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# Emerald Ash Borer — Next Steps

**Sarah Browning**  
*Extension Educator*

As of last June, Nebraska became the 27th state with a positive confirmation of emerald ash borer (EAB). EAB has been confirmed in southeast Omaha, in Greenwood, Cass County and in western Douglas County. EAB has not been found in Lancaster County yet, but it will inevitably make its way into other parts of Nebraska within the next few years. All true ash species are potential hosts.

## Treatment Consideration

Now that it's here, EAB will be with us forever. Insecticide treatments against EAB are available, but can cause cumulative damage to trees. Trees must be treated regularly for the rest of their lives. Many homeowners will decide to let some trees die, particularly low-vigor trees, those in poor locations or with existing problems.

The Nebraska Forest Service (NFS) recommends homeowners wait to begin protective treatments until EAB has been confirmed within 15 miles of their location. To view NFS's EAB Treatment Consideration Zone map, go to <http://go.unl.edu/eabmap>

Why 15 miles? This recommendation strikes a balance between protecting valuable trees and limiting the negative effects of unnecessary treatments. Treating trees outside this zone provides little or no benefit to trees, yet exposes humans and the environment to pesticides, wastes money and, in the case of trunk injections, causes unjustified tree damage.

Keep in mind, EAB does not kill trees immediately. It takes a few years of continued infestation before the tree begins to decline. Insects have usually been in a tree for 2–3 years before signs of decline are noticed. Trees with 30 percent or less canopy dieback can successfully be treated and fully recover. Trees with over 50 percent canopy dieback, are less likely to recover.

## Replacement Trees

Spring is a great time to plant new trees, establishing the next generation to take over as ash trees die. Emerald ash borer is again teaching us a basic lesson — species diversity is critical. So look at what your neighbor has planted in their yard and plant something different. The Nebraska Statewide Arboretum has put together two lists of recommended trees based on your location in the state. Use these ideas to help in your tree selection.

- Trees for Eastern Nebraska, <http://go.unl.edu/easttrees>
- Trees for Western Nebraska, <http://go.unl.edu/westtrees>

## Slowing the Spread

Even though EAB is in Nebraska, slowing its spread is still important. Moving infested plant material, firewood, lumber and other ash materials is one of the main ways EAB has spread through other states.

Last year, Nebraska Department of Agriculture implemented a quarantine for Cass, Dodge, Sarpy, Douglas and Washington counties. Positive EAB confirmations have occurred for Cass, Douglas and Sarpy counties. Dodge and Washington counties are included in the quarantine due to an EAB confirmation in Missouri Valley, Iowa and the amount of traffic into these counties from Omaha and Douglas county.

Additional counties will fall under quarantine guidelines as EAB is confirmed in new locations throughout the state.

## Nebraska's Quarantine

What does the quarantine mean for homeowners? It prohibits the movement of regulated materials from other states and Nebraska counties under quarantine, into non-quarantined parts of our state.

What materials are regulated? Any item made from or containing ash wood. First and foremost, ash nursery stock cannot be sold or otherwise distributed within or moved outside quarantine areas. Additional regulated materials

include ash logs and lumber, hardwood mulch and firewood, pallets and any other ash materials. Due to the difficulty of identifying a wood source for bark chips, mulch and firewood once a tree has been cut down, all hardwood (non-conifer) species are included in the quarantine.

## Don't Move Firewood

A key point to remember is EAB can move long distances via firewood. EAB larvae live inside the wood of infected trees for about a year, from spring when they hatch until they emerge as adults the following summer. So wood from infected trees will contain immature insects. Adult beetles are also frequent hitchhikers on ash wood.

Homeowners can use wood from ash trees removed on their property in their own home fireplace. But when camping, always buy firewood locally and don't take leftover firewood home. Leave it at the campsite.

## Learn More

Two seminars are scheduled this summer to help homeowners learn more. Both programs will be held at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln.

- Tuesday, April 4, 6:30–8:30 p.m.
- Saturday, May 6, 9–11 a.m.

Pre-registration is requested by calling 402-441-7180. Cost is \$15 per person/couple for one set of educational materials. Pay at the door, making checks payable to Nebraska Extension in Lancaster County.

### MORE INFORMATION

The Nebraska Forest Service has many resources available at <http://nfs.unl.edu/nebraska-eab>, including:

- Frequently Asked Questions
- How to Select Trees for Treatment
- How to Select an Arborist or Tree Service
- Homeowner Guidelines

Information is also available at [www.emeraldashborer.info](http://www.emeraldashborer.info)

**If you suspect your ash tree has EAB, contact the Nebraska Department of Agriculture at 402-471-2394**

## EAB Identification



Emerald ash borer — fully developed adult before emergence (shown approximate size)



After the adults emerge, they leave D-shaped exit holes in the bark (shown enlarged)

Emerald Ash Borer adult beetles are small, only about 1/2-inch long and slender, metallic green in color. They emerge from infested trees in early summer, June and July. Adult females lay eggs in the bark of branches or the main trunk.

Larvae are borers and tunnel just under the bark after hatching. They are flat, cream-colored and legless. They have a brown head, and their bodies are divided into

10 bell-shaped segments. At maturity, they reach 1-1/2 inches in length. After pupating into adults, the beetles chew their way out of the tree, leaving behind a D-shaped hole.

It's amazing when you start to look for them, how many green insects can be found in Nebraska. Check out "Emerald Ash Borer Look-Alikes" at <http://go.unl.edu/eablookalikes> to see insects commonly mistaken for EAB.

## Ash Tree Identification



Ash trees have compound leaves with 5–11 leaflets.



Young ash trees have smooth bark that thickens into a diamond-shaped pattern as the trees age. Color is usually gray.



Ash seeds (called samara) are paddle-shaped — but not all ash trees produce seeds.

## CONNECT WITH US

Nebraska Extension in Lancaster County  
444 Cherrycreek Road, Suite A  
Lincoln, NE 68528  
402-441-7180  
<http://lancaster.unl.edu>



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

**<http://lancaster.unl.edu>**

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

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#### UNIT LEADER & EXTENSION EDUCATOR

Karen Wobig

#### ADMINISTRATIVE AIDE

Jenny DeBuhr

#### EXTENSION EDUCATORS

Tracy Anderson, Sarah Browning, Jaci Foged, Emily Gratopp,  
Jody Green, Alyssa Havlovic, Alice Henneman, Jessica Meuleners,  
Meghan Sittler, Tyler Williams

#### EXTENSION ASSOCIATES

Soni Cochran, Mary Jane Frogge, Cole Meador,  
Jim Wies, Dana Root-Willeford

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Sam Perea, Kate Pulec, Brock Shuler

#### BIOSOLIDS COORDINATOR

David Smith

#### SUPPORT STAFF

Pam Branson, Deanna Covault, Karen Evasco, Konnie Robertson,  
Chris Rosenthal, Karen Wedding

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## Is this Food Still Safe to Eat? Frequently Asked Questions

Alice Henneman, MS, RDN  
Extension Educator

### Is it Safe to Use Food From Dented Cans?

If a can containing food has a small dent, but is otherwise in good shape, the food should be safe to eat. Discard deeply dented cans. A deep dent is one that you can lay your finger into. Deep dents often have sharp points. A sharp dent on either the top or side seam can damage the seam and allow bacteria to enter the can. Discard any can with a deep dent on any seam.

### Is it Safe to Use Food From Rusted Cans?

Discard heavily rusted cans. Cans that are heavily rusted can have tiny holes in them, allowing bacteria to enter. Surface rust that you can remove by rubbing with your finger or a paper towel is not serious. You can keep these canned foods. If you open the cans and there is any rust inside, do not eat the food. Rust (oxidized iron) is not safe to eat.

### How Can You Tell if Food is Safe After a Power Outage?

**Keep the freezer door closed to keep cold air inside.** Don't open the door any more than necessary. A full freezer will stay at safe temperatures about 2 days; a half-full freezer about 1 day. If your freezer is not full, group packages so they form an "igloo" to protect each other. If you think the power will be out for several days, try to find some dry ice. Keep dry ice wrapped and do not touch it with your bare hands. Use cubed ice or block ice in the refrigerator.

**Even if food has started to thaw, foods can be safely kept in the freezer.** The foods in your freezer that partially or completely thaw before power is restored may be safely refrozen if they still contain ice crystals or are 40°F or below. You will have to evaluate each item separately. When in doubt, throw it out. In general, refrigerated items should be safe up to 4 hours. Keep the door closed as much as possible. Discard any perishable foods (such as meat, poultry, fish, eggs and leftovers) that have been above 40°F for 2 hours or more. Also discard any other food that has an unusual odor, color or texture or feels warm to the touch.

**Keep an appliance thermometer in the refrigerator and freezer at all times.** This will remove the guesswork of just how cold the unit is because it will give you the exact temperature. The key to determining the safety of foods in the refrigerator and freezer is knowing how cold they are. The refrigerator temperature should be at 40°F or below; the freezer, 0°F or lower.

More detailed information, along with a chart that tells which foods may be saved and which should be thrown out, may be found in the USDA's "Keeping Food Safe During an Emergency" at <http://bit.ly/2mbriac>

### What do Food Product Date Labels Mean?

In a new industry-wide effort to reduce consumer confusion about product date labels, grocery manufacturers and retailers have joined together to adopt standard wording on packaging about the quality and safety of products.

Currently, more than 10 different date labels on packages — such as Sell By, Use By, Expires On, Best Before, Better if Used By or Best By — can result in confused consumers discarding a safe or usable product after the date on the package.

The new voluntary initiative streamlines the myriad date labels on consumer products packaging down to just two standard phrases. **"BEST If Used By"** describes product quality, where the product may not taste or perform as expected but is safe to use or consume. **"USE By"** applies to the few products that are highly perishable and/or have a food safety concern over time; these products should be consumed by the date listed on the package — and disposed of after that date.

The new initiative for common phrasing is led by the Food Marketing Institute (FMI) and the Grocery Manufacturers Association (GMA), the two major trade associations for retailers and consumer products manufacturing.

(NOTE: Manufacturers have until July 2018 to make the change. As these standards are voluntary, there is no guarantee every company will adopt them. In some states, there may

be labeling regulations that preempt the industry standards. Following are some current phrases that are used and will continue to appear until labels have been switched over.)

Examples of commonly used phrases:

A **"Best if Used By/Before"** date indicates when a product will be of best flavor or quality. It is not a purchase or safety date.

A **"Sell-By"** date tells the store how long to display the product for sale for inventory management. It is not a safety date.

A **"Use-By"** date is the last date recommended for the use of the product while at peak quality. It is not a safety date except for when used on infant formula as described below.

Federal regulations require a "Use-By" date on the product label of infant formula under inspection of the U.S. Food and Drug Administration (FDA). Consumption by this date ensures the formula contains not less than the quantity of each nutrient as described on the label. Formula must maintain an acceptable quality to pass through an ordinary bottle nipple.

The "Use-By" date is selected by the manufacturer, packer or distributor of the product on the basis of product analysis throughout its shelf life, tests, or other information. It is also based on the conditions of handling, storage, preparation, and use printed on the label. Do not buy or use baby formula after its "Use-By" date.

Sources:

- USDA/Food Safety and Inspection Service (FSIS). Shelf-Stable Food Safety. Accessed 2/19/2017 at <http://bit.ly/2lk1UvO>
- News Release, Grocery Manufacturers of America, 2/15/2017. Grocery Industry launches New Initiative to Reduce Consumer Confusion on Product Date Labels. Accessed 2/23/2017 at <http://bit.ly/2moQea>
- USDA/FSIS Food Safety and Security: Food Product Dating. Accessed 2/23/2017 at <http://bit.ly/2l3GO3>

## HEALTHY EATING

ENJOY NEBRASKA FOODS!


Alice Henneman, MS, RDN, Extension Educator

### CHEESE BALL CHICK

Prepare your favorite cheese ball recipe. Instead of rolling the ball in the usual chopped nuts, roll it in **shredded cheddar cheese**. Slice a **black olive** in half for the eyes. Shape the tip of a **carrot** into a point for a nose and cut two slices of carrot with 3 notched points on one end for the feet. Serve with **fresh veggies** and **whole grain crackers**.







# 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.

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.

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

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

Remove sticks, rocks and other debris from your lawn to prevent damaging your lawnmower or injuring yourself when mowing. Check your lawnmower 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.

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

# Pollinator Class & Open House

## Thursday, April 6, 6–8 p.m.

### Lancaster Extension Education Center 444 Cherrycreek Road, Lincoln

**Pre-registration is required by April 3.**  
**Hors d'oeuvre will be served from 6–7 p.m.**  
**followed by pollinator presentation.**  
**Cost is \$5 per person – Certified Habitat**  
**Gardeners receive free admission.\***

Over 150 crops in the U.S. are pollinated by insects. Join Nebraska Extension experts to learn more about pollinators, the Nebraska Habitat Certification Program and talk with certified habitat gardeners. You will also have the opportunity to tour the certified Cherry Creek Pollinator Habitat located behind the Lancaster Extension Education Center.



\*Certified Habitat Gardeners can register by phone 402-727-2775 or mail.



**Learn more about the Nebraska Pollinator Habitat Certification Program at**  
**<http://entomology.unl.edu/pollinator-habitat-certification>**  
To certify their habitat, gardeners need to provide spring, summer and fall blooming plants that support pollinator needs, water source, shelter, nesting sites and restrict pesticide use.

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**POLLINATOR CLASS & OPEN HOUSE REGISTRATION FORM**

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

\_\_\_\_\_

Certified Habitat Gardener(s) ☐ Yes ☐ No

**Include \$5 per participant – make checks payable to University of Nebraska–Lincoln**  
**Mail to: Nebraska Pollinator Habitat Certification Program**  
**c/o Natalia Bjorklund, 1206 W. 23rd Street, Fremont, NE 68025**

No refunds

# When Will My Child Be Ready to Ride a Bike?

**Jaci Foged**  
*Extension Educator*

‘It’s like riding a bike’, is an expression most of us are familiar with. For young children (and their parents), riding a bike is an important milestone. Typically, this milestone is right up there with other physical development skills children develop such as: rolling over, crawling and walking.

Child development experts know a child’s learning and development progress when children are challenged just above their current skill level. The average age for a child who is ready to take on the challenge of riding a two-wheeled bicycle is 5 years old. But children as young as 3 and even children 10 years and older may be working towards achieving this skill. For learning to ride a bike, an adult’s job is to observe children and only challenge them with learning to ride a two wheeled bike when it is within their reach.

There are many types of bicycles, and although not every child will need to practice and play on the various bikes, you can see the natural progression:

1. Push car or push bike.
2. Tricycle.
3. Balance Bike.
4. Two Wheeled Bike with Training Wheels.
5. Two Wheeled Bike without Training Wheels.

It is developmentally

appropriate to see a three year old master pedaling a tricycle. Prior to this, children should be offered push cars, or chunky three wheeled versions of a tricycle which sit low to the ground without pedals. It takes a lot of concentration and coordination to move forward and steer with handles, so pedaling and balance should be added after forward motion and steering are mastered.

**How Do You Keep Your Child Safe When They Are Learning to Ride a Bike?**

**Get your child fitted with a helmet,** and as a role model you should wear one too. The National Safety Council reports 510,905 people sustained an injury from bicycle accidents which required emergency care in 2014. You can visit their website at [www.safenebraska.org/safe-home-play/bicycle-safety](http://www.safenebraska.org/safe-home-play/bicycle-safety) for a guide for proper helmet fitting.

**Make sure the size of the bike fits your child.** A great place to go is a bicycle shop. They will be able to measure your child and recommend a bike sized just right for them. Bigger bikes have hand brakes, whereas smaller bikes have the foot brakes (or coaster brakes) where you press gently back on the pedals to stop. You will want foot brakes for a child who is just learning to ride.

**Teach your child how to cross the street.** Young children, usually under the age of 10 are not developmentally ready to cross the street on their own. Gauging the speed a car or truck is moving, along with using peripheral vision are not fully developed in young children.

Can you picture a little one when you tell them to look both ways? They run out to the very edge of the street, quickly shake their head back and forth and run across the street. You know they didn’t see anything with their head swiveling faster than the tea cups spin at Disneyland!

Practice teaching children to cross the street with a bike. Have your child stop at the corner, get off of their bike, look left and right and then left again ensuring no cars are coming before walking their bicycle across the street.

**Closely supervise children on riding equipment.** It just takes a moment for little ones to ride out of sight, stop in driveways or in the middle of the street. Stay close to your children at all times.

**How Do I Teach My Child to Ride a Bike?**

Children should be interested and excited for taking on this challenge and adults need to help children learn to cope and recover from bad experiences. When learning to ride a bike children will most likely lose

their balance and fall down, most likely they will get a scrape on their elbow or leg, and most likely they will be frightened of falling again. Children are going to want you to hold on and keep the bicycle upright.

It may be helpful to start out riding on a grassy hill. Start at the top with your child on a bicycle that has the seat high enough their feet can be flat on the ground. Have the child gently push forward with their feet and begin coasting down the hill. This will give them the confidence to put their feet down if they need to stop or readjust for balance. If your child wants

you there with them, tell them you will jog down the hill beside them and will be there if they need you.

Most importantly, riding a bicycle should be fun. If your child is not having fun, take a break. A break may be only 15 minutes or it may be until the next day. Just assure your child you want to try again when they are ready. This should be a joyous experience, and one your children have with your support.

Think back to their first steps — you didn’t pressure them or become angry when they didn’t do it just right. You provided loving encouragement.

## Upcoming Learning Child Trainings

- Nebraska Extension teaches several early childhood development classes for childcare providers. Listed are upcoming classes held at the Lancaster Extension Education Center, 444 Cherrycreek Road (unless location otherwise noted). For additional information, to sign up, contact Jaci Foged at [jfoged2@unl.edu](mailto:jfoged2@unl.edu) or 402-441-7180. Some registration forms are at <http://lancaster.unl.edu/family>
- Magic of Electricity Workshop for Child-Care Providers & After-School Staff** — Thursday, April 27, 10 a.m.–12 p.m. OR 6:30–8:30 p.m. (you choose which session time to attend). Cost \$5. Register by Friday, April 21.
- Science Early Learning Guidelines (ELG)** — Friday, April 28, 9 a.m.–3 p.m. Cost \$25. Register by Tuesday, April 25.
- Environmental Awareness Workshop for Child-Care Providers & After-School Staff** — Wednesday, May 3, 10 a.m.–12 p.m. Cost \$5. Register by Monday, April 17.
- Engineering and Energy Workshop for Child-care Providers and After-School Staff** — Tuesday, May 16, 10 a.m.–12 noon OR 6:30 p.m.–8:30 p.m. (you choose which session time to attend). Cost is \$5. Register by Monday, May 8.



# Look for Rust in Wheat

Tyler Williams  
Extension Educator

Wheat diseases, especially rust, have been commonplace the last few years in many locations in Nebraska. Leaf, stripe and stem rust are the three rust diseases in the Great Plains; however, stem rust is uncommon in our region. Rusts are among the most important fungal diseases of wheat worldwide because of their wide distribution, capacity to form new races, ability to move long distances and ability to quickly develop under optimal environmental conditions.

Weather often plays an integral role in the development and spread of rust diseases. These diseases overwinter in Mexico and the southern U.S. and are transported to the central U.S. during the spring/early summer. They can, however, overwinter in Nebraska in years with mild

fall and winter temperatures, which can lead to detection of the diseases as early as April. Rust is favored by cool, humid weather and disease development is most rapid between 50–60°F. Rust spreads by wind and splashing water, so our common storm pattern during the spring will ultimately aid in the spread of the disease from south to north.

Leaf rust, also known as brown rust, is generally found in eastern and central Nebraska. The disease is most damaging when heavy rusting occurs before flowering and could cause early loss of these leaves, and ultimately, loss of yield. Optimal conditions for disease growth are temperatures in the 60s with at least six hours of free moisture on the leaf surface.

Stripe rust, also known as yellow rust, was commonly found in the Pacific Northwest and California before the year 2000, but has recently become an issue in Nebraska. Of the three rust diseases,

stripe rust has the lowest temperature range for optimal growing conditions. Optimal temperatures for infection of this disease are from 45–54°F and eight hours of free moisture. The optimal development occurs with temps in the 50s and only intermittent dew or rain is necessary.

When scouting for these diseases, look in the lower, as well as the upper canopy of the wheat crop. Stripe rust postules, or blister-like lesions, are yellow to orange in color and appear on the top portion of the leaf. On younger leaves (before jointing stage), stripe rust usually does not form stripes, but will form stripes on older leaves. Leaf rust postules are more of an orange to brown color and are randomly distributed on the top of the leaf.

Yellowing of the lower leaves of wheat is common in many fields and can be caused by disease or by other environmental factors. Low temperatures, lack of sunlight and inadequate nitrogen are among the other causes of yellowing, in addition to disease.

If leaf rust is an issue, consider planting disease-resistant varieties in the future, which can effectively control stripe rust. It is important to keep in mind, stripe rust can form new races that can overcome the resistance in varieties rated as resistant, and resistance can be overwhelmed if disease pressure is high. Therefore, even if you have planted a resistant variety, you still may need to consider a fungicide application, if the economics allow.

Given the recent occurrence of stripe



Jenny Rees, Nebraska Extension in York/Seward Counties

Trace levels of wheat leaf rust (shown magnified) were found in a field in Nuckolls County last spring.

and leaf rust in the state, it is recommended to scout wheat fields regularly, and early this spring for early disease detection. If you see stripe rust in your field, and favorable weather conditions are in the forecast, consider applying a fungicide to protect the wheat crop. The recommended timing is at 50–100 percent flag leaf emergence. However, if the risk of spreading and development of stripe rust is high, an earlier application at the jointing stage may be necessary.

It is important to consider yield potential, resistance level of the wheat variety planted and the price of wheat when making this decision. Monitoring the progression of the disease from the south may also help with management decisions, especially if coupled with a favorable forecast for development.

## 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. Three trainings will be held in eastern Nebraska:

- June 1 & 2 — Auburn Fairgrounds, 402-245-4324
- June 19 & 20 — Wayne Fairgrounds 402-584-2234
- July 10 & 11 — Grand Island College Park 308-385-5088

Pre-registration is strongly encouraged at least one week in advance. Cost is \$60. A complete list of locations and registration form is online at <http://kearney.unl.edu>

## Emerald Ash Borer Seminars

Tuesday, April 4, 6:30–8:30 p.m.  
Saturday, May 6, 9–11 a.m.

Lancaster Extension Education Center  
444 Cherrycreek Road, Lincoln

Registration is required by  
calling 402-441-7180 at least  
three days prior to each seminar.

Cost is \$15 per person/couple for one set  
of educational materials. Pay at the door,  
making checks payable to Nebraska  
Extension in Lancaster County.

In 2016, Emerald Ash Borer (EAB) was confirmed in Omaha and Greenwood. All ash tree species will be at risk of attack by this insect as EAB spreads. Insecticide treatments against EAB are available, but can cause cumulative damage to trees. Treatments are NOT recommended until EAB has been confirmed within 15 miles of your location. Northeast Lincoln is within 15 miles of Greenwood.

At this seminar, property owners will:

- Learn how to identify ash trees. If you are unsure if a tree in your landscape is an ash, bring small branch samples or pictures for identification.
- Learn how to determine which of your ash trees are the best candidates for treatment. Many owners will decide to let some trees die — particularly low-vigor trees, those in poor locations or with existing problems.
- Find out about the available treatment methods, their advantages and disadvantages, and when they should be applied.
- Learn about good replacement trees. Diversity is key!

**Presenters:**

Sarah Browning, Nebraska Extension Horticulture Educator  
Jody Green, Nebraska Extension Entomology Educator  
Laurie Stepanek, Nebraska Forest Service – Forest Health Specialist



Emerald ash borer — fully developed adult before emergence (shown approximate size)

Eric R. Day, Virginia Polytechnic Institute and State University, Bugwood.org



Ash trees have compound leaves with 5–11 leaflets.

T. Davis Sydnor, The Ohio State University, Bugwood.org

## Caring for New Orchard Plantings

This is the second article of a 2-part series about orchards. See the March NEBLINE for the first article.

Sarah Browning  
Extension Educator

- Regular maintenance of any fruit planting is essential to keep plants growing vigorously and hold pests at bay. Here is a short list of the tasks required by the home orchard.
- Maintain a grass and weed-free area around each plant. Plants should be mulched with 3 inches of wood chips after planting. Maintain this mulch ring throughout the plant's life, to eliminate lawn mower damage and minimize grass competition around the base of the trunk.
- Water plantings when your orchard receives less than 1 inch of rain per week during the growing season. Apply water deeply, moistening the top 18–24 inches of the soil, approximately twice a month, but the amount of water plants need and the frequency of applications will vary based on weather conditions. Consider installing a drip irrigation system with each new planting to make watering easier.
- Fruit trees need to be properly trained and annually pruned so sunlight can penetrate through the tree. Pruning should also be done to remove damaged and diseased wood and to stimulate new growth.
- Inspect trees for developing insect and disease problems and control as necessary. Removing all mummified fruits remaining in the tree following harvest will help to reduce disease pressure the following year.
- Fertilize to maintain proper tree growth.

The goal of fertilization is to produce adequate tree growth to support a quality fruit crop, not to produce excessive tree growth.

### Disease and Insect Control

Disease and insect pests are one of the main obstacles in growing high quality home fruits. The extent of disease or insect injury varies greatly from year to year depending primarily on environmental conditions and cultivar pest resistance. In some years it may be possible to grow acceptable fruit without the use of pesticides, but in most years a few well-timed insecticide and fungicide sprays are needed.

Conditions favoring disease development or insect occurrence varies for each particular disease or insect. However, in general, warm, rainy or damp conditions are very conducive for the development of tree fruit diseases.

And remember, even under exactly the same site and environmental conditions, certain fruits are more likely to have problems than are others. Stone fruits (nectarine, peach, cherry and plum) generally require more care than pome fruits (apple and pear). A spectrum of tree fruits, from those requiring the most care, to those requiring the least, is nectarine, peach, cherry, plum, apple and pear.

There are specific times of the year when each pest can most easily be controlled. Plan to apply fungicide and/or insecticide at the right time of year based on the specific pest problems in your orchard.

For more information on common pests of the home orchard, refer to University of Missouri Extension's "Fruit Spray Schedules for the Homeowner," at <http://bit.ly/2n8ryqW>





# 2017 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>

## The Problems of Invasive Weeds

**PAT DUGAN**  
*Chief Inspector*

To maintain their health and productivity, landscapes must be protected from the threat of invasive weeds. Many people are unaware invasive weeds pose a very real environmental threat. When weeds are mentioned, they think of the dandelions in their lawn or the weeds in their vegetable gardens. But some weeds are so competitive once they get started in an area, they can completely dominate the vegetation to the point that more desirable plant species are no longer present. Many of us have encountered large infestations of such weeds without even realizing what we were seeing.

Generally speaking, weeds are plants growing out of place or where they are not wanted. In such situations, weeds can actually reduce the value of the land. We often refer to the really aggressive weeds as “invasive” weeds. These weeds have become common in many areas because they grow vigorously and are competitive. They out-compete other species for light, water, nutrients and space.

Invasive weeds spread rapidly to dominate a site and are extremely difficult to control. They are generally non-native species from Europe or Asia brought to North America. As extreme competitors, they sometimes form dense monocultures, or areas where they completely dominate, and are the only plants growing. Because they reproduce very rapidly, are well adapted to a wide range of environments and are very difficult to control, they are an economic and ecological threat. Some invasive weeds have been legally defined as “noxious” by Nebraska state law, which describes noxious weeds as “detrimental or destructive and difficult to control or eradicate.”

What makes these weeds so

terrible that people spend much time, energy and money trying to get rid of them? It is because invasive weeds cause several problems; they

- crowd out desirable vegetation,
- cause crop and forage losses,
- reduce property values,
- ruin otherwise good wildlife habitat,
- cause problems in streams and wetlands
- become rangeland fire hazards, and
- spread to neighboring properties.

Some invasive weeds can poison or injure livestock and humans, and some weeds grow in such dense stands, they interfere with recreation. For example, Phragmites, with its massive root structure, can grow in such dense stands a fisherman or wildlife has a difficult time walking to the creek. Noxious weeds are having a severely negative effect on habitat and water flow across Nebraska, reducing usable habitat areas, reducing water flow channelizing river systems and tributaries.

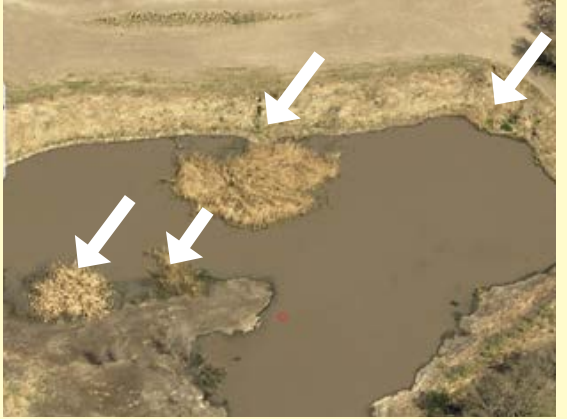
Phragmites is a perfect example of such an invader. Infestation numbers continue to escalate throughout the circulation area of this publication, as well as across the state. In our region, the habitat they prefer to get started are field drainages, lagoons, ponds, creeks and river banks. This plant appears non-threatening as it gets established out in the middle of a corn or bean field drainage area, it's an expert at being out of sight under and along tree canopies or it blends right in with companions, such as cattail, then exploding outward before the landowner knows they are there. By this time, the spark is now a raging fire and a good management plan is a must.

The costs of weed control to taxpayers and landowners are both direct and indirect. First, property owners who must control invasive weeds will incur out-of-

*see Invasive Weeds on next page*



Phragmites small infestation in 2013



Phragmites spreading infestation in 2016

## Facts About the Fast Spread of Phragmites

**BRENT MEYER**  
*Weed Control Superintendent*

If you ever thought you could take a year or two off and your phragmites wouldn't spread, think again! During our annual survey of Salt Creek, we spotted a patch of phragmites just over the tree line in a wetland we now refer to as “Spider Island.” When the crew spotted “a patch,” it turned out to be several patches, and when compared to the aerial image from 2013 (image on the left), the original small infestation had grown quite large in 2016 (image on the right) in only three years.

One of the things that

makes phragmites, also called common reed (*phragmites australis*), so difficult to manage is its ability to spread in a variety of ways. One of the ways we commonly think of a plant spreading is by seed. This is true and our seed test at the Nebraska Department of Agriculture Seed Lab shows most the seed heads we tested had at least 70 percent viable seed.

Phragmites is a perennial plant, which means it comes back year after year from roots or rhizomes. This allows the patch to continue to increase, even if it didn't produce viable seed.

Phragmites will also reproduce by sending out

stolons. These are above-ground or above-water roots that quickly spread across a sandbar, river edge or any surface in its path. They send down additional roots and can produce a new plant about every 10 inches. A single stolon can grow up to 30 feet long in just one season. This allows the patch to grow above ground or water, even if it isn't producing seed or spreading by rhizomes.

Awareness of all the methods in which phragmites can spread is especially important when in a moving water system such as a creek, stream or river:

- Moving water can carry the seeds downstream.
- The roots/rhizomes when broken off, can wash up to shore and begin a new patch, while the stolons will also break off and begin new plant growth.
- Phragmites can produce a new plant at every leaf node. So if the plant falls over or washes downstream, it has the ability to survive.

With so many different ways of spreading, phragmites is, by far, one of the most difficult invasive plants we work to control in Nebraska.



View of phragmites on “spider island” showing stolons growing on the water surface

## Invasive Plants Watch List

The following are plant species considered invasive to Nebraska. Several currently pose a threat to Nebraska's native plant communities, some have potential to cause impacts. Complete lists can be found on the Nebraska Invasive Species Program website at <http://neinvasives.com>



Sulphur Cinquefoil



Caucasian Bluestem



Hoary Cress



Wild Parsnip



St. Johnswort



Houndstongue



Garlic Mustard



# WEED AWARENESS

## INVASIVE WEEDS

*continued from previous page*  
pocket expenditures for labor, herbicides and often the revegetation necessary to effectively exclude weeds. Second, until noxious weeds are controlled, their presence results in damages and costs in the form of forfeited benefits, due to lost land uses and value as previously described. (e.g., livestock grazing, wildlife habitat, outdoor recreation, etc.)

Furthermore, because of the explosive growth potential of invasive weeds, the cost of control multiplies rapidly over time. A failure to act immediately when a weed invasion is first documented will cost the landowner proportionately a larger sum of money as time goes by.

Some ecologists think the spread of noxious weeds may become one of the greatest environmental disasters in North America. These non-natives are spreading at an explosive rate, considered by some, to be the equivalent of a “biological wildfire.” Scientists estimate that in parts of the West, weed-infested acreages may be increasing between 15 and 24 annually.

Some weed species have gone from infesting just a few acres in the 1960s to contaminating hundreds of thousands, even millions, of acres today. On land administered by the Bureau of Land Management (BLM), more than 8 million acres are currently dominated by invasive weeds, compared to 2.5 million acres in 1985. Nationwide, 4,600 acres of wildlife habitat on public land are being lost **daily** to invasive weeds. There is certainly reason to be concerned. An understanding of weed classification and biology is the first step in battling these invasive species.

Preventing or reducing undesirable impacts of non-native invasive plants is a difficult challenge facing all land managers. Non-native invasive plants impact landscapes across the U.S. through changes in the structure, composition and successional pathways of native plant communities. They are estimated to be spreading at the rate of about 1.7 million acres per year. The impact to the U.S. economy is believed to exceed 30 billion dollars annually.

## Not All Thistles Are Bad



Musk thistle (non-native and noxious)



Tall thistle (native)

**BRENT MEYER**  
*Weed Control Superintendent*

Thistles, in general, get a bad rap whenever the word “thistle” is mentioned. However, not all thistles are bad for the environment or agriculture. Did you know there are ten thistles identified in Nebraska? Five of these occurred in North America before settlement by Europeans. The other five were brought to the U.S. by various means and are considered “non-native” or “introduced” thistles.

Of the non-native thistles, three are considered “noxious” and required by state law to be controlled by the landowner:

- musk thistle
- plumeless thistle
- Canada thistle

Canada thistle has been on the Noxious Weed List since 1873. Landowners and homeowners realized this plant was a serious problem and needed to be controlled. It wasn’t until 1959 when the rapid infestation rate of musk thistle brought out the public concern of thistles in Nebraska.

Thistles found in Lancaster County NOT considered noxious and control is not required are:

- wavyleaf thistle
- bull thistle
- tall thistle

Some of the other thistles found across Nebraska that are NOT noxious include:

- Platte thistle
- flodman thistle
- yellowspine thistle
- Scotch thistle

The following counties have added some localized, problematic thistles as a county added noxious weed. These are not on the statewide Noxious Weed List:

- bull thistle — Rock County
- scotch thistle — Banner, Box Butte, Cheyenne, Dawes, Morrill, Kimball, Scotts Bluff, Sheridan and Sioux Counties.

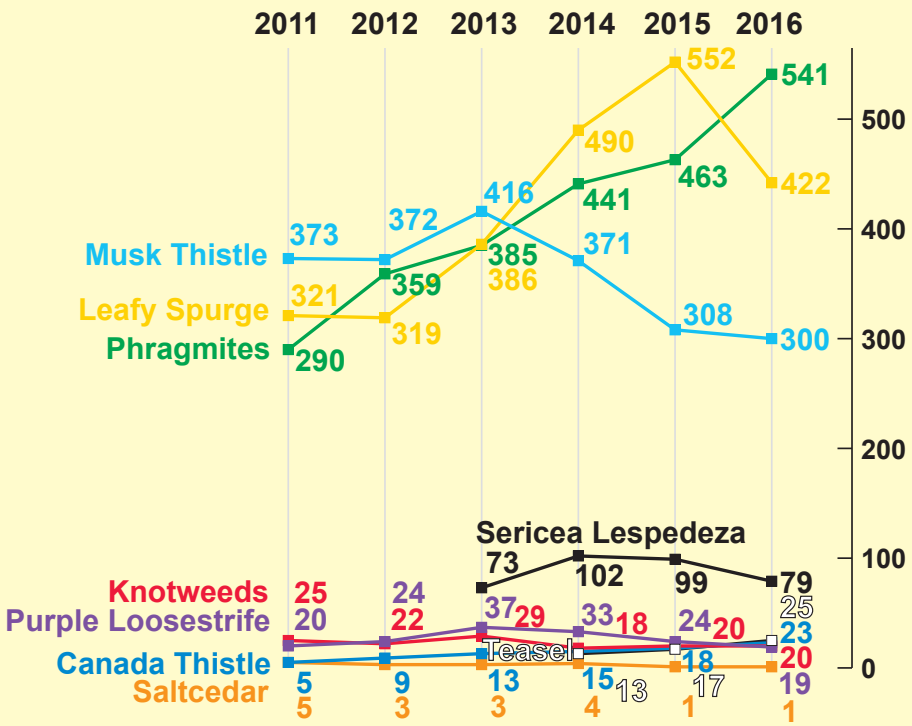
Control methods vary from one thistle to another. Some may be controlled by mechanical methods and others may require herbicide applications. Several control measures should be used at the same time to improve results.

Proper pasture management is the most cost effective and productive of all control measures. This involves improved grass stands and rotational grazing to ensure healthy forage for livestock. Proper pasture management also improves water quality and wildlife habitat.

Biological control is another tool, but it should never be the only control measure utilized. It needs to be incorporated with other control measures to ensure success. Herbicides have been used for many years. They can be effective, but application timing is critical to receive optimum control.

*Source: “The Thistles of Nebraska” by the Nebraska Department of Agriculture/Nebraska Weed Control Association*

## Lancaster County Noxious Weed Infestations 2011–2016



## Weed Crossword

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 17.**

*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.*

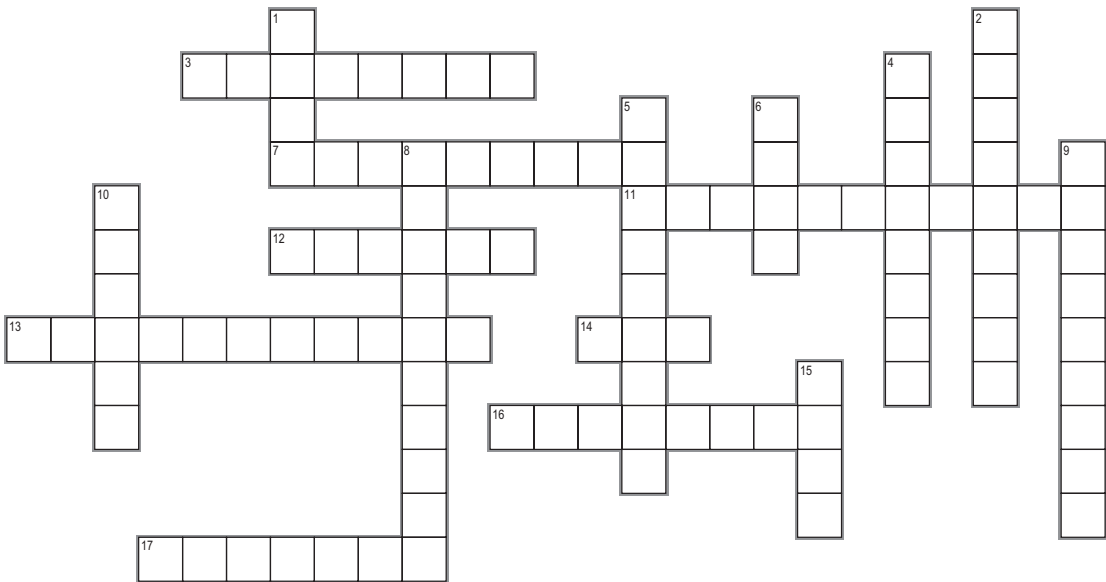
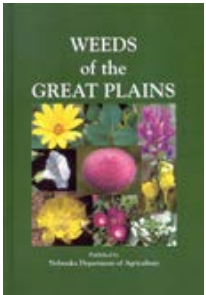
Enter drawing to win:

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



### ACROSS

- 3) Includes spotted and diffuse (noxious)
- 7) Sericea \_\_\_\_\_ is a perennial legume (noxious)
- 11) Purple \_\_\_\_\_ was originally sold as an ornamental (noxious)
- 12) Leafy \_\_\_\_\_ can reduce pasture capacity up to 75% (noxious)
- 13) Stop invasive species in your tracks (name of educational campaign)
- 14) Number of thistle species in Nebraska
- 16) Aggressive, non-native weeds
- 17) Destructive or harmful weeds — control is required by law

### DOWN

- 1) This native thistle is beneficial to pollinators (not noxious)
- 2) Chemically controls plants
- 4) Includes Giant, Japanese and hybrid Bohemian (noxious)
- 5) A mature tree can use up to 200 gallons of water per day (noxious)
- 6) Most reported thistle in Lancaster County (noxious)
- 8) This perennial grass is a major weed species in Nebraska wetlands (noxious)
- 9) Good \_\_\_\_\_ control noxious weeds
- 10) Many landowners consider this most difficult thistle to control (noxious)
- 15) A plant out of place



# 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

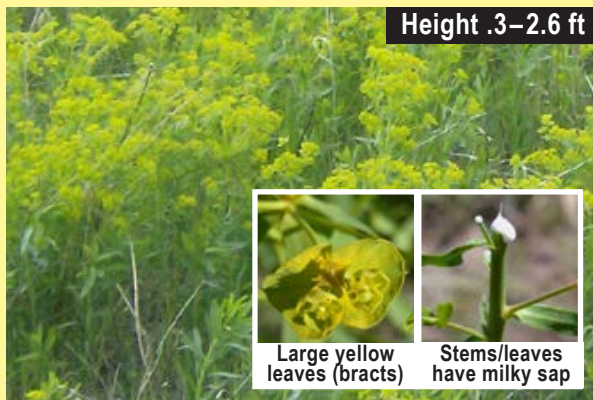


Young seedhead

Mature seedhead

## Leafy Spurge

Height .3–2.6 ft



Large yellow leaves (bracts)

Stems/leaves have milky sap

## Sericea Lespedeza

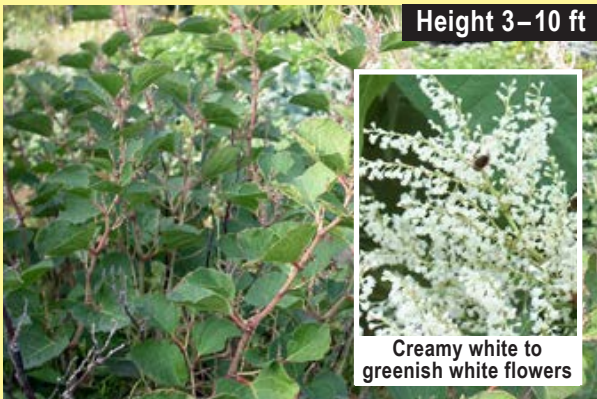
Height 1.5–6.5 ft



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

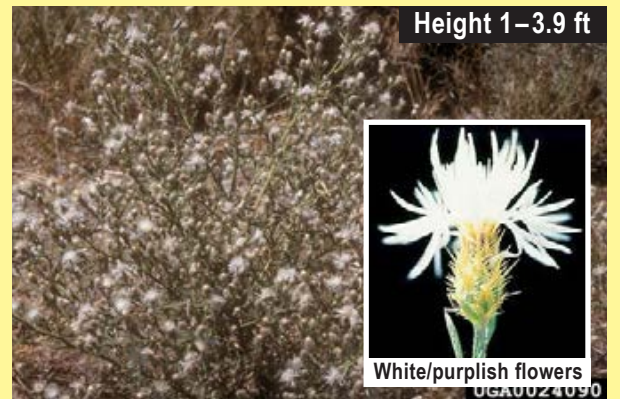
Height 1–3.9 ft



Lavender to purple flowers

## Diffuse Knapweed

Height 1–3.9 ft



White/purplish flowers

## Lancaster County's Noxious Weeds

### Cutleaf Teasel

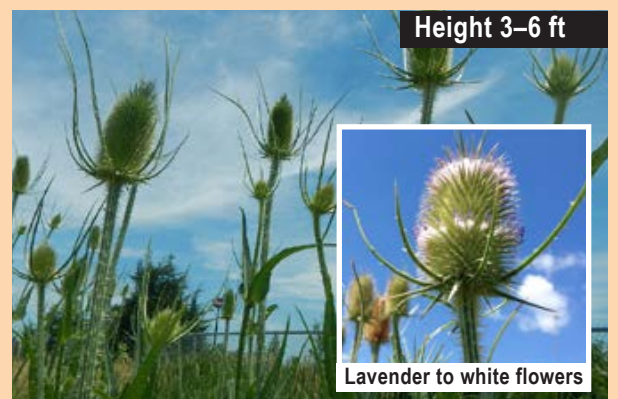
Height 4–8 ft



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](http://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 Jasmine Slezak.

## 2016 Annual Review

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.

**1. Prevent the development of new weed infestations** — Prevention is the least expensive and most effective way to halt the spread of noxious and invasive weeds. Integrated weed management includes preventing encroachment into land 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 2016, our inspectors documented 1,430 sites infested with noxious weeds, 432 of those sites 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 plan is required on all noxious weed sites no matter where they are found.

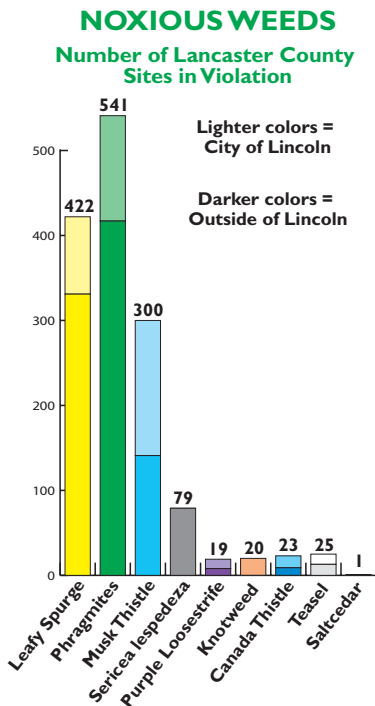
**Musk Thistle** — Musk thistle is a commonly-reported noxious weed due to its easily-identifiable bright rose-purple colored head. The key to successful musk thistle control is to prevent seed production. A total of 772 inspections were made on 423 sites. There were 300 sites found to be in violation amounting to 670 acres infested. Legal action was taken on two parcels, resulting in landowners paying \$895 in control cost.

**Phragmites** — Our inspectors continue to find new infestations of phragmites throughout Lancaster County. Phragmites is an aggressive perennial grass and immediate action is required to keep this noxious weed under control. In 2016, we identified 541 sites infested with phragmites, resulting in a 16.8 percent increase from the previous year.

**Leafy Spurge** — Leafy spurge 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 multiple years of management. In 2016, we made 894 inspections and found 422 infestations. Our office conducted four enforcements on leafy spurge to bring infestations under control.

**Purple Loosestrife** — Purple Loosestrife is the best noxious weed success story in Lancaster County. Wild purple loosestrife is found in Lincoln city limits as well as 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 the time, we had identified 490 locations. In 2016, our infestation totaled only 19 sites of ornamental or wild purple loosestrife.

**Knotweed** — The majority of knotweed found in Lancaster County is the ornamental variety. The key to successfully eradicating knotweed is to



educate the landowners about the impact knotweed can have on the environment and on proper control methods. In 2016, there were 20 known sites of knotweed in Lancaster County, only six of those are found in the wild.

**Canada thistle** — Canada thistle continues to increase in Lancaster County. Currently, we have 23 known infestations in the county and city. Canada thistle, typically known as a row crop problem, is being transported with nursery root stock and is commonly showing up in landscaping around trees and shrubs.

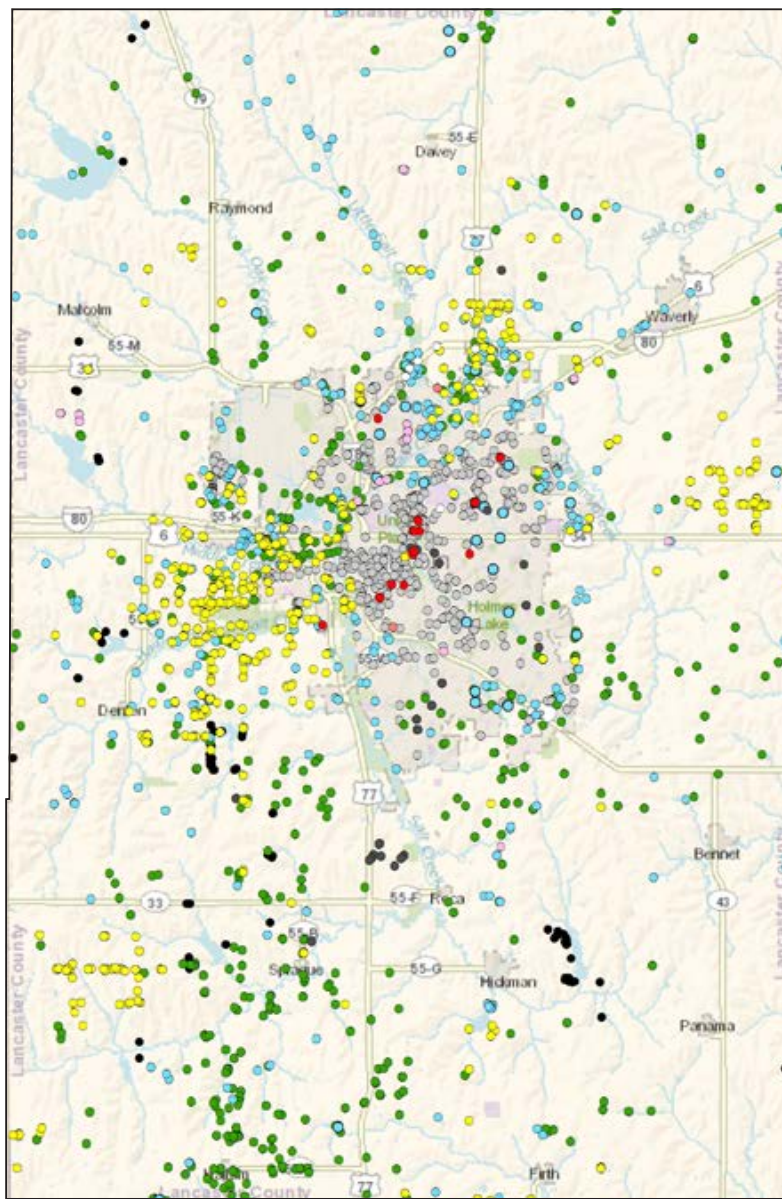
**Saltcedar** — Currently, Lancaster County has one uncontrolled infestation of saltcedar. This low number is due to Early Detection-Rapid Response (EDRR). Saltcedar, a deciduous shrub/small tree which grows along streams or wetlands, was identified early on as having the potential to cause problems and action was taken to eradicate it.

**Service lespedeza** — Service lespedeza is generally a rangeland problem and is commonly found within one mile of wildlife management areas since it was introduced into those sites years ago. It is also found in other areas including some CRP fields. In 2016, our inspectors found 79 sites infested, totaling 136 acres.

**Teasel** — In July 2014, cutleaf and common teasel were added to the Lancaster County Noxious Weed List. Our inspectors found 25 infestations in 2016. While we continue to find new infestations, our office is hopeful Early Detection-Rapid Response (EDRR) will be effective with this plant. We will continue to target teasel in 2017 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, service lespedeza and leafy spurge in the county roadsides. Our inspectors are now using GPS to mark the locations, providing this information to our contractor to treat the locations.



Lancaster County Noxious Weeds

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

### City of Lincoln Weed Abatement

- Weeds & worthless vegetation above 6"

Since beginning this process in 2014, we are seeing better control while saving the county money. Lancaster County works closely with landowners with specialty crops and offers free of charge "No Spray Zone" signs when an agreement is signed. The agreement requires the landowner to control all the noxious weeds in their adjacent right of way.

### 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 2016, our office received 1,760 complaints from the public and additional 1,131 properties were observed as having violations. Our office made 6,210 initial and follow-up inspections on 2,891 sites. Properties not in compliance were notified of the violations 896 times by posting the property, mailed 996 letters, 920 legal notices, 455 reminder letters and 64 personal contacts. Landowners cut 2,633 sites and forced cutting was contracted on 258 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 48th Street landfill and the Bluff Road landfill. Presently, we deal with musk thistle and leafy spurge at both landfills and phragmites at the 48th Street landfill. The landfills are annually inspected and mapped. This helps to 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.

### 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 Precinct, Jordan and Uphoff.

Special recognition goes to the following volunteers:

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



Part 2: Termite Infestations, Damage and Treatment Options

This is the second article of a 2-part series about termites. See the March NEBLINE for the first article.

Jody Green  
Extension Educator

Termites are cryptic, soil-dwelling insects requiring high moisture, temperature and humidity to survive. Subterranean termites, like the ones we have in Nebraska, live in decentralized nests underground, close to a food source, connected by tunnels and mud tubes. In natural ecosystems, termites are beneficial creatures, breaking down cellulose material such as decaying plant material, decomposing trees and leaf litter. Termites become a problem in urban areas, because our building materials and structures are constructed of wood products and are, therefore, susceptible to termite damage.

Castes

There are three main castes in a subterranean termite colony: workers, soldiers and reproductives (which were the focus in Termites Part 1 in March NEBLINE). Worker termites are approximately 1/8” long, creamy-white and soft-bodied, with no eyes and beadlike antennae. Like their name implies, workers do all the work and they are most numerous in the colony. They forage for food, feed and groom other castes and incorporate wood debris, saliva and fecal material to construct, maintain and repair the tunnels and mud tubes in which to travel. Soldier termites are slightly larger than workers, creamy-white, soft-bodied, with enlarged, hardened, rectangular head capsules bearing large, developed mandibles. Soldiers typically make up less than three percent of the colony. They protect the colony from predators and defend the

nest. They do not have eyes and cannot feed themselves so rely on workers for nourishment.

Environment

Termites must maintain a certain level of moisture to maintain colony function. The constant connection with the soil allows them to transfer moisture from the ground to their colonies. Without the source of moisture, their soft-bodies would desiccate. They can detect air movement with the sensory hairs on their bodies. Termites are most active in the warmer months, but in heated buildings can continue to be active and feeding year round.

Infestations

People are alerted to termite infestation during a home renovation or repair. They can feed for years without detection by entering buildings unnoticed through cracks in the slab or foundation. They can travel unseen in the soil, voids or in mud tubes. Just because you have termites on your property does not mean your house is at high risk for termite feeding and damage. Termites forage in a radial pattern (much like a wheel), so explorations appear random, but have a greater chance of bumping into a food source. Termites will be attracted to and concentrate feeding where conducive conditions exist in and around the structure.

Conductive conditions include wood-soil contact (i.e. storing firewood on the ground next to the house, landscape timbers), moisture problems (i.e. leaky pipes, condensation, damaged windows, flat roof, faulty skylights), vegetation along outside perimeter (i.e. ivy, high mulch), dirt-filled porches, improper grade, poor drainage (i.e. downspouts, gutters,



Termite damage under a window frame. Notice the galleries with the grain are packed with mud.

spigots), high humidity in crawlspaces and structural damage due to wind or rain.

Damage

The extent of the damage will depend on the size of the colony and the duration of feeding. Termites consume the softer springwood and leave the harder summerwood, leaving mud frass (excrement) packed in the galleries in place of wood. Other signs of damage include mud or shelter tubes, dips or holes in hardwood floors and mud spots, bubbles or peeling paint on the walls. If the infestation is active, the moisture level will be above 10 percent and you may see live termites with some probing.

Treatment

If you have any questions with regards to whether or not you have a termite infestation, bring (or take a photo and send) specimens or damage samples to the extension office. Once it is confirmed you have a termite infestation, a trained and certified termite professional is recommended. There are many pest management



Mud tube running from soil in crawlspace over foundation block to the wooden sill plate.

companies that perform termite work. Deal with reliable firms, consult the Better Business Bureau, check for liability insurance, ask for references and comparison shop. Different types of treatments will vary in cost and liquid treatments (i.e. trench and rod, sub-slab injection, foam voids) differ greatly from baiting systems. Each company should write an inspection report complete with a detailed map, which includes dimensions of the structure, areas of active infestation, location of damage, where, how, and with what product the structure will be treated.

Western Meadowlark  
Nebraska’s Official State Bird

Soni Cochran  
Extension Associate

As we celebrate Nebraska’s 150th birthday this year, let’s also recognize the official state bird of Nebraska — the Western Meadowlark (*Sturnella neglecta*). Oct. 25, 1928, the Nebraska Federation of Women’s Clubs proposed a resolution to select a state bird. The resolution stated the bird should be “typical of the prairies and abundant throughout the state.” A list of birds was submitted and Nebraska school children and interested groups voted. The Western Meadowlark, American Robin, Northern Bobwhite, Brown Thrasher and House Wren received the highest votes. On March 22, 1929, the Western Meadowlark was adopted by the 45th session of the Nebraska Legislature as the official Nebraska State Bird. Rarely seen in town, Western Meadowlarks can be found in wide open spaces like native prairies and agricultural fields. These birds avoid wooded areas and heavy shrubs. When I lived on the farm, you could easily hear the song of the male Western Meadowlarks. In fact, you usually hear them before you see them. Although I don’t



Western Meadowlark

hear them as often now, I do see males sitting atop a fence post and catch his “flute-like” song as I pass by on the highway. Western Meadowlarks are year-round residents in Nebraska. This member of the blackbird family has a distinctive bright yellow breast with a black band shaped in a “V”. The male usually has two mates at the same time. The females do all the incubating, brooding and most of the feeding the young. When choosing a nest,

the female creates or selects a slight depression in the ground, like the footprint of a cow. The nests are usually well hidden by grass. Western Meadowlarks use the materials around the nest to anchor a waterproof hood or dome the birds make from weaving grasses and stems. The female lays 5–6 eggs in the nest. Incubation takes 13–16 days and the nestling period is only 10–12 days. The birds may have two broods each season. Western Meadowlarks eat grain in winter and early spring. When available, the birds eat beetles, ants, cutworms, grasshoppers and crickets and in fall, also feed on weed seeds. They may also eat the eggs of other grassland birds. During harsh winters, Western Meadowlarks have been known to feed on roadkill.

According to The Audubon “Guide to North American Birds,” the Western Meadowlark is still widespread and common, but surveys indicate population declines in recent decades.

FOR MORE INFORMATION  
Additional resources on birds and backyard habitat are at <http://lancaster.unl.edu/pest/birds.shtml>

2017 Household Hazardous Waste Collections

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

SOME ITEMS YOU CAN BRING FOR DISPOSAL: Thermometers, thermostats containing mercury, bleach cleaners, oil-based paint/stains, glues, paint thinner, furniture stripper, old gasoline, transmission fluid, pesticides, small propane cylinders, compact or fluorescent light bulbs.

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](http://www.lincoln.ne.gov) (keyword: household).

- Saturday, April 29  
Walmart South: 87th & Hwy. 2
- Saturday, May 20  
Zoetis: 601 W. Cornhusker Hwy.
- Friday, June 16  
Union College: S. 52nd & Cooper Ave.
- Saturday, June 17  
Veyance/Continental: 4021 N. 56th St.
- Saturday, Sept. 30  
Lincoln Industries: 600 W. E St.
- Additional Fall Dates  
TBD: Call 402-441-8021

Latex Paint

Latex paint is not accepted at Household Hazardous Waste Collections. Unusable latex paint can be disposed of in regular trash once it is dried. Simply mix with cat litter to dry and then discard in your regular household trash. USABLE latex paint is accepted for reuse at the following locations:

- EcoStores Nebraska  
530 W. P St., 402-477-3606  
(EcoStores disposes of UNusable paint for \$5/can)
- Habitat for Humanity ReStore  
47th & Y St., 402-464-0010





## HEART OF 4-H VOLUNTEER AWARD

### Shane Krause

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

Shane has helped with the Lincoln Shooting Stars 4-H club for about four years. He has taught and coached:

- how to use shotgun, small bore rifle/pistol and muzzleloader,
- gun safety,
- sportsmanship,
- gun fit, and
- stance.

He has also helped at shooting events.

"I enjoy working with youth in shooting sports," Shane says. "It is creating a foundation for the future of shooting sports. My favorite experience as a 4-H volunteer is seeing the shooters progress through the stages and passing their personal best."

Lancaster County 4-H thanks Shane for donating his time and talents. People like him 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 Entomology Workshop, April 8

4-H bug lovers ages 8 and older are invited to learn about insect collecting and identification. Each participant will practice mounting an insect into a miniature bug box in addition to other fun 'buggy' activities at the 4-H Entomology Workshop on Saturday, April 8, 9 a.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road.

Workshop is geared to prepare 4-H'ers to submit an exhibit for "My Favorite Insect" (class H800910) at the Super Fair. If weather is good, bring/wear clothes appropriate for outdoor collecting such as socks, closed toe shoes or boots, coat and sunscreen. In the event of inclement weather, activities will be held inside.

No cost to attend. Adults are welcome and requested to stay and help younger 4-H'ers. All supplies will be provided. Register by April 3 by calling 402-441-7180.

### All Lancaster County 4-H Volunteers Must be Rescreened

Every four years, all Nebraska 4-H volunteers must be rescreened through the 4-H Youth Protection Volunteer Screening. This year, 2017, is the year our district must be rescreened.

The form is available at the Extension office or online at <http://lancaster.unl.edu/4h/club>. Volunteers will need to verify their identity by completing section A (have a notary public sign, then mail form to Kim Novotny, State 4-H Office, 114 Ag Hall, Lincoln, NE 68583) or section B (have an Extension staff member sign). Must show photo ID for either option.

The screening ensures a safe, positive and nurturing environment for all youth involved with the Nebraska Youth Development program. If you have questions, please contact the Extension office at 402-441-7180.

### 4-H Alumni, Raise Your Hand for Nebraska 4-H To Win \$20,000

This spring, Nebraska 4-H is asking alumni to raise their hands! It's easy:

- 1) Raise Your Hand: Go to [www.4-H.org/RaiseYourHand](http://www.4-H.org/RaiseYourHand) to show your pride as a 4-H alumni.
- 2) Compete for Your State: Raising your hand is a vote towards a \$20,000, \$10,000 or \$5,000 award for the states with the most alumni hands raised. In Nebraska, this award will be used to reach more youth through Science, Technology, Engineering and Math (STEM) programs.
- 3) Pay it Forward: Tweet, post and share your #4HGrown and #NE4H experience or support and tag fellow alumni asking them to raise their hands for their state.

### 4-H/FFA Sheep & Meat Goat Weigh-In and Tag Day, May 16

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 16, 6-7 p.m. at the Lancaster Event

Center – Pavilion 2. All sheep and meat goats being shown at the Nebraska State Fair or AKSARBEN will have DNA samples taken and tagged at this time. Sheep and meat goats being

shown only at Super Fair must have scrapie tags in ears by this time. Tag numbers and weights will be recorded at this time. For more information, call Cole at 402-441-7180.

## Lancaster County 4-H'er Part of Student Night Runway Show at Omaha Fashion Week

Omaha Fashion Week kicked off with a Student Night on Feb. 21 at the Omaha Design Center in downtown Omaha. The runway show included collections from top 4-H members, FCCLA, Joslyn's Kent Bellows Mentoring Program, Omaha's Central High School and South High School. 4-H members applied to participate in the 4-H collection. In order for consideration, garments had to be fashion forward, runway appropriate, displayed high quality construction and exhibited at the Nebraska State Fair.

Lancaster County 4-H member Emily Pillard of Lincoln modeled in the 4-H collection. She constructed her ivory two-piece ball gown with floral appliques from 33 yards of fabric in seven layers.



### Kiwanis Karnival, April 7

The annual Kiwanis Karnival, a FREE family event, is sponsored by the Lincoln Center Kiwanis. This year, it will be held Friday, April 7, 5:30-7:30 p.m. at Elliott Elementary School, 225 S. 25th St., Lincoln. 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 402-423-7541 or 402-310-3481, or email [lbartos1@unl.edu](mailto:lbartos1@unl.edu). Come join the fun!

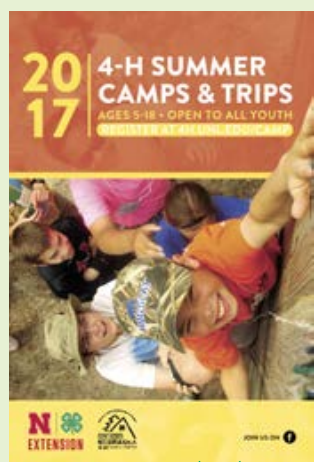
## Discover 4-H Camps

### 4-H SUMMER CAMP

brochures are now available online at <http://4h.unl.edu/camp-centers> 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 over 45 camps ranging from half day to five days/four nights. The 4-H camps and centers all meet over 300 standards established by the American Camping Association.

### BIG RED SUMMER ACADEMIC CAMPS

are residential, career exploration camps held at University of Nebraska-Lincoln campus and are open to all youth grades 10th-12th. During the week-long camps, participants work with UNL faculty to explore the topic of their particular camp, like weather & climate science, chickens, engineering and veterinary science. Brochures are available online at <http://4h.unl.edu/4hcamps/bigredcamps> and at the Extension office.



**Early Bird Discount Before April 15!**



## HORSE BITS

### 4-H Horsemanship Level Testings, April 11 & 25

The first 2017 4-H horsemanship riding skills level testing will be held on Tuesday, April 11, 5:30 p.m. at the Lancaster Event Center in Pavilion 4 – Amy's Countryman Arena. Anyone wishing to be tested must sign-up by April 4. Contact Kate at [kpulec3@unl.edu](mailto:kpulec3@unl.edu) or 402 441-7180.

A second testing is scheduled for Tuesday, April 25, 5:30 p.m. at the Lancaster Event Center in the Amy Countryman Arena. Sign-up deadline for the April 25 testing is April 18.

Remember, all other horsemanship level requirements must be completed and handed in to Kate 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 Kate ([kpulec3@unl.edu](mailto:kpulec3@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 Kate before the testing date. The fee will need to be paid before the 4-H'er will be allowed to test on another date.



# 4-H Achievement Celebration

Nebraska Extension in Lancaster County and 4-H Council presented the Lancaster County 4-H Achievement Celebration on Feb. 16. 4-H'ers, 4-H clubs and 4-H leaders were recognized for their 2016 achievements. Lancaster County 4-H congratulates all 4-H youth who commit themselves to excellence! We also thank all 4-H volunteers who donate their time and talents to youth! The Lancaster County Commissioners proclaimed Feb. 16 as "4-H Achievement Day." For a complete list of award, scholarship and pin recipients (as well as additional photos) go to <http://lancaster.unl.edu/4h>.



## DIAMOND CLOVER

The Nebraska 4-H Diamond Clover Program is a statewide program which encourages 4-H members to engage in a variety of projects and activities. At the beginning of the 4-H year, youth choose goals from a provided list, and at the end of the 4-H year, complete a report which documents their accomplishments.



**Level 1 – Amethyst:** Gavin Baum, Phaelin Baum, Jacob Bauman, Tristen Boehle, Ashley Brown, Isabel Buss, Whitney Cunningham, Gracie Czyz, Gianna Doty, Julia Fleeman, Caroline Fulkerson, Ethan Gabel, Kara Higgins, Maleah Jamison, Karter Kinkaid, Mattie Kucera, Jacey McConnell, Frances Nebel, Malina Odgaard, Sarah Patzel, Micah Pracheil, Phillip Rushman, Parker Smith, Olivia Thompson, Hannah Thomson, Katie Timmer

**Level 2 – Aquamarine:** Clare Bauman, Brayden Boehle, Michaela Bunz, John Donlan, Jillian Drozda, Anika Futo, Easton Gubbels, Kylie Hansen, Cyrus Harner, Clara Johnson, Carman Kinkaid, Sarah Logan, Luke Nebel, Lilly Riedel, Pearce Smith, Audrey Srb, Emma Timmer, Brianna Wemhoff

**Level 3 – Ruby:** Samuel Babcock, Mindy Bartels, John Boesen, Sarah Cunningham, Celia Faith, Alyson Gubbels, Sydney Gubbels, Monica Hanus, Ella Hendricksen, Abigail Kreifels, Delaney Meyer

**Level 4 – Sapphire:** Chloe Bohaty, Ellie Bunz, Kali Burnham, Nathan Gabel, Sara Kreikemeier, Riley Peterson, David Swotek, John Swotek, Bethany Wachter

**Level 5 – Emerald:** Ellie Babcock, Anna Sump, John Sump

All past Lancaster County 4-H'ers who have received the **Level 6 – Diamond award:** Sheridan Swotek (2016), Maxwell Wanser (2015) Kyle Pedersen (2010)

## COMMUNITY SERVICE AWARDS

Presented to 4-H'ers who have completed the most hours of community service.

**Age 14 and over:** Abby Babcock, Ellie Babcock, Thomas Cook, Valerie Gabel, Bailee Gunnerson, Austin Hurt, Kyle Hurt, Sarina Kyhn, Emma Lanik, John Swotek, Alyssa Zimmer

**Age 8–13:** Ellie Bunz, Aleyna Cuttlers, Nathan Gabel, Easton Gubbels, Breanna Kirby, Abigail Kreifels, Benjamin Phillips, Christopher Phillips, Josiah Phillips, Savannah Phillips, David Swotek, Ava Vogel, Conner Vogel

## CAREER PORTFOLIOS

Career Portfolios are a record of an individual's 4-H career.

**NOMINATED TO REPRESENT LANCASTER COUNTY AT DISTRICT COMPETITION**  
Abby Babcock: Consumer & Family Science  
Ellie Babcock: Consumer & Family Science  
Kayla Humphrey: Communications & Expressive Arts  
Anna Sump: Healthy Lifestyles Education

**ALSO COMPLETED CAREER PORTFOLIOS**  
Clare Bauman, Cecilia Yallaly

## 4-H CLUBS OF EXCELLENCE

Nebraska 4-H Clubs of Excellence have met criteria outlined by the State 4-H office.

4-H Explorers, All-American Kids, Clever Clovers, Fantastic 4, Five Star 4-H'ers, Fusion 4-H'ers, Go Go Goat Getters, Joe's Clover Knights, JP2 Crew, Paws & Pals, Rabbits R Us, Shamtastic Clovers, Super Shamrocks

## COLLEGE SCHOLARSHIPS

**LANCASTER COUNTY 4-H COUNCIL – \$700:**  
Abby Babcock, Sophie Gengenbach, Brooke Kreikemeier, Izac Martin, Emily Pillard, Lucy Polk, Michael Zavodny, Alyssa Zimmer

**4-H TEEN COUNCIL – \$300:** Abby Babcock, Michael Zavodny

**LINCOLN CENTER KIWANIS – \$1,000:**  
Sophie Gengenbach



Commissioner Deb Schorr read the Lancaster County Commissioners' proclamation "4-H Achievement Day."

## MERITORIOUS SERVICE



Ron Dowding has been involved in 4-H for over 50 years, 22 years as leader of the Happy Go Lucky 4-H club. Pictured center, with 4-H Extension Educator Tracy Anderson and Extension Associate Cole Meador right. Ron has served as a County Fair 4-H Sheep superintendent, 4-H recruiter, 4-H Council member, livestock VIPS committee member and Extension Board member. A member of the Lancaster Agricultural Society's Board of Directors for 18 years, Ron has worked countless hours to ensure the Lancaster County Super Fair runs smoothly.

## NATIONAL LEADERSHIP AWARD

Awarded on behalf of the American Youth Foundation to youth ages 15–18 who strive to achieve their personal best and make a positive difference in their schools, youth groups, 4-H clubs and communities.

Bailee Gunnerson, Anna Sump, Addison Wanser

## 2016 Outstanding 4-H Club Awards

The Lincoln Center Kiwanis Club presents Outstanding 4-H Club Awards to the top 4-H clubs participating in the Lancaster County Super Fair. Clubs receive points based on all members' total county fair exhibit and contest placings. The following clubs were also recognized at a recent Lincoln Center Kiwanis club meeting.



**THE FUSION 4-HERS 4-H Club** of Lincoln is the winner of Category I (5–10 members) — and winner of the Wayne C. Farmer trophy as overall Outstanding 4-H Club for the third year in a row. The club's 9 members were enrolled in approximately 20 project areas and entered 101 total exhibits at the fair. This is the club's third year as an outstanding 4-H club winner. Marsha Prior and Analisa Peterson are the leaders.

**THE LUCKY LOPERS 4-H Club** of the Lincoln area is the winner of Category II (11–20 members). A horse club, its 15 members were enrolled in 6 project areas and had 94 total exhibits at fair. This is the club's first year as an outstanding club. Katie Cruickshank is club leader.



**RABBITS R US 4-H Club** of the Lincoln area is the winner of Category III (21 or more members). Primarily a rabbit club, its 22 members were enrolled in 34 project areas and entered approximately 287 exhibits at fair. This is the club's fifth year as an outstanding club. Mark Hurt and Brandy Gunnerson are co-leaders.



Abby Babcock, Alyssa Zimmer





# EXTENSION CALENDAR

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

## March

- 25 4-H Spring Rabbit Show, Lancaster Event Center – Exhibit Hall.....9 a.m.  
25 American Red Cross CPR/AED and First Aid Training..... 8 a.m.–12 noon  
25 4-H Furniture Painting Workshop .....9 a.m.  
26 4-H Spring Fling Horse Dressage Show, Lancaster Event Center -  
Pav. 3 ..... 8 a.m.–4 p.m.  
30 Commercial Recertification Training .....9 a.m.

## April

- 1 4-H Horse Stampede, UNL East Campus - Animal Science Building  
1 4-H Companion Animal Challenge, UNL East Campus - Animal Science Bldg  
1 Lincoln Early Childhood Conference .....8:45 a.m.–3 p.m.  
3 Pesticide Applicator NDA Walk-in “Testing Only” Session 9 a.m.–2 p.m.  
4 4-H Council Meeting .....6 p.m.  
4 Emerald Ash Borer Seminar .....6:30–8:30 p.m.  
6 Management Training Program for Childcare Directors.. 9 a.m.–3:30 p.m.  
6 Pollinator Class & Open House .....6–8 p.m.  
7 Kiwanis Karnival, Elliott School, 225 S. 25 Street .....5:30–7:30 p.m.  
8 4-H Entomology Workshop .....9 a.m.  
9 4-H Teen Council Meeting .....3 p.m.  
11 4-H Horsemanship Level Testing, Lancaster Event Center - Pav. 4,  
Amy Countryman Arena..... 5:30 p.m.  
13 Initial Commercial Certification Training and Testing Session 8:30 a.m.  
13 Co-Parenting for Successful Kids Class.....9 a.m.–12:30 p.m.  
13 Nutrition & Physical Activity Self-Assessment for Child Care... 6:15–8:15 p.m.  
14 Extension Board Meeting .....8 a.m.  
15 All 4-H/FFA Market Beef ID’s/DNA Due  
17 Pesticide Applicator NDA Walk-in “Testing Only” Session 9 a.m.–2 p.m.  
18 Nutrition & Physical Activity Self-Assessment for Child Care... 6:15–8:15 p.m.  
20 Management Training Program for Childcare Directors.. 9 a.m.–3:30 p.m.  
25 4-H Horsemanship Level Testing, Lancaster Event Center - Pav. 4,  
Amy Countryman Arena..... 5:30 p.m.  
25 Nutrition & Physical Activity Self-Assessment for Child Care... 6:15–8:15 p.m.  
25–26 Ag Literacy Festival (for 4th Grade), Lancaster Event Center  
29–30 Hunter’s Pride 4-H Club Shaggy Horse Dressage Show, Lancaster Event Center

## Teen Council 4-H’ers Practice Leadership at Lock-In



Teen Council members begin with introductions and setting up basic rules for the night.

In January 2017, 26 4-H Teen Council members organized and led the overnight 4-H Lock-In for 46 4th and 5th graders. This year, teens chose the theme, “Calling All Tourists,” and divided into four groups: games, education, crafts and food. At the Lock-In, attendees rotated through each of the four groups, made friends, slept a little and had lots of fun. More photos are at [www.flickr.com/photos/unextlanco/sets](http://www.flickr.com/photos/unextlanco/sets).

Here’s what some of the teens said about this year’s Lock-In.

### Fun Way to Learn How to Organize and Plan

“Upon arrival, the kids were greeted with smiles and four stations to explore. They played games, did crafts, learned about different countries and enjoyed international foods! Musical chairs was a big hit! They also learned about Dubai and Hong Kong. Later at night (or should

I say early in the morning), the kids watched a movie and had popcorn. Some kids really did stay up ALL night!

Being on Teen Council helped me learn how to organize and plan activities for a large group of kids. We had to come up with ideas of what to do, then make a plan on how to get it done, figure out what supplies we needed, figure out how we were going to get them, then organize them and implement the plan. It took us a few weeks to make the plan come together. In the end, it was a great way to learn these skills and have fun doing it!”

—Katie Nepper

### Prepared and Positive

“The 2017 Teen Council Lock-In went over very smoothly because everyone was prepared and positive. There was not a “dead period” where things got boring. Usually, getting calmed down for bed and getting up in the morning is a difficult feat for the kids, but that was not the

case this year, which is another reason why it went so smoothly. Everyone — the kids and the teens — had a lot of fun this year which made the positive atmosphere. The theme costumes and decorations really brought the night alive.”

—Bailee Gunnerson

### Learned How to Handle Situations When They Come Up

“The 2017 Lock-in was an amazing success. This was my first time being a teen at one but it was still a great experience. In crafts, we made map magnets and other types of magnets. We also made a foldable camera. The kids all really enjoyed all of the activities. I learned a lot from the experience on how to handle situations when they come up and great leadership skills. I’m very glad I had the chance to do this amazing Lock-In!”

—Olivia Kerrigan

## EXTENSION NEWS

### Three New Nutrition Staff



(L–R) Kyleah Bowder, Sam Perea, Brock Shuler

Nebraska Extension in Lancaster County recently hired three new Nutrition Education Program (NEP) staff members.

**Kyleah Bowder** began working as an Extension Assistant for the Supplemental Nutrition Assistance Program Education (SNAP-Ed) in January 2017. Kyleah is currently coordinating NEP’s School Enrichment program for 1st, 4th and 5th grades. After this school year, her role will shift out of schools and into the community doing nutrition, food resource management, and food safety programming with youth, teens and adults. Kyleah is originally from Lincoln and graduated from Concordia University in Seward with a Bachelor of Science in Exercise Science in May 2013. She was also a member of the Concordia Women’s Soccer Program for four years.

**Samantha (“Sam”) Perea** started working as an Extension Assistant for the Expanded Food and Nutrition Education program (EFNEP) in February 2017. She will be focusing on teaching nutrition to limited-resource families and youth. Sam grew up in Shakopee, Minn. speaking Spanish at home, and is fluent in English and Spanish. She graduated from the University of Northwestern–St. Paul with a Bachelor of Science in Kinesiology and a minor in Bible.

**Brock Shuler** began working as an Extension Assistant with the Supplemental Nutrition Assistance Program Education (SNAP-Ed) in January of 2017. Brock will coordinate the School Enrichment Kit program for kindergarten, 2nd grade and 3rd grade. He will work with qualifying Lincoln Public Schools to schedule nutrition programming that will include many hands-on activities and educational experiences in the classroom. This will help students with learning the importance of nutrition and physical activity as they pertain to leading a healthy life. Brock is originally from Plattsmouth and received his bachelor’s degree in Exercise Science from the University of Nebraska–Kearney in July 2015.

### Open House at Capitol



(L–R seated) Extension Board member L. Ronald Fleecs, Commissioner Todd Wiltgen, Senator Roy Baker and Extension Board president Jim Bauman.

Nebraska Extension in Lancaster County hosted an Open House for Lancaster County Commissioners, State Senators and Extension Board members at the State Capitol on March 7. Extension staff shared how Nebraska Extension’s programs benefit the community. Attendees included Commissioners Todd Wiltgen, Deb Schorr and Roma Amundson; Senators Roy Baker and Anna Wishart, as well as senators from other districts; and number of legislative aides.