

4-2015

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4-H Clubs of Excellence Award Recognizes Successful Clubs

Tracy Anderson
UNL Extension Associate

The overall goal of 4-H is to develop capable, caring, confident, competent youth who contribute to the improvement of themselves, their family, their community and their world. Many 4-H volunteers help youth develop these skills in organized clubs. One way to help club members develop these skills is by using Nebraska 4-H Clubs of Excellence standards (see list at right).

Earning the Club of Excellence award is very achievable. At the beginning of the club's 4-H year, 4-H leaders and members review the Club of Excellence requirements, set goals to meet the criteria, create a plan of action to achieve their goals and follow through with their plan. At the end of the year, a designated club volunteer or member completes the one-page Club of Excellence summary form and returns it to the Extension office.

In Lancaster County, Clubs of Excellence are recognized at 4-H Achievement Celebration held each February. Deadline for summary forms is Dec. 31. Lancaster County's 2014 Clubs of Excellence were: 4-H Explorers, Denim N' Dust, Explorers, Fantastic 4, Fusion 4-H'ers, Go Go Goat Getters, Joe's Clover Knights, Pick-A-Pig, Rabbits R Us, Rock Creek Ranchers, Rock n' Riders, Shamtastic Clovers and Super Shamrocks.

From reviewing this year's Club of Excellence summary forms, Lancaster County 4-H staff read some amazing outcomes of what 4-H'ers and volunteers learn through 4-H. For example, one 4-H club reported cleaning up a park, creating Valentines for veterans at the Veterans Administration and holding a coat drive for the People's City Mission — and



Nearly 10 parents assist with 4-H Explorers activities, such as helping with zoo clean up last year.



Last year, Joe's Clover Knights received a Governors Agricultural Excellence award to make 36 tied fleece blankets to donate to St. Gianna's Women's Homes.

concluded, "Members learn to appreciate what they have and they love to help others." One 4-H club adopted a family for Christmas through the Salvation Army — and noted, "It provided a chance for them to give back to someone in need. In addition, club members had to plan a budget, shop and stick to a budget."

Of this year's 13 Clubs of Excellence, all clubs met more than the required six club meetings and all clubs reported

several of their members gave speeches or presentations at the club, county or state level. 100 percent of the clubs had members exhibit at State Fair and 62 percent of the clubs had members participate in a camp.

The Fantastic 4 has been recognized as a Club of Excellence since 2006. Leader Jen Smith says, "The Club of Excellence is an award our club strives to achieve for several reasons. One, there is a sense of pride in the club. Two, it gives



Fantastic 4 club had nine business meetings last year and started each meeting by reciting the Pledge of Allegiance and 4-H pledge.



Four members of the Rock Creek Ranchers participated in last year's district Interview Judging Contest.

Requirements for "Clubs of Excellence" Award

To receive the designation as a Nebraska 4-H Club of Excellence, clubs must meet the following:

- Have at least five members from at least three different families
- Recite the 4-H Pledge at meetings
- Meet at least six times per year
- Choose/elect youth officers
- Give youth leadership roles
- Have one club project (related to curriculum) which they do together
- Have adult role models/(parental) involvement
- Are facilitated by a volunteer/organizational leader who has successfully completed the Volunteer Profile
- Have members who perform a presentation or public speaking at the club level or above
- Complete one community service project
- Have members who participate in a county, district or state event(s)
- Celebrate member and club achievements



The Go Go Goat Getters club gives youth the opportunity to help raise goats. Before the Super Fair, club members met frequently to practice handling their goats.



Last year, the Rabbits R Us club made a club banner together, which earned "Top Banner" in 4-H static exhibits at the Lancaster County Super Fair.

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14 Ways Consumers Can Reduce Food Waste

Alice Henneman, MS, RDN
Extension Educator

About 40 percent of the United States food supply (1500 calories/person/day) goes uneaten. Discarded food in homes and food-service accounts for 60 percent of this total food loss and is mostly avoidable. The remaining portion is lost or wasted during food production.

This amount of food waste is among the highest globally. Preventing food waste saves money and resources. Resources used to produce uneaten food include: 30 percent of fertilizer, 31 percent of cropland, 25 percent of total fresh water consumption and 2 percent of total energy consumption.

The Environmental Protection Agency estimates food wastes at almost 14 percent of the total municipal solid wastes in the United States in 2010, with less than 3 percent recovered and recycled. Food in landfills decomposes to produce methane, a potent greenhouse gas.

Feeding the world will become more difficult in the future as 9 billion people are expected on the planet by 2050, compared to a world population of around 7 billion people in 2015. Developing habits to save more of the food we already have will put less strain on the resources associated with producing and buying food and aid in reducing the creation of greenhouse gas emissions.



Nick Saltmarsh, www.flickr.com

Food waste also wastes money and resources used to produce uneaten food.

Here are 14 ways consumers can help reduce the amount of food wasted.

Shop the refrigerator before going to the store.

Use food at home before buying more. Designate one meal weekly as a "use-it-up" meal.

Move older food products to the front of the fridge/cupboard/freezer and just-purchased ones to the back. This makes it more likely foods will be consumed before they go bad.

Keep your refrigerator at 40°F or below to prolong the life of foods. Foods frozen at 0°F or lower will remain safe indefinitely but the quality will go down over time.

Freeze or can surplus fresh produce using safe, up-to-date food preservation methods. Visit the National Center for Home Food Preservation website (<http://nchfp.uga.edu>) for freezing and canning instructions.

Take restaurant leftovers home and refrigerate within two hours of being served. Eat within three to four days or freeze. Ask for a take home container at the beginning of the meal if portions look especially large. Remove take home food from your plate at the beginning of the meal so leftovers are as appetizing as the original meal ... rather than the picked-over remains. Or, choose a smaller size and/or split a dish with a dining companion.

Dish up reasonable amounts of food at a buffet and go back for more if still hungry.

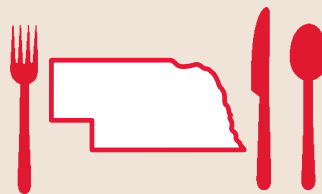
Compost food scraps

for use in the garden.

Check product dates on foods. The United States Department of Agriculture/Food Safety and Inspection Service (USDA/FSIS) defines them as:

- A "Sell-By" date tells the store how long to display the product for sale. You should buy the product before the date expires.
- A "Best if Used By (or Before)" date is recommended for best flavor or quality. It is not a purchase or safety date.
- A "Use-By" date is the last date recommended for the use of the product while at peak quality. The date has been determined by the manufacturer of the product. Do not buy or use baby formula after its "use-by" date.

Look for recipes on websites that can be
see FOOD WASTE on back page



HEALTHY EATING

ENJOY NEBRASKA FOODS!

Alice Henneman, MS, RDN, Extension Educator

CLEAN OUT THE FRIDGE POTATO SALAD

Have you ever looked in your refrigerator and found a little bit of this and a little bit of that? And it should all be used — SOON! When that happens, make potato salad! (*Note: Potatoes should be stored in a cool dry place in your house for best quality — not in the refrigerator.*)

Follow these quick "1, 2, 3" steps!

1) Begin with cooked, diced potatoes (1-inch cube). Let them stand until cool enough to handle. *Tip: You can leave the skins on young, tender potatoes and other varieties of potatoes with a thin, delicate skin. There are over 100 varieties of potatoes. If uncertain about the best way to boil potatoes — and potatoes are a food that gets wasted at home — check www.potatogoodness.com, the website of the United States Potato Board, the nation's potato marketing and research organization.*

2) While the potatoes are cooking/cooling, clean and prepare potential still-edible foods that might soon go in the garbage. Also, look for jars and packages of other still-edible foods that have been lingering in your refrigerator. Use your own



Alice Henneman

preference as to amounts of ingredients. The salad in the photo contains: red peppers, peas, onions, carrots, radishes, fresh dill and pickle relish.

3) The last step is combining the potatoes and vegetables with mayonnaise. Or, use your favorite homemade or purchased potato salad dressing. Then, chill your potato salad for about an hour before serving, to let the flavors meld.

Some other foods you can add to potato salads include: hard-boiled eggs, celery, cheese, parsley, green pepper, grape or cherry tomatoes (halved), capers, olives and chives.

Cultural Diversity and Awareness: Tips for Parents of Young Children

Dr. Tonia R. Durden
Nebraska Extension
Early Childhood Specialist

“Dad! My skin matches your skin,” four-year-old Mitchell grabs his father’s hand as they wait in line at the local supermarket. “But look, dad!” Mitchell shouts, “His skin is like chocolate milk!”

If you are the parent of a preschooler, like the dad in the scenario above, you may have experienced your child’s natural observations and curiosity about cultural diversity. Although children’s observations and questions about the ways in which we are diverse may be embarrassing or uncomfortable for you as a parent, know that children’s curiosity is developmentally appropriate and should be welcomed with open conversations and opportunities to explore together their interest and questions.

Children today live in communities that reflect the diversity of our American society. They interact with other families and children who are



Tonia Durden reads to children at UNL’s Ruth Staples Center.

from different cultures, speak different languages, or may have a special need. Children also see images of diversity each day in books, toys and cartoon characters. When you consider how diversity in gender, ability, language, culture and ethnicity is all around us, it is not unexpected young children are very curious and excited about learning from the diverse world and people around them.

For this reason, parents have the opportunity to support children’s natural interests and curiosity by exploring with them their own unique culture as well as those represented in the local

community.

The following are two tips parents can use to help children become citizens of our very diverse community and world:

Tip 1: Start first with your own cultural diversity within your family. Create or share a family photo album with your child, discussing your heritage and places around the country or where members of your family are from or have traveled to.

Tip 2: Complete a visual scan of your home environment. Does your home reflect the diversity of the community and country in which you live? Try a new recipe from another culture, listen to a different musical genre, or expose your child to books, toys and puzzles that are non-stereotypical and represent affirming and positive images of the cultural group.

FOR MORE INFORMATION

Nebraska Extension’s Early Childhood Development website (<http://child.unl.edu>) has a topic area about cultural diversity.



ASK LORENE

FAMILY LIVING TIPS

Lorene Bartos, Extension Educator

Question: I’m cleaning the garage and storage areas and need to know what is considered household hazardous waste and should not go in the trash.

Answer: Many household products contain hazardous ingredients that can be harmful if used or disposed of the wrong way. Always read the labels and look for signal words: danger, warning or caution. These words indicate the degree of immediate hazard posed by the product.

- Danger — extremely hazardous
- Warning or caution — less hazardous

The Lincoln-Lancaster County Health Department website (www.lincoln.ne.gov, keyword: household) has many good resources on household hazardous items and a list of collection events (see list of events below). Items which should not go in the trash and should be taken to a collection site include:

- **Lawn & Garden products:** pesticides, herbicides, pool chemicals, insect sprays, lighter fluid, etc.
- **Automotive:** brake fluid, grease removers, mixed gasoline, upholstery cleaners, etc.
- **Home Improvement:** Adhesives, oil-based stains, paint thinner, oil based paint, etc.
- **Household:** Bleach cleaners, compact bulbs (CFLs), fluorescent tubes, spot removers, moth balls, glues, solvent-based polishes, etc.

Latex paint is not hazardous and can be donated, or dried out and put in the garbage. Latex paint exchanges are scheduled for May 30 and Sept. 26 at Eco-Stores Nebraska (530 W. P. St., Lincoln).

Lancaster County residents can take household hazardous waste to collections scheduled throughout the year. In counties other than Lancaster, check with your local landfill to see what they will accept.

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

Cleaning on Your Schedule

The key to a clean house is finding a system that works for you and your schedule. What worked before you had kids may need some modifications. And empty nesters may have a busier schedule than before the days of carpools and kids sports.

Cluttered Kitchen? Just Say NO

It’s tempting to let the dishes “soak” while you relax after dinner, but you have to do them anyway so why wait. Put the dishes in the dishwasher, wash the pots and pans and wipe the counters and table after every meal. This keeps dishes from piling up and minimizes bugs.

Quick Pick Up Before Bed

Don’t let the clutter pile up. As you turn out the lights and head to bed grab the toys, magazines, remotes and put them in their place.

One Chore a Day

Make a list of the chores you need to complete and choose one to do each day. Here is a sample to get you started. There are lots of ready-made lists online, but success lies in modifying the list to your lifestyle and activities.

- Monday — laundry (change sheets regularly)
- Tuesday — laundry
- Wednesday — kitchen (floors, microwave, refrigerator)
- Thursday — vacuum & dust

- Friday — trash, bathrooms
- Saturday — meal planning (stick to the list when shopping!), yard work
- Sunday — rest

Which day or evening works best for your schedule? Families with children may do laundry every day. Trash is usually taken out the evening before trash collection. Sunday may not be a day to rest but a time to do all the things that didn’t get done during the week. Maybe Saturday is your cleaning day.

Make a plan that helps make housekeeping a non-dreaded task. Include all family members in the plan, even small children can help.

Source: Adapted from American Cleaning Institute

Split: Divorce Through Kids’ Eyes DVD Available in Lincoln City Libraries

To better meet the needs of families experiencing the transitions of separation, custody or divorce, Nebraska Extension has donated five DVDs of *Split: Divorce Through Kids’ Eyes* to the Lincoln City Libraries. For information about checking out a DVD, contact your local library branch or go to www.lincolnlibraries.org.

“Split” by Ellen Bruno is a 28 minute video which helps parents understand the emotional needs of their children during divorce and helps kids understand they are not alone. It is deeply personal, made in collaboration with children ages 6–12, that explores the



often frightening and always life-altering separation of their parents. The remarkable wisdom, candor and humor of these testimonies give courage to children and encourage parents to make better choices as they

move through divorce.

Since 1999, Nebraska Extension’s “Co-Parenting for Successful Kids” classes have helped separating and divorcing parents develop plans for respectful, responsive and responsible co-parenting. In 2014, over 2,000 parents participated, including over 450 from Lancaster County. For additional information about “Co-Parenting for Successful Kids” online and on-site classes, go to www.child.unl.edu/divorce.

Extension has also compiled a “Website and Book List for Parents Experiencing Divorce and/or Custody Issues,” online at <http://go.unl.edu/mnmc>.

2015 Household Hazardous Waste Collection Events

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

SOME ITEMS YOU CAN BRING FOR DISPOSAL: Thermometers, thermostats containing mercury, bleach cleaners, glues, oil-based paint, paint thinner, furniture stripper, oil-based stains, old gasoline, transmission fluid, pesticides, small propane cylinders. You can dispose of compact fluorescent light bulbs at these waste collections.

DO NOT BRING latex paint, fertilizers, medicines/pharmaceuticals, electronics & computers, large propane cylinders, tires, used oil, batteries, antifreeze or ammunition.

For more information or if you have questions how to recycle or dispose of items not accepted, call the Lincoln-Lancaster County Health Department at 402-441-8021 or go to www.lincoln.ne.gov (keyword: household).

Saturday, April 25

Wal-Mart South: 87th & Hwy. 2

Saturday, May 30

Zoetis: 601 W. Cornhusker Hwy.

Friday, June 19

Union College: S. 52nd & Cooper Ave.

Saturday, Aug. 22

Veyance Technologies: 4021 N. 56th St.

Saturday, Sept. 26

Lincoln Industries: 600 W. E St.

Saturday, Oct. 24

Woods Park: S. 31st & J St.

Friday, Nov. 13

Appointment Only: Call 402-441-8021 to schedule

Latex paint is not accepted at Household Hazardous Waste Collections. Usable latex paint can be taken to EcoStores Nebraska paint exchanges May 30 & Sept. 26 at 530 W. P St., 402-477-3606.

EXTENSION NEWS

Meet New Cropping Systems Educator, Tyler Williams



Extension Educator Tyler Williams pictured next to an Automated Weather Data Network (AWDN) station on UNL East Campus which is operated by the High Plains Regional Climate Center.

In January, Tyler Williams joined Nebraska Extension in Lancaster County as extension educator. He also assists with Extension in Cass and Otoe Counties. Tyler's focus is on enhancing cropping system resiliency to climate variability. He is the only extension educator in Nebraska with a focus in climate.

Tyler has been with extension for five years in Phelps and Gosper Counties, most recently as Unit Leader. He grew up on a ranch near Loomis, Neb. and continues to own cattle today. He attended University of Nebraska–Lincoln and received a bachelor's degree in Meteorology/Climatology and Masters of Applied Science in Agronomy.

Tyler says, "In Nebraska, year to year climate variability is greater than any overall 'change' that may be taking place. There is some concern of that variability increasing in the future."

He works with agricultural producers to provide education and resources about short-term weather impacts and long-term impacts of climate variability.

An example short-term weather impact is a pattern of cool and wet weather during planting season. Soil temperatures may warm-up early, but there is some risk involved in planting a seed too early.

An example concern with long-term weather variability is a greater incidence of drought. Warming earlier in the spring starts to deplete the soil moisture through evaporation or weed growth. This increased moisture loss may increase the chance of a drought early in the growing season if rains do not make up the difference. A couple of steps crop producers can take to help manage climate risks related to drought are:

- Diversification, since some crops tolerate drought better than others.
- Residue on the field surface will reduce crop stress because the residue will act as a mulch, reducing evaporative losses.

Tyler is part of Extension's statewide Climate Resiliency team and Crops & Water teams. He regularly contributes to Extension's CropWatch website (<http://cropwatch.unl.edu>), is on Twitter (https://twitter.com/tylerw_unl) and has a blog, "Ag Climate Nebraska" (<http://agclimatenebbraska.weebly.com>).

Tyler is excited about working with ag producers in Lancaster, Cass and Otoe counties, so please stop in and say "Hello."

Take Part in On-Farm Research

Tyler Williams
Extension Educator

The University of Nebraska–Lincoln produces a lot of research, but many farmers wonder if research will work on their farm. The Nebraska On-Farm Research Network provides you an opportunity to conduct research on your farm. As we all know, farming operations vary drastically from one end of the state to the other. Farm management strategies, tillage practices, crop selection, climate, soil type, topography, etc., will vary depending on your location. This variation makes it difficult to test research results in one or two locations, and on-farm research can be that important link between the research and the application.

On-farm research involves using your land, your equipment, your practices and the products you apply to learn how a product or practice would directly affect your farming operation. The network is quite simply a collaboration of growers from across Nebraska working with Nebraska Extension faculty to conduct on-farm research and share results. Extension faculty will help with the project selection, design, statistics and final data analysis in order to assist you in the research process.

The first step in participating in on-farm research is to identify the right research question. For many questions, the answer may already be available and proven, so analyze your situation or visit with your local Extension educator about potential studies.

A few common examples are: corn and soybean planting population studies, cover crop studies, seed treatments, among many others. When evaluating your question, ask yourself if you have field sites, equipment and resources to appropriately test the question.

The primary costs to the operator are the time it takes to implement the trial and gather data. The foundation of on-farm research is doing the research within your typical operation, so yield monitors and precision ag tools greatly improve the ease of conducting the research. Another cost may be when the product or practice tested does not enhance yield or profitability and you do not receive a return on your investment. This cost, however, would be greater if the product were used over your entire field or farming operation.

Site selection is another important component. The productivity of a field can vary significantly from one edge to the other due to soil type, slope, previous history, etc. A uniform treatment comparison site with the same moisture, soil and slope would be ideal; however, this is hard to find. This is where the power of replication, randomization and statistics come into play. The experiment layout is designed to address the field variability and give you confidence that yield differences are due to the product or practice in question. Once the research project is designed and the site is selected, it is time to conduct the research.

Data collection is a key element of on-farm research. It is

important to think through what data you need to collect before you conduct your study. Planting and harvest dates, hybrids/varieties, plant populations, chemical applications, rainfall/irrigation, etc., are all data you would typically record. Additional data to collect may include photos, root digs, pod and/or node counts, soil or tissue samples, storm damage, weed/insect pressure or other data important to your research. Accurate notes taken throughout the season allow you to better interpret the data once the crop is harvested. Yield data collected during harvest is very important and should be done according to your research design. Harvest weights can be collected with a calibrated weigh wagon or yield monitor.

Once the data is collected, Extension will help analyze the results. Statistical analysis of the data will give you confidence in your data and research findings. Statistics will allow you to take into account the occurrence of a random event could change the outcome of what would "normally" happen. Statistical analysis will give you a probability of getting similar results in another year or field.

If you are interested in joining the On-Farm Research Network, contact Tyler at the Nebraska Extension in Lancaster County office at 402-441-7180.

FOR MORE INFORMATION

Nebraska On-Farm Research Network "Growers Guide to On-Farm Research" interactive, online magazine is at <http://cropwatch.unl.edu/nofrnzmag>

Spring into Pond Management

Katie Pekarek
Extension Water Quality Educator

After a cold winter, it is exciting to see things "green up." But it is discouraging to see a pond turn into green pea soup. Ponds are built for swimming, fishing, aesthetics, irrigation or even to capture stormwater. Although it is all but impossible to manage for all of these activities at once, the pond owner must decide what activity is the most important and make management decisions based on that goal.

Each pond and lake is completely unique. Two ponds sitting side by side may look completely different, so it is important to understand many factors affect pond and lake quality such as:

- water depth
- excess nutrients
- clarity
- temperature
- water movement
- watershed characteristics
- plant growth
- chemical composition



Poor pond management may result in algae problems, limiting the pond's aesthetic value and its ability to support aquatic life.

Basic Fish Pond Management

Good fishing in farm ponds depends on an understanding of and the ability to follow some basic rules. To properly manage farm ponds for fishing, you should be aware of some simple guidelines:

- proper pond construction and watershed management;
- fish species selection and stocking;
- removal of unwanted and overpopulated species of fish;
- harvest and record keeping;
- liming and/or fertilization;
- evaluation of pond balance; and
- weed control.

FOR MORE INFORMATION

Developed by the Nebraska Game and Parks Commission, the Nebraska Pond Guide series provides an overview of information to manage existing ponds or construct new ones. Available online free at <http://go.unl.edu/pond>

How Ponds Work

Most Nebraska ponds are man-made. Ponds need to have good water quality, favorable aquatic habitat and proper management in order to develop and maintain the goals for use. Given that a pond is properly constructed, good pond management includes:

- controlling aquatic weeds and algae
- controlling terrestrial weeds
- controlling nutrient inputs
- enhancing food availability for fish
- harvesting (controlled) to maintain the balance of predator and prey populations
- preventing situations that may cause fish kills



2015 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>

Cutleaf and Common Teasel Designated “Noxious” in Lancaster County

BY BRENT MEYER

Lancaster County Weed Superintendent

In an effort to protect Nebraska's economy and the quality of its land, Greg Ibach, Director of the Nebraska Department of Agriculture, approved the designation of Cutleaf teasel (*Dipsacus laciniatus* L.) and Common teasel (*Dipsacus fullonum* L.) as noxious weeds in Lancaster County. **This designation requires each landowner in Lancaster County is responsible for controlling teasel growing on property they own or manage.**

The Nebraska Noxious Weed Control Act allows individual counties to designate local invasive weed problems to their county's noxious list, without being added to Nebraska's statewide noxious list. This allows local authorities to attack potential invasives aggressively at the county level to prevent statewide spread.

After holding public hearings, gathering information and testimony, Lancaster County Weed Control proceeded to add both teasels to our noxious weed list. On July 1, 2014, Lancaster County became the first county in Nebraska to add cutleaf and common teasel as noxious weeds.

The Lancaster County Weed Control Authority gathered the following information to help make the determination to add common & cutleaf teasel.

- *Early Detection Rapid Response (EDRR) is the most economical way to attack invasive weeds. Getting after the problem early is the most economical way to control invasives. The longer we wait, the more expensive it will become to eradicate.*
- *Currently 14 counties in Nebraska are reporting common teasel and only 7 counties reporting cutleaf teasel. This makes it the perfect time to attack this problem early before it gets widespread.*
- *Nine states have already declared one or both teasels as noxious — Iowa, Missouri, Minnesota and Colorado being the closest.*
- *Nebraska Game & Parks reported working on controlling teasel for years without having much success at eradication.*
- *Lancaster County currently has less than 100 acres with most of them being small and easy to control.*
- *Testimony from Robert Kaul, Curator and Research Professor for the University of Nebraska C.E. Bessey Herbarium, testified that teasel has the potential to be worse than musk thistle ever was.*
- *Teasel is not eaten by livestock and has no forage value. Livestock will avoid these areas.*

Description

Although usually called a biennial, teasel is better described as a monocarpic perennial. The plant grows as a basal rosette for a minimum of one year until enough resources are acquired to send up tall flowering stalks and dies after flowering. The period of time in the rosette stage varies depending on the amount of time needed to acquire enough resources for flowering to occur.

Identification

Root: Taproot up to 2 feet long

Rosettes: Both rosettes are similar when small. As they get bigger, the cutleaf



Cutleaf teasel along Salt Creek

leaves are more deeply lobed than the common teasel.

Height: Cutleaf teasel typically will grow taller than common teasel. Cutleaf grows up to 8 feet tall while common may reach 6 feet tall.

Leaves: The leaves on cutleaf teasel will be irregularly-pinnately lobed and prominently fused toward the bases, forming cups that may hold water. Common teasel leaves remain oblong to lanceolate. In both species, the leaves are opposite, stemless and prickly, especially on the lower midrib.

Bracts: The bracts on the cutleaf teasel are shorter, more leaf-like around the base of the seedhead, the common teasel bracts are usually thinner and extend up past the seedhead.

Flower: Cutleaf teasel will usually have white flowers and will flower from July to September while the common teasel will have lilac to lavender flowers and will flower from April to September.

Distribution

Teasel is native to Europe. It was introduced to North America possibly as early as the 1700s. Teasel has spread rapidly in the last 20 to 30 years, spreading from Canada to the northeast United States and now moving southward and is beginning to show up more abundantly in Nebraska.

Teasel has colonized many areas along interstates. Common teasel sometimes is used as a horticultural plant, which has aided in expansion of its North American range. In particular, the use of teasel in flower arrangements has aided its dispersal, especially to cemeteries.

Habitat

Teasel grows in open, sunny habitats such as roadsides and pastures. It prefers disturbed areas, but can invade high-quality areas such as prairies, savannas, seeps and sedge meadows. Lack of natural enemies allows teasel to proliferate. If left unchecked, teasel quickly can form large monocultures excluding all native vegetation.

Life History

A single teasel plant can produce more than 2,000 seeds. Depending on conditions, up to 30 to 80 percent of the seeds will germinate, so each plant can produce many offspring. Seeds also can remain viable for at least 2–5 years. Seeds typically don't disperse far; most seedlings will be located around the parent plant. Parent plants often provide an optimal nursery site for new teasel plants after the adult dies. Dead adult plants leave a relatively large area of bare ground, formerly occupied by their own basal leaves that new plants readily



Common teasel near I-80

occupy. Seeds may have the capacity to be water-dispersed, which may allow seeds to be dispersed over longer distances. Immature seed heads of teasel are capable of producing viable seed.

Impacts

Both teasels form large, dense stands that choke out desirable plant species. This can reduce forage, wildlife habitat and species diversity.

Prevention and Management

Do not plant teasels or intentionally move soil, including soil adhered to recreational vehicles or lawn/garden equipment, containing seed of this species. Do not use seedheads in floral arrangements.

Infestation sites will need to be monitored and treated repeatedly until the seedbanks are depleted. Teasel seedbanks remain viable for a relatively short time, 2–5 years. With diligent control, eradication may be feasible within this timeframe.

- Hand-pulling and digging are management options for small infestations, but the large, fleshy taproots are difficult to remove. Flowers and seedheads will need to be bagged and disposed.
- This species also responds favorably to annual herbicide treatments. Nebraska Extension's *Guide For Weed Management* (EC-130) recommends treatment at the rosette stage in the fall or early spring. The three different treatment options are:
 - 2,4-D 4# Amine at 32.0 ounces per acre
 - Garlon 3A at 3.0–4.0 pint per acre
 - Overdrive at 4.0–8.0 ounces per acre**Always read and follow the label directions*
- Biological control is not a management option at this time, but is in development.

Ineffective Practices

- Mowing is ineffective because the root crown will re-sprout and flower after being cut. Even repeated mowing is ineffective. Repeated mowing will stop some plants from flowering, but others will produce short flowering stems short enough to be below the height of the mower. Plants knocked over by a mower and not cut off, will lie horizontally and produce short flowering stalks below the height of the mower.
- Prescribed burning alone is ineffective. Prescribed burning may kill some of the isolated small seedlings, but is ineffective against dense seedlings or large rosettes.

Treat Noxious Weeds at the Right Time, Not When You Have Time

BY MITCH COFFIN

Nebraska Department of Agriculture Noxious Weed Program Manager

Noxious weeds are problematic because they tend to be difficult to control. These non-native plants do not have natural enemies to help keep them in check. Most are prolific seed producers and can survive regardless of weather patterns and conditions. While it may make a person feel good about overdosing a mature musk thistle with herbicide and watching it kink up and turn brown, one needs to ask themselves if they really accomplished anything? These untimely treatments are usually non-effective or cost efficient.

All herbicide labels provide information regarding the best time to treat a specific plant. Chemical companies do extensive research to provide the end user with the best control. A herbicide labeled to treat before flowering may not be the best choice once the plant flowers and matures. However, different herbicides act in different ways depending on growth stage or time of year.

It is important to know the target pest and the best growth stage to treat the pest. Some plants respond well to spring treatments, while others might be best suited for summer or fall treatment. Regardless of the noxious weed you plan to control, there are a number of herbicides readily available for treatment. Know the habitat in which the noxious weed is found and study a number of herbicide labels to see which product will work for you and your situation.

Treating noxious weeds at the wrong time will give one limited results. Timing is critical for one to achieve the best results and best bang for your buck. Consistent and timely control will gain good results. Treating noxious weeds just once is not a good approach. Follow-up treatments need to be a part of the overall plan to contain and control targeted weeds. These weeds can produce large amounts of seed and it can take several years to deplete the seed bank the noxious weed has created.

Questions regarding noxious weed control can be directed to your local County Weed Control Authority. This local office can provide recommendations on herbicides and the best time to treat noxious weeds.



The best time to treat teasels and thistles is when they are in the rosette stage (cutleaf teasel on left, musk thistle on right).

WEED AWARENESS

Lancaster County Adopts “Play Clean Go” National Ad Campaign

“PlayCleanGo,” an education and outreach campaign for outdoor recreationalists. The goal is to encourage outdoor recreation while protecting valuable natural resources. The objective is to slow or stop the spread of terrestrial invasive species through changes in public behavior. The campaign is designed to foster active participation in actions designed to interrupt recreational pathways of spread for invasive species.

“PlayCleanGo” promotes awareness, understanding and cooperation by providing a clear call to action to be informed, attentive and accountable for stopping the spread of terrestrial invasive species.

GIVE INVASIVE SPECIES THE BRUSH OFF.

Clean Your Gear Before Entering And Before Leaving The Recreation Site.

Help Prevent The Spread Of Invasive Plants And Animals.

- Arrive with clean gear.
- Use local or certified firewood.
- Use local or weed-free hay.
- Stay on the trails.
- Before leaving, remove mud and seeds.

WORK. CLEAN. GO.

Give Invasive Species The Brush Off.

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- Arrive with clean gear.
- Use local or certified firewood.
- Use local or weed-free hay.
- Stay on the trails.
- Before leaving, remove mud and seeds.

Catch the Thief Green-Handed!

BY PAT DUGAN
Lancaster County Weed Chief Inspector

Deciding to farm and/or ranch is one of the most rewarding and challenging occupations you could possibly imagine. In most instances, your land is one of the largest investments you have and it is or will become one of your greatest assets providing for you, your family’s livelihood and generations to come.

As a landowner/tenant, you are charged every day to manage, preserve and enhance this investment. You have also committed yourself to become a business partner with every other owner in the community to protect and maintain property values.

Noxious and invasive plants in the United States have become established at unprecedented rates with over 4,200 species now on record. Across vast rangelands, wild lands and riparian areas, invasive plants have either become established or continue to be a threat.

These THIEVES are threatening your livelihood and they are not just weeds anymore. They continue to take land out of production. By being non-palatable, noxious and invasive plants reduce your animal unit per acre/pasture carrying capacity, they also reduce the marketability of your product, such as weed-free forage, lighter weaning weights, foreign matter in grain, lighter crop test weight, etc. Additional economic and environmental harm done by these invasive



An acreage in rural Lancaster County with a severe leafy spurge infestation.

plants include reduced flow in waterways, altered fire regimes and abandoned natural areas once preserved for wildlife and recreation.

Clearly, invasive plants are increasingly impacting our ecosystems. Without the natural enemies from where they originated, these plants have an unfair advantage and aggressively out-compete our native plants.

No doubt trying to eradicate noxious weeds is an expensive and time-consuming task. However don’t underestimate the necessity. Today’s invaders degrade property, cause a degree of reduced value and have the ability to reach an economic threshold rendering property useless. The estimated cost of controlling invasive plant species

is more than \$120 billion each year in the United States.

Stay educated and abreast of all the new invaders in your area. Look for things that seem out of place. Know the invader and study the best control method. Improper control may unintentionally help the thief spread. Rely on the local weed authority department to be an extra set of eyes keeping you and other landowners informed of when there is an infestation problem. These new invaders are much more difficult to control and nearly impossible to eradicate. By being pro-active, we have a better chance of protecting assets from environmental and economic disaster.

Noxious Weed-Free Gravel and Hay Products

BY PAT DUGAN
Lancaster County Weed Chief Inspector

Weed-free gravel and hay products are key to the prevention of noxious and invasive weed invasions.

Invasive plants can be introduced via non-certified hay, mulch, straw and raw feeds. These plants out compete native plants, degrade wildlife habitat and reduce soil and water quality. They cause economic losses in natural areas and impact aesthetics and recreation opportunities. While weeds can be extremely difficult to remove once established in croplands, rangeland, yards and abandoned lots, they are especially hard to detect and then eradicate in wilderness areas.

You can prevent potential noxious weed infestations by insisting on Certified-Weed-Free forage. As a buyer, you should be aware that noxious weed-infested forage products can cost you



Phragmites moved in with gravel.

hundreds or even thousands of dollars down the road. Ask your forage supplier to have their hay certified prior to harvest. Certified weed-free hay and mulch provide assurance that the field was inspected based upon a reasonable and prudent visual inspection, and no noxious weeds were detected.

Stopping weeds at the gravel pit: Lancaster County Weed Authority along with the County Engineering Department are

working together to require Certified Weed-Free Gravel in Lancaster County. By using certified weed-free gravel, the chances of spreading noxious weeds along our roadways decreases.

Weed-free gravel, is gravel, sand or rock mined and provided from a pit that is free of any viable weed species listed on the Nebraska State Noxious Weed Lists.

The Weed-Free Gravel Certification Program is structured much like the existing Weed-Free Forage Certification Program. These pits are visually inspected twice a year to ensure compliance.

Prevention is the first line of defense in keeping weeds from occurring or increasing in an area. Utilize only certified-weed-free seed, hay, gravel or fill.

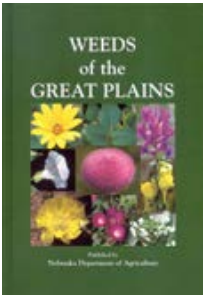
If you have questions about certification regulations or weeds not allowed in certified forage, please see the Nebraska Weed Free Forage Web site at www.neweedfree.org for a complete list of weeds and regulations.

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 18.**

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
- Teasel
- Weed watcher

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

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

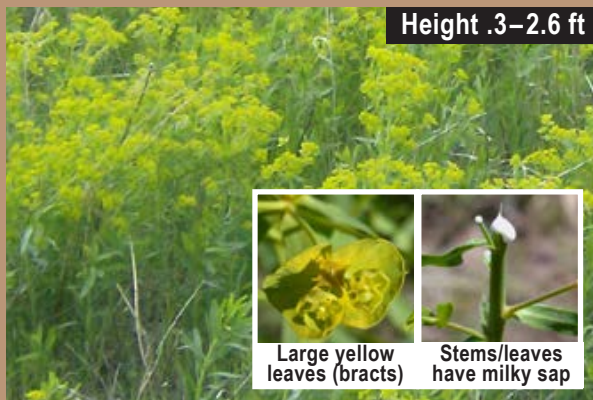


Young seedhead

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



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

Lancaster County's Noxious Weeds

Newly Added

Cutleaf Teasel

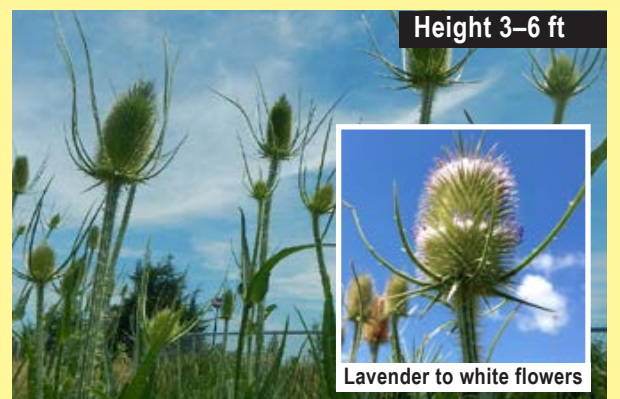
Height 4–8 ft



White flowers

Common Teasel

Height 3–6 ft



Lavender to white 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.

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 Ashley McAllister.

2014 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:

- educating the landowners of Lancaster County about the legal requirements and benefits of controlling noxious weeds,
- providing information to the citizens of Lincoln about the 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.

I: 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.

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. 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

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

No piece of land is safe from noxious weeds. They are found wherever they are able to establish a root system. In 2014, our inspectors documented 1,487 sites infested with noxious weeds. Of those sites, 399 were located within city limits. Due to their introduction as ornamentals saltcedar, purple loosestrife and knotweed are more commonly found in the city than rural areas in Lancaster County. In order to prevent the spread of noxious weeds, an aggressive management plant is required on all noxious weed sites no matter where they are found.

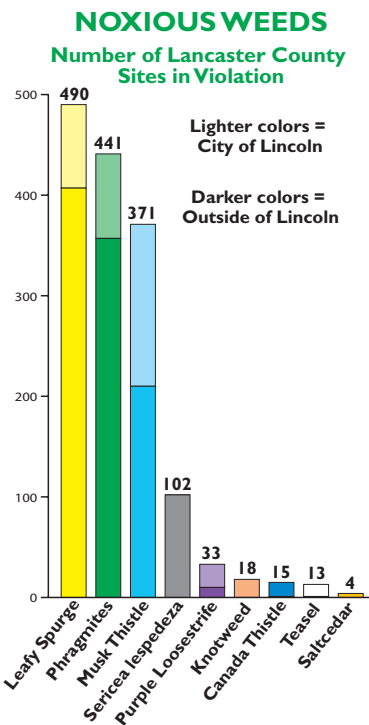
Musk Thistle — Musk thistle is a commonly-reported noxious weed due its easily-identifiable bright rose-purple colored head. The key to successful musk thistle control is to prevent seed production. A total of 903 inspections were made on 497 sites. There were 371 sites found to be in violation amounting to 1,398 acres infested.

Phragmites — We continue to find new infestations of phragmites throughout Lancaster County. Phragmites is an aggressive noxious weed and immediate action is required to keep this noxious weed under control. In 2014, we identified 441 sites to be invested with phragmites.

Leafy Spurge — Leafy spurge is the noxious weed that seems to sneak up on us in the spring. It can be very easy to detect when the grasses are still trying to grow. Leafy spurge continues to be very difficult to control and requires years of monitoring. In 2014, we made 799 inspections and found 490 infestations. Leafy spurge infests 1,521 acres in the county and city.

Purple Loosestrife — Purple loosestrife is known as the greatest noxious weed success story in Lancaster County. Wild purple loosestrife has been found in Lincoln city limits and in rural Lancaster County. Most commonly, purple loosestrife is found as ornamental plantings within the Lincoln city limits. Purple loosestrife was added to the State Noxious Weed list in 2001 and, at that time, we had identified 490 locations. In 2014, we had 33 sites of ornamental or wild purple loosestrife.

Knotweed — The majority of knotweed in Lancaster County is ornamental. The key to successfully eradicating knotweed is educate the landowners about the impact knotweed can have on the environment and on proper control methods. In 2014, there were 18 known sites of knotweed in Lancaster County. The number



of infestations is down 62% from 2013. This year, we did one force control on knotweed within Lincoln city limits.

Canada thistle — In the past couple of years, Canada thistle has been on an increase in Lancaster County. Currently we have 15 known infestations in the county and city. This is up 66% from 2011. Canada thistle is being transported with root stock and is commonly showing up in landscaping.

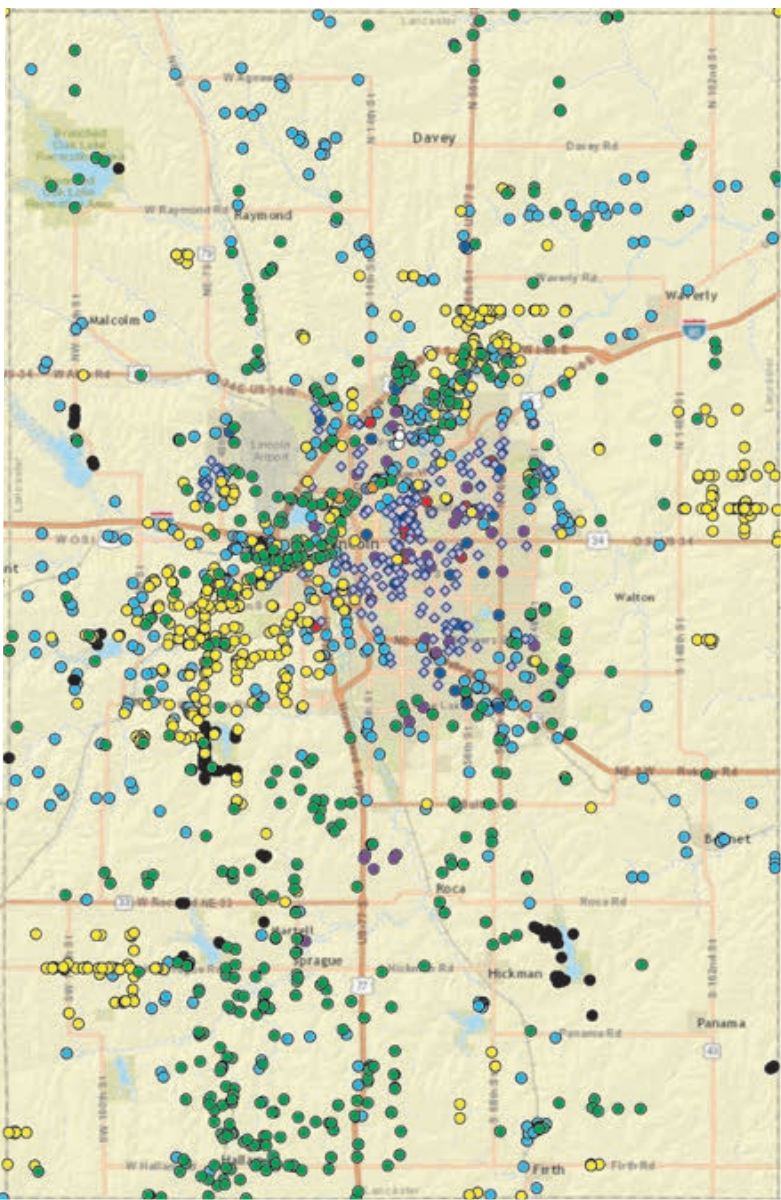
Saltcedar — Currently Lancaster County has four infestations of saltcedar. This low number is due to Early Detection-Rapid Response (EDRR). Saltcedar was identified early on as having the potential to cause problems and action was taken to eliminate them.

Sericea lespedeza — Now in our second year of dealing with sericea lespedeza as a noxious weed, we are starting to get a better understanding of it. Sericea is commonly found within one mile of wildlife management areas, but has been found in other areas. The number of sites infested has increased since last year and we expect the number to continue since it is such a new noxious weed. In 2014, our inspectors found 102 sites infested, totaling 213 acres.

Teasel — In July 2014, cutleaf and common teasel were added to the Lancaster County Noxious weed list. Our inspectors have already found 13 infestations. Our office is hopeful that EDRR will be effective with these plants. We plan to target teasel hard in 2015 to ensure it does not spread.

Noxious Weeds in County Roadsides

Landowners are encouraged to control noxious weeds along property they own. If not controlled by the owner, Lancaster County Weed Control will control the perennial noxious weeds such as phragmites, sericea lespedeza and leafy spurge in the county roadsides. While you will continue to see the blue flags or ribbon along the roads, our inspectors are now using GPS to mark all the locations. Our contractor is provided with the latitude/longitude points and will begin to use this to treat the locations.



Lancaster County Noxious Weeds

- Musk thistle
- Phragmites
- Leafy spurge
- Sericea lespedeza
- Purple loosestrife
- Knotweed
- Canada thistle
- Saltcedar
- Teasel

City of Lincoln Weed Abatement

◆ Weeds & worthless vegetation above 6"

The fall of 2014 was the first year when all perennial noxious weeds were attacked at the same time. Our contractor used two separate tanks of herbicide, which allowed them to drive the county roadsides only once, treating three different species in the same pass. This process ensures a better kill and saves the county money.

City of Lincoln Weed Abatement Program

The City of Lincoln Weed Abatement Ordinance requires landowners within city limits to maintain the height of weeds and worthless vegetation below six inches. This includes all areas to the center of the street and/or alley that adjoins their property. Three seasonal inspectors assist in administering this program. The seasonal employees complete inspections based on pre-selected properties due to their history, complaints from the public that are received in our office and by observing severe yards while conducting other inspections. In 2014 our office received 2,129 complaints from the public and additional 821 properties were inspected that were observed as having violations. Our office made 8,310 initial and follow-up inspections on 3,607 sites. Properties not in compliance were notified of the violations with 2,391 letters, 1,485 legal notices, 627 reminder letters and 40 personal contacts. Landowners cut 2,707 sites and forced cutting was contracted on 299 sites. Landowners are responsible to

pay the cost of control plus an administrative fee. A lien is placed against the property until the bill is paid.

City Landfills

The Weed Control Authority is responsible for managing noxious weeds at the 48 Street landfill and the Bluff Road landfill. Presently, we deal with musk thistle and leafy spurge at both landfills and phragmites at the 48 Street landfill. The landfills are annually inspected and mapped. This helps us keep track of the spread of noxious weeds and the effectiveness of the control. Maps are provided to a contractor to complete the control work and follow-up inspections are completed.

Lancaster County Abandoned Cemeteries

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

Special recognition goes to the following volunteers:

- Lincoln Tree Service for tree trimming and removal
- Steve Wedge for mowing Jordan
- Terry Briley for mowing Evangelical
- Boy Scouts of America Troop 64 for mowing Dietz
- Troy Henning for mowing Highland and Uphoff

10 Rules for Planting Trees

These guidelines are the most current practices that are recommended for proper tree planting. It is tough being a tree in Nebraska, but following these procedures will provide a planted tree the best means of surviving and growing to maturity.

1. Selection is important — Select the right tree for the right place. Many serious problems can be avoided by proper selection decisions. Contact Diggers Hotline before you dig your planting hole.

2. Pre-planting care — Keep planting stock in shaded location and well watered. Do not get rough with the planting ball or container. If you have to hold a plant over, make sure it is moist and shaded. Keep in mind that when trees are transplanted from the nursery 90 to 95 percent of the root system is left behind.

3. On site and prior to planting remove all wires, labels, cords and anything else that may be attached to the plant.



Bruce Marlin

Mulch to the drip line if possible.

4. Hole size and shape have become a very important factor. Do not skimp on the width of the planting hole. Plant slightly above nursery level. Place the plant on solid ground, not fill dirt. Be careful of drainage.

5. Remove all containers from the root ball prior to planting, even peat pots should not be left intact. It is best if wire baskets can be removed completely.

6. Backfill with loosened soil. Research shows that soil amendments are not necessary.

7. No need to fertilize at planting time. Remove only damaged or rubbing branches. Food production by the leaves is vitally important. Cutting back restricts leaf area and therefore food production.

8. Water the plant thoroughly, then two to three times per week for the first season.

9. Mulch around the tree. This is important.

Natural composted mulch or wood bark is best. Do not use plastic sheeting. Two to four inches of mulch is ideal. Rodents may infest mulch if levels are deeper. Mulch should cover the ground to the drip line if possible and should not be placed against the trunk.

10. Stake only when necessary. If the tree is staked, allow for some movement but take care not to injure the bark. Staking is useful more for protection against people and lawn mowers. Remove stakes after one year.

Source: Nebraska Forest Service
Community Forestry Program

Clover Mites are Common Spring Invaders

Soni Cochran

Extension Associate

Each spring, we receive reports of clover mite invasions. These tiny mites can easily crawl in around windows and doors, especially on sides of homes where the sun warms the house. Clover mites are relatives of ticks and spiders. They are slightly smaller than a pin head and appear reddish-brown. They appear as brick-red specks crawling around windows, drapes, curtains and furniture.

Clover mites are harmless. They don't bite or injure humans or pests. They can't survive indoors. They come into our homes accidentally and once inside, will die. Outdoors, they feed on turfgrass and some plants, but rarely cause damage. Clover mites can be especially numerous on well-fertilized grass.

The best way to manage clover mites is to prevent their entry into buildings in the spring or fall. Sealing and caulking around windows and doors may help reduce the number of mites coming indoors, but the mites are so tiny, they can squeeze through very small openings.

If clover mite invasions are a reoccurring problem for you, remove grasses and weeds in a three-foot strip around foundations. The clover mites may still cross mulch or pea gravel to enter homes, but this will help. Flowerbeds planted with zinnia, marigold, salvia, rose chrysan-



Jim Kalisch, UNL Department of Entomology

Clover mites on a blade of grass (magnified).

themum and petunia or shrubs like barberry, juniper, spruce, arborvitae and yew make better barriers because these plants aren't attractive to clover mites.

If you choose to treat around your foundation, treat an area 5–10 feet out from the base of the foundation and up a few feet on the walls of the home. Many products registered for clover mite control are short-lived and you will need to re-treat. Make sure you follow all label directions carefully. Treat when daytime temperatures will be at least 60°F because chemical effectiveness may be reduced with cooler temperatures.

If clover mites have found their way into your home, the best control is your vacuum cleaner. Avoid crushing or smearing the mites because they will leave a red stain. Avoid "wiping" away the mites because they will smear and stain. You can dab them up with a damp paper towel.

Take special precautions if you have light colored carpet because each time you walk over to look at the clover mites, you may be crushing their bodies into your carpet and staining it. I remember one mom who called to report her young boys had found the clover mites near a window in their bedroom and had "painted" the walls with them. The stains left by crushed clover mites are very durable and can be hard to remove.

A Colorado State University entomologist suggests putting a fine layer of dust around windows, in cracks and other areas where clover mites may enter. You may want to give this technique a try. Use talc-containing baby powder, diatomaceous earth and even baking soda. The mites coated with the fine dust will die in the barrier.

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

FOR MORE INFORMATION

Nebraska Extension in Lancaster County has resources about mites (including clover mites) online at <http://lancaster.unl.edu/pest/mites.shtml>.

Watch
BACKYARD FARMER

on Its New Night
This Season

TUESDAYS, starting March 17
at 7 p.m. CT on NET
Repeats Saturdays at 3 p.m. CT on NET

byf.unl.edu



Backyard Farmer is supported in part by Campbell's Nurseries and Garden Centers, Finke Gardens and First Nebraska bank. This series is a co-production of NET Television and the University of Nebraska-Lincoln Extension.



GARDEN GUIDE

THINGS TO DO THIS MONTH

Mary Jane Frogge, 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.

Consider planting native perennials that are beneficial to native pollinators like solitary bees, bumblebees and butterflies. Native plants include coreopsis, coneflower, aster, liatris, goldenrod, pasque flower, butterfly milkweed, pitcher sage, bee balm and purple poppy mallow.

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.

Seed bare spots in your fescue or bluegrass lawn.

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

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

2015 Composting Demonstrations

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



Sessions are presented by Extension Master Gardeners. At each composting program, two lucky participants will win either a composting thermometer or a composting bin.

Composting Demonstrations are presented at the Pioneers Park Nature Center's backyard composting demonstration area. You will see three types of composting bins and how to use them. Demonstrations will be held:

- Saturday, April 18, 10 a.m.–2 p.m. (presenters will stay longer than usual to answer questions)
- Saturday, May 16, 10 a.m.
- Saturday, June 20, 10 a.m.
- Saturday, Sept. 19, 10 a.m.
- Saturday, Oct. 17, 10 a.m.

Composting Workshop:

- Tuesday, April 14, 6:30–7:30 p.m. — Bess Dodson Walt Library, 6701 S. 14th St.



HEART OF 4-H VOLUNTEER AWARD

Dwayne and Joan Wittstruck

Lancaster County 4-H is proud to announce Dwayne and Joan Wittstruck as co-winners of April's "Heart of 4-H Award" in recognition of outstanding volunteer service.

Dwayne started in 4-H in 1934 as a member of the Henny Penny poultry club. He and his wife were both leaders of the Rokeby Dairy 4-H club from about 1956–1976. They were both superintendents of the 4-H/FFA Dairy Show at the Lancaster County Fair from about 1970–2000. And they established the Wilhelmina Wittstruck All-Around Horse Award in 1986 — Dwayne continues to present it every year at Horse Awards night (he has only missed one year).

"We like helping kids be the best they can be," the Wittstrucks said. "Ours was a livestock club, but we put more emphasis on skills outside the show ring — speech, demonstrations, song contests, etc. Every kid in the club had to give a speech. That's how you build purple ribbon kids. As far as we're concerned, 4-H'ers are the cream of the crop. We have so many favorite experiences as 4-H volunteers: attending the National 4-H Conference in Chicago, planting trees on Arbor Day weekends at Halsey State Park, County Fair, State Fair, Ak-Sar-Ben, raising \$1,000 for the camp at Gretna and seeing our daughter, Laurie, receive a silver platter from President Gerald Ford as the national top girl in 4-H Achievement. And at speech contest, seeing the smiles on the kids' faces who thought they couldn't do it, and did."

Dwayne served six years on the UNL Ag Advisory Board (one year as president), and Joan was the first female president of the Nebraska Council on Public Relations for Agriculture.

Dwayne is in his 24th year of coaching boys and girls basketball at Crete Middle School.

Lancaster County 4-H thanks Dwayne and Joan for donating their time and talents. Volunteers like them are indeed the heart of 4-H!

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



4-H Member Online Enrollment

Nebraska 4-H has introduced a new online enrollment system, called "4-H Online." Paper enrollment is no longer an option. Members and fair projects may be updated through June 15. The website to enroll is <https://ne.4honline.com>. The process is easy and only takes a few minutes per member. **The health information is optional!**

NOTE: only parents/guardians may enroll 4-H members. Each 4-H household will need to set up a profile in which the 4-H youth for the household will be added.

A step-by-step instruction guide with pictures is online at

<http://lancaster.unl.edu/4h/StepstoEnroll.pdf>. If you have questions about the process or need access to a computer, call Karen Evasco at 402-441-7180.

4-H Volunteers Enrollment Forms

For now, volunteers and leaders must still enroll using the form at

<http://lancaster.unl.edu/4h/club/4henrollformleader.pdf> by June 15. Mail or bring to the Extension office.

Furniture Painting Workshop, April 18

4-H youth ages 8 and up are invited to participate in a furniture painting workshop on Saturday, April 18, 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. Learn how to prepare new and used wood furniture by sanding, sealing, painting and finishing. All paints and finishes are provided. No cost to attend. Adults are welcome to attend to help youth. Register by April 15 by calling 402-441-7180.

Youth Ag Conference Deadline April 15

Youth Ag Conference Nebraska Agriculture Youth Institute (NAYI) is a five day summer conference for high school juniors and seniors held July 6–10 at UNL East Campus. The Nebraska Department of Agriculture will provide the cost of meals, lodging and conference fees. Applications are due on April 15. Information and application form are available at www.nda.nebraska.gov/nayi and the Extension office.

Shooting Sports Club Accepting Members

Lincoln Shooting Stars 4-H Club is open to youth ages 8–18. Regular club meetings are held Wednesdays at 6:30 p.m. at the Nebraska Game & Parks Outdoor Education Center, 4703 N. 44th St., Lincoln. The club offers BB-gun, air rifle and pistol, small bore rifle and pistol, shotgun, muzzleloader, hunting and archery. For more information, go to <https://lincolnshootingstars.wordpress.com> or call Rachel Carlson at: 402-413-9876.

2015 4-H Special Garden Project, White Satin Carrot

4-H families are invited to participate in a special garden project: growing White Satin Carrot. Ten seed packets are available on a first-come, first-served basis, starting April 13. The cost is 50 cents for one seed packet per family. Each participating family will receive a packet of seeds and a newsletter of growing tips. Please stop by the Extension office to register, pay for and pick up your seeds. Office hours are 8 a.m.–4:30 p.m. We are unable to take orders over the phone or reserve seeds in advance.

4-H Clubs Needed to Help Provide Booths at Kiwanis Karnival, April 10

The annual Kiwanis Karnival, a FREE family event, is sponsored by the Lincoln Center Kiwanis. This year, it will be held Friday, April 10, 5:30–7:30 p.m. at Elliott Elementary School, 225 S. 25th St., Lincoln (**note change from a Saturday to Friday**). 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. This is a great community service and leadership activity for clubs. If your 4-H club or family would like to have a booth or for more information, call Lorene at 402-441-7180. Come join the fun!

Discover, Learn and Grow at 4-H Summer Camps



2015 4-H Summer Camp brochures are now available online at <http://4h.unl.edu/camp> and at the Extension office. Camps are open to all youth ages 5–18 (need not be in 4-H). With locations at

Gretna and Halsey, there are nearly 50 camps ranging from half day to seven days/six nights!

The 4-H camps and centers all meet over 300 standards established by the American Camping Association. It is the mission of Nebraska 4-H Camps and Centers 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.

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



4-H Horsemanship Level Testings, April 14 & 28

The first 2015 riding skills level testing will be held on Tuesday, April 14, 5:30 p.m. at the Lancaster Event Center in the Amy Countryman Arena. Anyone wishing to be tested must sign-up by April 7. Contact Marty at mcruickshank2@unl.edu or 402 441-7180.

A second testing is scheduled for Tuesday, April 28, 5:30 p.m. at the Lancaster Event Center in the Amy Countryman Arena. Sign-up deadline for the April 28 testing is April 21.

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

It is important to note 4-H'ers need to be testing with their own 4-H projects. The horse is being tested (and acclimated) also. In addition, youth testing for level II must have their horses groomed/clipped for show readiness. This is part of the level II test. If youth/horse do not pass this portion, they will need to come back and retest.

Notice from Horse VIPS About 'No Shows' at Level Testings

In the past, there has been a problem with 4-H'ers signing up to test and then not showing up for the testing. A lot of work/time goes into preparing for the testings. If those signed up don't show, the testers are giving their time, talent and gas money for nothing.

4-H'ers must notify Marty (mcruickshank2@unl.edu or 402-441-7180) at least 24 hours in advance if they can't make the testing they are signed up for.

A \$20 fee will be assessed to anyone who signs up for a testing and then doesn't come or doesn't notify Marty before the testing date. The fee will need to be paid before the 4-H'er will be allowed to test on another date.

Cattlemen's Classic Judging Contest Results

At the 2015 Nebraska Cattlemen's Classic Beef Judging Contest on Feb. 21 in Kearney, the Lancaster County 4-H senior livestock judging team earned 9th place high team. Team members included Renae Sieck, Sheridan Swotek and Ashtyn Cooper. Individual results included Renae Sieck placing 8th in placings, 2nd in feed lot cattle, 3rd in reasons and 3rd high individual.

Junior division participants included Rachel Lange and Anastacia Paitz. Rachel was 4th in placings, 1st in questions and 2nd high individual. Anastacia was 5th in placings, 9th in questions and 4th high individual.

Congratulations to all who competed!



New Livestock Quality Assurance Requirements

New this year, Quality Assurance training is NOT required for the Lancaster County Super Fair. ONLY 4-H/FFA members showing market beef, market sheep, market swine, meat and dairy goats, dairy cattle, poultry and rabbits at State Fair or the Ak-Sar-Ben 4-H Stock Show must complete the Quality Assurance training. Livestock exhibitors showing only breeding animals and horse exhibitors do not have to complete it. The Quality Assurance certification is online and must be done by June 15. This year, there is a \$5 per youth charge. Instructions are online at <http://4h.unl.edu/qualityassurance>. If you have any questions, contact Cole at cmeador2@unl.edu or 402-441-7180.

4-H Interview Judging Regional Contest, May 21

4-H youth ages 11 and up are invited to participate in the Interview Judging Contest. This contest will give youth the opportunity to practice the real-life skill of applying for a job. Youth will use their 4-H and life experiences to write a résumé and cover letter for one of three job descriptions and participate in a live interview. This regional contest will be held Thursday, May 21, 1–7 p.m. at UNL East Campus. Registrations are due to the Lancaster Extension office by May 1. The \$5 registration fee will be paid by 4-H Council. Contact Tracy at 402-441-7180 or tracy.anderson@unl.edu to learn more about the contest. More details at <http://4h.unl.edu/interviewjudgingcontest>.

4-H'ers at Horse Nationals



The Lancaster County Horse Judging Team earned Overall 3rd Place!

More than 900 youth ages 14–19 from 30 states and Alberta, Canada traveled to Denver for the 4-H/FFA Western National Roundup in January. Several Nebraska Youth attended the horse portion of the Roundup. In order to qualify, each team and individual was required to win the state competition. In past years, youth from Nebraska have consistently excelled at the event, and this year was no different.

Team Nebraska (consisting of Lancaster, Douglas/Sarpy and Dawson 4-H'ers) earned third High Overall State Award! The High Overall State Award is given to the state with the overall highest score based on placings in the five different competitions. Top three teams in the nation were, in order of placing: Colorado, New Mexico, and Nebraska.

The Lancaster County Horse Judging team of Caitlin Davis, Hailey Hula, Nicole McConnell, and Kate Rawlinson (coached by Roger Bell) earned Overall 3rd Place! Individually, Caitlin placed 9th, Hailey 10th, Kate 12th and Nicole 17th. They were Reserve Champions in Halter with Kate placing 4th and Nicole placing 10th. They placed 5th in reasons with Kate earning individual 10th.



JULY 30–AUG. 8, 2015

4-H & FFA Exhibits & Events July 30–Aug. 2
4-H Horse Show July 26–Aug. 2

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>. The online version indicates changes from last year's Fair Book in green text. 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.

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

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

4-H & FFA Entry Pass Hangtags — New Policy

4-H/FFA exhibitors can get free 4-H/FFA entry pass hangtags for their immediate families at the extension office (available July 1–29). These entry passes allow one vehicle and its occupants to enter the fairgrounds each day Thursday, July 30–Monday, Aug. 3, 11 a.m. and park in designated areas. 4-H/FFA families are asked to enter Gate 3 (second Havelock driveway) where there will be an exhibitor lane when possible to speed entry — except when unloading/loading static exhibits, use 84th street entrance and temporarily unload/load by the Lincoln Room and park in Lot K if staying longer.

Every 4-H/FFA vehicle needs an entry pass hangtag — NO EXCEPTIONS — so be sure to get a hangtag for every vehicle used during the fair (e.g. mom, dad, teen exhibitors that drive). General parking without the entry pass will be \$5 daily except Monday–Wednesday will be free parking.

This year 4-H/FFA exhibitors will not need gate admission passes for occupants of vehicles with a 4-H/FFA entry pass hangtag Thursday, July 30–Monday, Aug. 3, 11 a.m. After the 4-H/FFA days of the fair, each 4-H/FFA exhibitor and family member will need to bring a gate admission ticket picked up from a ticket sponsor or pay \$2 per person to enter.

These hangtag passes are for 4-H/FFA members and their immediate families only. Please do not abuse this privilege.

Shavings — New Procedure

Absolutely no outside shavings or straw is allowed. All exhibitors must use shavings provided by Event Center (\$7 per bag with sales tax included). All exhibitors must pay for and pick up shavings at the shavings office (located on the east end of Pavilion 2) when it is open during peak check-in hours. Otherwise, shavings are available through the Quick Stop Café located between Pav. 1 and 4 anytime it is open. Cash, check or credit card accepted.

Pavilion 2 Shavings Office hours:

- Sunday, July 26, Noon–8 p.m.
 - Wednesday, July 29, Noon–9 p.m.
 - Thursday, July 30, 7 a.m.–Noon
- Shavings available through the Quick Stop Café between Pav. 1 and 4:
- Monday, July 27–Sunday, Aug. 2, 7 a.m. to 10 p.m.

New 4-H Exhibits

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

- **Style Revue Contest and Clothing Exhibits:** There are significant changes to many classes to reflect the new *STEAM Clothing 1, 2, 3* and *Beyond the Needle* curriculum. These manuals are available for purchase at the Extension office.
- **Theme Exhibits:** some exhibits use the Super Fair theme. The new theme is “Let the good times grow.”
- **Presentations Contest:** 4-H FilmFest (Digital Video) replaces Teaching Presentation.
- **Shooting Sports Static Exhibits:** all new this year.
- **Citizenship:** classes for the new curriculum, *Seeing i2i: Adventures in Diversity and Cultural Awareness*.
- **Human Development:** new name for Child Development. Classes remain the same.
- **Home Environment:** Design Decisions has new classes, “Furniture – recycled/remade” and “Accessory – outdoor living.”
- **Food & Nutrition:** Two new general classes: “Foods and Nutrition Poster, Scrapbook, or Photo Display” and “Physical Activity and Health Poster, Scrapbook, or Photo Display.” Youth in Motion is no longer a State Fair exhibit area.
- **Photography:** Unit II - Career exhibit print Explore a career as an editorial photographer; Unit III - Career exhibit print - Explore a career as a commercial photographer.
- **Geospatial (GPS):** 4-H History Map
- **Conservation & Wildlife:** new rules for “Build a Fishing Rod.” New class, “Inventing Wildlife/Fish Harvesting Equipment, Aid or Accessory.”
- **Agronomy:** several new classes.
- **Meat Goat Show:** “Performance Class” and “Bottle Goat Class.”
- **Dog Show:** Theme “Food Fun” for Creative Kennel Contest and Costume Contest.
- **Horse Show:** Starts Sunday, July 26 before the fair and ends Sunday, Aug. 2. Show order has switched to Dressage, Jumping, English, Western. New special awards to be presented at 4-H Horse Awards Night: Nebraska Dressage Association High Score Dressage Rider, Lowell Boomer High Point Jumping Award and Bluestem All-Around Miniature Horse Award. Costume Contest added.



EXTENSION CALENDAR

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

March

- 21 **"A Window of Opportunity" Conference for Early Childhood Professionals** 8 a.m.–3:30 p.m.
- 21 **4-H Spring Rabbit Show, Lancaster Event Center, Exhibit Hall** 9 a.m.
- 22 **4-H Speech Contest** 1 p.m. registration/1:30 p.m. contest
- 25–26 **Earth Wellness Festival, Southeast Community College**
- 28 **4-H Jammie Jamboree Sewing Workshop** 9 a.m.

April

- 1 **All 4-H/FFA Market Beef ID's/DNA Due to Extension**
- 3–4 **Hunter's Pride Shaggy Horse Dressage Show, Lancaster Event Center**
- 7 **4-H Council Meeting** 7 p.m.
- 9 **Commercial Pesticide Applicator Initial Training** 8:30 a.m.
- 10 **Extension Board Meeting** 8 a.m.
- 10 **Kiwanis Karnival, Elliott School, 225 S. 25 Street** 5:30-7:30 p.m.
- 12 **4-H Teen Council Meeting** 3 p.m.
- 14 **Guardian/Conservator Training** 5:30–8:30 p.m.
- 14 **4-H Horsemanship Level Testing, Lancaster Event Center - Amy Countryman Arena** 5:30 p.m.
- 14 **Composting Workshop, Bess Dodson Walt Library, 6701 S. 14th St.** 6:30–7:30 p.m.
- 16 **Co-Parenting for Successful Kids Class** 9:30 a.m.–1 p.m.
- 18 **4-H Furniture Painting Workshop** 9 a.m.
- 21–23 **Ag Awareness Festival (for 4th Grade), Lancaster Event Center**
- 28 **4-H Horsemanship Level Testing, Lancaster Event Center - Amy Countryman Arena** 5:30 p.m.

4-H Clubs of Excellence

continued from page 1
of overall accomplishment as a club. When the members see how many of them participated in the various events, meetings, etc., it makes our small club feel pretty mighty. We may not have 100 members, but we do have almost 100 percent participation all the time. Second, there is the community service aspect. Our club is dedicated to helping our community. As the leader, I look for ways the club can be rewarded for taking the time to give to others."

Joe's Clover Knights is currently Lancaster County's largest 4-H club with 85 members. Leader Anne Johnson says, "Our club loves working towards getting the Club of Excellence award because it shows your club goes above and beyond to reach higher goals. Many of the requirements to receive this designation help our club be more well-rounded. Reviewing these goals at the



Pick-a-Pig club members helped paint trash barrels for the Lancaster Event Center and repaints the barrels as needed.

beginning of the year, gives our club an additional outline to assist us in being the best club we can be. For many of the items listed to get the Club of Excellence award, it is very easy because it is part of every meeting such as reciting the pledge, having parental involvement, electing officers, etc."

Shamtastic Clovers has

been a Club of Excellence since they organized two years ago. Leader Cathy Babcock says, "We don't do it for the award. We do it because the requirements espouse the goals we have for the kids in our club. We don't want them to gain these life skills just for their own benefit. We want them to use what they have learned to become leaders and to serve their community. The conditions of the award give us the accountability to make sure we are striving for those goals each year. Last year, we asked each member to do a presentation on at least the club level. I think hearing about so many interests has really helped our members get to know each other a little better. This year they seem much more comfortable working with each other. I'm excited to see how this plays out in the next few months, especially as we choose our next community service project."

Congratulations to Nebraska 4-H Clubs of Excellence and all 4-H clubs which strive for excellence in helping youth grow!

Food Waste

continued from page 2
searched for by ingredients to use up food at home.

USDA's "What's Cooking: USDA Mixing Bowl" website (www.whatscooking.fns.usda.gov) offers several tools for searching for recipes with specific ingredients, nutrition themes and meal course. To find more recipe websites, try using such search words as: "recipe websites that use ingredients you have at home" (include these words in quotation marks).

Buy misshapen fruits and vegetables at farmers' markets and elsewhere. They taste just as good and are just as nutritious as those with a "perfect" shape,



Pete (comedy_nose), www.flickr.com

but are more likely to get thrown away.

Rather than buy a food for use in only one recipe, check if there might be a suitable substitute already in the home. The Cook's Thesaurus website (<http://foodsubs.com>) gives thousands of ingredient substitutions.

Check the garbage can.

If the same foods are constantly being tossed: Eat them sooner, buy less of them, incorporate them into more recipes or freeze them.

Donate safe, nutritious food to food banks, food pantries and food rescue programs.

If you have several foods that might go to waste at the same time,

try adding them to such adaptable recipes as salads, soups, pasta and casseroles.

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May 1 Deadline for Following Awards Presented at Super Fair

Recipients of the following awards will be recognized at the Lancaster County Super Fair on July 30th at the VIP Luncheon. Deadline for applications is May 1. For application forms, call the Lancaster Event Center at 402-441-6546.

Ag Society Hall of Fame

At the 2010 Super Fair, the Lancaster County Agricultural Society unveiled the Ag Society Hall of Fame located at the Lancaster Event Center in the Business Center. This wall formally recognizes those individuals who have dedicated time and effort to the Lancaster County Agricultural Society beyond the normal volunteer hours and have made significant contributions to the establishment, development, advancement, or improvement of the Lancaster County Fair.

Pioneer & Heritage Farm Awards

For the 60th year, the Knights of Ak-Sar-Ben Foundation, along with the Nebraska Farm Bureau and the Nebraska Association of

Fair Managers, will recognize Nebraska farm families with the Pioneer Farm Award. The program requires that the land of qualifying families has been consecutively owned by the same family for 100 years or more. The Heritage Farm Award recognizes Nebraska farm families who have consecutively held ownership of land within the same family for 150 years. Applications are online at www.aksarben.org/programs-2/pioneer-farm2-2.

Good Neighbor Award

Since 1943, the Ak-Sar-Ben Good Neighbor Award has been recognizing unselfish acts of kindness across the Heartland. The award pays tribute to the neighbors and friends who go above and beyond to make Nebraska and Western Iowa a better place. The good deeds range in size and scope but impact those served equally. Recipients are recognized in a special feature of the Omaha World-Herald Sunday paper. Application is online at www.aksarben.org/good-neighbor2.

Watch Chicks Hatch Online with EGG Cam!

<http://go.unl.edu/eggcam>



Embryology resources include incubation, candling, and more!



Find us on Facebook!

Coturnix quails are due to hatch March 31

Chicks are due to hatch April 28/29.

A unique opportunity to watch Coturnix quail hatch. Coturnix are native to Europe and Asia and records of these little birds date back to the ancient civilizations of these continents. Eggs generously provided by Willie Strickland and GQF Manufacturing (manufacturer of Hova Bator incubators) who also designed and provided a special viewing incubator lid for Egg Cam.



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