

6-2014

## NEBLINE, June 2014

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## Nurturing Unmarried Parents and Their Children

**Lisa Kowalski**  
former UNL Extension Associate  
**Maureen Burson**  
UNL Extension Educator

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

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

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

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

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

### Multi-Generational Homes

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

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



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

### Safety Checklist

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

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

### Custody and Co-Parenting Issues

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

#### Court-Mandated Classes

Most states, including Nebraska, require parents in the process of custody, divorce or paternity proceedings to take a co-parenting educational class.

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

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

#### Responsibilities of Co-Parents

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



As a parent, you are responsible for:

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

(Bailey, 2001) (Duncan, et.al)

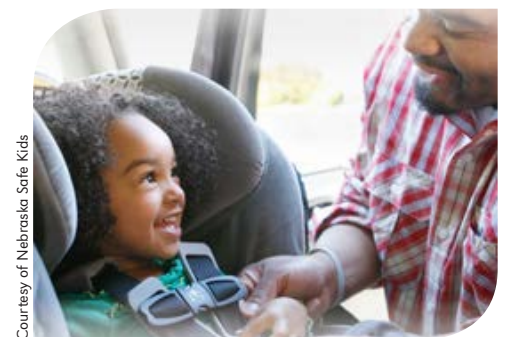
#### ADDITIONAL RESOURCES

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

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

- the home has a working fire extinguisher
- parents and other caretakers have a fire escape plan
- a car seat, booster seats and/or seat belt are always used when riding in the car
- children are never left alone in the car
- children are always supervised when they are in or near water
- parents and other care-takers have healthy, age-appropriate food

see UNMARRIED PARENTS on page 3



Courtesy of Nebraska Safe Kids

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## June is National Dairy Month



Lisa Franzen Castle, RD, PhD  
UNL Extension Nutrition Specialist

National Dairy Month is a great way to start the summer with “3-A-Day” of nutrient-rich dairy foods. From calcium to potassium, dairy products like milk contain nine essential nutrients which may help to better manage your weight and reduce your risk for high blood pressure, osteoporosis and certain cancers.

Whether it's protein to help build and repair the muscle tissue of active bodies or vitamin A to help maintain healthy skin, dairy products are a natural nutrient powerhouse. Those are just a few of the reasons you should celebrate dairy not just in June, but all year long.

### Tips for Getting 3 Cups of Dairy Daily

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

#### Dairy Daily Recommendation

Children	2–3 years old	2 cups
	4–8 years old	2-1/2 cups
Girls	9–18 years old	3 cups
Boys	9–18 years old	3 cups
Women	19 years & older	3 cups
Men	19 years & older	3 cups

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

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

#### Milk (choose fat-free or low-fat milk)

- 1 cup milk
- 1 half-pint container milk
- 1/2 cup evaporated milk

#### Yogurt (choose fat-free or low-fat yogurt)

- 1 regular container (8 fluid ounces)
- 1 cup yogurt

#### Cheese (choose reduced-fat or low-fat cheeses)

- 1-1/2 ounces hard cheese (cheddar, mozzarella, Swiss, Parmesan)
- 1/3 cup shredded cheese
- 2 ounces processed cheese (American)
- 1/2 cup ricotta cheese
- 2 cups cottage cheese

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

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



## HEALTHY EATING

### ENJOY NEBRASKA FOODS!

Alice Henneman, MS, RD, UNL Extension Educator

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

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

## BBQ CHICKEN PIZZA

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



Preheat oven to 450°F. Measure out all ingredients. Slice English muffins in half and place on an ungreased cookie sheet. Spread BBQ sauce on English muffins. Top with remaining ingredients. Bake 450°F for 7–12 minutes (or until cheese is melted). Enjoy!

Recipe source: <http://recipefinder.nal.usda.gov/recipes/bbq-chicken-pizza>



## Unmarried Parents

*continued from page 1*

- toys are clean and age-appropriate
- children are always supervised when playing outdoors
- children are not exposed to secondhand smoke

*(Adapted with permission from the Home Safety Checklist for Families with Young Children, Safe Kids Lincoln-Lancaster County. For the complete checklist, go to [www.safekidslincoln.org/wp-content/uploads/2011/01/Home-Safety-Checklist.pdf](http://www.safekidslincoln.org/wp-content/uploads/2011/01/Home-Safety-Checklist.pdf))*

### Real Stories from Nebraskans

- “When my daughter was 6 months old, her father and I made the decision to separate. I have found it challenging to communicate and co-parent with my daughter’s father on a consistent basis. My daily goal is to focus on my daughter and put my personal feelings that I have for her father aside. The one thing I would stress to other single parents is to have a good support system in place. My family has played an important role in our lives and they are always there to lean on when needed. Without my excellent support system, I would find things to be quite a bit more difficult as a single parent.” — *J.M., mom and Co-Parenting for Successful Kids graduate*
- “I’m working hard to provide my one-year-old positive experiences. My mom and step-mom help care for her when I need to run errands. Learning about the needs of my infant through the co-parenting class was helpful.” — *T.W., dad and Co-Parenting for Successful Kids graduate*
- “Life oftentimes brings unexpected blessings. When our son told us he was a father, we couldn’t have been more shocked, but after some time to process this news, I think we have recovered pretty well. Initial short-term child care opportunities led to a wonderful relationship with mom and grandchild, culminating into both moving into our basement for the past school year. With mom’s graduation, mom and grandchild will be

moving out and bring another phase of life for all of us, but we look forward to the continued joy mom, grandchild and their extended family bring to our lives. The more adults who love a child, the better!” — *G., grandparent*

- “I work 12-hour night shifts at a hospital. My mom turned my childhood bedroom into a room for my daughter who stays with her overnight. Sometimes she stays with my sister on weekends when I work. My co-parent helps out sometimes. We all work together to put her needs first.” — *N.S., mom & Co-Parenting for Successful Kids graduate*
- “After his baby was born, our 32-year-old son found he was the father. The child had already been placed for adoption. We secured a legal expert to provide our son parental rights and he sees her five times a year. The adoptive family has agreed they want as many loving, supportive family members involved so they have included us, the grandparents in the toddler’s life. We are respectful of their beliefs, even though they are different than ours.” — *C., grandparent*

Sources:

- *Kids Count in Nebraska Report 2013*, <http://voicesforchildren.com/2014/01/kids-count-in-nebraska-report-2013>
- *Safe Kids in Lincoln Lancaster County*, [www.safekidslincoln.org](http://www.safekidslincoln.org)
- *Co-parenting and Child Wellbeing After Unmarried Parents Part*, University of Wisconsin-Madison, Goldberg, J. S., & Carlson, M. J. (2013), Retrieved from <http://paa2013.princeton.edu/papers/132511>

### FOR MORE INFORMATION

- UNL Extension Early Childhood Development website, <http://child.unl.edu>, and Facebook page, [www.facebook.com/UNLExtensionthelearningchild](https://www.facebook.com/UNLExtensionthelearningchild)
- UNL Extension “U R Parent” free app available on Apple iTunes app store and Google Play.
- eXtension “Just in Time Parenting” e-newsletter for parents of children through the age of five, [www.extension.org/pages/22110/just-in-time-parenting-e-newsletters](http://www.extension.org/pages/22110/just-in-time-parenting-e-newsletters)
- ParentSavvy website by Methodist Health System in Omaha includes UNL Extension resources, <http://parentsavvy.com>



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

## Parenting During and After Divorce

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

### Parenting Behaviors After Divorce that Help or Hurt

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

Children whose parents have a lot of conflict after the divorce have the hardest time. Parents can support their children best by keeping their arguments private, away from where children can hear them. This includes phone conversations.

Experiencing negative emotions about the other parent is normal. But it’s important to avoid making negative comments about the other parent in front of the child. Children often feel a negative comment about the other parent reflects on them. After all, half of their DNA is from that parent! If a parent needs to vent, a good strategy is to seek support from another understanding adult.

### Divorce Creates Two Single Parents

Successful single-parent families share some common parenting behaviors. These include:

- Taking care of your own health.
- Making parenting your first priority.

- Working to become financially independent.
- Remaining in the parenting role with your children.
- Learning to manage family, work and personal time.
- Using discipline that is not too permissive or too rigid.
- Maintaining family rituals or traditions as appropriate and develop new ones.
- Viewing parenting with your former spouse as a business relationship.

Children are likely to spend more time at one parent’s home. This can be hard for the parent who does not have daily physical contact with the children. Here are some ways for nonresidential parents to stay involved:

- Volunteer in your child’s school.
- Set a time each week to call your child.
- Use email and texting to keep in contact with your child.
- Ask the other parent to help keep you informed of your child’s activities.
- Ask your child’s school to add you to the mailing list for grades and newsletters.
- Talk to your child’s teacher and let him/her know that you want to help your child be successful in school.
- Let your child’s sports coaches, club advisors, etc. know you want to receive information on schedules and activities.

Parenting during and after divorce is challenging. Parents can be successful. Most family members move on to live happy, healthy lives. Remember that working together with the other parent will help your children. It will also help you!

Source: eXtension “Just in Time Parenting” e-newsletter article by Sandra J. Bailey, Professor and Extension Specialist at Montana State University.



## ASK LORENE

### FAMILY LIVING TIPS

Lorene Bartos, UNL Extension Educator

#### Q: Why do I have a musty smell, or mold and mildew in my home?

**A:** Dealing with a musty smell, as well as mold and moisture, can be a challenge. It is important to know the main cause of these problems is excess moisture. These problems occur when there is a leak in the foundation or window wells, high humidity level in the home, or improper ventilation. Homes with crawl spaces are many times bothered by musty smell due to lack of ventilation. It is important to take care of the cause once it is detected.

It is important to check around the outside of the house and make sure the soil is placed so water will drain away from the house. In dry weather, the soil may pull away from the foundation causing water from drain off to run into the lower level of homes.

The humidity in the home should be between 30 and 50 percent. If higher than 50 percent, there can be problems with dampness and musty smells. A dehumidifier may be helpful in this situation.

“Ask Lorene” by mail: Attn. Lorene Bartos, UNL Extension in Lancaster County, 444 Cherrycreek Road, Suite A, Lincoln, NE 68528; email [lbartos1@unl.edu](mailto:lbartos1@unl.edu); or phone 402-441-7180.

## Parenting the Positive Way

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

The challenge for us as parents is to use positive statements in everyday communication with our children. For this week, write down all the positive as well as negative statements you make. The goal is to increase the number of positive statements which you make on a routine basis. The result is your children will start communicating more with you, have higher self-esteem and

their behavior will improve.

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

Instructions:

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

Source: UNL Extension Educators Gail Brand and Maureen Burson

## Parenting App from UNL

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

University of Nebraska–Lincoln Extension Educators partnered with “Just in Time Parenting” (part of eXtension)

to develop the app using research-based information.

Unique features include:

- information about children’s ages and stages
- a baby book to record your baby’s firsts along with keeping their immunizations dates in a handy place

You can download the app free from the Apple iTunes app store and Google Play. Links available at <http://ianrhome.unl.edu/mobileapps/urparent>.





# Can Mid-Season Nitrogen Application be Profitable in Corn?

**Gary Lesoing**

*UNL Extension Educator  
in Nemaha County*

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

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

Previous on-farm research conducted in Missouri has indicated mid-season nitrogen application may be economically feasible. In Northwest Missouri in 2013, local ag suppliers were flying on urea to



Gary Lesoing, UNL Extension in Nemaha County

**Fields that become saturated with water lose significant nitrogen through denitrification. Research has shown that nitrogen applications at the R1 stage or even later can be profitable.**

nitrogen-deficient corn fields. A project was conducted to test the feasibility of this management practice in Nemaha County. On-farm experiments were initiated during the summer of 2013. Nitrogen was applied to three different fields of nitrogen-deficient corn in Nemaha County. Corn was tasseled and showed indication of nitrogen stress (yellow in color).

In the first experiment, nitrogen was applied at the rates of 0, 50, 75 and 100 lb N/ac on July 12 in Rob Bohling's corn field near Johnson, Neb. Earlier nitrogen applied to the field at planting and over the top had been lost through denitrification in this area of the field. A soil sample indicated only 5 lb of nitrate nitrogen in the top 3 feet of soil. Nitrogen was applied in a dry form as urea (46-0-0). This method simulated nitrogen being top-dressed with a high clearance ground applicator or through aerial application. The experiment was designed as a small randomized research plot. At harvest time, (Oct. 4), corn was hand-harvested, shelled, tested for moisture and yields were calculated on a 15.5 percent moisture basis.

This experiment was repeated in two

fields on the Dan Hodges farm northeast of Auburn in Nemaha County. Dan was planning on side-dressing both these fields, but an equipment breakdown and several days of wet weather prevented him from completing this task. In the meantime, the corn grew too tall to complete with a ground rig. On July 26, nitrogen was applied at the rates of 0, 39, 59 and 79 lb N/ac. These rates were used because it was initially thought Dan farmed in 30-inch rows and the fertilizer quantities had already been weighed out for each plot, but when it was discovered he farms in 38-inch rows, rates were recalculated and applied to the plots. Harvest was conducted in a similar method as described above.

Results of all these experiments showed a significant increase in yield when nitrogen was applied mid-season to the nitrogen deficient corn. In Rob Bohling's experiment, corn yields were 75, 105, 106 and 123 bu/ac for the 0, 50, 75 and 100 lb of nitrogen side-dressed treatments respectfully. Cost of these treatments were 31.5 cents/lb of nitrogen applied and \$15/ac application cost. Respectively, costs for these treatments were 0, \$30.75, \$38.63, \$46.50/ac for the

0, 50, 75 and 100 lb of N/ac treatments. When we determine the feasibility of these treatments, we must look at profitability. Gross income was based on a corn price of \$4.20/bu. Gross income for the treatments were 0, \$144, \$145 and \$218 for 0, 50, 75 and 100 lb of nitrogen/ac treatments respectively. This translates into net profits of 0, \$113, \$106 and \$172 for these respective treatments.

Results on Dan Hodges farm showed the benefits of late-season nitrogen application as well. In his east field, yields were 113, 147, 156 and 147 bu/ac for the 0, 39, 59 and 79 lb of nitrogen side-dress treatments with his west field having corn yields of 126, 150, 147 and 162 bu/ac for the 0, 39, 59 and 79 lb of nitrogen side-dress treatments respectively. While his yields were more variable, any nitrogen side-dressed at this later date was beneficial. These corn plots only received 35 lb of nitrogen at planting time. Income was calculated in a similar method as previously described. Net income for the treatments on Dan's east field were 0, \$113, \$145 and \$104 for 0, 39, 59 and 79 lb of nitrogen/ac applied side-dressed with the west field income of 0, \$73, \$53 and \$112 for the respective nitrogen side-dressed treatments.

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

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

## Have Your Private Well Water Tested Now

**Sharon Skipton**

*UNL Extension Water Quality  
Educator*

Many of us thought it would never warm up this year, but it's finally warm. More importantly, the soil is warm now, which makes this the perfect time to have your private well water tested.

State and federal regulations do not require you to have your private water supply tested. It is recommended you voluntarily have your private water supply tested annually for bacteria and nitrate contamination. Why now? Coliform bacteria are most likely to be found during periods of wet weather when the soil is warm. In addition, runoff and excess soil moisture can carry contaminants into shallow groundwater sources or through well defects. Therefore, this is the perfect time to have your water tested.

There is no single test to determine the safety of drinking water. Testing for bacteria and nitrate does not guarantee the water is safe, as other contaminants could be present. Aquifers, which supply groundwater, are vulnerable to many types of contamination. Contaminants



Sharon Skipton, Southeast Research and Extension Center

**Private wells should be tested annually for bacteria and nitrate contamination.**

can enter aquifers and groundwater from septic systems, landfills, fertilizer and pesticide use, sewage, animal waste, fuel storage tanks and many other sources. Even distant contamination can negatively impact a water supply given time, as groundwater moves slowly. In addition, some contaminants are introduced to groundwater from naturally occurring sources such as the rock and minerals that make up the aquifer.

It would be costly, and in most cases unnecessary, to have your private water supply tested for the nearly 100 contaminants for which public water supplies

are required to test. You must decide if you want to have your water tested for contaminants in addition to bacteria and nitrate and, if so, which contaminants are of concern.

In general, consider having tests done for other substances when specific contamination is suspected. This might be the result of a spill, backflow, use of product in close proximity to the well or other such event. If any contaminant is detected in a nearby private or public well, consider having your water tested for the contaminant.

Many Nebraska laboratories offer testing services including water analyses. The Nebraska Department of Health and Human Services approves laboratories to test drinking water samples. Not all laboratories are approved to test for all drinking water contaminants. Approval must be obtained for each specific contaminant. The Nebraska Department of Health and Human Services can provide information on request regarding all laboratories located and approved in Nebraska, and can provide information on the specific contaminants for which each is approved. They can be reached at 402-471-8407.

## Protect Your Private Well From Stormwater Runoff

Next time it rains, go outside and notice how the rainwater moves from roof areas, driveways and other paved surfaces. Make sure this water is not flowing toward your private drinking water well. Do NOT stand out to observe runoff during lightening or severe weather.

As stormwater flows over the land, it can pick up debris, bacteria, chemicals, soil and other pollutants and carry those toward your well. Sources of contaminants on an acreage might include paint, wood-sealants, solvents, used motor oil and other products leaked or poured onto the ground. Fertilizers and pesticides applied to lawns and gardens can wash off with stormwater. Pet and animal waste are additional sources of contamination.

Research shows

drinking water wells that have been inundated with stormwater runoff are likely to be contaminated with bacteria. Other pollutants also may have entered the well.

To reduce the risk of contamination from runoff, make sure your well casing extends above the ground at least one foot. Make sure water cannot pond around the well area. If stormwater flows toward your well, re-grade and/or landscape the area so stormwater flows away from the well.

### FOR MORE INFORMATION

UNL Extension NebGuide "Protecting Private Drinking Water Supplies: Runoff Management" (G2052) available at the Extension office or online at <http://go.unl.edu/cr66>



## Pollinator Week, June 16–22

Pollinator Week is an international celebration of the valuable ecosystem services provided by bees, birds, butterflies, bats and beetles. The week of June 16–22 will spotlight a unique opportunity to learn about some fascinating and fundamental animals, the pollinators. Often overlooked or misunderstood, pollinators are, in fact, responsible for one out of every three bites of food we eat. In the United States, bees alone undertake the astounding task of pollinating over \$15 billion in added crop value, particularly for specialty crops such as almonds and other nuts, berries, fruits and vegetables. Beginning in 2006, pollinators started to decline rapidly in numbers. Participating in Pollinator Week can help save these important animals.

What you can do to help pollinators:

- Educate yourself on pollinators that live in your area.
- Avoid pesticides in your home landscape.

- Plant a pollinator garden using native plants.
- Provide nesting sites, like bee houses or insect hotels, for pollinators.
- Provide a water source such as a bird bath, small pond or water feature.
- Go to the Pollinator Partnership website at <http://pollinator.org> to learn more about pollinators.
- Share the information you learn with others.
- Establish green corridors by working with your neighbors to include several backyards in a pollinator habitat plan.



A skipper on a gayfeather flower head.

Soni Cochran, UNL Extension in Lancaster County

Sources: Pollinator Partnership, Life Cycles Project

## 2014 Perennial Plant of the Year



Perennial Plant Association

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

*Panicum virgatum* 'Northwind,' common name, switchgrass, is the Perennial Plant Association's 2014 Perennial Plant of the Year.

**Hardiness:** USDA Zones 4–10

**Light:** Switch grass performs best in full sun and will tolerate very light shade.

**Soil:** Panicum is very adaptable to almost any soil type.

**Uses:** Switchgrass is an excellent selection in the full sun, especially native, meadow or prairie gardens. Flower arrangers find the foliage and plumes useful for flower arrangements. Finally, this warm-season perennial grass offers golden fall color.

**Unique Qualities:** 'Northwind' is very easy to grow. It will enhance any sunny border, not just a native, meadow- or prairie-style garden. 'Northwind' has a refined, garden-worthy appearance and habit.

**Maintenance:** There are no serious insect or disease problems with Switchgrass. This grass is best divided in spring.

Source: Perennial Plant Association



## GARDEN GUIDE

### THINGS TO DO THIS MONTH

Mary Jane Frogge, UNL Extension Associate

Spring flowering shrubs such as spirea, viburnum, lilac and forsythia should be pruned as soon as they are done blooming.

Mid- to late-June is an excellent time to take softwood cuttings of shrubs to start new plants. Some shrubs which can be propagated in this way are spirea, lilac and viburnum.

When you buy nursery stock that is container grown, check the root ball and make sure it is not bound too tightly. A mass of circling roots will stay that way even after it is planted in the ground.

Remove old flower heads from annual bedding plants to keep them blooming.

Remove foliage from spring bulbs after it turns yellow and begins to dry.

Use bark mulch around young trees to protect them from lawn mower damage.

Keep a close eye on the quality of your spring crops. Hot weather causes lettuce to bolt and become bitter. Plant a warm-season crop as soon as the spring vegetables are harvested.

In most cases, blossom-end rot on tomatoes, peppers, squash and watermelons can be prevented. Do this by maintaining uniform soil moisture by mulching.

Identify garden pests before you attempt to control them. If you decide to use chemical control, read the label carefully.

Bats can be an effective way to control insects. One big brown bat can eat 3,000 to 7,000 insects each night. Attract bats by building and placing bat houses in your yard.

Leftover vegetable and flower seeds may be stored in a cool, dry location to be saved for planting next year.

Start a gardening notebook.

During the hot summer months, mulch can be especially useful for conserving water. For vegetable gardens, shredded leaves or grass clippings are good mulch material. For ornamentals, pine needles or wood bark do the best job.

Weed removal is important for a number of reasons. It conserves moisture, conserves nutrients in the soil and helps prevent the spread of disease and insects.

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

Barb Ogg

UNL Extension Educator

Summertime means vacations, travel and kids at camp. It is a time when young people move into new apartments for college or work. All of these situations can bring close encounters with bed bugs.

Bites are a sign of bed bugs, but not everyone reacts to bites. And, sometimes the bite reaction can be days or even weeks after the actual bite.

### Travel

There are other ways of getting bed bugs, but staying overnight in an infested hotel, motel, hostel or camp is one way people take bed bugs home. Staying with friends or family who live in an infested place is also risky. When traveling, the more lodging places a person stays in, the greater the chance of staying someplace infested.

What you can do:

- Check the room for bed bugs and their fecal spots, especially near the head of the bed. The most likely place to find bed bugs in a hotel room is behind the bed's headboard because sheets are changed often. The headboard is usually hung on the wall. It can be lifted off to look behind. Some headboards are heavy (queen/king) so two people might be needed to do this. If bed bugs are found, ask for a different room or stay in a different establishment.
- Don't place luggage, computer cases or purses on a bed or the floor.
- Another option to prevent bed bugs



Prevention steps when traveling include checking the bed and headboard. Look for bed bugs (above) and their fecal spots (below).



in your home is to carefully handle your luggage and its contents when you return. Don't bring your luggage indoors right away. Outdoors or in your garage, remove all clothing from your luggage and place it in garbage bags sealed with a twist tie. Take the bag of clothing and immediately launder the clothes in hot water with detergent or simply run clothing through the dryer for 30 minutes (medium to hot heat). Throw the garbage bags away. Examine toiletries, shoes and other items carefully

before bringing them inside the house. Store your luggage in the garage or place it in a car when temperatures are hot in the summer. Bed bugs die at about 120°F; it takes about 130°F to kill bed bug eggs. It can be helpful to use duffel bags which can be heat-treated in the dryer.

### Apartment Living

Young adults are often eager to move into their own place and inexperienced when it comes to inspecting an apartment for bed bugs. Bed bugs are small and not always easy to find, especially in a vacant apartment. Because bed bugs like to live near where people sleep, fecal spots or bugs are most likely found in bedrooms.

In Lincoln, landlords are not supposed to rent bug-infested apartments, but this does happen sometimes. And, sometimes the landlord doesn't realize the apartment is infested because the previous tenant does not say anything.

As soon as bed bugs are detected or suspected, the landlord or property manager should be contacted. If insects are found, they should be identified by an expert. In Lancaster County, bring insect samples to the UNL Extension in Lancaster County (444 Cherrycreek Road) for identification.

Landlord-tenant disputes about who is financially responsible for treating bed bugs has become all too common. If a bed bug infestation is ignored, at some point, bed bugs will travel through walls or across the hall and infest other apartments, which will result in a much more costly eradication effort being needed.



Photos Barb Ogg, UNL Extension in Lancaster County

When inspecting vacant apartments, check bedrooms for fecal spots (above in a corner), eggs (below under a radiator cover), and bed bugs.







## HEART OF 4-H VOLUNTEER AWARD

### Cathy Plager

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

A 4-H volunteer for eight years, Cathy has helped in a variety of ways, including:

- parent volunteer with the 4-H Explorers and Pick-a-Pig 4-H clubs
- 4-H Council member (has helped with Council activities such as 4-H Achievement Night, Chicken Dinner fundraiser at Super Fair and 4-H food booth at Super Fair)
- 4-H Council representative on the Extension Board
- Clover College instructor and helper
- Table Setting Contest volunteer

"I like being a 4-H volunteer because of the wonderful life-long impact that is grown in youth," says Cathy. "When youth accomplish their goals in 4-H, their faces show what their heart is feeling. My favorite experiences as a 4-H volunteer is being part of the excitement of the Lancaster County Super Fair. There is such a tremendous amount of learning that takes place, that it is fun to be around. The staff at Lancaster County Extension are tremendous people and help create a welcoming environment for anyone interested in volunteering."

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



## Life Challenge Contests

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

- **County-level Junior (for ages 8–11) AND Senior Life Challenge (for ages 12 and up)** will be held Saturday, May 31, 9 a.m. at the Lancaster Extension Education Center. Preregister by May 29 by calling 402-441-7180 (there is no entry form). Contact Tracy for a study packet for the Junior Life Challenge.
- **Statewide Life Challenge (for ages 12 and up)** will be held June 30 & July 1 on UNL East Campus. To participate, contact Tracy at 402-441-7180 by June 3. Information will be online at <http://pase.unl.edu>.

## Premier Animal Science Events (PASE), June 30–July 1

The statewide Premier Animal Science Events (PASE) will be held June 30–July 1 on UNL East Campus. Open to 4-H'ers ages 12 and up, PASE consists of a variety of different contests:

- livestock, meats and poultry judging
- livestock skill-a-thon
- livestock quiz bowl.

For more information, go to <http://pase.unl.edu>. To participate, contact Cole at 402-441-7180 by June 15.

## 4-H Bicycle Contest, June 7

The 4-H Bicycle Safety Contest will be held Saturday, June 7, 9 a.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road. The contest is open to all 4-H'ers ages 8 and up. Participants must provide their own bicycle and must wear a helmet. Register by June 2 by calling 402-441-7180 (there is no entry form).

There are two parts of the contest. In the bicycle skills events, 4-H'ers maneuver through several designated courses to test their riding skills and safety. 4-H'ers also take a multiple choice quiz. A bicycle inspection reinforces the importance of bicycle maintenance and safety features. This is a county contest only — there is no state contest.

## 4-H Plant Science Contests, June 10

Three Plant Science Contests will be held Tuesday, June 10, 10 a.m.–Noon at the Lancaster Extension Education Center. Open to all 4-H'ers ages 8–18. Preregistration is not required — enter the day of contest. Youth choose which portions of the contest to participate in:

- tree identification
- grass-weed identification
- horticulture contest

Study materials are online at <http://lanaster.unl.edu/hort/youth/fair.shtml>.

**Nebraska 4-H is offering an online Horticulture Judging Contest** at <http://go.unl.edu/mfh2>. The quiz will be available June 16–23. Youth will need to enter their name, age and county — the password is Nebraska.

## 4-H'ers Qualify for Regional Speech & PSA Contest

The Lancaster County 4-H Speech and Public Service Announcement (PSA) contest was held April 13. Twenty three Lancaster County 4-H youth competed in this year's communication events.

The following top winners will represent Lancaster County at the Regional Speech & PSA contest on May 22 at University of Nebraska–Lincoln East Campus.

### Speech contest:

- Junior (8–10 years): Emmi Dearthmont, Sadye Daniell, Grace Spaulding
- Intermediate (11–12 years): Addison Wanser, Megan Lange
- Senior (13–18 years): Sheridan Swotek

### Public Service Announcement contest:

- Junior (8–10 years): Riley Peterson, Emmi Dearthmont, John Boesen
- Intermediate (11–12 years): Nate Becker, Jordan Nielsen, Cashel Martin
- Senior (13–18 years): Taylor Nielsen

**Congratulations to all participants!**



## HEART OF 4-H VOLUNTEER AWARD

### Sharlyn Sieck

Lancaster County 4-H is proud to announce Sharlyn "Shar" Sieck as winner of June's "Heart of 4-H Award" in recognition of outstanding volunteer service.

A 4-H volunteer for more than 15 years, Sharlyn is a member of 4-H Council and currently is the 4-H Council representative on the Extension Board. She assists with Happy Go Lucky 4-H club member projects such as food and nutrition, sewing, and cattle. Sharlyn also volunteers at the Lancaster County Super Fair, helping with static exhibits, Style Revue and 4-H food booth.

"I was in 4-H and gained so much through it," says Sharlyn. "I love being able to share my passion with youth. It is very rewarding to watch the kids grow and progress with their skills through the projects. Years ago, I volunteered to judge the bucket calf show at a local county fair. It was one of my most memorable and entertaining experiences I have encountered through volunteering. I truly feel that 4-H offers something for everyone regardless of their background or talents. Through 4-H, youth have the opportunity to learn and to be successful."

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



## HORSE BITS

### 4-H Super Fair Horse ID's Due June 1

4-H horse identification forms for the Lancaster County Super Fair are due to the Extension office by June 1. Late ID forms will NOT be accepted. Please take the time to fill out the forms completely and thoroughly. Draw your horses markings as accurately as you can. Also, be sure and indicate the horse's color on the drawing. ID forms are available online at <http://animalscience.unl.edu/anscextensionequine4hhorseprogram> and at the Extension office. If you do use the online form, be sure and make a copy for yourself before sending it to the Extension office.

### State Hippology and Judging Forms Due June 2

Hippology and judging entry forms for the State 4-H Horse Expo at Fonner Park are due to the Extension office Monday, June 2. All entry fees will be paid by the Lancaster County 4-H Council. Contest entry forms and information can be found at <http://animalscience.unl.edu/ANSCState4HHorseShowInformation>.

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

### 4-H Riding Skills Level Testing on June 3, June 24 and July 1

Level testing for the riding skills horsemanship levels will be held on Tuesday, June 3, 5:30 p.m. at the Lancaster County Event Center – Amy Countryman Arena. Anyone wishing to test must sign up by May 27 by contacting Marty at 402-441-7180 or [mcruckshank2@unl.edu](mailto:mcruckshank2@unl.edu). All of the written horsemanship level requirements must be completed and submitted to Marty before the riding portion of the levels can be conducted. Testings will also be held on Tuesday, June 24 and Tuesday, July 1 at the same location. July 1 will be the last date to test in order to ride in the Lancaster County Super Fair.

### Pre-District Show CANCELED

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

### Roping Clinic, June 11

Nebraska AQHA Roping Horse Association is hosting a free roping clinic for Lancaster County 4-H youth on Wednesday, June 11, 6–9 p.m. at the Lancaster County Event Center – Pavilion 3. All levels of ropers welcome. You must register by June 9 online at <http://go.unl.edu/v49m>. If questions, contact Shannon or Brian Vogler at 402-440-7895 or 402-499-2330.

### Horse Course Challenge, June 27

The 4-H Horse Course Challenge will be held Friday, June 27, 9:30 a.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road. Study material is based on the online Horse Course. To sign up for the course, email Marty at [mcruckshank2@unl.edu](mailto:mcruckshank2@unl.edu). No preregistration is required for the Challenge.

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





## Clothing Level 1 Workshop, June 14

A “Tips and Tricks for Clothing Level 1” workshop will be held at Hancock Fabrics, 6800 P St., Lincoln, on Saturday, June 14, 10–11 a.m. The workshop is open to anyone but will focus on 4-H Clothing Level 1 skills. No cost and no preregistration.

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

## Donated Sewing Machine To Go To a 4-H'er

This is the sixth year Kath Conroy, a 4-H clothing superintendent, and her husband, Mike, are graciously donating a brand new sewing machine to one Lancaster County 4-H youth. All interested 4-H youth should submit a paper describing the clothing projects they have done in the past and plan to do in the future. Also explain why they should be the youth to receive it. All papers should be sent by Friday, June 27 to Tracy, Lancaster County Extension, 444 Cherrycreek Road, Ste. A, Lincoln, NE 68528.

## 4-H/FFA Animal ID's Due June 15

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

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

## Livestock Quality Assurance Must be Done 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. As always, this must be done by June 15. Instructions are online at <http://4h.unl.edu/qualityassurance>. If you have any questions regarding this new format, contact Cole at [cmeador2@unl.edu](mailto:cmeador2@unl.edu) or 402-441-7180.

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



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



# Clover College

Tue., June 17–Fri., June 20

Lancaster Extension Education Center, 444 Cherrycreek Road

Open to youth ages 6 & up

Four days of “hands-on” workshops full of fun and learning!  
If you have questions, contact Tracy at 402-441-7180.

## WORKSHOPS WITH OPENINGS AS OF MAY 13

### 4-Day Workshops

#### 3 Clover Chess Tourney

Play in a unique chess tournament. Children play 2 rounds per day all four days, alternating colors. Time controls Game/20, Swiss system. Boards, sets and clocks provided. TUE–FRI, JUNE 17–20; 8-10AM AGES 8–12 • FEE \$10

#### 4 Electronic Textiles

Use special thread and miniature computers to create electronic fabrics such as a bracelet, bookmark and other items. Sewing machines will not be used. TUE–FRI, JUNE 17–20; 10:15AM–12:15PM AGES 8–12 • FEE \$8

### 2-Day Workshop

#### 5 Photography Fun

Learn the basics of photography and how to use fun apps to get the most out of your smart device images. Bring your camera and/or smart device (phone or tablet). TUE & THU, JUNE 17 & 19; 12:45-2:45PM AGES 12 & up • FEE \$4

### 1 Workshop - 2 Time Slots in a Row

#### 6 Fishing Fun

Bring your fishing pole, line, hook and bobber for fishing fun at a nearby lake. Extra tackle is optional. Bait provided. Wear closed toe shoes and sun protection. Only for youth who have not taken class previously. WED, JUN 18; 8AM–12:15PM AGES 9 & up • FEE \$5

#### 7 “Dress” Up Old Jeans

Bring an old pair of jeans (upper portion in good condition, working zipper) 1 or 2 yards of prewashed, cotton fabric based on how long you want the skirt, and working sewing machine. Must have completed Clothing Level I and know how to use and thread your machine. WED, JUNE 18; 12:45–5PM AGES 10 & up • FEE \$3

### 1-Day Workshops

#### 8 Chickens, Chickens!

Clucking chickens will help show you why they are so cool. TUE, JUNE 17; 8-10AM AGES 8 & up • FEE \$4

#### 9 Primitive Rope Making

Learn rope making as it was done by the indigenous cultures. Learn techniques using natural fibers found in the woods or prairie. TUE, JUNE 17; 8-10AM AGES 8 & up • FEE \$3

#### 16 Button Bonanza

Use buttons to create a one of a kind wall hanging. Bring larger, buttons (with no shank) if you have them. TUE, JUNE 17; 3-5PM AGES 8 & up • FEE \$5

#### 17 Celebrate Crafts

Celebrate crafts as you create your masterpiece. TUE, JUNE 17; 3-5PM AGES 8 & up • FEE \$5

#### 19 Wired 4 Wind

Build a Wind Turbine that generates electricity! Experiment with turbine designs. Take it home and experiment more! It will be Watts of fun! TUE, JUNE 17; 3-5PM AGES 8 & up • FEE \$10

#### 20 Modeling Madness

Be a styling diva and learn the ins and outs of modeling. Perfect preparation for 4-H Style Revue. WED, JUNE 18; 8-10AM AGES 8 & up • FEE \$2

#### 21 Happily Helping Others

Help others by participating in a fun hands-on community service project. WED, JUNE 18; 8-10AM AGES 8 & up • FEE \$5

#### 23 ¡Viva el Español!

An action-packed class filled with authentic food, craft, language and dances of Spanish-speaking cultures. WED, JUNE 18; 10:15AM–12:15PM AGES 8 & up • FEE \$5

#### 24 Express Yourself

Express yourself through card creation. WED, JUNE 18; 12:45–2:45PM AGES 8 & up • FEE \$2

#### 28 Babysitting Basics

Learn the basic skills needed to be a responsible and creative babysitter. Focus is on activities, making snacks and toys. WED, JUNE 18; 3-5PM AGES 11 & up • FEE \$5

#### 33 America's Rose

Learn how to plant, care, grow and show roses. THU, JUNE 19; 10:15AM–12:15PM AGES 10 & up • FEE \$5

#### 35 City Campus Engineering

Tour the University of Nebraska–Lincoln Engineering Department on UNL City Campus. Participate in hands-on projects. Transportation provided. THU, JUNE 19; 12:45–2:45PM AGES 10 & up • FEE \$3

#### 37 Rabbits, Rabbits!

Learn to care for rabbits and about rabbit showmanship with live rabbits. THU, JUNE 19; 12:45–2:45PM AGES 8 & up • FEE \$3

#### 39 Container Gardening

Have fun creating your own container garden. THU, JUNE 19; 12:45–2:45PM AGES 8 & up • FEE \$8

#### 40 Nail News

Design your own nail polish. Learn how to blend colors. Come with clean finger and toe nails. THU, JUNE 19; 3-5PM AGES 9 & up • FEE \$10

#### 41 Pop Tab Bracelet

Learn how to up-cycle your pop tabs into a custom bracelet! Bring 4-6 flat buttons with 4 holes in each. THU, JUNE 19; 3-5PM AGES 10 & up • FEE \$3

#### 42 Animal First Aid

Learn about your pet while making a fun and usable first aid kit. THU, JUNE 19; 3-5PM AGES 8 & up • FEE \$10

#### 45 Money Basics

Learn about money management — from how to spend money wisely to opening a checking account. FRI, JUNE 20; 8-10 AM AGES 8 & up • NO FEE

#### 47 Beginning Soccer Skills

Learn a few moves and fancy footwork. Wear closed toe shoes, shin guards and bring your own soccer ball. FRI, JUNE 20; 10:15AM–12:15PM AGES 8 & up • FEE \$3

#### 50 East Campus Engineering

Tour the UNL Engineering Department on UNL East Campus. While there, participate in hands-on projects. Transportation provided. FRI, JUNE 20; 12:45–2:45PM AGES 10 & up • FEE \$3

#### 51 Fantastic Felting

Use wool and the dry felting method to create fun shapes and designs. FRI, JUNE 20; 12:45–2:45PM AGES 8 & up • \$10

#### 52 Floral Fun

Explore floral fun and learn floral design elements. Take home your floral creation. FRI, JUNE 20; 12:45–2:45PM AGES 8 & up • FEE \$10

#### 53 Food Fun

Make fun, healthy snacks that are tasty and learn nutrition fun facts! FRI, JUNE 20; 12:45–2:45PM AGES 8 & up • FEE \$5

#### 54 Control the Flow

Explore the “Magic of Electricity” by creating a light switch you can enter in the Super Fair! FRI, JUNE 20; 12:45–2:45PM AGES 8 & up • FEE \$5

## Be a Clover College Volunteer!

Adult and teens volunteers are needed to help during Clover College! No experience needed! Volunteer for one session or all four days! If you are interested in this opportunity, contact Tracy at [tracy.anderson@unl.edu](mailto:tracy.anderson@unl.edu) or 402-441-7180.

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





# EXTENSION CALENDAR

All events will be held at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln, unless otherwise noted.

## May

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

## June

- 1 Super Fair 4-H Horse ID's Due to Extension
- 2 Lake/Pond Management Workshop ..... 6 pm..
- 3 4-H Horse Level Testing, Lancaster Event Center - Amy Countryman Arena ..... 5:30 p.m.
- 3 4-H Council Meeting ..... 7 p.m.
- 7 4-H Bicycle Contest ..... 9 a.m.
- 7 Composting Demonstration, Pioneers Park Nature Center's backyard composting demonstration area ..... 10 a.m.
- 9–14 4-H Horse District Shows, Sidney, North Platte, Leigh, Neligh, Clay Center, Beatrice
- 10 4-H Plant Science Contests: Horticulture/Tree ID/ Grass-Weed ID ..... 10 a.m.–12 p.m.
- 13 Extension Board Meeting ..... 8 a.m.
- 14 4-H Clothing Level 1 Workshop, Hancock Fabrics, 6800 P St.... 10–11 a.m.
- 15 4-H Club Enrollment Forms Due to Extension – Must List Project Area(s) Each Member Plans to Enter at Super Fair
- 15 4-H/FFA Sheep/Goats/Swine/Breeding Beef/ Bucket Calves/Dairy Cattle/Llamas & Alpacas/Rabbits Identification Forms Due to Extension
- 15 4-H/FFA Quality Assurance Training for Market Animal Exhibitors Due
- 17–20 4-H Clover College
- 24 4-H Horse Level Testing, Lancaster Event Center - Amy Countryman Arena ..... 5:30 p.m.
- 24 Guardian/Conservator Training ..... 5:30–8:30 p.m.
- 26 Co-Parenting for Successful Kids Class ..... 12:30–4 p.m.
- 30 4-H Horse Incentive Program Ends
- June 30–July 1 Premier Animal Science Events (PASE)/FCS Life Challenge, UNL East Campus

# EXTENSION NEWS



## Lancaster County Board of Commissioners Proclamation

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

## Extension Centennial Celebration

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

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

WHEREAS, University of Nebraska–Lincoln Extension education disseminated through Lancaster County for agriculture producers has helped establish Nebraska as a leading agriculture state; 4-H youth development has helped youth prepare for responsible adulthood; and family and consumer sciences has prepared people for healthy, productive lives; and

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

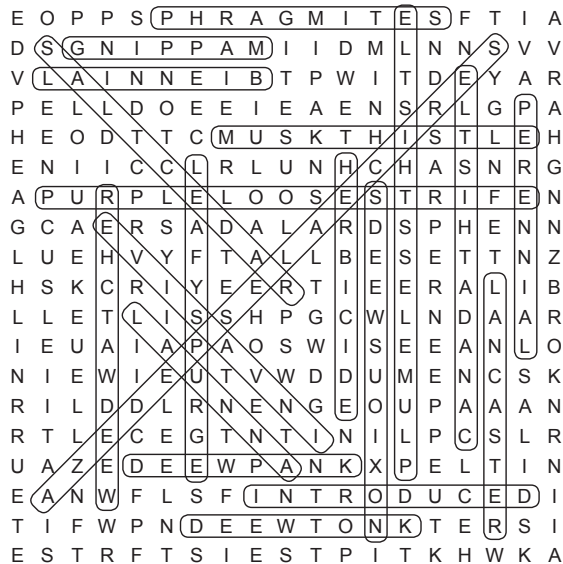
NOW, THEREFORE, BE IT RESOLVED that the Lancaster County Board of Commissioners celebrates 100 years of service and accomplishments through the Cooperative Extension system; and

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

## Weed Awareness Hidden Word Find Solution

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

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



## Sharing the "Buzz"

UNL Extension in Lancaster County is working on a special project to enhance the habitat for native pollinators and wildlife at the Extension office. Check out "The Buzz at Cherry Creek" blog to learn more and follow the progress! We hope you'll be inspired to try some of the ideas.  
<http://buzzatcherrycreekunl.wordpress.com>



## Lake/Pond Management Workshop, June 2

Have you ever experienced an algae bloom? Fish kill? Murky water? Or do you just want to know what's going on in a lake or pond? University of Nebraska–Lincoln Extension and the Nebraska Department of Environmental Quality will present a lake/pond management introductory workshop on Monday, June 2, 6 p.m. at the Lancaster Extension Education Center, 444 Cherrycreek Rd. There is no cost to attend this workshop, but registration is required by May 29. Register by email at [kpekarek2@unl.edu](mailto:kpekarek2@unl.edu) or by phone at 402-441-7180.



## Covault Receives Commissioners Award of Excellence

Deanna Covault received the Lancaster County Commissioners Award of Excellence for April 2014 in the category of Customer Relations. She is a Clerk Typist II and primary receptionist for University of Nebraska–Lincoln Extension in Lancaster County.



Deanna Covault (center), Jenny DeBuhr (left) and Gary Bergman.

Deanna was nominated for the award by Gary Bergman, unit leader of UNL Extension in Lancaster County. The Commissioners Award of Excellence award recognizes employees who consistently provide outstanding service and work that demonstrates exemplary personal commitment to Lancaster County.

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

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

Deanna began working with Extension in 1999.