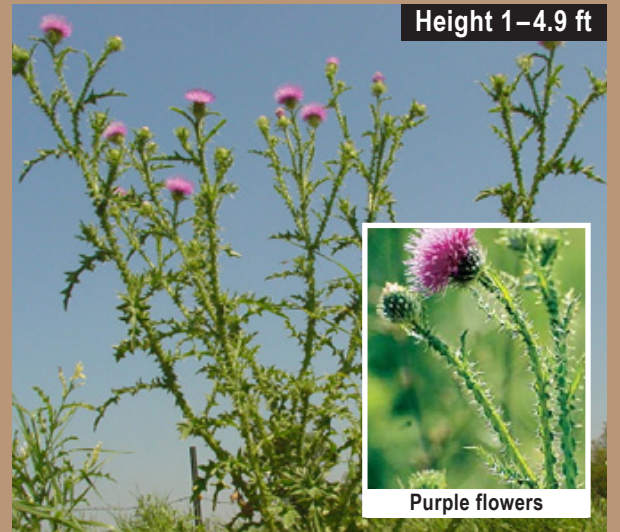
Height 1–3.9 ft



Pink to purple flowers

Plumeless Thistle

Height 1–4.9 ft



Purple flowers

Phragmites

Height 3.2–20 ft

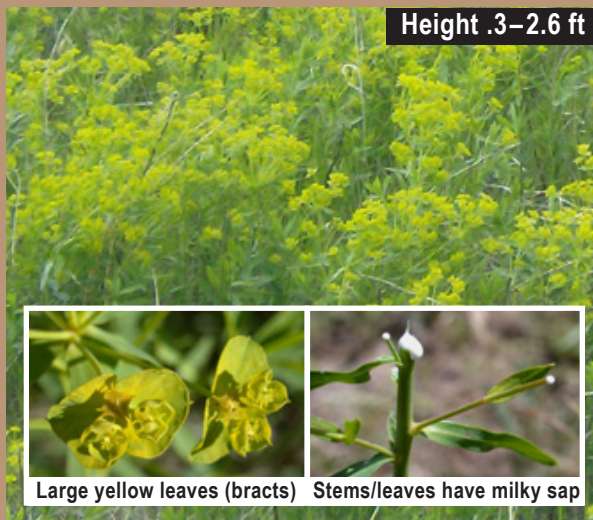


Young seedhead

Mature seedhead

Leafy Spurge

Height .3–2.6 ft



Large yellow leaves (bracts)

Stems/leaves have milky sap

Sericea Lespedeza

Height 1.5–6.5 ft

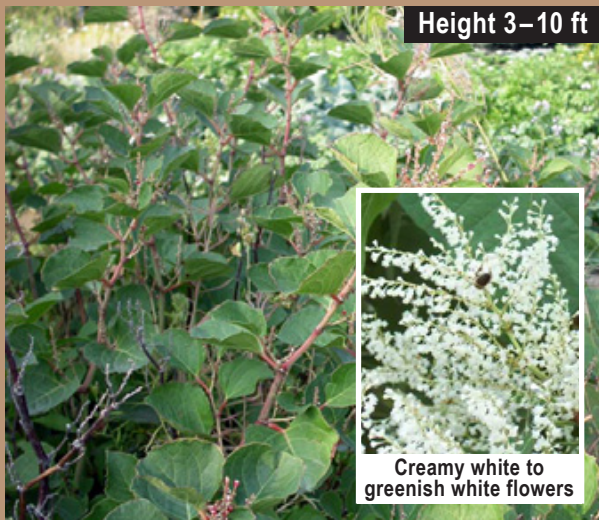


Newly Added

White or cream to yellowish white flowers

Japanese Knotweed

Height 3–10 ft



Creamy white to greenish white flowers

Giant Knotweed

Height 8–13 ft



Creamy white to greenish white flowers

Purple Loosestrife

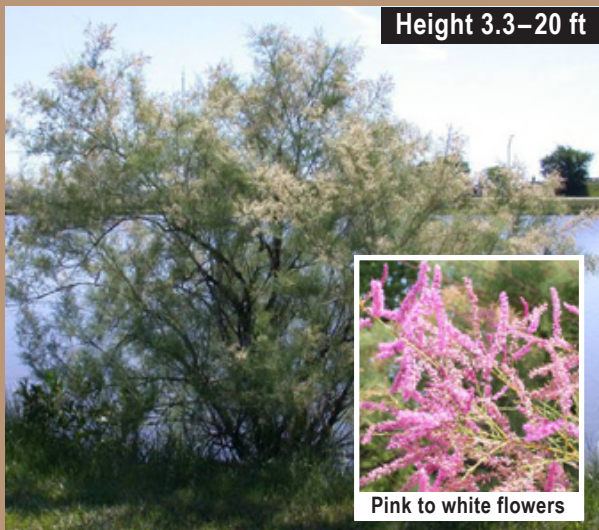
Height 1.3–8 ft



Purple to magenta flowers

Saltcedar

Height 3.3–20 ft



Pink to white flowers

Spotted Knapweed

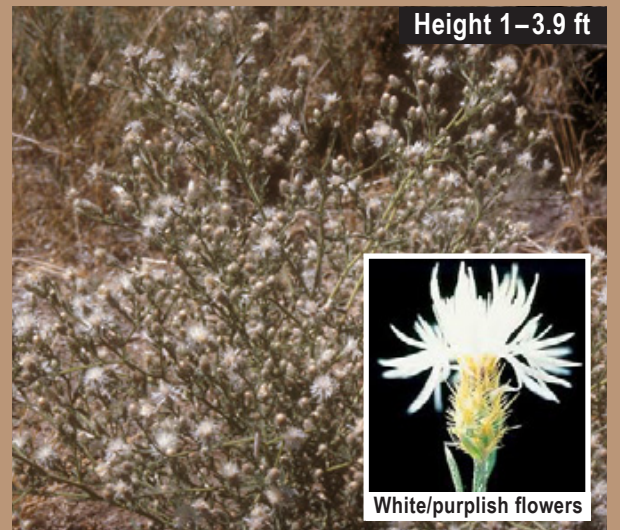
Height 1–3.9 ft



Lavender to purple flowers

Diffuse Knapweed

Height 1–3.9 ft



White/purplish flowers

GOOD NEIGHBORS CONTROL NOXIOUS WEEDS

If you have questions or concerns about noxious weeds, please contact your local county noxious weed control authority, Nebraska Weed Control Association (www.neweed.org), or Nebraska Department of Agriculture (www.agr.ne.gov/noxious_weed)

WEED AWARENESS

The County Commissioners serve as the Lancaster County Weed Control Authority. Currently Brent Meyer serves as the superintendent and supervises a seasonal staff of six weed inspectors with the assistance of Chief Inspector Pat Dugan and Account Clerk Julie Manske.

2012 Annual Report

Lancaster County Weed Control Authority's purpose is to educate the public concerning noxious weeds, exercise the necessary authority to obtain effective control of noxious weeds county-wide, educate the public concerning weed abatement, and to exercise the necessary authority to cut and clear overgrown weeds and worthless vegetation in the city of Lincoln. We accomplish this by:

- making the landowners of Lancaster County aware of the legal requirements and benefits of controlling noxious weeds,
- making the citizens of Lincoln aware of legal requirements and benefits of cutting and clearing overgrown weeds and worthless vegetation,
- efficiently and effectively exercising authority when necessary to obtain acceptable noxious weed and weed abatement control, and
- improving efficiency and effectiveness of operations through management techniques.

Noxious Weed Program

Lancaster County Weed Control office utilizes a three-phase program to assist landowners in reducing the number of noxious weed infested acres in the county.

Phase 1: Prevent the development of new weed infestations — Prevention is the least expensive and most effective way to halt the spread of noxious and invasive weeds. Integrated weed management includes preventing encroachment into land that is not infested, identifying the pathways in which weeds are spread, detecting and eradicating new weed introductions, containing large-scale infestations using an integrated approach, and often re-vegetation.

Phase 2: Provide education and public outreach on noxious and invasive weed control — The public is generally not aware of the economic and environmental impacts of noxious weeds. There is a need to improve awareness of noxious weeds and to provide educational information to cooperators, land managers, and the public. Pamphlets, bulletins, and brochures are useful at meetings, for follow-up consultations, and educational purposes. As people become more aware of noxious weeds, the probability of detecting them is greatly increased, which allows for more effective and timely control. Education and awareness assist:

- weed identification
- reporting new infestations
- prevention
- control
- fostering cooperation and partnerships

Phase 3: Provide for ongoing management of State of Nebraska-mandated noxious weeds — Noxious weed management

is the systematic approach to minimize noxious weed impacts and optimize intended land use. It is very important for all infested

areas to be treated with effective methods. Integrated management is a program of noxious weed control that properly implements a variety of coordinated control methods. Types of control methods include mechanical, cultural, chemical, and biological. Integrated management greatly improves the success rate for your weed control plan. All noxious weed management must be applied and evaluated over an extended period of time to be successful.

Noxious Weed Overview

Noxious weeds know no boundaries. They find themselves at home in cities and villages, along creeks, in wetlands and waste areas just as well as in the rural areas.

In 2012, our inspectors documented 1,120 sites infested with noxious weeds, 371 (33.1%) of those were within Lincoln city limits. While the total number of acres infested is small, we continue to find noxious weeds all around the city. Saltcedar, purple loosestrife, and knotweed are found more in the city than in rural areas, because they were first introduced as ornamentals and planted in our landscapes. Without aggressive management, these sites will continue to grow and spread.

Musk Thistle — Musk thistle continues to be a problem on poorly-managed pastures, wastelands, and roadsides. A total of 883 inspections were made on 453 sites. There were 384 sites found to be in violation amounting to 1,533 acres infested. The Weed Control office carried out 13 enforcements on 206 acres.

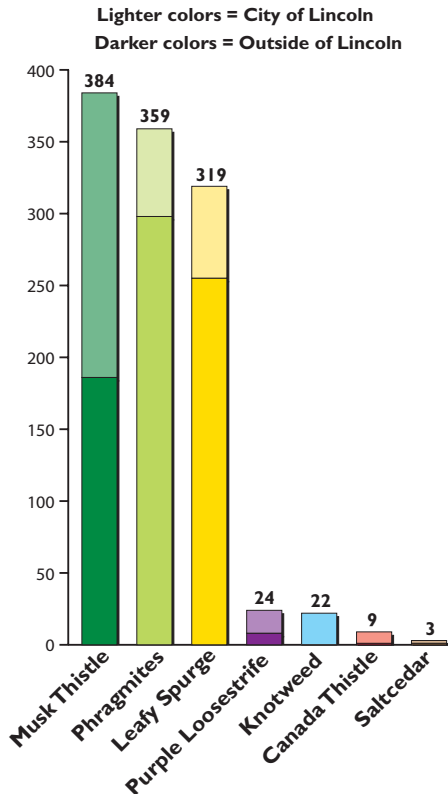


Musk thistle in a backyard inside city limits

Phragmites — Phragmites moved into the number two spot this year in front of leafy spurge, with 359 sites found to have infestations. The number of sites rose 4.4%, up from 344 sites reported in 2011. It's important to be aggressive on phragmites while the average site is still less than 1 acre; we are seeing it spread at alarming rates.

Leafy Spurge — Leafy spurge is a very difficult to control perennial plant and infests 545 acres in the county and city. Once an infestation is identified, it should be controlled and monitored for many years. Its deep rhizome root system will allow it to continue to grow. In 2012, there were 567 inspections made at 400 locations, finding 319 infestations.

NOXIOUS WEEDS Number of Lancaster County Sites in Violation



Purple Loosestrife —

Most of the purple loosestrife found are ornamental plantings. There are a few waterways with wild purple loosestrife, but for the most part this has been a success story in Lancaster County. In 2001, when purple loosestrife was added to the State Noxious Weed list, we reported 490 locations. In 2012, we had 24 sites reported. This is a 95.1% decrease since it was designated a noxious weed.

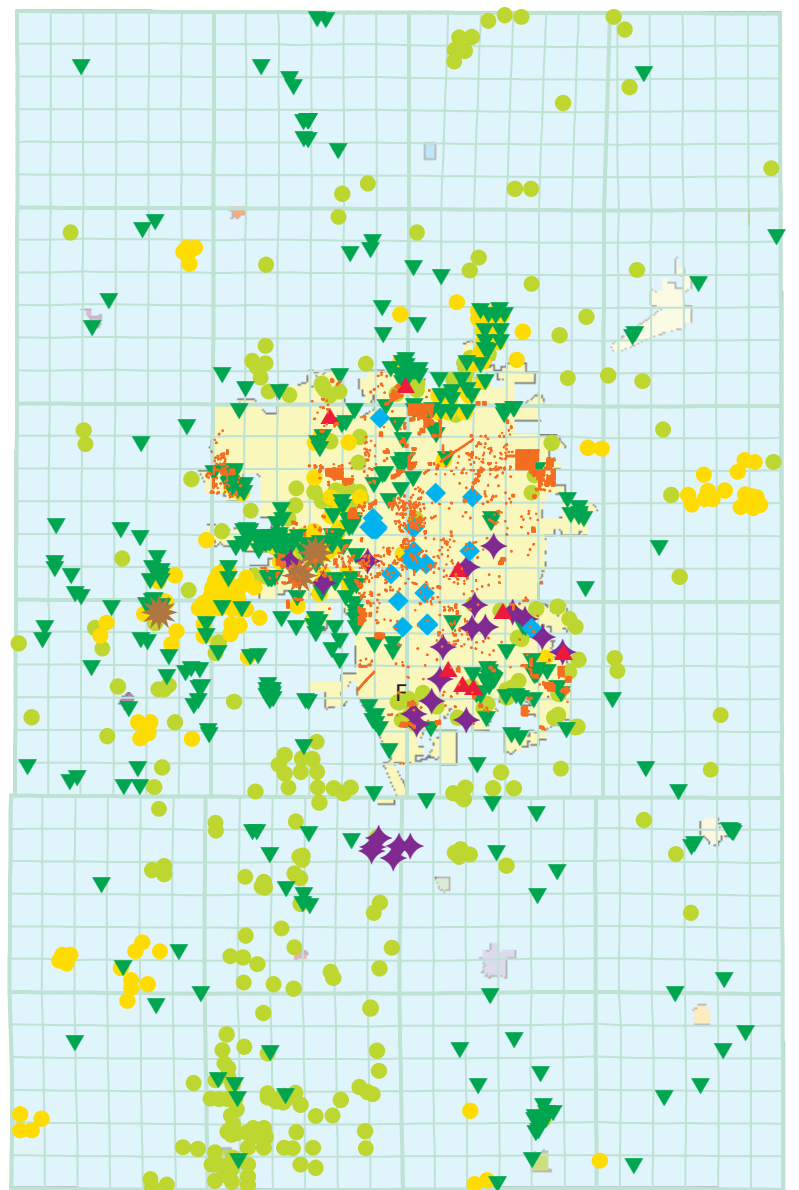
Knotweed — There were 22 sites of knotweed reported in 2012. Almost all of the sites are ornamental plantings with only 2 sites being wild infestations. Most owners have been very receptive to removing the plantings once they realize how much damage it can do.

Canada thistle — Canada thistle is a deep rooted perennial thistle; it is the most difficult thistle to control. While we don't have a large number of infestations, what we are finding is that it is showing up in landscaping. Meaning, it is likely it is coming in with some of the trees and shrubs being planted. Always make sure the root stock you are getting is noxious-weed-free.

Saltcedar — Saltcedar is a great example of Early Detection – Rapid Response (EDRR), getting on a problem early and eliminating it before it gets out of control. Lancaster County has only a few locations of saltcedar and those are being eradicated by the owners.

City Landfills

The Weed Control Authority is also responsible for managing both the 48th street and Bluff Road landfills for all noxious weeds. Musk thistle, leafy spurge, and phragmites are the main problems. Both landfills are annually inspected and mapped. A contractor is then hired to do the control work. We do a follow-up inspection once the contractor spraying is complete to ensure proper control.



Lancaster County Noxious Weeds

- ▼ Musk Thistle
- Leafy Spurge
- Phragmites
- ▲ Canada Thistle
- ◆ Knotweed
- ◆ Purple Loosestrife
- ★ Saltcedar

City of Lincoln Weed Abatement

- Weeds & worthless vegetation above 6"

Lancaster County Abandoned Cemeteries



Evangelical Cemetery

Mowing and general maintenance on six abandoned cemeteries throughout the county is also under the supervision of the Weed Control office. Cemeteries included are the County Poor Farm, Dietz, Evangelical, Highland, Jordan, and Uphoff.

Special recognition goes to the following volunteers:

- Steve Wedge for mowing Jordan
- Terry Briley for mowing Evangelical
- Boy Scouts of America Troop 64 for mowing Dietz
- the good Samaritan for mowing Highland & Uphoff (we don't know who is mowing these but are very appreciative of them for doing it and keeping them looking great)

City of Lincoln Weed Abatement Program

The City of Lincoln Weed Abatement Ordinance requires owners of land within the city limits to maintain the height of

weeds and worthless vegetation below six inches. This includes all areas to the center of the street or alley that joins their property.

Three seasonal inspectors are used in administering this program. Most inspections are carried out as a result of complaints.

In 2012, there were 222 properties pre-selected for inspection because of past violations and the lack of response to correct the violations. Our office received 1,439 complaints from the public and an additional 832 properties were inspected that were observed as having violations. It required 5,354 inspections to make the initial and follow-up inspections on 2,271 sites.

Properties not in compliance were notified of the violations with 821 legal notices, 1,537 reminder letters, and 52 personal contacts. Landowners cut 1,579 sites and forced cutting was contracted on 168 sites. Landowners are responsible to pay the cost of control; it remains a lien against the property taxes until paid.

Change in Chief Inspector

In 2012, Barb Frazier retired after 20 years of service as Chief Inspector for Lancaster County Weed Control Authority. Pat Dugan has been hired as the new Chief Inspector.

Perennial Plant of the Year

Polygonatum odoratum ‘Variegatum’ is the 2013 Perennial Plant of the Year. It has the common names of variegated Solomon’s Seal, striped Solomon’s Seal, fragrant Solomon’s Seal and variegated fragrant Solomon’s Seal. This all-season perennial has greenish-white flowers in late spring and variegated foliage throughout the growing season. The foliage turns yellow in the fall and grows well in moist soil in partial to full shade.

Variegated Solomon’s Seal grows 18–24 inches tall and will spread by rhizomes to form colonies. The oval-shaped leaves are carried on upright, arching, unbranched stems. The variegated leaves are light green with white tips and margins. Leaves turn an attractive yellow in the autumn. Sweetly fragrant, small, bell-shaped white flowers with green tips, are borne on short pedicels from the leaf axils underneath the arching stems. Bluish-black berries are sometimes present in the autumn.

Variegated Solomon’s Seal is a classic beauty for the shady woodland garden or the part-shade to full-shade border. It is a great companion plant to other shade lovers including hostas, ferns, and astilbes. The sweet fragrance will enhance that walk along a pathway on a spring morning. Flower arrangers will find the variegated foliage to be an attribute for spring floral arrangements. And finally, this all-season perennial offers yellow fall foliage color.

There are no serious insect or disease problems with variegated Solomon’s Seal. Plants may be divided in the spring or fall. The white rhizomes should be planted just below the soil surface. It is a very easy perennial



Steven Stull/Perennial Plant Association

Polygonatum odoratum ‘Variegatum’

to grow and will enhance any shade garden, especially a more natural one.

Light: Variegated Solomon’s Seal performs well in part to full shade conditions.

Soil: Variegated Solomon’s Seal prefers moist, well-drained soil.

Uses: This perennial offers vivid highlights in shaded areas of borders, woodland gardens, or naturalized areas. The variegated foliage is attractive in flower arrangements.

Unique qualities: Solomon’s Seal has arching stems that carry pairs of small, bell-

shaped, white flowers in mid to late spring. The variegated ovate leaves are soft green with white tips and margins. Fall leaf color is yellow.

Maintenance: There are no serious insect or disease problems with variegated Solomon’s Seal. Plants may be divided in the spring or fall. The white rhizomes should be planted just below the soil surface. It is a very easy perennial to grow and will enhance any shade area.

Hardiness: USDA Zones 3 to 8.

Source: Perennial Plant Association

Gardening at Lunch Webinars

Learn about various aspects of gardening from UNL Extension experts. Join us for an exciting “Gardening at Lunch” webinar series, right from your desk at work or home. During each program you can listen and interact with the speakers. You will need a computer with Internet access and sound to participate.

Cost is \$10 per program. Must pre-register at <http://marketplace.unl.edu/extension>.

Webinars are held Wednesdays, 12:05–12:55 p.m. For more information, contact Natalia Bjorklund at nbjorklund3@unl.edu or 402-727-2775.

- **April 3: Plant Diseases** — Learn how to identify plant diseases, and how to treat them.
- **May 1: Outdoor Insects** — Learn how to identify the good insects from the bad!

Garter Snakes

continued from previous page

Outdoors, funnel traps can be used to capture garter snakes. Sticky glue boards can be used to capture snakes that have wandered inside. If a snake is trapped on a glue board, take it outdoors on the board and pour a couple ounces of vegetable oil along the area of the snake trapped on the board. The snake will be able to work itself free and flee the area.

There are no toxicants or baits registered for snake control in Nebraska. Remember, garter snakes are beneficial, harmless to you and your pets, and should not be killed. Snakes fear people and pets. If left alone, they will make every attempt to escape.

Source: UNL Extension publication “Garter Snakes In and Around the Home” (Z1782) by Dennis Ferraro, Extension Educator, and Stephen Vantassel, Project Coordinator, Wildlife Damage. This publication is available online at www.ianrpubs.unl.edu/sendIt/z1782.html.

Shed Snake Skins

Shed snake skins are great for helping teach children about snakes. If your child or grandchild wants to save a shed skin they find out in the yard, wash the shed with 70 percent isopropyl alcohol (available over the counter at any pharmacy), dry thoroughly and keep in an airtight, clear plastic bag.

Fun Youth Gardening Activity: Make a Seed Tape



Directions:

1. With a ruler and a pencil draw small dots every one-inch in the center of the paper towel strip.
2. Place a drop of glue in the center of the dots.
3. Place one seed on each drop of glue.
4. Allow glue to dry completely before moving or storing strips.
5. Plant seed tapes 2-inch deep in the garden in late April or May.

6. Water plants weekly until harvest time.

FOR MORE YOUTH GARDENING ACTIVITIES

UNL Extension in Lancaster County has many activity ideas at <http://lancaster.unl.edu/hort/youth>, including: alphabet gardening, build a bean tower, coloring eggs with natural dyes, fruit garland for birds, and pizza gardening.

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

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

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

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

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

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

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

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

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

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

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

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

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

To extend the blooming period of gladiolus, plant early, middle and late-season selections each week until the middle of June. Choose a sunny location and plant the corms four to six inches deep and six to eight inches apart.

Mary Jane Frogge
UNL Extension Associate

Making a seed tape is a fun gardening activity to do with a child of any age.

- Supplies:
- thin paper towels, cut into strips, 3 inches x 12 inches
 - white glue
 - small seeds: lettuce, carrot
 - ruler
 - pencil

All Lancaster County 4-H Volunteers Must be Rescreened in 2013

Every four years, all Nebraska 4-H volunteers must be rescreened through the 4-H Youth Protection Volunteer Screening. This year, 2013, is the year our district must be rescreened. The form is available at the Extension office or online at <http://lanaster.unl.edu/4h/club>. The screening ensures a safe, positive, and nurturing environment for all youth involved with the Nebraska Youth Development program. If you have questions, please contact Extension at 402-441-7180.

Kiwanis Karnival, April 13

Lincoln Center Kiwanis sponsors an annual Kiwanis Karnival, a FREE family event. This year, it will be held Saturday, April 13, 6–8 p.m. at Elliott Elementary School, 225 S. 25 St., Lincoln. **4-H members & their families and Elliott school students & their families are invited to share the fun!** The Karnival features carnival-type games for the kids, bingo for adults, prizes, snacks, fun, and fellowship. Lincoln Center Kiwanis has sponsored this event for over 50 years providing prizes and snacks. 4-H clubs are needed to provide carnival-type booths. For more information, call Lorene at 402-441-7180.

April Anne Johnson

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

Anne has been co-leader of Joe's Clover Knights 4-H club for five years. A Nebraska 4-H Club of Excellence, Joe's Clover Knights currently has 55 4-H members. The club works on many projects together, including rockets, food & nutrition, clothing, and quilting. Club community service projects have included creating meal bags for low-income families (for which the club received a Governor's Agricultural Excellence Award to support), making quilts and blankets for donation, and school and church grounds clean-up.

"I like being a 4-H volunteer because it gives me the opportunity to share the gifts I've been given and skills that I learned as a young 4-H'er," says Anne. "4-H was a huge part of my life and taught me many life skills. You learn life lessons and skills about how to effectively communicate to others, how to plan and organize, how to work through frustration, and more. 4-H can build your self esteem in unimaginable ways. I have MANY favorite experiences in the 5 years of being a leader of our 4-H club. They are as small as the hugs that I get from the youngest members saying how much they love 4-H, and as big as seeing our amazing group plan, provide, and hand deliver 55 nutritious meals to the less fortunate with love pouring from the 4-H'ers big smiles. I loved creating our first club quilt and working through all the frustrations of patterns that don't match, seams that needed ripped out, and then to have the beautiful results and exuberant faces of success."

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



4-H Volunteer Input Wanted and Needed

UNL Extension is asking for 4-H volunteers across the state to take 5–10 minutes to complete an online survey so we can learn more about your needs, wants, and ideas. Volunteers have from now until April 1 to complete the survey at <http://4h.unl.edu>. This is your time to share your thoughts and ideas to make Nebraska 4-H a stronger program!

Furniture Painting Workshop, April 20

4-H youth ages 8 and up are invited to participate in a furniture painting workshop on Saturday, April 20, 9 a.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road. Bring a small piece of unpainted furniture, such as a shelf, stool, or chair. These items can be found around your house, at craft stores, garage sales, and thrift stores. 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 provided. Adults are welcome to attend to help youth. Bring a sack lunch. Register by April 17 by calling 402-441-7180.

4-H/FFA Sheep Weigh-In, May 2

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

Portable Dog Agility Set-up Available

4-H dog exhibitors who would like to practice agility at home, Lancaster County 4-H has a portable dog agility set-up you can use free of charge. Contact Cole at 402-441-7180 for more information on the check out process.

4-H Fabric Design Camp, May 22 & 23

Are you ready for the next step in clothing and design? Let the rich beauty of nature at the Nebraska State 4-H Camp inspire you to design and create an original garment and fabric accessory. Learn new fabric design techniques and how to manipulate a simple pattern to create a unique outfit. 4-H Design Camp will be held May 22–23 at the Nebraska State 4-H Camp at Halsey. The \$65 fee includes fabric, dyes, pattern, meals, and cabin. Sessions will begin at 9 a.m. Wednesday, May 22. The runway show for camp participants and their families will be held Thursday, May 23 at 3 p.m.

Participants must have sewn at least one garment in Clothing Level 1 to be ready to participate in this camp. Camp brochures including registrations forms are available from instructors Megan Burda, Fillmore County, mburda2@unl.edu; Jessye Goertz, Custer County, jgoertz1@unl.edu; and Sue Pearman, Central Sandhills Area, spearman2@unl.edu.

4-H Cat Clinic, May 29

A 4-H Cat Clinic will be held on Wednesday, May 29, 6–8 p.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln. This free clinic will be conducted by Dr. Lisa Karr-Lilienthal, UNL Companion Animal Specialist, and is open to 4-H'ers and interested youth ages 8–18. You will learn information on general cat care, health, and showmanship. A variety of hands-on activities will include working with cats, cat foods, housing design, vet care, etc. You do not need to bring a cat, but if you do, it must be in a pet cage. This will be a great opportunity to learn how to prepare your cat for the Lancaster County Super Fair or to consider a 4-H Cat Project. Please preregister before May 27 by calling 402-441-7180.

New 4-H Shopping in Style Curriculum

A new Nebraska 4-H Shopping in Style curriculum now available on a CD! This updated curriculum is for youth ages 10 and older. Youth will learn what looks best on them, the best ways to build a versatile wardrobe while staying within their budget, and be able to identify their clothing needs. This CD is available for purchase at the Extension office.

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
3) Color It, Paint It, Create It
Copies are available at the Extension office.

Updated 4-H Babysitting Curriculum

The 4-H childcare curriculum has been updated. The project books "The Sitter," "The Infant," "The Toddler," "The Preschooler," and "The Middle Childhood" will no longer be used.

Created through a 4-H Military Partnership, the new teen babysitter curriculum "I Have What it Takes to be Your Teen Babysitter" is comprised of a facilitator guide, a student guide, and a set of student worksheets.

The curriculum is free online. Go to www.4-hmilitarypartnerships.org and click "Curriculum Resources" on the left, then scroll down and click on "Youth Babysitting." If you would like to see a hardcopy version, visit the Extension office.

HORSE BITS

Riding Skills Level Testings April 16 & 30

The first 2013 riding skills level testing will be held on Tuesday, April 16, 5:30 p.m. at the Lancaster Event Center in the Amy Countryman Arena. Anyone wishing to be tested must sign-up by April 9. Call or email Marty at 402-441-7180 or mcruickshank2@unl.edu.

A second testing is scheduled for Tuesday, April 30, 5:30 p.m. at the Lancaster Event Center also in the Amy Countryman Arena. Sign-up deadline is April 23.

Reminder, all other horsemanship level requirements must be completed and handed in to Marty before the riding portion can be done.

Middle Cross Dressage Schooling Show, May 4–5

The Lancaster County Horse VIPS Committee is sponsoring a Middle Cross Dressage Schooling Show at Middle Cross Stables, 500 Sprague Road, Roca (Lowell Boomer's historic facility). This fundraiser/clinic is open to all youth and adults. A schooling show will be held on Saturday, May 4. The following day, Sunday, May 5, Judge Joyce Hardesty Coleman has offered to give individual lessons. Coleman has ridden through Grand Prix and is an "L" rated judge.

The show flyer and entry form can be found at <http://lanaster.unl.edu/4h/horse/MiddleCrossSchoolingShow.pdf> or call Marty at 402-441-7180 for details. Entries are accepted through April 15.

Livestock Quality Assurance Certification Must be Done Online by June 15

All 4-H/FFA members wanting to show market beef, market sheep, market swine, meat and dairy goats, dairy cattle, poultry, and rabbits at county fair, State Fair, or the Ak-Sar-Ben 4-H Stock Show must complete Quality Assurance training. Horse exhibitors and livestock exhibitors showing only breeding animals do not have to complete it.

Again this year, the Quality Assurance certification is online. In the past youth must have completed an in person training; now everything is online. This new format will be more user friendly, youth will complete activities that pertain to their age (no more sitting through a class where it is either over your head or way to simple for you), and youth will be able to complete the trainings at their own pace

and time allotment. As always this must be done by June 15. Instructions are online at <http://4h.unl.edu/qualityassurance> and will be mailed to club leaders. Please pass along all of this information to youth in your club who will need to be QA certified. If you have any questions regarding this new format, contact Cole at cmeador2@unl.edu or 402-441-7180.

4-H/FFA SUPER FAIR NEWS



 **AUGUST 1–10, 2013** 
4-H & FFA EXHIBITS & EVENTS AUGUST 1–4
LANCASTER EVENT CENTER

4-H/FFA Fair Books Have Been Mailed

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

Open Class entry information and schedule will be online by May 1 at www.superfair.org. Anyone can participate in open class categories.

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

4-H & FFA Parking and Exhibitor Passes

4-H/FFA families can get a free **4-H/FFA parking pass** from the Extension office (available July 1–31). The parking pass allows one vehicle to enter the fairgrounds each day August 1–6 and park in designated areas. It does not cover admission for each individual in the vehicle (see exhibitor admission passes). General parking without the parking pass will be \$3. 4-H/FFA families are asked to enter Gate 3.

Individual exhibitor admission passes will be available from the Extension office (available July 1–31). An individual exhibitor pass allows the exhibitor to enter the fairgrounds each day August 1–6 only. Gate admission without the 4-H/FFA exhibitor admission pass will be \$2.

These passes are only for 4-H/FFA members and their families, and 4-H/FFA volunteers.

4-H Bicycle Contest Superintendent Needed

Do you enjoy riding your bike and helping youth? Here is a great opportunity to do both. A 4-H Bicycle Contest Superintendent is needed for the annual Super Fair contest; this year held Saturday, June 9 starting at 9 a.m. The current superintendent will provide leadership and direction. Call Tracy at 402-441-7180.

New in 4-H at Fair

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

- **Shooting Sports Contest** — after a several year hiatus, the Shooting Sports Contest is back with categories in BB Gun, Air Rifle, Air Pistol and Trapshooting.
- **Presentations Contest** — new class “Illustrated Presentation” includes audio visual and poster. “Multimedia Presentation now includes a 1–2 minute oral introduction. New class “Teaching Presentation” is interactive with judge occasionally stopping presentation to ask questions.
- **Style Revue** — new class “Modeled Knitted or Crocheted Clothing” (Level 2 or 3). Knitting or Crocheting Level 1 can be modeled with “Sewing for Fun.”
- **Special County Exhibits** — new class, “4-H Code of Conduct exhibit.”
- **Express Yourself** — Level 2 and 3 have many new classes.
- **Quilt Quest** — has many new requirements and options, including the use of “fabric collections.”
- **Photography** — “Nebraska photography career exhibit print” classes in Unit II & III have new themes. Unit III has new “Manual setting exhibit print” class. Data Tag Part B has new questions for Unit III participants and Photography Portfolio Unit III has new requirements.
- **Clothing** — all new classes for Shopping in Style. New information requirements for Decorate Your Duds, Recycled Garment, Textile Clothing Accessory, and Level 1 Knitting or Crocheting.
- **Home Environment** — Design Decisions “3 dimensional surface accessory” classes are back as county only.
- **Safety** — two new classes, “Safety experience” and “Careers in safety.” Many previous classes have new requirements.
- **Food & Nutrition** — new class, “Food Science and Technology.” New Food Preservation recipe and labeling requirements.
- **Horticulture** — new Houseplants class, “Fairly or miniature garden.”
- **Elite Showmanship Contest** — Champion senior showman from Sheep, Beef, Swine, and Dairy Cattle are eligible.
- **Meat Goat** — Breeding classes have been added.
- **Swine** — new Market class, “Pick-a-Pig club market swine.”
- **Dog** — new Team Obedience class, “Brace team” consists of one handler and two dogs. The Creative Kennel contest and Costume contest will have the theme of “Movie Dogs.” Dress your dog or kennel to be a character in any movie, it doesn’t need to be a dog character. Entries must follow this theme, or they will be deducted a ribbon placing.
- **Horse:**
 - new requirements for All-Around Cowboy/ Cowgirl and All-Around Ranch Horse Awards.
 - new “Roping Clinic with Mechanical Calf and Steer.”
 - Roping/Working Ranch Show includes new classes “Boxing” and “Mechanical Roping.”
 - Miniature Horse Show has new class “Obstacle Driving.”
 - Dressage Show has new class “Western Dressage Seat Equitation.”

4-H Speech & Public Service Announcement Contests

The Speech and Public Service Announcement contests provide 4-H’ers the opportunity to learn to express themselves clearly, organize their ideas, and have confidence. Contests are open to all 4-H’ers — need not be enrolled in a specific project. Youth may choose to participate in either or both contests. For resources, guidelines, and examples, go to <http://lancaster.unl.edu/4h/Contest/speech.shtml>. If you have questions, contact Cole Meador at cmeador2@unl.edu or 402-441-7180.

Speech/PSA Workshop, March 28

Learn more at a Speech/ PSA workshop on Thursday, March 28, 6 p.m. at the Lancaster Extension Education Center. Out of



ideas? We will help you get started. Already started? Bring your completed speech/PSA’s to practice or get suggestions. We will teach you Audacity basics so you can add sound effects and edit to make your final PSA perfect. There will be computers available to work with, or bring your own. Cole will record PSA’s for 4-H’ers ready to do so — come in anytime after 4 p.m.

PSA Contest, Due April 12

In the Public Service Announcement (PSA) Contest, 4-H’ers submit a 60 second “radio commercial” promoting 4-H. Submit a PSA via CD playable on any standard stereo equipment to Extension by Friday, April 12. If you do not have the capabilities to record a PSA, contact Cole to set up a recording time. Results and comment sheets will be handed out at the 4-H Speech Contest on April 21.

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

- All PSA’s will use the state theme as the basis for their PSA. The 2013 PSA theme is “Taking the Lead.”
- All 4-H PSA’s must include the following tag line within the last ten seconds of the PSA: “Learn more about the University of Nebraska–Lincoln Extension 4-H Youth Development Program at 4h.unl.edu and Know How. Know Now.” The tag line is included in the 60 second time limit.

As always, background noises and sound effects are encouraged.

Speech Contest, April 21

The 4-H Speech Contest will be held Sunday, April 21 at the Lancaster Extension Education Center. Contest begins at 1:30 p.m., registration begins at 1 p.m. Preregister by April 12 by calling 402-441-7180 or emailing cmeador2@unl.edu with your name, speech title, age division, and if it is “Speech for YouTube.” Note new age divisions this year:

- **Speech Clover Kids division (5–7 years old)** — read or recite any short story, poem, nursery rhyme, pledge, etc. Clover Kids received participation ribbons only — no premiums given.
- **Speech Junior division (8–10 years old)** — length: 2–3 minutes, topic: any experience in 4-H, including projects, activities, etc.
- **Speech Intermediate division (11–12 years old)** — length: 3–5 minutes, topic: 4-H experience — encouraged to speak about a project which you would like others to enroll in
- **Speech Senior division (13–18 years old)** — length: 5–8 minutes, topic: A timely topic related to 4-H, how 4-H has helped you, importance of 4-H in your life, etc.
- **NEW THIS YEAR: Speech For YouTube (13–18 years old)** (may enter a regular speech and/or this county-only class) — length: 1–3 minutes, topic: ask adults to volunteer for 4-H by helping start a club, helping teach a project, volunteering at various 4-H activities, etc. Please include “To find out more, go to lancaster.unl.edu/4h/Contest/speech.shtml or call 402-441-7180.” Parent of 4-H participant will need to fill out an image permission form (online at <http://lancaster.unl.edu/4h/Contest/speech.shtml>). Do not use your name in the speech. All speeches will be videotaped and purple ribbon winners’ videos posted to YouTube and submitted to Cable 5 City-TV.

Alternatives to Guardianship

Each month, as I teach Guardianship Training, participants say they wished their loved ones would have shared their wishes while they were of sound mind, in many cases preventing the need for a guardianship. New legislation implemented Jan. 1, 2012 have created additional responsibilities for Guardians and Conservators which make this even more important.
— Maureen Burson, UNL Extension Educator

Guardianships, because they are so powerful, should be used sparingly. Other less restrictive forms of assistance may be more appropriate.

Sometimes obtaining a guardian for a person who is having difficulty making decisions in one or more areas of his/her life is an appropriate solution. Guardianship allows a responsible person to substitute judgment for someone who cannot make or communicate decisions. Without guardianship the person may be unprotected and lack the ability to find and use services. Even so, guardianship should be used sparingly, precisely because guardians have so much power.

Guardianship is one form of surrogate decision making — a term used to describe situations in which one makes decisions on behalf of someone else. It is the most restrictive choice when decision making assistance is needed. There are many more ways help can be given before proceeding to guardianship. The following is a description of less restrictive forms of assistance listed in order of degree of restriction from the least to the most restrictive.

Non Durable Power of Attorney is a document that authorizes one to act on another's behalf. It is the delegation from the person creating the document (the principal) to the person to whom he/she is granting the power to act (the agent). A limited power of

attorney gives authority to act only with regard to very specific matters. A general power of attorney authorizes the agent to act on behalf of the principal in a wide variety of actions. A power of attorney is also terminated by the principal's death, disability, or incompetence.

Durable Power of Attorney is a power of attorney that lasts beyond the disability or incapacity of the principal. It can be revoked or modified at any time as long as the principal is competent. By assigning a power of attorney to someone else, a principal legally authorizes another person to act on his or her behalf. The agent should be selected very carefully. Characteristics a principal should look for in an agent include competence and experience in managing the type of actions assigned to him or her, reliability and trustworthiness.

Advance Directives inform others of what choices for medical treatment were made prior to the need for treatment. The most common types of advance directives are living wills, health care power of attorney, and medical directives.

- A Living Will is a written statement that describes the type of care a person wishes to receive in the event he/she is suffering from a terminal illness or is in a persistent vegetative state. You can change your mind and revoke your living will at any time, regardless of mental or physical condition.

- Health Care Power of Attorney is, quite simply, a durable power of attorney through which a principal authorizes an agent to make health care decisions on his/her behalf. If you are competent, you can cancel the health care power of attorney at any time.
 - A Medical Directive is a specific list of medical procedures on which a person may check various procedures that he/she wants, does not want, or is not sure about. A medical directive is quite specific and is often incorporated into either a living will or a health care power of attorney. In order to exercise the most independence in selecting a surrogate decision maker, an individual should act sooner rather than later. Pre-planning is imperative. The above selection(s) must be made before it is evident the individual is in need of assistance for making decisions. These three options give an individual the most control over who is selected to manage decisions before the crisis happens. The following options are available after it is evident a person is in need of assistance for making decisions.
- Representative Payee** is a person appointed by the Social Security Administration to receive and manage benefits administered through Social Security. A representative payee is sought when a person is unable to manage the funds and do the necessary reporting required.
- Protective Payee** is an individual assigned by the Nebraska Department of Health and Human Services to receive public assistance payments on behalf of another person. The protective payee has a supervisory and teaching role. A payee is assigned when it has

been determined the person is unable to manage funds from the department or has previously mismanaged those funds.

Conservator is an individual or corporation appointed by the court to manage the estate, property, and/or other business affairs of an individual whom the court has determined is unable to do so for himself/herself.

Guardianship provides for the care of someone who is not able to care for himself/herself. The court may appoint a guardian if there is clear and convincing evidence he/she requires continuing care or supervision. Nebraska law allows for, and favors, the appointment of a limited guardian. This is a guardian who looks after a limited number of the person's personal needs. The court is required to look at 10 items listed in the guardianship law and state with which of the individual items the person

needs assistance. A limited guardianship is less restrictive than a full guardianship. A full guardianship is established when it is determined surrogate decision making is needed in all of the areas the court is required to review.

If you want to explore any of these options you may contact an attorney.

Source: University of Nebraska—Lincoln Extension NebGuide (G1596) "Alternatives to Guardianship: by development team: Eileen M. Krumbach, Extension Educator, University of Nebraska; Richard J. Bischoff, Professor, UNL Department of Child, Youth and Family Studies; Sue Fredricks, Executive Director, Volunteers Assisting Seniors (VAS), Omaha; Thomas K. Harmon, Attorney at Law, Omaha; Bruce A. Cudly, Nebraska Region V Services; Dianne D. Delair, Staff Attorney, Nebraska Advocacy Services, Inc.; Julie J. Hippen, Program Specialist, Nebraska Department of Health and Human Services, Adult Protective Services; Marla J. Fischer-Lempke, Executive Director, The Arc of Nebraska; Mary Evans, Guardian; Sheryl L. Connolly, Trial Court Services Director, Administrative Office of the Courts

UNL Extension Guardianship Trainings

State appointed guardians/conservators manage finances, submit reports to the court, and provide other vital roles which impact wards of the court.

UNL Extension's Guardianship/Conservator Training classes fulfill Guardian/Conservator education requirements set by the Nebraska Probate Code. Classes are approved by Nebraska Supreme Court.

The training prepares guardians to better serve their wards and fulfill the legal responsibilities to the court. More than 6,400 conservators have taken the training since the program started in 2005. In 2012, 91 educational programs were offered to 939 guardians/conservators. The Nebraska State Bar Association provides volunteer legal expertise during the training.

Upcoming dates at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln, include:

- Tuesday, April 16, 5:30–8:30 p.m.
- Tuesday, May 21, 1:30–4:30 p.m.

For more information about the trainings or to access other NebGuides about Guardianship (available in English and Spanish), go to www.extension.unl.edu/guardianship.

EXTENSION NEWS

Browning Receives Nebraska Arborists Association Educator of the Year Award

The Nebraska Arborists Association (NAA) presented University of Nebraska—Lincoln Extension Educator Sarah Browning with the NAA Educator of the Year Award at their annual winter conference in February.

The award recognizes the important role that teaching and education plays in enhancing the quality and professionalism of the NAA's members. The award is open to all educators who teach arboriculture, safety, and tree care.

Sarah is a certified Nebraska Arborist and member of NAA. Some of her educational accomplishments cited by NAA include:

- panelist on Backyard Farmer answering numerous tree questions



UNL Extension Educator Sarah Browning (left) with Nebraska Arborists Association President Kent Holm.

- editor of Extension's monthly Acreage eNews containing tree insect and disease problems
 - member of the Extension's drought resources team
 - has a weekly column in the *Lincoln Journal Star* where she addresses tree issues
 - prior member of the Dodge County Arboretum Committee and helped the committee solve their arboretum tree problems
 - worked directly with Midland Lutheran College staff to solve major tree issues
 - develops and teaches high quality education programs for professional arborists thus enabling them to obtain CEU credits towards maintaining their NE arborists certification
 - she is always willing to help out the NAA
- Congratulations Sarah!

Aging Partners Senior Companions Needed

If you are over 55 and need extra money that is tax-free and will not affect your Social Security, Supplemental Nutrition Assistance Program (food stamps), housing, or other benefits, you will want to check into the Aging Partners Senior Companion Program.

The Aging Partners Senior Companion Program is looking for 15 to 20 volunteers to help make independence a reality in Lincoln and the surrounding areas. Senior Companions help adults with everyday living. Among activities the companions enjoy with their friends are reading mail, playing games, and sharing personal or community activities.

Other qualifications for Senior Companions include passing a background check including fingerprinting. Volunteers must be willing and able to serve at least 15 hours a week but can work up to 40 hours. Reliable transportation is necessary.

Volunteers receive a tax-free hourly stipend of \$2.65 per hour and paid leave. This does not count toward eligibility for other programs. Please call 402-441-7026 to find out more about the Senior Companion Program.

EXTENSION CALENDAR

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

March

- 21 Commercial Pesticide Applicator Training - Recertification 9 a.m.
- 23 4-H Counterchange Smocking Workshop 9 a.m.
- 26 4-H Dog Skill-A-Thon2:30–7 p.m.
- 28 4-H Speech & Public Service Announcement Workshop 6 p.m.

April

- 1 Family & Community Education (FCE) Council Meeting..... 1 p.m.
- 1 All 4-H/FFA Market Beef ID’s Due to Extension
- 2 4-H Council Meeting 7 p.m.
- 3 AARP Driver Safety Program9 a.m.–1 p.m.
- 3 Gardening at Lunch Webinar, “Plant Diseases,” online ... 12:05–12:55 p.m.
- 6 “A Window of Opportunity” Child Care Conference . 8:30 a.m.–3:30 p.m.
- 8 Beginning Farmer and Rancher Workshop..... 10 a.m.–3 p.m.
- 9 Composting Workshop, Bess Dodson Walt Library, 6701 S. 14th St. ... 6:30 p.m.
- 11 Commercial Pesticide Applicator Training - Initial 8:30 a.m.
- 12 Extension Board Meeting 8 a.m.
- 12 “Planning for the Future of Your Estate” Seminar.....9 a.m.–4 p.m.
- 12 4-H Public Service Announcement (PSA) Contest CDs Due/
Preregister for Speech Contest
- 13 Kiwanis Karnival, Elliott Elementary School, 225 S. 25th St. 6–8 p.m.
- 14 4-H Teen Council Meeting 3 p.m.
- 16 Guardian/Conservator Training 5:30–8:30 p.m.
- 16 4-H Horse Level Testing, Lancaster Event Center - Amy Countryman
Arena 5:30 p.m.
- 16 Composting Workshop, Loren Corey Eiseley Library, 1530 Superior St. 6:30 p.m.
- 17 FCE & Community Leader Training Lesson, “Passing on Family
Memories” 1:30 p.m.
- 18 Co-Parenting for Successful Kids 9 a.m.–12:30 p.m.
- 20 4-H “Junque to Jewels” Furniture Painting Workshop 9 a.m.
- 21 4-H Speech Contest..... 1 p.m. registration/1:30 p.m. contest
- 30 4-H Horse Level Testing, Lancaster Event Center - Amy Countryman
Arena 5:30 p.m.

Beginning Farmer Workshops

University of Nebraska–Lincoln Extension is presenting a free series of Beginning Farmer and Rancher workshops in Southeast Nebraska:

- **Mob grazing and grass-fed beef**, Thursday, April 4, 9 a.m.–3 p.m. at the Agricultural Research & Development Center, 1071 County Road G, Ithaca
- **Vegetable/fruit production**, Monday, April 8, 10 a.m.–3 p.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln

- **Vegetable/fruit production**, Friday, April 12, 10 a.m.–3 p.m. at the ARDC, Ithaca
- **Vegetable/fruit production**, Tuesday, April 16, 10 a.m.–3 p.m. at UNL Extension in Douglas/Sarpy Counties, 8015 W. Center Rd, Omaha

The workshops are free and include lunch. Please pre-register at least three days before each workshop by calling Gary Lesoing at 402-274-4755. For more information, go to <http://nemaha.unl.edu>.

Nebraska Agriculture Youth Institute

Nebraska Agriculture Youth Institute is a five day summer conference for Nebraska high-school juniors and seniors held July 8–12 at UNL East Campus. The Nebraska Department of Agriculture covers most costs. Applications are due April 15. Forms and more information is online at www.nda.nebraska.gov/nayi.



N | OPEN HOUSE EVENTS

FOR MORE INFORMATION OR TO REGISTER: ADMISSIONS.UNL.EDU/VISIT

JUNIOR WEDNESDAYS

Wednesdays February 27 through May 1* – a Husker Weekday visit specifically for juniors.
*EXCLUDES MARCH 20

HUSKER WEEKDAYS

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



UNL Extension in Lancaster County
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402-441-7180
<http://lancaster.unl.edu>
Email: lancaster@unl.edu • Fax: 402-441-7148

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

Lancaster Extension Education Center Conference Facilities
444 Cherrycreek Road, Lincoln



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

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

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

EXTENSION EDUCATOR & UNIT LEADER

Gary C. Bergman

ADMINISTRATIVE AIDE

Jenny DeBuhr

EXTENSION EDUCATORS

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

EXTENSION ASSOCIATES

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

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THE NEBLINE

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Explore Career Options at Big Red Academic Camps

The 2013 Big Red Summer Academic Camps are a chance for youth grades 9–12 to spend time investigating an interest or potential career, explore the UNL campus, meet people from across the state and have lots of fun. Held in June, Big Red Summer Academic Camps features 10 career exploration camps hosted by Nebraska 4-H and University of Nebraska-Lincoln faculty members. The camps are residence camps held on UNL campus. Housing and food are provided.

After spending several fun-filled days exploring a specific topic such as filmmaking or engineering, youth showcase their work at a special “capstone event” which family members are invited to attend.

Brochures and registration forms are available at <http://bigredcamps.unl.edu> or at the Extension office. For more information, call 402-472-2805. *4-H members are encouraged to apply for a scholarship — application is on the Website.*

**Save \$50
by registering
before
April 1!**

Camp	Dates	Grades for fall 2013**
App Development*	June 9–14	10th–12th
Beef*	June 9–12	10th–12th
Crop Science	June 9–12	10th–12th
Culinary Arts and Food Science	June 9–14	10th–12th
Education	June 9–14	10th–12th
Engineering*	June 9–14	10th–12th
Fashion Design	June 9–14	10th–12th
Filmmaking	June 9–14	10th–12th
Unicameral Youth Legislature	June 9–12	9th–12th
Veterinary Science	June 9–14	10th–12th

* New camp for 2013.

*** Students who graduate in May 2013 are welcome to attend.*



Lancaster County 4-H thanks the Lincoln TSC stores and people who donated at checkout during last fall's TSC Paper Clover 4-H fundraiser.

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

4-H Summer Camps & Trips are a great place to discover, learn, and grow! 4-H camp professionals give your child opportunities to experience responsibility, teamwork, and leadership. Camps are open to all youth ages 5–19 — need not be in 4-H.

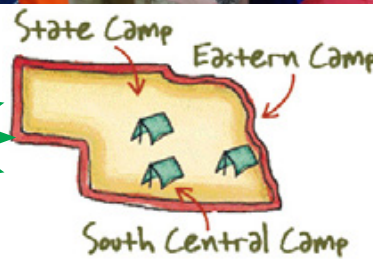
With three unique Nebraska locations at Halsey, Gretna, and Alma, there are over 45 camps. Some camp sessions offer a range of activities while others focus on a specific theme.

The 4-H camps and centers all meet over 300 standards established by the American Camping Association. The Nebraska 4-H Camps and Centers' mission is to provide unique educational opportunities that empower people of all ages to be active in the pursuit of self-improvement in a safe, inclusive, and fun environment.

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



**Save 10%
by registering
before April 15!**



Dates	Camp Session Title	Days	Nights	Ages	Early Bird*	Standard
STATE 4-H CAMP SCHEDULE						
June 15	Wacky Wipeouts!!!**	1	0	5-8	\$35	\$40
July 20	Barnyard Palooza**	1	0	5-8	\$35	\$40
July 12-14	Rough'n It Family Camp	3	2	8-15	\$175	\$195
June 3-5	Explorer-Build It, Make It, Take It	3	2	8-11	\$160	\$180
June 19-21	Explorer-Summer Fun I	3	2	8-11	\$160	\$180
June 30-July 3	Explorer-Wacky Wipeouts!!!	4	3	8-11	\$195	\$215
July 22-24	Explorer-Tank & Tube the Loup	3	2	8-11	\$160	\$180
July 28-31	Explorer-Summer Fun II	3	2	8-11	\$160	\$180
July 31-Aug 2	Explorer-Fun with Photos	3	2	8-11	\$175	\$195
June 2-6	Discovery-Build It, Make It, Take It	5	4	11-15	\$270	\$290
June 10-14	Discovery-Sandhillz Sampler	5	4	11-15	\$270	\$290
June 17-21	Discovery-Wacky Wipeouts!!!	5	4	11-15	\$270	\$290
June 24-28	Discovery-Outback Halsey	5	4	11-15	\$270	\$290
June 30-July 3	Discovery-Ultimate Girls Rock	4	3	11-15	\$215	\$235
July 7-12	Outdoor Skills-Extreme Hunting and Fishing	6	5	11-15	\$330	\$350
July 8-12	Discovery-Niobrara Kayak & Tubing	5	4	11-15	\$270	\$290
July 28-Aug1	Discovery-Extreme Robotics/GPS/GIS-Year 1.0	5	4	11-15	\$100	\$110
July 28-Aug1	Discovery-Advanced Robotics/GPS/GIS-Year 2.0	5	4	11-15	\$100	\$110
EASTERN NEBRASKA 4-H CENTER SCHEDULE						
June 14	Wet N' Wild Day Camp I**	1	0	5-8	\$35	\$40
July 5	Wet N' Wild Day Camp II**	1	0	5-8	\$35	\$40
July 6	Wet N' Wild Day Camp III**	1	0	5-8	\$35	\$40
June 2-7	Explorer-Summer Kick-Off Camp***	6	5	8-11	\$325	\$360
June 3-8	Explorer-1st Wave Aquatic Blast***	6	5	8-11	\$355	\$390
June 9-12	Explorer-Summer Fun I	4	3	8-11	\$195	\$215
June 13-15	Explorer-Zoo Bound I	3	2	8-11	\$210	\$230
June 16-19	Explorer-Sky's The Limit I	4	3	8-11	\$210	\$230
July 7-10	Explorer-Aquatic Blast Mini	4	3	8-11	\$205	\$225
July 7-13	Explorer-Aquatic Blast I	7	6	8-11	\$425	\$465
July 10-13	Explorer-Zoo Bound II	4	3	8-11	\$230	\$255
July 28-Aug 3	Explorer-Summer Fun II	7	6	8-11	\$395	\$435
July 29-31	Explorer-Zoo Bound III	3	2	8-11	\$210	\$230
Aug 4-8	Explorer-Summer Fun III	5	4	8-11	\$260	\$285
Aug 4-8	Explorer-Aquatic Blast II	5	4	8-11	\$285	\$315
June 2-7	Discovery-Summer Kick-Off Camp***	6	5	11-15	\$325	\$360
June 3-8	Discovery-1st Wave Aquatic Blast***	6	5	11-15	\$355	\$390
June 9-12	Discovery-Summer Fun I	4	3	11-15	\$195	\$215
June 9-12	Discovery-Outpost Camp I	4	3	11-15	\$195	\$215
June 16-21	Discovery-Sky's The Limit II	6	5	11-15	\$350	\$385
June 17-22	Discovery-Boldly Bound	6	5	11-15	\$345	\$380
June 30-July 4	Discovery-Extreme Robotics/GPS/GIS-Year 1.0	5	4	11-15	\$100	\$110
June 30-July 4	Discovery-Advanced Robotics/GPS/GIS-Year 2.0	5	4	11-15	\$100	\$110
July 7-13	Discovery-Aquatic Blast I	7	6	11-15	\$425	\$465
July 14-20	Discovery-Outdoor Skills	7	6	11-15	\$405	\$445
July 28-Aug 3	Discovery-Summer Fun II	7	6	11-15	\$395	\$435
July 31-Aug 3	Discovery-Outpost Camp II	4	3	11-15	\$195	\$215
Aug 4-8	Discovery-Summer Fun III	5	4	11-15	\$260	\$285
Aug 4-8	Discovery-Aquatic Blast II	5	4	11-15	\$285	\$315
SOUTH CENTRAL 4-H CENTER SCHEDULE						
June 3-5	Explorer-Summer Fun I	3	2	8-11	\$165	\$180
June 12-14	Animals Inside & Out	3	2	8-11	\$165	\$180
June 12-14	Ag-citing Adventures	3	2	8-11	\$165	\$180
July 1-3	Explorer-Waterbound	3	2	8-11	\$165	\$180
June 3-5	Discovery-Summer Fun I	3	2	11-15	\$165	\$180
June 17-21	Discovery-Shooting Skills	5	4	11-15	\$315	\$345
July 1-3	Discovery-Waterbound	3	2	11-15	\$165	\$180
EXPERIENCE CAMP SCHEDULE						
June 24-27	Experience-Aquatic Skills	4	3	14-18	\$325	\$360
July 15-19	Experience-Tube & Kayak the Niobrara	5	4	14-18	\$350	\$385

* *Early Bird* — 10 percent discount if camp fees paid by April 15, 2013.

**** Day camp fees include lunch for one chaperone. Chaperones are encouraged, but not required.**

*** **JUST ADDED!** Not on brochures.