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NEBLINE

NEBRASKA EXTENSION IN LANCASTER COUNTY

It is Important for Youth to Keep Learning and Stay Active During Summer

Lorene Bartos
Extension Educator

School will soon be out and the challenge is what to do with the children during the summer. Some will have parents at home, others will go to summer camps and activities, and others will be with child care professionals. Research tells us many children have a learning loss over the summer. It is especially notable in math. Reading is affected at different degrees. Some researchers have described summer learning loss by proposing the faucet theory, which suggests resources for all children are turned on during the school year, but turned off during the summer months.

What are you doing this summer to keep your child's faucet turned on? There are many things that can be done by families or caregivers to enhance children's learning during the summer and other times school is not in session. Research shows if we don't use the information learned, we lose it. The use it or lose it theory.

"Learning doesn't take a summer break. Youth need stimulating experiences and safe environments to continue healthy development during the summer months. As the adults in charge, we need to understand times have changed and the costs of ignoring summer learning loss can be dramatic — for individual children, for our community and for Nebraska's economic future."

— Jeff Cole, Nebraska Children and Families Foundation

Organized Learning Opportunities

Of course there are the many camps, sports, workshops and programs planned for the summer. But what happens to the children who don't have these opportunities due to a financial situation, transportation or schedule? Research shows these children have more learning loss. There are many free, low-cost and educational activities available for everyone.

Many communities have special days sponsored by organizations that provide free entrance to the zoo or museum. Libraries offer summer reading programs and activities. Some communities have special summer celebrations that include activities for children. As a parent, prepare a priority list and schedule for your family or caregiver; be sure to take in these opportunities and educational activities.

County and state fairs are another fun and educational experience for the family. This opportunity is especially fun for city children to see farm animals up close and learn about agriculture. The 2015 Lancaster County Super Fair will be July 30–Aug. 8 at the Lancaster Event Center, 84th and Havelock.

The Lincoln Convention and Visitors Bureau website has a list of local attractions and events at www.lincoln.org.

Lincoln Parks & Recreation has information about their recreation centers, School's Out programs and more at <http://lincoln.ne.gov/city/parks>.

Learning Activities at Home

Families can include learning in their daily activities by including children in daily chores, meal preparation, doing dishes, cleaning, etc. Children's learning can be enhanced year round — but especially when they are home during the summer — by including them in daily routines. Children as young as 3 or 4 can help when cooking by stirring and measuring — this is an excellent time to include math skills. Make a game of counting, matching, etc. when picking up toys, folding clothes and putting items away. Be creative and think of ways to continue the learning experience in everyday activities.

Let's start with math — learning to love math can be a struggle, but there are ways parents and caregivers can help youth see real-life math. For younger children, have blocks, magnetic shapes and numbers, clocks, timers, calendars, measuring cups and spoons for learning.



Reading — books are favorites of all children. Talk with your children about their books. Have them write or talk about what is special about the books they read. Enhance reading by using puppets or acting out the story. Consider books that encourage math such as *Eating Fractions* by Bruce McMillan, *Over in the Meadow* by Ezra Jack Keats or *Somewhere in the Ocean* by Jennifer Ward and T.J. Marsh.

Other activities —

- Take walks outside and study nature.
- Counting and matching activities when traveling by car.
- Scavenger hunts — create a hunt of the city, a park, your local area, etc.
- During and after these activities discuss with the children what you see and include science, math and reading activities.
- Physical activity — The American Heart Association recommends children over age 2 engage in at least one hour of moderate, physical activity each day. Children who are physically active and develop basic motor skills are more likely to become healthy adults.

- Research supports the need for children to experience the natural environment in a variety of ways. Some fun activities include planting and caring for flowers or a garden. Bubbles and running through the sprinkler add more summer fun.

ADDITIONAL RESOURCES

- Nebraska Extension's "Early Childhood Development" website; <http://child.unl.edu>
- Nebraska Extension's "Expanded Learning Opportunities" website; <http://elo.unl.edu>
- Lancaster County 4-H Youth Development Program website; <http://lancaster.unl.edu/4h>
- Nebraska Extension's Participant Guide "Keeping Children Moving, Active and Healthy" (HEF609); www.ianrpubs.unl.edu/sendIt/hef608.pdf
- Nebraska Extension's "365 Ways to Spend Time with Your Family!" <http://go.unl.edu/xvf4>
- eExtension's resource "Basic Math Skills in Child Care: Matching, Classifying and Measuring;" www.extension.org/pages/25593
- Nebraska Department of Education's "Nebraska's Early Learning Guidelines" for ages birth–3 and ages 3–5; www.education.ne.gov/OEC/elg.html

4-H CAMPS

4-H Summer Camps

Nebraska 4-H offers nearly 50 summer camps for youth ages 5–18 (need not be in 4-H) at the Eastern Nebraska 4-H Center near Gretna and Nebraska State 4-H Camp near Halsey. Camps range from half day to seven days/six nights. A variety of programs are offered



between May 31 and Aug. 6, including:

- Nature programming and GPS
- Team building courses
- Aquatic — canoeing, fishing, tubing, kayaking, swimming

- Arts, crafts, games, songs
- Brochures are available online at <http://4h.unl.edu/camp> and at the Extension office.

Big Red Academic Camps

These career exploration camps for high school youth (need not be in 4-H) will be held on University of Nebraska–Lincoln East Campus the week of June 7–12. After spending several fun-filled days



exploring a specific topic such as engineering, digital arts, weather & climate science, or culinary arts & food science, you can showcase your work at a special "capstone event" your family is

invited to.

Brochures are available online at <http://4h.unl.edu/4hcamps/bigredcamps> and at the Extension office. Limited scholarships available.

4-H Clover College

Lancaster County 4-H offers four days of hands-on workshops June 16–19 at the Lancaster Extension Education Center. Classes fill up quickly! Details in this issue on page 7.

CHANGE SERVICE REQUESTED

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Nebraska Extension in Lancaster County
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Lincoln, Nebraska 68528-1591

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How to Make an Olive Oil Salad Dressing Tasty, Healthy, Quick

Alice Henneman

Extension Educator

“Limited and not conclusive scientific evidence suggests eating about 2 tablespoons (23 grams) of olive oil daily may reduce the risk of coronary heart disease due to the monounsaturated fat in olive oil. To achieve this possible benefit, olive oil is to replace a similar amount of saturated fat and not increase the total number of calories you eat in a day.”

—Food & Drug Administration
qualified health claim for olive oil.

Extra virgin olive oil (EVOO) has a higher natural phenol (a type of organic compound) content than other forms of olive oil. EVOO is the least processed of the various types of olive oil so it retains more phenols. Like monounsaturated fat, the phenols in EVOO also may contribute to desirable blood lipid levels (cholesterol and triglycerides).

What healthier way to enjoy olive oil than as part of a dressing served over a salad filled with nutritious fruits and vegetables? A benefit of making a simple oil and vinegar dressing is you control the amount of ingredients, such as salt and fat. And, you can make a fresh salad dressing from common kitchen ingredients in a couple of shakes or whisks.

Here’s how to make a basic olive oil dressing using the general guidelines for a classic French vinaigrette:

- a classic French vinaigrette is typically 3 to 4 parts oil (usually extra virgin olive oil) and 1 part acid (frequently red wine vinegar)
 - seasonings include salt, pepper (freshly ground) and often Dijon mustard and/or garlic
- Start experimenting by beginning with 3 parts oil to 1 part vinegar or citrus juice. You may be able to use less oil and more acid ingredient if you use one of the following vinegars in your dressing:
- rice vinegar



Alice Henneman

- white wine vinegar
- raspberry, blueberry or other fruit vinegar
- champagne vinegar or
- lemon, lime or orange juice

Note: While lime and lemon juice can stand alone in salad dressings, you’ll get more flavor by combining orange juice with vinegar. *Joy of Cooking* (Simon & Schuster Inc., 1997) recommends distilled white vinegar is best used in pickling, not salad dressings.

For a better flavor, thoroughly mix the oil and vinegar. The standard procedure is to whisk the vinegar with the salt, pepper and any other seasonings. Then add the oil in a slow stream, whisking constantly, until dressing is translucent. Or, shake the ingredients together in a small jar with a tight-fitting lid. If not using dressing right away, whisk or shake again before using.

Plan to use about 1 tablespoon of oil/vinegar dressing per two cups of salad. Dress, don’t drown, your salad to keep the calories lower. Salad dressing sticks better to dry lettuce and you will be able to save calories by using less dressing. Use a salad spinner or dry your lettuce between two layers of clean dish towels.

Choosing, Storing and Using Extra Virgin Olive Oil

Light, heat and air are enemies of olive oil freshness. Look for containers made from

dark glass; tin; or even clear glass placed in a box, or mostly covered by a label advises the UC Davis Olive Center.

Store olive oil in a cool, dark place, such as inside a cupboard in a cooler location away from the stove and oven. Refrigeration will cause olive oil to become cloudy and harden. Olive oil returns to its normal color and consistency when returned to room temperature. If you bought olive oil in bulk, you may wish to refrigerate a portion to prolong its quality until you’re ready to use it.

To enjoy EVOO at its best, UC Davis Olive center recommends buying an amount that will be finished in about six weeks after being opened. If you limit exposure to light, heat and air, it will likely maintain a satisfactory quality beyond this. Properly stored, unopened EVOO may maintain its quality for two or more years.

EVOO, because of its more pronounced flavor compared to other forms of olive oil, is most often used to flavor salads and dressings; as a base for marinades; and is drizzled on foods, such as pasta, just before they are served. The flavor profile of EVOO varies from robust to more subtle and fruity. Match the flavor to the ingredients — red meat, for example, may support a more intense flavor. More delicate foods, such as white fish and veggies, may pair better for a milder EVOO.

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Basic Oil and Vinegar Salad Dressing

Directions (adjust amounts given in table below according to personal taste):

1. Whisk together vinegar and any additional seasonings or flavorings.
2. Slowly add olive oil and whisk in. Or, shake all ingredients together in a small jar with a tight lid.

For safety and freshness, serve homemade dressings the same day you make them.

	FOR 1 MAIN-DISH OR 2 SIDE-DISH SALADS	FOR 2 MAIN-DISHES OR 4 SIDE-DISH SALADS
INGREDIENTS		
Balsamic, red wine or white wine vinegar, lemon juice, lime juice or combination of vinegar/orange juice	1 teaspoon	2 teaspoons
Extra virgin olive oil	1 tablespoon	2 tablespoons
Salt & freshly ground black pepper	To taste	
OPTIONAL SEASONINGS		
Minced sweet onion	1-1/2 teaspoons to 1 tablespoon	1 to 2 tablespoons
Dijon-type mustard	1/4 to scant 1/2 teaspoon	1/2 to 1 teaspoon
Garlic powder or clove of minced garlic	Dash of garlic powder OR 1 very small clove of garlic, minced	1/8 teaspoon garlic powder OR 1 clove, minced
Sugar	A pinch to taste	A pinch or 2 to taste
Chopped fresh herbs (e.g. oregano, thyme, tarragon, parsley)	1-1/2 or more teaspoons	1 or more tablespoons

Cleaning to Control Allergies & Asthma



If you or your child has allergies or asthma, you already know many things can bring on, or “trigger,” an asthma flare or episode. Some things that trigger asthma attacks are called allergens. Some people get symptoms from only one allergen — like dust mites. For other people, more than one kind of allergen can trigger an episode.

Cleaning your home is one of the easiest steps you can take to help reduce allergy or asthma flares triggered by allergens such as animal dander, cockroaches, dust mites, mold/mildew and pollen. If you don’t clean, the mildew, dust and other allergens will build up, making asthma symptoms worse.

Here are more tips for cleaning to control allergies in your home:

- A supportive family can make all the difference in the life of an asthmatic. Work together to get rid of triggers at home — if everyone helps out, it can be easy and fun!
- For the asthmatic person(s) in the family, assign tasks like dishwashing and cleaning up daily clutter before it becomes dusty.
- When tackling other tasks — such as dusting, sweeping or using cleaning products that could trigger allergies/asthma — make sure the asthmatic person is out of the room.
- Read and follow label direc-

tions on cleaning products. The label directions give the proper amount of product to use, how to use the product and any special safety advice.

- If you use spray products, spray the cleaner on a cloth or sponge first instead of on the surface.
- Clean in a “well-ventilated” area — open a door and a window or turn on an exhaust fan. Leave the room when you are done cleaning and allow the room to air out.
- Try using cleaning products that have no scent or are perfume free.
- Try different products to find the ones that work best for you.

Source: American Cleaning Institute

How to Get Children to do Chores

Gail Brand
Extension Educator

How do I get my child to do chores? We hear these statements from parents all the time! One main reason children don’t respond is when parents make the chores “no fun” by nagging at their children to get them done! Getting your children to get their chores done can become a battle. When parents nag, nag, nag, children will stop listening. The conflict can roar sometimes on to even a bigger battle. Some parents feel “chores” is a negative word and they should be called “tasks.” Either is fine, it depends whether you use the word negatively or positively.

Here are a few steps to get the chores done!

Take a look at all the chores in the house and make a list of chores your children could do that would fit their age. Listing chores mom and dad do helps let children know their parents do chores too. Children can do chores from 18 months or older. An 18-month-old child may need guidance each time to help them keep on task and learn when they need to do their chore. Many times for young children it is a privilege to help mom and dad. At age three children can have regular chores they need to do each day, such as picking up toys.

Just know they will need help till they can learn the tasks and be able to do it right. You might say, “Clean your room!” What does that mean? The task may need to be broke down into steps so they understand. “Let’s make the bed first, then pick up the books, then etc....” Now and then they



Every day chores are a great time to involve your child and help them learn and grow.

also might need to be reminded to do the task. If children have not done any chores, then start out with one or two chores till they are able to do these on a regular basis.

Charts with stickers and check lists are great for kids because they can see when a chore is done and they can see how many times it is done in a week, a month or whatever the time schedule is. You can also reward completing so many days of chores. For very young children this may have to be daily at first and work your way up to weekly. I would suggest extra privileges or special activities in place of gifts and money. You might say, “You now can stay up 20 minutes longer tonight since you got your chores done.” As a child gets older giving an allowance is okay because it is a great way to start teaching the use of money. All children need to know chores will always be a part of being a family. Chores are definitely a family affair.

Set a time the chore should be done. For best results have it relate to a time in the child’s schedule, such as breakfast, dinner, bedtime or after school. This helps the

child remember when it should be done. It also can be set for a specific time to be competed, if the child is old enough to understand time.

It is very important to reward when your child does their chores without being told. This is one thing parents don’t do very well. If the child is doing the right thing we have a tendency to overlook the good behavior.

It is better to reward for completion of tasks, but sometimes there should be consequences if the chore doesn’t get done.

Consequences can come two ways: taking things away or introducing extra tasks to be done.

It should be an enjoyable time, so you may want to make statements like, “Let’s see how fast you can get the table set!” Remember you have to do it right.” You are giving your child positive comments to motivate them to do better.

Consistency is also the key. This can be a hard task because many times your days are really busy or your daily schedule changes. Just remember when you are home it is very important to keep the chore list going. Both parents need to be clear what the chores are for each child and when they are to be done, otherwise the child will figure out fast who is going to make them do their chores and who is not. This is where consistency breaks down. It has to become part of the daily or weekly routine.

Remember parents, do chores too. Children learn the most from what they see you doing, than what you are telling them to do.



ASK LORENE

FAMILY LIVING TIPS

Lorene Bartos, Extension Educator

Question: When cleaning my house is there a difference between washing and sanitizing? Should I do both?

Answer: Washing cleans and removes some germs. Bleaching removes most germs.

Washing is usually done with hot soapy water. This removes all the visible dirt, food, hair and other disgusting things around my home. Many things can be washed — counters, walls, cupboards, floors, door knobs, light switches, railing, showers and toilets. By washing, you remove the dirt plus some of the germs.

Since washing doesn’t get rid of all germs, we need to sanitize. High use surfaces such as toilets and countertops may be sanitized a couple times a week, surfaces such as door knobs and light switches monthly and other surfaces (walls, cupboards) a couple times a year. Sanitizing may be done more often if you wish.

Sanitizing can be done with a bleach solution (1/2 teaspoon bleach and 2 cups water) or disinfectant wipes. Let the washed surface dry and then go over it with either the solution in a spray bottle or wipes. The surface should dry before using disinfectant. By sanitizing you will bring germs down to a safe level. It is best to replace the bleach solution once a week.

Source: Adapted from eXtension – Iowa State University

“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.

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 • 9 a.m.–1 p.m.

Wal-Mart South: 87th & Hwy. 2

Saturday, May 30 • 9 a.m.–1 p.m.

Zoetis: 601 W. Cornhusker Hwy.

Friday, June 19 • 9 a.m.–1 p.m.

Union College: S. 52nd & Cooper Ave.

Saturday, Aug. 22 • 9 a.m.–1 p.m.

Veyance Technologies: 4021 N. 56th St.

Saturday, Sept. 26 • 9 a.m.–1 p.m.

Lincoln Industries: 600 W. E St.

Saturday, Oct. 24 • 9 a.m.–1 p.m.

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.

Using Corn Growing Degree Day Tool

Tyler Williams

Extension Educator

About the Tool

The Corn Growing Degree Day (GDD) decision support online tool was developed by the Useful to Usable (U2U) project, which is geared towards improving the resilience and profitability of U.S. farms in the Corn Belt. To access the Corn GDD tool and other tools from U2U, go to <http://agclimate4u.org>.

The Corn GDD tool puts current conditions into a 30-year historical perspective and offers trend projections (based on climatology) through the end of the calendar year. GDD projections, combined with analysis of historical analog data, can help you make decisions about seasonal climate risks, activity planning and marketing decisions. While this tool is not meant to be a crystal ball, data and information derived from the tool can be used to make helpful inferences about current conditions, especially when combined with personal experience and localized knowledge.

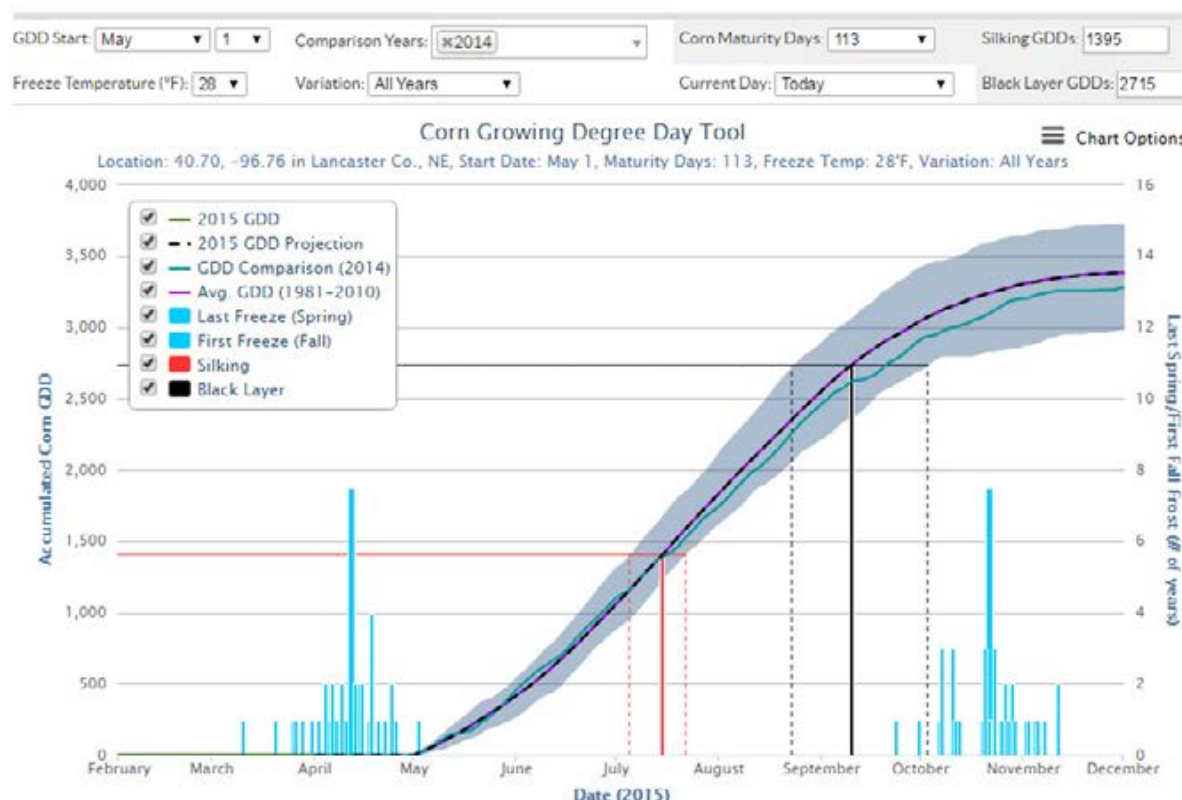
Growing Degree Days (GDD) are a measure of heat accumulation within a specified

temperature range. GDD are important for agriculture since they can be directly related to plant growth and development stages. GDD are sometimes also called growing degree units (GDU), heat units or thermal time. There are many ways to calculate GDD. The Corn GDD tool uses the 86/50 method (also called Modified GDD or Corn GDD) since it only allows GDD to be accumulated when temperature conditions are optimal for corn development (above 50°F but below 86°F).

Using the Tool

The Corn GDD tool can provide decision support on a variety of issues throughout the entire growing season by integrating current weather data, historical climate data and farm-specific crop information into an easy-to-use tool. The tool allows you to select your location, enter corn maturity length, planting date and adjust freeze thresholds.

Before your crop is even planted, you can start using Corn GDD information. Test the effects of different seed maturity ratings and planting dates on crop growth milestones, informing your early seed purchases. Use historical freeze data to assess the risk of frost



Example data from Corn Growing Degree Day online tool.

damage at planting and harvest time, helping you determine when you might want to plant.

The Corn GDD tool can also help you assess risk and adjust practices during the season. In the case of delayed planting or re-planting, you can use Corn GDD data to decide

if a shorter-season hybrid is needed to increase the chance of reaching crop maturity before the first fall frost. The Corn GDD tool can also be used to track current corn development and anticipate upcoming corn growth milestones for spraying or side-dressing nitrogen. When

presented with your farming decisions, climate is just one of many important factors you need to consider. The Corn GDD tool takes the guesswork out of assessing your climate-related risks.

Managing Cankers in Landscape Plants

Sarah Browning

Extension Educator

Dead branches in trees can have many causes, but canker infections are one of the most damaging and difficult to manage. The term “canker” is defined as a dead section of a tree or shrub’s bark. Both fungi and bacteria pathogens can cause canker infections on twigs, stems, tree limbs and trunks. The pathogen invades the plant, growing between the plant’s bark and its inner wood, killing the living portion of the outer bark. Death of the bark limits the plant’s ability to transport water, absorbed by the root system, into branch tissues.

Canker Symptoms

In deciduous trees and shrubs, early symptoms of a canker infection can sometimes be seen as leaves wilt from a lack of water. Closely inspect the stem or branch, especially in



Some canker infections can be easy to spot, like this *Thyronectria* canker on honeylocust.

thin-barked plants, looking for a dark or discolored area of bark. Discolored bark may be darker than normal; black or dark brown; reddish-brown, orange-brown; or lighter than normal, light tan to white. The canker, or dead section of bark, is usually slightly sunken below the level of healthy bark.

On older trees with thick bark, cankers can be harder to



Other canker infections are much harder to see, like this *Cytospora* canker on alder.

find, but often cracks develop around the dead section. Look for cracked and discolored sections of bark at the base of any dead branches.

In evergreens, a common symptom of a canker infection is resin or sap leaking from the canker. As the resin dries, it turns white. Look for streaks of white resin on the tree’s trunk, and try to pinpoint where they are



Cracks around dead bark and white streaks of dried sap indicate canker in evergreens.

coming from to find the canker.

Eventually, in both deciduous and evergreen plants, canker infection results in dead and dying branches.

Common Canker Diseases Found in Nebraska

Canker-causing fungi and bacteria are host specific,

meaning each type of pathogen attacks a certain host plant, or group of plants. But unfortunately, almost every plant is subject to some type of canker-causing pathogen. Below are some of the canker diseases commonly affecting trees in Nebraska.

Deciduous Trees

- **Botryosphaeria canker** — commonly found on dogwood. Affects over 100 species of woody trees and shrubs. Infections occur through wounds, lenticels and cracks in the bark.
- **Cytospora canker** — apple, ash, aspen, birch, cottonwood, elm, maple, peach and willow. Infects only through wounds or other openings in the bark.
- **Nectria canker** — crabapple, pear, quaking aspen, black walnut, American elm, red maple, sugar maple, linden and red oak. Pruning wounds are common points of entry.

see *CANKERS* on page 5

Master Conservationist Entries Due June 1

The Master Conservationist program was established in 1983 to recognize those who have excelled in soil and/or water conservation. A winner will be selected from each of the three established categories: production agriculture, community and youth.

Deadline for nominations is June 1. More information and submission forms can be found at <http://owh.com/community/master-conservationist-awards>.



Nebraska LEAD Program

Nebraska Agricultural Leadership Council

The Nebraska LEAD Program began 33 years ago to develop agricultural leaders for Nebraska’s future generations. Application deadline for LEAD Group 35 is June 15. Applicants generally are ages 25-55 and should be actively involved in farming, ranching or business closely related to agriculture.

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

For application materials and/or further information, call 402-472-6810 or email sgerdes2@unl.edu.

Tractor Safety Courses for Youth 14-15

All youth 14 or 15 years of age who work on a farm or ranch other than his/her parents is required to be certified through a tractor safety course.

Nebraska Extension Tractor Safety Courses will be offered at seven locations in Nebraska during May and June. A training will be held in Lincoln at the Lancaster Event Center on June 4-5.

Pre-registration is strongly encouraged at least one week in advance. Cost is \$60. Registration form is online at <http://kearney.unl.edu>. Mail to Tyler Williams, Nebraska Extension in Lancaster County, 444 Cherrycreek Road, Suite A, Lincoln NE 68528. For more information, call 402-441-7180.

2015 Perennial Plant of the Year

Geranium x cantabrigiense ‘Biokovo’ is the 2015 Perennial Plant of the Year. ‘Biokovo’ blooms in late spring with delightful masses of 5-petaled white flowers, about 3/4" diameter. This excellent groundcover perennial reaches 6–10 inches high. Petals are tinged pink at the base and have darker pink center stamens. The overall effect is that of a blushing pink geranium. The aromatic foliage has rounded leaf edges, is a medium green color, and is semi-evergreen in most climates. This plant is hardy to USDA Zones 4 to 8.

‘Biokovo’ does well in average, medium, well-drained soil in full sun to part shade. It is easy to grow and only requires deadheading to keep it looking good. It forms an attractive



Photo courtesy www.perennialplant.org

mound that offers scarlet and orange fall colors to your garden. Cut away any dead foliage in the spring and ‘Biokovo’ is ready for the garden season. The plant tends to be deer- and rabbit resistant. Dr. Hans Simon, Marktheidenfeld, Germany,

found ‘Biokovo,’ a naturally occurring hybrid of *Geranium dalmaticum* and *Geranium macrorrhizum*, in the Biokovo Mountains of the Dalmatia region of present-day Croatia.

Source: Perennial Plant Association

Rabbit Readiness for Plants

Soni Cochran
Extension Associate

If you’re getting ready to plant, don’t forget to think ahead! Rabbits will readily eat your tender plants. During spring, cottontail rabbits prefer young, growing vegetation like tulips, grass and garden vegetables like carrots, peas, beans, lettuce and beets. Other plants most eaten by cottontail rabbits include asters, hostas, hybrid lilies and impatiens.

You can exclude rabbits from gardens with rabbit fencing, 1-inch chicken wire or hardware cloth. To keep cottontail rabbits out, your fence doesn’t need to be tall — it needs to be just two feet



A rabbit fence added to an existing fence.

tall. Chain link and privacy fences do not keep rabbits from entering your yard. To keep rabbits out, add poultry or rabbit fencing to the bottom two feet of your fence. Use wire cylinders around individual

plants like young trees. If you decide against fencing, you’ll have to be persistent. Repellents are available but have limited effectiveness. Make sure you read the label carefully when using any chemicals. Many people try frightening devices but rabbits get used to these and they become ineffective. Trapping is only a temporary solution.

FOR MORE INFORMATION

Nebraska Extension NebGuide “Managing Rabbit Damage” (G2019) and a list of Rabbit Resistant Perennials is available at the Extension office and online at <http://lancaster.unl.edu/pest>

What to Do if You Find a Baby Bird

Soni Cochran
Extension Associate

It isn’t unusual for people to be concerned about baby birds they’ve found out of the nest during the spring and summer. How do you know if the bird needs your help? First, figure out if it is a nestling or a fledgling.

Nestlings have recently hatched from an egg. They are small, rapidly growing baby birds. When my children were young, they thought these birds were “naked” because they don’t look like they have many feathers.

Nestling birds found on the ground are very vulnerable to the elements and to predators. If you can find the nest the baby bird fell from, try to put it back in the nest. The parents will not reject a baby bird placed back in a nest. If the nestling bird is cold and wet or injured, contact a wildlife rehabilitator for advice. Please don’t attempt to feed a nestling bird.

Fledgling birds are feathered, but still can’t fly. These young



Soni Cochran

Nestling birds have recently hatched (cardinals pictured).

birds are seen on the ground calling loudly for their parents to bring them food. Fledglings hop and may make short, awkward flights. The parents are usually nearby and will care for the fledglings until they are old enough to feed themselves and fly. We see a lot of fledgling robins in our yard during the spring and summer.

If you notice a fledgling bird in your yard, watch from a distance. The parents won’t bring food to their young if they think a predator is nearby (you). Keep cats and dogs away from the area until the young bird can fly well




Sheila Day

Fledgling birds are feathered, but still can’t fly (robin pictured).

enough to escape. Fledgling birds don’t need our help unless they are injured. Sometimes they will break a leg or wing during their awkward flights. If you find an injured fledgling bird, please don’t attempt to feed it. Contact a wildlife rehabilitator.

The Wildlife Rescue Team in Lincoln can be contacted at 402-473-1951. This group raises, rehabilitates and releases orphaned or injured wildlife (except birds of prey). If you find an injured or orphaned raptor (birds of prey), please contact Raptor Recovery at 402-944-2009.



GARDEN GUIDE

THINGS TO DO THIS MONTH

Mary Jane Frogge, Extension Associate

Have successive plantings of beans and sweet corn to extend the harvest season.

Harvest rhubarb by cutting or by grasping the stalk and pulling up and gently to one side.

Grass clippings can be used as mulch in flower beds and vegetable gardens if allowed to dry well before use. Never use clippings from a lawn that has been treated with a herbicide.

Mulch around newly planted trees and shrubs. This practice reduces weeds, controls fluctuations in soil temperature, retains moisture, prevents damage from lawn mowers and looks attractive.

When you visit botanical gardens and arboretums, take your camera and notepad with you. Plan now for changes you will make in your landscape.

Cabbage loopers and imported cabbage worms are green worms. They eat large holes in the leaves of plants in the cabbage family. For control, caterpillars can be picked off by hand or sprayed with *Bacillus thuringiensis* (Bt), a natural, non-toxic preparation available by various trade names.

Plan a landscaping project on paper first. Do not over plant. Be sure you know the mature size of each plant and allow for growth.

Grow your own dried flowers. Raise statice, globe amaranth, straw flowers and other everlastings to provide flowers for this year’s arrangements.

Set out marigold, petunia, ageratum and fibrous begonia transplants. All are good border plants.

To grow annuals in containers on the patio, use a light weight soil mixture. Keep the plants well watered, because the soil dries out fast. Apply a water soluble fertilizer according to package directions every two weeks.

Lawns maintained at the correct height are less likely to have disease and weed infestation. Kentucky bluegrass and tall fescue should be mowed at approximately three inches in height. Mow frequently, removing no more than one third of the blade at each cutting.

Cankers

from preceding page

- **Thyronectria canker** — most common on honeylocust, but may also infect American elm, white ash, mockernut hickory, willow and bur oak. Common infection sites include pruning wounds and sunburned bark.
- **Hypoxylon canker** — species of red and white oak, maple, beech, basswood and sycamore. Infected bark sloughs away revealing fungal stoma beneath.

Evergreen Trees

- **Cytospora canker** – Colorado, Norway and white spruce. Branches and tops of trees may be killed.

Minimizing Canker Problems in Your Landscape

Canker fungi are considered weak pathogens because although they are commonly present in the environment at all times they are not able to attack healthy plants. However, weak or stressed trees are susceptible to canker infection. So, what causes stress in landscape trees and shrubs? Drought, overwatering, poor planting sites, physical damage, insect attack, stem girdling roots, planting depth problems, severe pruning, frost, sunscald, fire or herbicides. Usually the canker pathogen enters a plant through a wound or branch stub.

The best way to prevent

- cankers on landscape plants is by keeping them healthy and vigorous through best management practices.
- Make sure new trees are planted at the right depth and remove stem girdling roots before planting.
 - Keep trees watered during periods of drought. Moisten soil 18–24 inches deep, focusing on the area from the trunk to the tree’s dripline. Trees should receive 1 inch of moisture per week throughout the growing season from rain or irrigation.
 - Keep plants mulched to conserve soil moisture and moderate soil temperatures. Mulch also keeps mowers and string trimmers away from tree bark, preventing mechanical damage.
 - Use good pruning practices to avoid unnecessary bark damage. Don’t leave branch stubs and don’t remove more than 20% of a tree’s canopy at one time.
 - Protect the trunks of young, thin-barked trees from winter sunscald by shading or wrapping.
 - Prune out branches killed by cankers. Tops of evergreen trees killed by Cytospora canker can also be pruned out. Make pruning cuts several inches below the dead section. Clean pruning tools between cuts to prevent spread of the pathogen throughout your plant. Clean tools by wiping them with 70% denatured alcohol or a 10% bleach solution.



HEART OF 4-H VOLUNTEER AWARD

Rhonda Griess

Lancaster County 4-H is proud to announce Rhonda Griess as winner of May’s “Heart of 4-H Award” in recognition of outstanding volunteer service.

A volunteer for nearly eight years, Rhonda helps with several 4-H clubs: 4-H Explorers, Pick-a-Pig and NBots Robotics. She is a regular instructor at 4-H Clover College. At the Lancaster County Super Fair, Rhonda has helped with static exhibit setup, the 4-H/FFA swine show and at 4-H Council’s food booth. In addition, she has helped with Earth Wellness Festival for 5th graders and Nebraska 4-H’s statewide Premier Animal Science Event (PASE).

“I enjoy sharing my enthusiasm and skills with the young people of our community,” says Rhonda. “My favorite experience as a 4-H volunteer is teaching classes at Clover College in June. No matter what I’m teaching, each class is unique because of the students who attend. Everyone can bring something wonderful and unique to the class, which can be shared with others so that we all benefit from each other.”

Lancaster County 4-H thanks Rhonda for donating her time and talents. Volunteers like her 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.



HORSE BITS

Dressage Schooling Show, May 2

The Lancaster County 4-H Horse VIPS Committee is sponsoring a Middle Cross Dressage Schooling Show as a fundraiser/clinic. It will be held Saturday, May 2 at Middle Cross Stables (Lowell Boomer’s historic facility), 500 Sprague Road, Roca. Open to youth and adults. Registrations are due April 24. Information and forms will be at <http://lancaster.unl.edu/4h/horsenews.shtml> or call Jennifer at 402-560-3319. Rain date is Saturday, May 9.

4-H District/State Entries Due May 15

4-H’ers competing in 4-H district and state horse shows must be 10 years of age by Jan. 1 and have at least a Horsemanship Level II. All Lancaster County 4-H’ers participating in district/state horse shows must submit entries, horse identifications and completed horsemanship levels to the Nebraska Extension in Lancaster County office by Friday, May 15. **No late entries will be accepted!** Entry forms, entry guidelines, entry procedures and the 2 & 3 year old western pleasure affidavits are available at the Extension office and online at <http://animalscience.unl.edu/anscdistrictandstate4hshows>. For more information, contact Marty at 402-441-7180 or mcruckshank2@unl.edu.

4-H Horse Judging Contest, June 5

The Lancaster County Super Fair 4-H Horse Judging Contest will be held on Friday, June 5 at the Lancaster Event Center – Pavilion 3 arena. Registration begins at 5 p.m. The required dress for judging is a 4-H shirt or plain white T-shirt, blue jeans, belt, boots and 4-H armband OR English attire (a new option this year). More details in next NEBLINE.

Pre-District 4-H Horse Show, June 6

The Lancaster County 4-H Horse VIPS Committee is sponsoring a 4-H Pre-District Show/Fundraiser on Saturday, June 6, 9 a.m. at the Lancaster Event Center in Pavilion 3. Pre-registration is not required. Show flyer will be available at <http://lancaster.unl.edu/4h/horsenews.shtml>. More details in next NEBLINE or contact Marty at 402-441-7180.

TSC Paper Clover Fundraiser, April 22–May 3

Shoppers at Tractor Supply Co. stores will have the opportunity April 22–May 3 to support 4-H by purchasing paper clovers for just \$1 at checkout. All funds raised will be donated to 4-H.

4-H/FFA Sheep & Meat Goat Weigh-In 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 Interview Judging Regional Contest, May 21

The 4-H Interview Judging Contest gives 4-H’ers ages 11 and up 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. Lancaster County 4-H registrations are due to the Extension office by May 1. The \$5 registration fee will be paid by 4-H Council. To learn more about the contest, contact Tracy at 402-441-7180 or tracy.anderson@unl.edu. More details at <http://4h.unl.edu/interviewjudgingcontest>.

4-H Spring Leader Training, May 14

New leaders, experienced leaders, 4-H members and parents are invited to a 4-H Leaders Training on Thursday, May 14, 9:30 a.m. or 6:30 p.m. (you choose which time to attend) at the Lancaster Extension Education Center, 444 Cherrycreek Road. Meeting will focus on NEW 4-H curriculum, static exhibits, opportunities for 4-H members and more. Learn about fair entry, contests and important Super Fair information. It is a great opportunity to connect with other parents and leaders. **MUST** preregister by May 12 by calling 402-441-7180.

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. For more information, contact Tracy at 402-441-7180.

- **County-level Junior (for ages 8–11) AND Senior Life Challenge** (for ages 12 and up) will be held Saturday, May 30, 9 a.m. at the Lancaster Extension Education Center. Preregister by May 28 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 29–30 on UNL East Campus. To participate, contact Tracy at 402-441-7180 by June 1. Information will be online at <http://pase.unl.edu>.

Give to Lincoln Day, May 28

Lancaster County 4-H Council has registered to be one of the nonprofits the community can give donations to during “Give to Lincoln Day” hosted by Lincoln Community Foundation on Thursday, May 28 (12:00 a.m. to 11:59 p.m.). Every donation you make on May 28 helps your favorite charities even more because they will also receive a proportional share of a \$300,000 challenge match pool! For more information or to make an online donation, go to <http://givetolincoln.razoo.com>.

Animal Ownership Affidavits Due June 15, NEW Online Format for State Fair/Ak-Sar-Ben

All 4-H/FFA sheep, goats, swine, breeding beef, bucket calves, feeder calves, dairy cattle, llamas/alpacas and rabbits which will be exhibited at Super Fair, State Fair and/or Ak-Sar-Ben 4-H Stock Show must have Identification/Ownership Affidavits submitted by June 15. Paper forms (the forms that have been used previously) must be submitted for each animal. Paper forms are available online at <http://lancaster.unl.edu/4h/fair> and the Extension office.

In addition, all animals which will be exhibited at the 2015 Nebraska State Fair and/or Ak-Sar-Ben Stock Show (except Dairy and Horse) must be entered via the online “Ownership affidavit” form at <http://livestockaffidavit.unl.edu>.

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

CLOVER COLLEGE REGISTRATION FORM

SEE NEXT PAGE FOR CLOVER COLLEGE WORKSHOP INFORMATION

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

Classes fill up quickly!

To register, complete the registration form (one person per form) and return with payment (make check payable to Lancaster County Extension). Registrations are handled on a “first come” basis and will only be accepted upon receipt of fees. **No telephone or online registration.** No refunds unless class is already filled or canceled. Photocopy completed form for your reference.

Confirmation letters and schedules will not be sent. Assume your registration is confirmed unless we contact you about filled classes.

Registration opens May 4 for currently enrolled 4-H members.
Registration opens May 11 for non-4-H members.

Is youth currently enrolled in 4-H? <input type="checkbox"/> yes <input type="checkbox"/> no	
Name _____	Age _____
Parents Name(s) _____	
Address _____	
City _____	State _____ Zip _____
Daytime Phone _____ Email _____	
Special Needs (allergies, etc.) _____	
Workshop(s)	# _____ Title _____ Fee _____
	# _____ Title _____ Fee _____
	# _____ Title _____ Fee _____
	# _____ Title _____ Fee _____
	# _____ Title _____ Fee _____
Use additional sheet of paper if needed	
Total _____	
I give permission to use my child’s image in photographs taken at Clover College in publications, news articles, advertisements or websites pertaining to 4-H. <input type="checkbox"/> yes <input type="checkbox"/> no	
I give permission for my child to complete workshop evaluations to assess educational impact and life skill development. All information is obtained and reported as aggregated data. <input type="checkbox"/> yes <input type="checkbox"/> no	
Parent/Guardian Signature: _____ Date: _____	

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

Clover College

Tue., June 16–Fri., June 19

Lancaster Extension Education Center, 444 Cherrycreek Road

Open to youth ages 6 & up

Four days of “hands-on” workshops full of fun and learning!

Youth may attend as many workshops as they wish.

All supplies will be provided unless otherwise noted.

Youth attending workshops that overlap the lunch period

should bring a sack lunch. Food will not be available

(unless otherwise stated in the workshop description).

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



WORKSHOP DESCRIPTIONS

4-Day Workshops

1 Clover Kids Day Camp

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

TUE–FRI, JUNE 16-19; 8AM–12:15PM

AGES 6 & 7 • FEE \$30

2 Rocketry

Build your own rocket and launch it. Receive a rocket kit and one engine.

TUE–FRI, JUNE 16-19; 8–10AM

AGES 8 & up • FEE \$15

Instructor: Ron Suing, 4-H Volunteer

3 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 16-19; 8–10AM

AGES 8 & up • FEE \$8

Instructor: Extension Staff

3-Day Workshops

4 Clover Chess Tourney

Play in a unique chess tournament. Children play 2 rounds per day for three days, alternating colors. Time controls Game/20, Swiss system. Boards, sets and clocks provided.

TUE–THU, JUNE 16–18; 10:15AM–12:15PM

AGES 8 & up • FEE \$10

Instructor: James Walla, 4-H Volunteer

1-Day Workshops

5 Sensational Crafts

Create your masterpiece in this fun hands-on workshop.

TUE, JUNE 16; 8–10AM

AGES: 8 & up • FEE: \$5

Instructors: Lianne and Elizabeth Garza, 4-H Volunteers

6 Fox Walking & Stalking

Learn how to fox walk and the stalking steps needed for quiet, undetectable movement in the wilderness. Dress for the weather and bring a blindfold.

TUE, JUNE 16; 8–10AM

AGES 8 & up • FEE \$3

Instructor: BJ Spring, Nyakuwalk owner, Primitive Survival Skills

7 Beginning Knitting

Learn the basic techniques to knit your first project. The finished item can be entered in the fair.

TUE, JUNE 16; 10:15AM–12:15PM

AGES 10 & up • FEE \$7

Instructor: Cathy Babcock, 4-H Volunteer

8 Dog Days of Summer

Dogs will help you learn about obedience, agility, showmanship and the dog skill-a-thon to prepare for the fair.

TUE, JUNE 16; 10:15AM–12:15PM

AGES 8 & up • FEE \$3

Instructors: Paws & Pals 4-H Club

9 Outdoor Cooking

Everything tastes better when cooked outside! Join us for some cooking fun. Only for youth who have not taken class previously.

TUE, JUNE 16; 10:15AM–12:15PM

AGES 10 & up • FEE \$8

Instructor: Soni Cochran, Extension Associate

10 Finger Painting Fun

Learn a great finger painting technique and create your own masterpiece.

TUE, JUNE 16; 12:45–2:45PM

AGES 8 & up • FEE \$8

Instructor: Jami Ankrom, Extension Assistant

11 Cluck, Cluck, Quack!

Poultry will be on hand to help you learn about chickens, ducks, etc.

TUE, JUNE 16; 12:45–2:45PM

AGES: 8 & up • FEE: \$5

Instructors: The Egg Basket 4-H Club

12 Awesome Science

Have fun learning the science behind several crazy experiments.

TUE, JUNE 16; 12:45–2:45PM

AGES 8 & up • FEE \$3

Instructor: Lucinda Faunce, Science Reconnect, in partnership with Lower Platte NRD

13 T-Shirt Transformation

Bring old adult XL T-shirts and learn how to re-style them into new items.

TUE, JUNE 16; 12:45–2:45PM

AGES: 8 & up • FEE: \$3

Instructor: Liz Loseke, Extension Intern

14 Classic & Antique Cars

Learn about the automobile and how it was developed. Build a 1/25th scale model of a vintage or classic car. The finished item can be entered in the fair.

TUE, JUNE 16; 3–5 PM

AGES 8 & up • FEE \$10

Instructor: Myron Smith, 4-H Volunteer

15 Express Yourself

Express yourself through card creation.

TUE, JUNE 16; 3–5PM

AGES 8 & up • FEE \$2

Instructor: Teri Hlava, Extension Assistant

16 Crazy About Aprons

Sew a fun apron. Bring 3/4 yd each of two contrasting cotton fabrics (no stripes or matching plaids), matching thread, basic sewing supplies and sewing machine. Must have basic sewing skills.

TUE, JUNE 16; 3–5PM

AGES 8 & up • FEE \$3

Instructor: Jami Ankrom, Extension Assistant

17 Pizza Party!

Create your own unique pizza and make homemade ice cream!

TUE, JUNE 16; 3–5PM

AGES 8 & up • FEE \$5

Instructor: Cole Meador, Extension Assistant

18 Control the Flow

Explore the “Magic of Electricity” by creating a light switch you can enter in the fair!

TUE, JUNE 16; 3–5PM

AGES 8 & up • FEE \$5

Instructor: Rachel Johnson, Extension Intern

19 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, JUNE 17; 8AM–12:15PM

AGES 9 and up • FEE \$5

Instructors: David Smith, Biosolids Coordinator and Soni Cochran, Extension Associate

20 Happily Helping Others

Help others by participating in a fun hands-on community service project.

WED, JUNE 17; 8–10AM

AGES 8 & up • FEE \$5

Instructors: Jen Smith and KayCee Wanser, 4-H Volunteers

21 Animal First Aid

Learn about your pet while making a fun and usable first aid kit.

WED, JUNE 17; 8-10AM

AGES 8 & up • FEE \$10

Instructor: Kylee Plager, 4-H Volunteer

22 Wonderful Wildlife

Birds, snakes, turtles, oh, my! Come and explore wildlife and nature.

WED, JUNE 17; 10:15–12:15AM

AGES 8 & up • FEE \$2

Instructors: Pioneers Park Nature Center, in partnership with Lower Platte NRD

	TUE, JUNE 16	WED, JUNE 17	THU, JUNE 18	FRI, JUNE 19
8:00–10:00	CLOVER KIDS ROCKETRY ELECTRONIC TEXTILES SENSATIONAL CRAFTS FOX WALKING & STALKING	CLOVER KIDS ROCKETRY ELECTRONIC TEXTILES FISHING FUN HAPPILY HELPING OTHERS ANIMAL FIRST AID	CLOVER KIDS ROCKETRY ELECTRONIC TEXTILES SOCCER BASICS GREAT GOATS	CLOVER KIDS ROCKETRY ELECTRONIC TEXTILES CSI DISCOVERY
10:15–12:15	CLOVER KIDS CLOVER CHESS TOURNEY BEGINNING KNITTING DOG DAYS OF SUMMER OUTDOOR COOKING	CLOVER KIDS CLOVER CHESS TOURNEY FISHING FUN WONDERFUL WILDLIFE TERRIFIC TABLE SETTING	CLOVER KIDS CLOVER CHESS TOURNEY OUTDOOR DÉCOR AMERICA’S ROSE PERFECT PURSE	CLOVER KIDS GPS BASICS DECOUPAGING DETAILS HABITAT DISCOVERY BOTTLES, BOTTLES
12:45–2:45	FINGER PAINTING FUN CLUCK, CLUCK, QUACK! AWESOME SCIENCE T-SHIRT TRANSFORMATION	ANIMAL SCIENCE EXPERIENCE MODELING MADNESS HAMMER! NAIL! BUILD! YUM, IS IT REAL? EXCELLENT ELECTRONICS	BABYSITTING BASICS FAIRY GARDEN FOOD FUN WIRED FOR WIND	DISCOVER KUMIHUMO CANDYLAND COTTAGE DELICIOUS, NUTRITIOUS AMAZING ENGINEERING
3:00–5:00	CLASSIC CARS EXPRESS YOURSELF CRAZY ABOUT APRONS PIZZA PARTY CONTROL THE FLOW	FANTASTIC FELTING DESIGN FABRIC DOUGH FUN CONTAINER GARDENING	NAIL NEWS ART OF ZEN DOODLE UPCYCLED T-SHIRTS SCIENCE IN YOUR KITCHEN RABBITS, RABBITS	NO CLASSES

23 Terrific Table Setting

Create an awesome centerpiece and learn all you need to know to participate in the 4-H Table Setting contest at the fair.

WED, JUNE 17; 10:15AM–12:15PM

AGES 8 & up • FEE \$5

Instructor: Caitlyn Schmidt, Extension Intern

24 UNL Animal Science Experience

Learn about nutrition, animal biology and all the cool things in animal science during this hands-on tour of the UNL East Campus Animal Science Building. A stop at the UNL dairy store is included.

WED, JUNE 17; 12:45–2:45PM

AGES 8 & up • FEE \$3

Instructor: Cole Meador, Extension Assistant

25 Modeling Madness

Be a styling diva and learn the ins and outs of modeling. Perfect preparation for 4-H Style Revue.

WED, JUNE 17; 12:45–2:45PM

AGES 8 & up • FEE \$2

Instructor: Sheridan Swotek, 4-H Volunteer

26 Hammer! Nail! Build!

Build and decorate a hanging plant holder to display outside.

WED, JUNE 17; 12:45–2:45PM

AGES 8 & up • FEE \$8

Instructor: Karol Swotek, 4-H Volunteer

27 YUM, Is it Real?

Create an amazingly deceiving “meal.”

WED, JUNE 17; 12:45–2:45PM

AGES 8 & up • FEE \$10

Instructor: Jhoni Kucera, 4-H Volunteer

28 Excellent Electronics

You’ll be astounded when you create different sounds and lights with an electronic circuit board.

WED, JUNE 17; 12:45–2:45PM

AGES 8 & up • FEE \$3

Instructor: Jim Wies, Extension Technologist

29 Fantastic Felting

Use wool and the dry felting method to create fun shapes and designs.

WED, JUNE 17; 3–5PM

AGES 8 & up • \$10

Instructor: Cindy Zimmer, 4-H Volunteer

30 Design Fabric

Use a bleach pen to create your own fabric designs. Bring a dark-colored cotton T-shirt to class.

WED, JUNE 17; 3–5PM

AGES 10 & up • FEE \$5

Instructor: Rhonda Griess, 4-H Volunteer

31 Dough Fun

It’s easier than it looks to mix and shape bread and rolls. Participants learn techniques and take home samples they have made.

WED, JUNE 17; 3–5PM

AGES 10 & up • FEE \$5

Instructor: Lorene Bartos, Extension Educator

32 Container Gardening

Have fun creating your own container garden.

WED, JUNE 17; 3–5PM

AGES 8 & up • FEE \$8

Instructor: Rachel Johnson, Extension Intern

33 Soccer Basics

Learn a few moves and fancy footwork. Wear closed toe shoes, shin guards and bring your own soccer ball.

THU, JUNE 18; 8–10AM

AGES 8 & up • FEE \$3

Instructor: Hannah Dittmar, Former UNL Soccer Player

34 Great Goats

Goats will be present to help you find out why they are GREAT!

THU, JUNE 18; 8–10AM

AGES 8 & up • FEE \$4

Instructor: Rachel Johnson, Extension Intern

35 Outdoor Décor

Create a personalized stepping stone which can be entered in the fair.

THU, JUNE 18; 10:15AM–12:15PM

AGES 8 & up • FEE \$5

Instructor: Jenny DeBuhr, Extension Staff

36 America’s Rose

Learn how to plant, care, grow and show roses.

THU, JUNE 18; 10:15AM–12:15PM

AGES 10 & up • FEE \$5

Instructors: Lincoln Rose Society Members

37 Perfect Purse

Sew your own perfect purse. Bring 3/4 yd each of two contrasting cotton fabrics (no stripes or matching plaids), matching thread, basic sewing supplies and sewing machine. Must have basic sewing skills.

THU, JUNE 18; 10:15AM–12:15PM

AGES 10 & up • FEE \$3

Instructor: Caitlyn Schmidt, Extension Intern

38 Babysitting Basics

Learn the basic skills needed to be a responsible and creative babysitter. Focus is on activities, making snacks and toys.

THU, JUNE 18; 12:45–2:45PM

AGES 11 & up • FEE \$5

Instructor: Lorene Bartos, Extension Educator

39 Fairy Garden

Create a mini garden complete with structures and plants.

THU, JUNE 18; 12:45–2:45PM

AGES 8 & up • FEE \$10

Instructor: Karen Wedding, Extension Staff

40 Food Fun

Make fun, healthy snacks that are tasty and learn nutrition fun facts!

THU, JUNE 18; 12:45–2:45PM

AGES 8 & up • FEE \$5

Instructor: Liz Kneifi, ExtensionCorps

41 Wired for Wind

Build a wind turbine that generates electricity! Experiment with turbine designs. Take it home and experiment more!

THU, JUNE 18; 12:45–2:45PM

AGES 8 & up • FEE \$10

Instructor: F. John Hay, Energy Educator

42 Nail News

Create your own nail polish. Learn how to blend colors. Come with clean finger and toe nails.

THU, JUNE 18; 3–5PM

AGES 9 & up • FEE \$10

Instructor: Jhoni Kucera, 4-H Volunteer

43 The Art of Zen Doodle

Explore this method of creating fun designs while also creating a relaxed mood.

THU, JUNE 18; 3–5PM

AGES 9 & up • FEE \$3

Instructor: Rhonda Griess, 4-H Volunteer

44 Upcycled T-Shirt

Bring old adult XL T-shirt to make a pair of capris. Bring sewing machine, matching thread and scissors.

THU, JUNE 18; 3–5PM

AGES 10 & up • FEE \$3

Instructor: Karen Wedding, Extension Staff

45 Science in Your Kitchen

Explore food science with this hands-on experience. Taste what you’ve learned!

THU, JUNE 18; 3–5PM

AGES 10 & up • FEE \$3

Instructor: Abby Babcock, 4-H Volunteer

46 Rabbits, Rabbits!

Rabbits will help you learn how care for them. Receive showmanship tips.

THU, JUNE 18; 3–5PM

AGES 8 & up • FEE \$3

Instructors: Cindy & Alyssa Zimmer, 4-H Volunteers

47 CSI Discovery

Discover how evidence leads to solving questions and cases.

FRI, JUNE 19; 8–10AM

AGES 8 & up • FEE \$5

Instructor: Caitlyn Schmidt, Extension Intern

48 GPS Basics

Learn basics of the Global Positioning System (GPS



EXTENSION CALENDAR

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

April

- 22–23 **Agricultural Literacy Festival (for 4th Grade)**, Lancaster Event Center
28 **4-H Horsemanship Level Testing**, Lancaster Event Center -
Amy Countryman Arena..... 5:30 p.m.

May

- 2 **4-H Horse VIPS Fundraiser/Dressage Schooling Show**, Middle Cross
Stables, 500 W. Sprague Road, Roca
5 **4-H Council Meeting**.....7 p.m.
8 **Extension Board Meeting**8 a.m.
12 **Guardian/Conservator Training**..... 1:30–4:30 p.m.
12 **4-H Horsemanship Level Testing**, Lancaster Event Center -
Amy Countryman Arena..... 5:30 p.m.
14 **4-H Leader Training**9 a.m. & 6:30 p.m.
14 **Co-Parenting for Successful Kids Class** 12:30–4 p.m.
15 **Lancaster County Deadline for 4-H District/State Horse Show Entries, ID,
Level Tests**
16 **Composting Demonstration**, Pioneers Park Nature Center’s backyard
composting demonstration area..... 10 a.m.
19 **4-H/FFA Sheep and Meat Goat Weigh-In & Tag Day**,
Lancaster Event Center -
Pav. 26–8 p.m.
21 **4-H Interview Judging Regional Contest**, UNL East Campus.....1–7 p.m.
30 **4-H Life Challenge Contest – Junior & County-Level Senior
Divisions**.....9 a.m.



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The University of Nebraska–Lincoln is an equal opportunity educator and employer.

5th Graders Learn About Environment at Earth Wellness Festival

Nearly 3,500 Lancaster County fifth graders from 47 schools attended the 21st annual Earth Wellness Festival (EWF) on March 25 and 26 at Southeast Community College. Students rotated among 25-minute sessions and then attended a culminating activity with featured presenters, World Bird Sanctuary from St. Louis. Classrooms attending the festival received pre-festival learning kits in October. Students discover and explore the relationships and interdependency of land, water, air and living resources through hands-on activities.

Hundreds of volunteers, area educators, environmentalists, government representatives, as well as donations from local businesses, make this educational experience possible. The festival is organized by eight local agencies, including Nebraska Extension in Lancaster County. More photos are online at <http://lancaster.unl.edu/ewf>.



Extension Associate Tracy Anderson presented a session about “Scat.” Students learned what various wildlife eats affects their scat (feces). Students recreated animal scat using Tootsie Rolls and other edible foods.



Extension Assistant Cole Meador presented “Wildlife CSI.” In the session, students looked at mock wildlife scenes and used clues such as tracks, feathers and nests to interpret what happened.

You’re Invited

Please join us for an important Community-Wide Breakfast

Tuesday, May 12
7:30 am to 9:00 am (Doors open at 7:00)
Pinnacle Bank Arena



Be Informed Come to learn about the latest data on Lincoln’s strengths and challenges with the release of the updated 2015 Lincoln Vital Signs report. Written and presented by University of Nebraska Public Policy Center.



Get Involved Find out how you can get involved in Prosper Lincoln, as we move into a phase of gathering ideas and input about how to best address the Lincoln Vital Signs findings. Over the next several months, this involvement will culminate in a shared community agenda to be put into action across Lincoln.

Leaders from across our city have come together to launch Prosper Lincoln, a bold new initiative that will envision and enact a set of community-wide priorities to make Lincoln prosper even more.

hosted by **Lincoln Community Foundation**

Breakfast cost is **\$10 per person**.

Registration deadline is **May 6**.

Please RSVP and register online at <http://www.lcf.org/May12>. [Click here](#) to register now.

Please invite others! This exciting community effort needs all of us.

Leaders of Lincoln’s largest public, private, and philanthropic charitable organizations fund Lincoln Vital Signs. They saw the need, desired a more comprehensive understanding of Lincoln and a way to share that information with the larger community.

Lincoln Vital Signs Funders:

Abel Foundation
City of Lincoln
Community Health Endowment
Cooper Foundation
Educare of Lincoln
Foundation for Lincoln Public Schools
Lancaster County
Lincoln Partnership for Economic Development
Lincoln Community Foundation
Nebraska Children and Families Foundation
United Way of Lincoln and Lancaster County
University of Nebraska Foundation
Woods Charitable Fund