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What's Biting You?

Jody Green

Extension Educator

A question that comes into the office year round is "What's biting me?" There are a variety of biting pests that drive us crazy, some require a blood meal to survive, others bite defensively and few appear to irritate us for no reason at all. Not all are technically insects, so we'll group them into the larger category called arthropods, which include all insects, ticks and mites.

Arthropods That Bite Humans as a Primary Host

TICKS



Lone star tick female has white spot on dorsum, which is still noticeable when engorged.



Photos by Jody Green

Ticks are arachnids, not insects. They are wingless, tough and leathery and always parasitic. Ticks find a host by "questing" from the ground and then move upward to warm areas such as the groin, armpit, behind the ears and on the scalp.

Two of the most prevalent ticks in Nebraska include the American dog tick and the lone star tick. When ticks bite, they embed their barbed mouthparts into the skin and can remain attached to the host for a number of days if undisturbed.

Remove ticks by grasping them as close to the skin as possible with tweezers and pulling straight out. If a tick is removed within 24 hours, there is little risk for disease. Ticks are known to vector diseases such as Rocky Mountain spotted fever, tularemia and ehrlichiosis

MOSQUITOES

Mosquitoes are the deadliest animals on the planet, vectoring disease such as malaria, yellow fever, dengue fever, Chikungunya, Zika virus and West Nile virus. Female mosquitoes lay eggs on the surface of standing water and the larvae require an aquatic environment to develop

before pupation. Mosquitoes seem to bite all over the body, and depending on the person, reactions can be insignificant or cause for major discomfort and itching.

BITING FLIES



Leon Higley, UNL School of Natural Resources

Male and female stable flies feed on the blood of mammals. Biting flies have cutting mouthparts.

Other biting flies have mouthparts that cut through the skin and suck blood from the host. The eggs of flies are laid in the material that the larvae (maggots) develop, which are always associated with semi- or aquatic habitats involving water and moisture. Some biting flies include:

- **stable fly,**
- **biting midge or no-see-um,**
- **black fly or buffalo gnat,**
- **horse fly,**
- **deer fly,** and
- **sand fly**

Females require the blood meal of mammals to produce eggs. Most males feed on plant nectar (except stable fly). Some biting flies can transmit diseases to livestock animals.

BED BUGS



Jody Green

Bed bug adults are wingless, can be up to 1/4" long, oval-shaped and flattened from top-to-bottom, but most specimens are younger and smaller and can take on various shapes and color depending on its age and feeding status.

Bed bugs are closely associated with human sleeping quarters (usually within an 8-foot radius) as they often bite during the night while we are sleeping. They detect humans by heat and carbon dioxide and require a blood meal to survive. A bed bug infestation is signified by bites, fecal stains, cast skins, eggs and live bugs of all stages. Bed bugs are active all year

round since they live where we live. They feed on the exposed skin of sleeping humans, typically not the scalp.

Bed bugs look similar to bat bugs, so it is important to have bed/bat bugs identified by an expert because treatment and prevention methods differ. Bed and bat bugs are not vectors of disease.

Arthropods That Bite Humans in Absence of a Primary Host

BAT BUGS

Bat bugs look similar to bed bugs, but their primary host are bats.

MITES



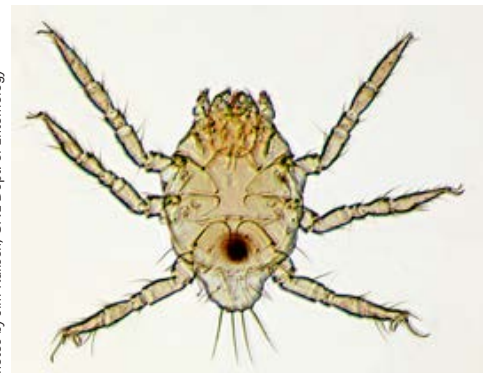
Photos by Jim Kalisch, UNL Dept. of Entomology

Oak leaf gall mites (above highly magnified) feed on midge larvae living in marginal leaf fold (below) of infected pin oak trees.



Mites are closely related to ticks and are wingless arachnids. The mites that irritate humans are tiny, microscopic ones, unseen to the naked eye. Reactions from mites occur hours after exposure as it takes a while for mites to attach and feed. Itching usually lasts about 10 days and bites can persist for two weeks, unless infected. Mites are not vectors of disease.

Itch mites are not blood feeders, but when exposed to humans will feed on tissue. The straw itch mites infest people handling infested grains such as wheat, oats, barley and grass seed. Oak leaf gall mite has affected people in Lincoln periodically since 2004. The oak leaf gall mite is a predator of midge larvae living in growths on the leaves of pin oak trees. When the mites lose their host, they drop down and land on people. Bites usually occur on the upper body: head, neck, shoulders and upper torso.



Photos by Jim Kalisch, UNL Dept. of Entomology

Chigger mites (above highly magnified) are the larval form of the red harvest mite. Chigger bites (below) are usually located on the lower body, including ankles.



Chigger mites are the larval form of the red harvest mite; which feeds on other insects and insect eggs as an adult. They do not suck blood, but cut into the skin and digest liquefied cells. Chiggers spend most of their lives in the cracks in the soil and populations in the lawn can be spotty. Chigger bites are usually located on the lower body in clusters where skin is thin, soft and warm, which is why they bite around ankles, knee pits and waist bands where clothing is tight.

Bird mites are ectoparasites of birds. They become a problem when birds nesting in or near the home abandon the nest, leaving the bird mites hungry for a blood meal. They can only live for 10 days and can't multiply without a bird host.

see *WHAT'S BITING YOU* on page 3

How to Prevent Bites

Ticks and fleas are commonly brought in on the family pet or on clothing. Talk to the veterinarian about preventative treatments, groom and brush pets and check yourself, family members and pets immediately after outdoor activity.

To protect yourself against **mosquitoes**, wear long sleeves and long pants, wear permethrin-treated clothing, apply effective repellents (DEET, Picaridin, IR3535, oil of lemon eucalyptus) and limit exposure during periods of high pest activity.

To reduce bites from **itch mites** and **chiggers**, avoid sitting on grass and walking under infected oak trees, launder clothing and shower immediately after coming in from outdoors.

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Would Your Kitchen Pass a Food Safety Inspection? (Part 1 of 2)

Alice Henneman, MS, RDN
Extension Educator

Restaurants must pass regular food safety inspections to stay open. Would YOUR kitchen pass a food safety inspection?

In the United States, the "Food Code" — developed by the U.S. Food and Drug Administration (FDA) — serves as a model to help health jurisdictions nationwide develop food service food safety standards.

For consumers, the U.S. Department of Agriculture (USDA), Centers for Disease Control Prevention (CDC) and FDA work together to provide food safety guidelines for use in the home. **NOTE: Consumer guidelines sometimes differ slightly from restaurant guidelines due to such factors as differences in home and professional equipment.**



Pixabay.com

DIRECTIONS: With these guidelines in mind, let's see if your kitchen would measure up! Choose the answers that most closely apply to YOUR everyday practices in your kitchen. Then compare your answers with the desired practices according to government guidelines for consumers.

1. How long do you leave perishable foods at room temperature? (Examples include meat, poultry, seafood, dairy products and cooked leftovers.)
a) 2 or less hours
b) No more than 6 hours
c) I haven't paid attention to how much time they are at room temperature

2. What is the temperature of your home refrigerator?
a) 50°F
b) 40°F or below
c) I don't know

3. How many days do you usually store perishable leftovers in the refrigerator?
a) 3 to 4 days
b) A week or more
c) My leftovers usually spoil before I get around to eating them

4. How do you determine whether you have cooked meat, poultry and seafood to a safe temperature?
a) Cut into it to see if the juices run clear

b) Check if it is no longer pink in the middle
c) Use a food thermometer

Answers to Food Safety Inspection Questions

1. a) Two or less hours: Illness-causing bacteria can grow in perishable foods within two hours unless refrigerated — and within one hour if the temperature is 90°F or higher. Divide leftovers into clean, shallow containers so they chill faster and refrigerate within two hours. Refrigerate within one hour when the temperature is 90°F or above.

2. b) 40°F or below: Your refrigerator should be between 40°F and 32°F. Your freezer should be at 0°F. Use an appliance thermometer to assure your refrigerator and freezer are cold enough. **NOTE:** Freezing doesn't destroy bacteria but keeps them from growing in food products until you cook the food. Quality should remain high for most frozen foods for 3–6 months.

For specific food items and to learn if they might stay fresh longer, see the FoodKeeper app developed by USDA, Cornell University and the Food Marketing Institute: www.foodsafety.gov/keep/foodkeeperapp. Access the app through your web browser; it is also available as a mobile application for Android and Apple devices.

While the quality of food decreases the longer food is in a freezer, it will be safe indefinitely when stored at 0°F.

3. a) 3 to 4 days: Use refrigerated, perishable leftovers within 3 to 4 days or freeze them in airtight freezer-quality packaging or storage containers. Frozen leftovers are at best quality for about 3 to 4 months; however, they will be safe indefinitely at 0°F.

4. c) Use a food thermometer: You can't tell whether meat, poultry or seafood is safely cooked by looking at it. They can be pink even when they have reached a safe internal temperature. You can't count on a food being at a desirable end temperature when the juices run clear; for example, a turkey may be overcooked by the time the juices run clear. USDA recommends these temperatures:

Product	Minimum Internal Temperature
Beef, pork, veal & lamb (steaks, chops, roasts)	145°F (62.8 °C) and allow to rest for at least 3 minutes
Ground meats	160°F (71.1 °C)
All poultry (breasts, whole bird, legs, thighs, wings, ground poultry, and stuffing)	165°F (73.9 °C)
Fish & shellfish	145°F (62.8 °C)

References and for further information:
• *Check Your Steps*, retrieved 4/30/2017 at www.foodsafety.gov/keep/basics
• *Chill: Refrigerate Promptly*, retrieved 4/30/2017 at www.foodsafety.gov/keep/basics/chill/index.html
• *Cook: Cook to the Right Temperature*, retrieved 4/30/2017 at www.foodsafety.gov/keep/basics/cook/index.html
• *FDA Food Code*, retrieved 4/30/2017 at www.fda.gov/Food/GuidanceRegulation/RetailFoodProtection/FoodCode
• *Leftovers and Food Safety*, retrieved 4/30/2017 at www.fsis.usda.gov/shared/PDF/Leftovers_and_Food_Safety.pdf
• *Safe Minimum Internal Temperature Chart*, retrieved 4/30/2017 at www.fsis.usda.gov/wps/portal/fsis/topics/food-safety-education/get-answers/food-safety-fact-sheets/safe-food-handling/safe-minimum-internal-temperature-chart/ct_index

HEALTHY EATING

ENJOY NEBRASKA FOODS!

Alice Henneman, MS, RDN, Extension Educator

CREAM SOUP TOPPINGS

It's like winning a Trifecta when one recipe idea adds color, taste and helps use up leftovers. The next time you serve a cream soup, check your refrigerator for those last odds and ends of food you might serve as "add-in's" for your soup. For this cream of corn soup, I set out small dishes of optional add-ins from my refrigerator: chopped tomatoes, pepper strips, and cubed cheese. Similar foods should work well in other cream soups such as cream of potato, cream of broccoli, cream of mushroom and cream of chicken soup.



What’s Biting You?

continued from page 1

FLEAS

Fleas are wingless, hardened, flattened side-to-side insects with specialized jumping legs. The adult fleas live and feed on the host, which is usually the family cat or dog. Homes without pets can get fleas when they are brought in from outdoors. Flea bites on people typically occur on the lower body.

The larvae, which resemble small worms, live deep in the fibers of the carpet, furniture or pet-resting areas. Fleas can remain in a pupal stage for many months in the absence of a host. Emergence is stimulated by vibration, heat and carbon dioxide, which is why vacant summer houses and condos may appear to be infested with fleas upon returning.

Arthropods That Inadvertently Bite Humans

You may ask, “Why? Why would an organism bite humans, if they do not feed on blood?” This is a good question and, unfortunately for us humans, we become the victim of irritating bites from insects that feed on plants or other insects. These insects do not feed on blood, do not inject

saliva or venom, and repellents are not effective against them either.

The **multi-colored Asian lady**

beetle and **minute pirate bug** are consid-

ered natural enemies and beneficial insects, but they can land on people and bite. Thrips and lace bugs are plant feeders that can also cause irritation to exposed skin. **Western flower thrips** are attracted to bright colors of flowers and may accidentally land on humans wearing bright colored clothing. **Hackberry lace bugs** fall out of trees in the late summer and bite people. Control is not practical as irritation is minor and damage to tree is minimal.



Jody Green

Minute pirate bug (magnified), the tiny bug with the big bite.



Jim Kalisch, UNL Dept. of Entomology

Hackberry lace bug (magnified) is a plant feeder that can cause skin irritation.

Frequently Asked Questions

CAN YOU TELL ME WHAT BIT ME?

No. It is important to remember that it is very difficult, if not impossible to identify the pest based on a single individual’s reaction. Some people localize symptoms at the location of a bite (swelling, itching, redness), while others suffer systemic reactions which can appear as hives or a rash. These reactions can be immediate or delayed, presenting as a skin irritation or illness 24 hours or weeks after the bite occurred. On the other hand, there is a portion of the population who have no reaction to any bites, including mosquitoes, fleas and bed bugs.

WHAT SHOULD I DO IF I THINK I’VE BEEN BITTEN?

Collect the critter that bit you! Bag it up, put it in a container or stick it to a piece of paper so you can get it identified by an expert.

If you suffer a bad reaction, doctors can help determine the proper medical care for your situation. Without the specimen or eye witness to the bite, it is impossible to confirm and challenging to prevent future bites. Seek medical attention if symptoms worsen.

If you feel as though you are being bitten, but have not found any insects or arthropods, contact a doctor or

dermatologist. The root cause for your skin irritation may NOT be arthropod-related.

Note: There have been a number of scabies cases in Lancaster County, which is a medical issue. Scabies are mites that burrow under the skin and transmitted through person-to-person contact. Scabies causes severe itching and irritation, especially at night. Doctors can perform a skin scraping to confirm scabies and then prescribe treatment.

CAN I HAVE MY SPECIMEN IDENTIFIED AT THE EXTENSION OFFICE?

Yes. If you have a clear photo or a specimen of an insect or arthropod AND the information to accompany it, you can email jgreen17@unl.edu or drop it off at the Extension office, 444 Cherrycreek Road, Suite A, Lincoln (open Monday–Friday, 8 a.m.–4:30 p.m.). The information should include the county where the specimen was found, location or environment, size of pest, number found, length of time the problem has persisted and any key information. As mentioned previously, specimens cannot be identified by bites.

Got Wildlife Damage? Basic Control Options

Soni Cochran
Extension Associate

Wildlife can be enjoyable to watch, most have beneficial roles in our

ecosystem and some are important game animals. However, there are times when wildlife conflict with human activities (or vice versa). For homeowners, identifying what animal you have (you may only see the droppings, hear a sound or see a

“hole”) and understanding the needs of the animals (what it needs to survive) are key to managing any potential damage. Below is a chart with just a few of the common animals we receive calls on in our area.

FOR MORE INFORMATION
Detailed information on each animal is available at <http://lancaster.unl.edu/pest> and <http://wildlife.unl.edu>. You can also contact Extension at 402-441-7180.

ANIMAL	EXAMPLES OF DAMAGE	OPENINGS	FECES (SCAT OR DROPPINGS)	BASIC CONTROL OPTIONS
BATS Male = No Special Name Female = No Special Name Young = Pups Group = Colony	Invade buildings and roost in sheltered entryways on homes. Colonies can also establish behind shutters on homes. Do not exclude bats from buildings in June and July due to young in the colonies.	Enters buildings through openings 3/8" or larger.	Droppings are 1/8–1/4" long, black, shiny and dotted with speckles.	Exclusion: All months except June and July. If you have a bat colony in your home and want to work with a pest control company, get on their calendar now before they are booked up for late summer/fall.
MICE Male = Buck Female = Doe Young = Pinky Group = Colony	Invade buildings. Nest, eat and contaminate food and grain, gnaw electrical wiring, burrow in insulation. In addition to damaging property, mice and rats carry many potentially dangerous diseases which can be spread to humans and livestock.	Enters buildings through openings 1/4" or larger.	Droppings 1/8–1/4" in length and narrow at one or both ends.	Exclusion, trapping, sanitation, rodent-proof buildings. Ultrasonic devices are not effective.
RATS Male = Buck Female = Doe (unmated) or Dam (pregnant) Young = Pup or Kitten Group = Mischief	Invade buildings. Nest, eat and contaminate food and grain. Gnaw electrical wiring, water pipes, doors, windows, walls, ceilings and floors. Will prey on chickens, ducks, pigeons and eggs. In addition to damaging property, rats carry many potentially dangerous diseases which can be spread to humans and livestock.	Enters buildings through openings 1/2" or larger.	Norway Rat droppings similar to mouse, larger — 3/4" in length.	Exclusion, trapping, sanitation, rodent-proof buildings and livestock feed storage areas. Predator-proof poultry coops and poultry runs. Ultrasonic devices are not effective.
SQUIRREL Male = Boar Female = Sow Young = Called babies or infants when still in the nest Group = Dray or Scurry	Invade buildings. Eat planted seeds, mature fruits, corn, grains and food intended for birds. Damages trees and land. Chews wiring, some squirrels cause damage to vehicles parked outdoors.	Enters buildings through openings 1½" or larger.	Droppings are about 3/8" long, 1/8" in diameter and rounded on the end.	Exclude from buildings, gardens and fruit trees. Trim back tree limbs. Use squirrel-resistant bird feeders or add baffles. Work with a pest control company if trapping is needed in the case of a squirrel in a building or damaging a vehicle which can’t be moved into a secure building.
OPOSSUM Male = Jack Female = Jill Young = Joey Group = Passel	Rarely invade homes, but may enter garages and sheds if there is access. Will go under porches and decks. Eats garden produce and tree fruits. They may also prey on chickens, ducks, pigeons and eggs. Sometimes invades structures.	Not destructive or strong. Enter buildings through already available openings of 3" or larger.	Droppings are cat-sized and are not in just one spot.	Exclude from buildings, trim back tree limbs, secure garbage cans, pet doors and add sturdy chimney caps and vents on homes. Do not leave pet food outdoors. Work with a pest control professional if trapping is necessary. Predator-proof poultry coops and poultry runs. Exclude from areas where horses may come in contact with opossum feces (droppings) in their feed/forages.
RACCOONS Male = Boar Female = Sow Young = Kit Group = Nursery or Gaze	Can invade buildings. Damages crops and gardens, particularly sweet corn and watermelons. Rolls up or shreds sod looking for grubs. May break into coops and eat poultry and eggs.	Can enter 4–6" hole. Very strong and can be difficult to exclude. Excellent climbers.	Droppings are cat-sized and left in one spot. These raccoon latrines can be a source for roundworms. Use caution in clean-up.	Exclude from buildings, trim back tree limbs, secure garbage cans, pet doors and add sturdy chimney caps and vents on homes. Do not leave pet food outdoors, especially overnight. Work with a pest control professional if trapping is necessary. Predator-proof poultry coops and poultry runs.
SKUNKS Male = Buck Female = Doe Young = Kit Group = Surfeit	Dig multiple small, cone-shaped holes in lawns looking for insects and grubs. Eats garden vegetables, fruit, bees, nesting waterfowl, game birds and their eggs. If they enter poultry coops they will mainly feed on eggs.	Den openings 3– 5". Striped skunks rarely climb fences.	Most people don’t pay attention to droppings — concern is spray and odor. Skunks do not emit odor unless provoked to spray.	Exclude from buildings, under porches and decks, secure pet doors. Do not leave pet food outdoors, especially overnight. Work with a pest control professional if trapping is necessary. Predator-proof poultry coops and poultry runs.

Certifying Hay

Tyler Williams
Extension Educator

Many acreage and farmland owners produce prairie or grass hay and often sell to livestock, dairy or horse owners. Selling hay can be a challenge, but certifying it as “weed free” may help market the hay to national parks, road departments or many other uses. Selling hay for use in parks or on roadsides, though, can be a challenge, especially if your hay needs to cross state lines.

This is because many state and federal agencies will refuse to buy your hay unless they can guarantee it does not contain any noxious weeds. To prevent the spread of noxious weeds via hay, the North American Weed Free Forage Program was established.

The Lancaster County Weed Control Authority will, upon request, inspect any forage prior to harvest as to the presence or absence of the designated noxious weeds of the participating states and provinces. The forage is required to be inspected in the field of origin prior to cutting or harvesting. Forage containing any noxious weeds or other listed weeds may be certified, if prescribed treatments are followed; these treatments will



vary depending on the type of weed. Then, if your hay passes, you will receive an inspection certificate verifying the results. When shipping across state lines, a transit certificate or certification marking must accompany the hay to avoid rejection.

Contact your local weed control authority for more details. In Lancaster County, you can contact Lancaster County Weed Control at 402-441-7817.

Certifying hay as “weed free” can offer other markets for your hay, but you must plan ahead and schedule the inspection plenty of time in advance of cutting your hay.



Roundup® – Use Caution When Selecting a Weed Control Product

Sarah Browning
Extension Educator

The spring push for lawn seeding, fertilizer and weed control has begun with some new products on the market. It's always critical to read and understand the label for any product you use, especially with products where it's easy to become confused like the Roundup® series.

The Roundup® name originally referred to one product containing glyphosate, a non-selective herbicide that would kill any plant, grass or broadleaf, it was sprayed on. Glyphosate is a systemic herbicide, which is absorbed through the plant's foliage and moves throughout the plant via its vascular system. It kills the entire plant, both the foliage it is sprayed on and the roots.

However, Roundup® is now a brand name referring to a line of products. Most still contain glyphosate, but also have additional active ingredients. The Roundup® line includes original Roundup®, Roundup® Weed & Grass Killer, Roundup® For Lawns, Roundup 365 and Roundup® Extended Control. If you've used the original Roundup® in the past, should you stick with it or try one of the new formulations?

Roundup Grass & Weed Killer®

Contains glyphosate and pelargonic acid. Pelargonic acid is a contact herbicide, and is non-selective, like glyphosate, damaging any plant where it is applied. However, it does not move systemically throughout a plant, like glyphosate does. It only affects or kills the foliage it is sprayed on.

Pelargonic acid is combined with glyphosate to give a faster “burn down” or death of weed leaves. With glyphosate alone, it can take weeds several days, often 5–7 days, before dieback symptoms are seen. Pelargonic



acid causes leaves to begin dying much more quickly, often within only a matter of hours. This product is **non-selective**.

Roundup For Lawns®

Does not contain glyphosate. It's a selective product containing a four-way blend of herbicides and controls a variety of broadleaf and grassy weeds. But it will not damage lawns when used properly. It is labeled for use on Kentucky bluegrass, perennial ryegrass, fescue, buffalograss and zoysiagrass. This product is **selective**.

- MCPA — broadleaf weeds
- Quinclorac — broadleaf and grassy weeds, like crabgrass and foxtail
- Dicamba — broadleaf weeds
- Sulfentrazone — broadleaf weeds and sedges, like yellow nutsedge

Roundup Max Control 365® and Roundup Extended Control®

Contain glyphosate, imazapic and diquat. The labels state they will keep treated areas weed-free for up to 1 year, which seems like a great idea, the result of the herbicide imazapic.

- Roundup Max Control 365® is labeled for use in cracks and crevices of sidewalks, driveways or patios for long-term

weed control.

- Roundup Extended Control® can be applied to driveways, patios, sidewalks, paths, tree rings, mulched areas or along fence lines and gravel areas.

Diquat is a non-selective herbicide, which acts primarily as a contact herbicide — killing only the plant tissues it is sprayed on. It has very limited ability to move within plants, so cannot be relied on to kill plant roots. However, it kills plant tissue quickly, within a few days.

Imazapic is more problematic when used in a landscape. It is a systemic herbicide with a residual life in the soil. Plants take it in through both foliage and roots, and it is non-selective killing grasses, broadleaf and woody plants. Imazapic's potential to move in soil water or through surface runoff is high. If it is picked up through the soil by desirable plants, such as trees, plant damage or death will occur. These products are **non-selective**. *Use them cautiously after careful consideration of the location of desirable tree and shrub root systems.*

Read and follow all label directions when using any pesticide.

Reference to commercial products or trade names is made with the understanding that no discrimination is intended and no endorsement by Nebraska Extension is implied.

BugMasters Volunteer Program

Now in its second year, the BugMasters volunteer program offered by Nebraska Extension and the UNL Department of Entomology is for adults who would like to learn more about insects and help teach others.

After attending a two-day training, participants help with outreach, activities or programs as part of one or more teams:

- Educating youth through outreach
- Protecting pollinators
- Emerald ash borer education
- Bed bug mythbusters

The training camp will be held on July 12–13 (9 a.m. to 5 p.m. both days) at UNL East Campus Union and various on-campus outdoor locations. The cost is \$35 and includes



John Hygnstrom, UNL Dept. of Agronomy and Horticulture

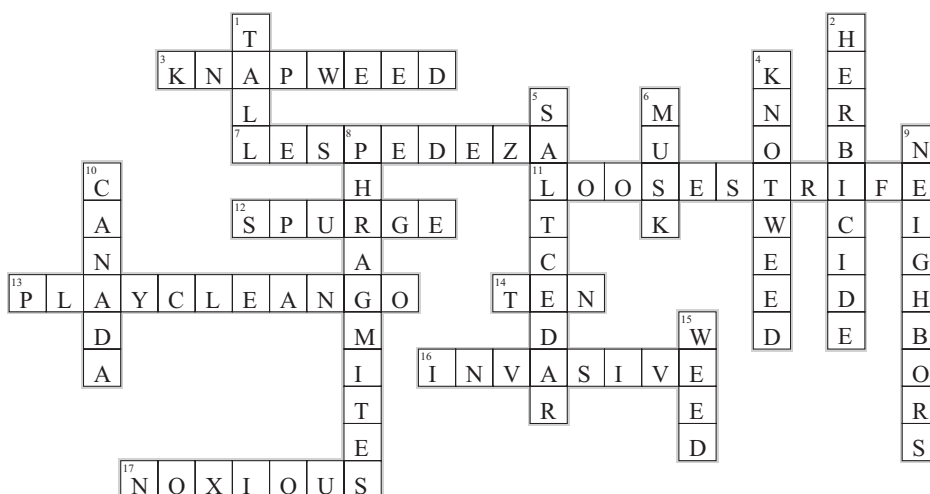
continental breakfast, lunch and afternoon refreshments. Topics will include insect basics, pollinators, pests and how to teach insect programs.

Pre-registration is required by June 19. Limited to 40 persons, so register soon! Mail name(s), address, phone number, email (required — all updates will be sent via email) and \$35 payable to the University of Nebraska to: Jeri Cunningham, University of Nebraska–Lincoln, Department of Entomology, Lincoln, NE 68583.

Daily parking permits can be purchased for \$6 (\$7 starting July 1) at <https://unlpts.t2hosted.com/Account/Portal>. For more information, contact Erin Bauer at 402-472-9548 or ebauer2@unl.edu.

Weed Awareness Crossword Solution

Here is the solution to the Weed Crossword printed in the Weed Awareness special section (produced by the Lancaster County Weed Control office) in the April NEBLINE. Congratulations to Patricia McGinty from Denton whose name was drawn from submitted entries. She received a *Weeds of the Great Plains* book published by the Nebraska Department of Agriculture. The Weed Control office thanks everyone for participating and hope you learned something about invasive plants.



Pollinator Week, June 19–25

Steps You Can Take to Help Pollinators

Mary Jane Frogge
Extension Associate

Pollinator Week is an international celebration of the valuable contribution provided by bees, birds, butterflies, bats and beetles. The week of June 19–25 will spotlight an opportunity to learn about some amazing animals, the pollinators.

Often overlooked or misunderstood, pollinators are, in fact, responsible for 1 out of every 3 bites of food we eat. In the United States, bees undertake the astounding task of pollinating over \$15 billion in added crop value, particularly for crops such as almonds, blueberries, apples, peaches, tomatoes and squash.

Beginning in 2006, pollinators started to decline rapidly in numbers. Participating in Pollinator Week can help save these important animals.

What You Can Do to Help Pollinators

- Educate yourself on pollinators that live in your area.
- Avoid pesticides in your home landscape.
- Plant a pollinator garden using native plants to Nebraska and the Midwest.
- Consider certifying your habitat. Learn more about the Nebraska Pollinator Habitat Certification program and view the application at <http://entomology.unl.edu/>



Homemade bee houses (also called bee nests) can range from small and simple, to large and complex.

- pollinator-habitat-certification.*
- Provide nesting sites, like bee houses or insect hotels, for pollinators.
 - Provide a water source such as a bird bath, small pond or water feature.
 - Learn more about the Cherry Creek Pollinator Habitat located at the Lancaster County Extension Office by reading the blog: The Buzz at Cherry

- Creek, <https://buzzatcherry-creekunl.wordpress.com>.
- Go to the Pollinator Partnership website to learn more about pollinators, <http://pollinator.org>.
 - Share the information you learn with others.
 - Establish green corridors by working with your neighbors to include several backyards in a pollinator habitat plan.

GARDEN GUIDE

THINGS TO DO THIS MONTH

Mary Jane Frogge, Extension Associate

- Mid- to late June is an excellent time to take softwood cuttings of shrubs to start new plants. Some shrubs which can be propagated in this way are spirea, lilac and viburnum.
- When you buy nursery stock that is container grown, check the root ball and make sure it is not bound too tightly. A mass of circling roots will stay that way even after it is planted in the ground.
- Remove old flower heads from annual bedding plants to keep them blooming.
- Leftover vegetable and flower seeds may be stored in a cool dry location to be saved for planting next year.
- Start a gardening notebook. Keep all your gardening records in this one location.
- Spring flowering shrubs such as spirea, viburnum, lilac and forsythia should be pruned as soon as they are done blooming.
- Remove foliage from spring bulbs after it turns yellow and begins to dry.
- Use bark mulch around young trees to protect them from lawn mower damage.
- Keep a close eye on the quality of your spring crops. Hot weather causes lettuce to bolt and become bitter. Plant a warm season crop as soon as the spring vegetables are harvested.
- In most cases, blossom-end rot on tomatoes, peppers, squash and watermelons can be prevented. Do this by maintaining uniform soil moisture by mulching.
- Identify garden pests before you attempt to control them. If you decide to use chemical control, read the label carefully.
- Bats can be an effective way to control insects. One big brown bat can eat 3,000–7,000 insects each night. Attract bats by building and placing bat houses in your yard.
- During the hot summer months, mulch can be especially useful for conserving water. For vegetable gardens, shredded leaves or grass clippings are good mulch material. For ornamentals, pine needles or wood bark do the best job.
- Weed removal is important for a number of reasons. It conserves moisture, conserves nutrients in the soil and helps prevent the spread of disease and insects.

The Learning Child: Parents as Teachers

Carrie Gottschalk
Extension Educator in
Seward County

Parents are a child’s first and most important, most valuable teacher. Children are beautifully designed and purposefully wired at birth for a deep attachment and connection with their primary caregivers.

Research continues to demonstrate children are highly sensitive to the attunement and emotional availability of their parents. In fact, research states, “In humans, the attachment figure’s internal state also regulates the child’s internal state during most of the first THREE years of life.”

Infants make intentional attempts to engage through babbling, facial expressions and body movements. They are always watching and listening, and they are also always gauging and adjusting, based on the response and reaction they receive.

But they need a lot of guidance, direction and support. They are wired to learn, but can’t figure it out on their own. They need safe, predictable, understanding adults to provide

- the boundaries needed to be successful in navigating this very complicated “social-emotional” world.
- Social-emotional skills children of all ages need the most support in learning include:
- Emotional understanding in how to experience, express and manage difficult, strong emotions like frustration, anger, disappointment and sadness.
 - Self-control skills like paying attention, staying on task, delaying gratification and waiting patiently.
 - Relationship skills like disagreeing appropriately, resolving conflict and saying “I’m sorry.”
 - And self-management skills like following directions and accepting criticism, consequences and responsibility.

FOR MORE INFORMATION
Nebraska Extension has several resources — including a series of 10 Parenting Your child Effectively guides — how to help teach and support your child in learning these skills at <http://child.unl.edu/parenting>.

Four Tips Preparing for a Family Vacation

Jaci Foged
Extension Educator

- School’s out and that means families will be packing their bags and preparing to go on summer adventures. Whether you are taking a car, train, boat or plane, traveling with children can be both exciting and stressful at the same time. Here are four tips to an enjoyable family vacation.
- **Make a list of items you want to take with you.** After all the laundry is done and you are ready to pack, cross the items off the list as you put them into your bag. This is a great way to have your children take part in the process of preparing to leave your house. Try not to over pack, as you will want to save room for items you purchase at your destination. If possible, pack early so your last evening at home isn’t spent worrying about last minute details.
 - **Find a bag your child can pull or carry.** This is the place for their things and children enjoy being helpful. Let them know they can take what they can fit into their bag.

Some favorites include sketch-pads, markers and colored pencils. There are also varieties of activity books that are fun for school-age children. Boogie boards (LCD writing tablets) are draw and erase boards that are great if you do not want to worry about the hassle of pencils and paper. Remember to bring board books for little ones and chapter books for the older kids (and adults).



- **Snacks.** Single serving snacks are great, especially for train and plane rides. Some of my family’s favorites include Nutella sticks, cheese and crackers, dried fruit and nuts and fruit snacks.
 - **Don’t forget to pack your camera (smartphones and tablets take great photos too).** Let children take photos of the journey — you might be surprised when you see how they view the world. When you get home, you can make a book about your adventure with their photos!
- With a little planning, you can enjoy your time away from home exploring with your children. Each day is new and exciting for them. Capture the look on their faces as you take off in the airplane. Look at the sparkle in their eyes as the wind blows through their hair on the ferry. Watch how they react to each bump on the train ride. Let them be bored in the car, they just might see something they would have missed if they were busy.
- Where will your next adventure take you?



HEART OF 4-H VOLUNTEER AWARD

Mitch Sump

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

A volunteer for 10 years, Mitch is currently president of 4-H Council and ex officio member of the Extension Board. He has helped with 4-H Council's food booth and chicken dinner fundraisers at the Lancaster County Super Fair. Mitch also helps with the Pick-a-Pig 4-H club and 4-H Swine Show at Super Fair. The past two years, he helped at Teen Council's overnight Lock-In for 4th & 5th graders.

"I like being a 4-H volunteer because I spend time with my kids on projects and their club activities," Mitch says. "I enjoy sharing my knowledge and experience with all the kids in the club. My favorite experience as a 4-H volunteer is watching kids show hogs at the fair who, a year before, had probably never seen a hog outside of a picture."

Lancaster County 4-H thanks Mitch for donating his time and talents. People like him are indeed the heart of 4-H!



HORSE BITS

For more information about the Lancaster County 4-H Horse program, contact Kate Pulec at kpulec3@unl.edu or 402-441-7180.

4-H Horse Identifications Due June 1

Each horse shown at the Lancaster County Super Fair must be identified using the form "4-H Horse Identification Certificate" and submitted to the Extension office by June 1. Forms are available at the office as a carbon copy form or online form at <http://go.unl.edu/uwg4>, please make a copy for yourself.

4-H Horse Judging Contest, June 2

The Lancaster County Super Fair 4-H Horse Judging contest will be held on Friday, June 2 at the Lancaster Event Center – Pavilion 3. This is a Super Fair premium event. The top ten contestants in all three age groups will be recognized at Horse Awards Night. The champion in each age group must participate in judging and oral reasons to receive a belt buckle. Registration is 5:30–6:30 p.m. Start time 6:30 p.m.

Pre-District Show, June 3

The Lancaster County 4-H Horse VIPS Committee and the Salt Creek Wranglers are sponsoring a 4-H Pre-District Show on Saturday, June 3, 9 a.m. at the Lancaster Event Center – Pavilion 3. Pre-registration is not required. Riders must be in 4-H attire. Although districts are only for the junior and senior age groups, elementary riders are encouraged to ride in this show to help prepare for the years to come. Stalls are available for \$15 a day. Stall arrangements must be made through the Event Center at 402-441-6545. Event Center shavings must be used (\$7 a bag). Show flyer is at <http://lanaster.unl.edu/4h/horse/HorseVIPSPreDistrictsShow17.pdf>.

4-H Riding Skills Level Testings

Horsemanship level group testings will be held on Monday, June 5, 5:30 p.m. and Tuesday, June 27, 5:30 p.m. at the Lancaster Event Center – Amy Countryman Arena. Anyone wishing to test must sign up one week in advance by contacting Kate Pulec. All of the written horsemanship level requirements must be completed and submitted to Kate before the riding portion of the levels can be conducted.

State Hippology and Judging Entries Due

Hippology and Judging entry forms for the State 4-H Horse Expo at Fonner Park are due to the Extension office by Friday, June 16. All entry fees are paid by the Lancaster County 4-H Council. Contest entry forms and information can be found at <http://4h.unl.edu/horse/state-expo>.

JUNE 15 DEADLINE

Member Online Enrollment

4-H members must enroll/re-enroll by June 15. The website to enroll is <https://ne.4honline.com>. The process is easy and only takes a few minutes per member or volunteer. Only parents/guardians may enroll 4-H members. Each 4-H household will need to set up a profile in which the 4-H youth and/or volunteers in the household will be added.

More details and step-by-step instruction guides with pictures are at <http://lanaster.unl.edu/4h/club>. If you have questions about the process or need access to a computer, call Karen Evasco at 402-441-7180.

INDEPENDENT MEMBERS: 4-H members enrolling as independent need to select "Lancaster Independent" under "club."

FFA MEMBERS: FFA members need to select Crete FFA, Norris FFA, Raymond Central FFA or Waverly FFA under "club."

Projects Updated

4-H members' projects must be updated by June 15 using "4-H Online" (see enrollment information above). These are project area(s) each member plans to enter at the Super Fair (specific classes within each project area are not needed). NOTE: only 4-H parents/guardians may update projects.

Volunteer Online Enrollment

Volunteers must enroll using "4-H Online" at <https://ne.4honline.com>. If you and your other club leaders have not already enrolled at "4-H Online," please do so before June 15. If you would like to view your 4-H club's roster online, contact Karen Evasco at 402-441-7180.

Market Animal Quality Assurance Training

4-H/FFA members showing market beef, market sheep, market swine, meat and dairy goats, dairy cattle, poultry and rabbits at the Super Fair, State Fair or AKSARBEN must complete Quality Assurance Training by June 15. Livestock exhibitors showing only breeding animals and horse exhibitors do not have to complete it.

Lancaster County 4-H will offer a free QA face-to-face training on Thursday, June 1, 6–7 p.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road. Pre-register by calling 402-441-7180 by Tuesday, May 30.

Nebraska 4-H's new Quality Assurance online curriculum "Youth for the Quality Care of Animals" (YQCA) at <http://yqca.learn-grow.io> started on March 31. Use your family "4-H Online" login and password information to access the courses. Only ACTIVE members will show in the drop down menu for access to the course. There is a new fee structure of \$12. All 4-H'ers need to use the 4-H tab and not the FFA tab even if they are members of both organizations. If you have forgotten your password, there is an option to reset it. All YQCA registration questions must be emailed to help@yqca.org.

4-H'ers who started their QA training in the Livestock Quality Assurance online course before March 31 will be able to complete their modules and print their completion certificates. Certificates must be turned into the Extension office.

Animal Identifications

All 4-H/FFA sheep/goats/swine/breeding beef/bucket calves/dairy cattle/llamas & alpacas/rabbits identifications are due by June 15 (market beef were due April 15). If questions, contact Cole at cmeador2@unl.edu or 402-441-7180.

ID/OWNERSHIP REQUIREMENTS FOR SHOWING ONLY AT SUPER FAIR

If showing at Super Fair AND State Fair/ AKSARBEN, follow those requirements instead of these — ID forms are not needed (except rabbits).

Pick up tags and Animal Ownership Affidavit (ID) paper forms from Extension office (forms are also online at <http://4h.unl.edu/animalscienceprogrammanagement>).

RABBITS

- Legible permanent tattoo in left ear.
- Turn in completed ID form for your species which includes tattoo number.

MARKET BEEF, FEEDER CALVES

- Tagged with a 4-H ear tag.
- Turn in completed ID form for your species.

SHEEP, MEAT GOATS

- NEW — Tagged with a USDA scrapie tag (breeder supplies these).
- Turn in completed ID form for your species.

BREEDING BEEF

- Breeding beef must have tattoo as their ID.
- Turn in completed ID form for your species.

SWINE

- NEW — Tagged with a 4-H ear tag.
- Turn in completed ID form for your species.

DAIRY CATTLE, DAIRY GOATS & PYGMY GOATS

- Turn in completed ID form for your species.

LLAMA/ALPACA

- Turn in completed ID form for your species.

ID/OWNERSHIP REQUIREMENTS FOR STATE FAIR AND/OR AKSARBEN

Pick up tags and breeding nomination cards from the Extension office. Youth participating in the State Fair will have until Aug. 10 (state fair deadline) to select whether they are showing their animal in 4-H or FFA.

RABBITS

- State Fair does not require a separate ID form, however, tattoo numbers must be listed on the entry form. New this year, AKSARBEN will not include rabbits.

MARKET BEEF, SHEEP, SWINE, MEAT GOATS & FEEDER CALVES

- Tagged with an EID tag (swine also need ear notches recorded).
- Submit DNA sample (\$6 per animal).
- Obtain Premise ID from Nebraska Department of Agriculture and submit it to Cole at Extension.

BREEDING BEEF, SHEEP, MEAT GOATS

- Submit breeding nomination card per animal.
- Breeding beef must have tattoo as their ID.
- Breeding sheep and meat goats use USDA scrapie tag number for ID (breeder supplies these).

DAIRY CATTLE

- Turn in completed ID form for your species.

4-H Clover Chase: A Nebraska 150 Event

Nebraska 4-H, in partnership with the Nebraska 4-H Foundation, is celebrating the Nebraska Statehood 150 with a 4-H Clover Chase. This photo scavenger hunt runs through Aug. 15. Participants use an app to complete challenges and submit photo entries on social media using #NE4HChase. After submitting photos and earning 150 points, participants will be eligible to receive a commemorative water bottle and entered in a drawing for a drone with video capability. Complete details are at <http://4h.unl.edu/clover-chase>.





4-H County Life Challenge Contest, June 3

4-H Life Challenge judging contests help youth learn more about issues related to Family and Consumer Science and Entrepreneurship. The County-level Junior (ages 8–11) AND Senior Life Challenge (ages 12 and up) will be held Saturday, June 3, 9 a.m. at the Lancaster Extension Education Center. Contests are open to all 4-H'ers (need not be enrolled in a specific project). Preregister by Thursday, June 1 by calling 402-441-7180. For more information or a study packet, contact Kristin at 402-441-7180.

4-H State Life Challenge Contest, June 26–27

The statewide Life Challenge judging contest will be held June 26–27 on UNL East Campus. It is open to 4-H'ers ages 12 and up. County teams compete in challenges related to Family Consumer Sciences while developing problem solving skills. To participate, contact Kristin at 402-441-7180 or kristin.geisert@unl.edu by Tuesday, May 30. Information is online at <http://4h.unl.edu/life-challenge>.

Premier Animal Science Events, June 26–27

The statewide Premier Animal Science Events (PASE) will be held June 26–27 on UNL East Campus. Open to 4-H'ers ages 12 and up, PASE consists of a variety of different contests:

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

For more information, go to <http://pase.unl.edu>. To participate, contact Cole at 402-441-7180 by Thursday, June 1.

4-H Plant Science Contests, June 14

Three Plant Science Contests will be held Wednesday, June 14, 10 a.m.–Noon at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln. New this year, preregistration is required by Monday, June 12 by calling 402-441-7180 (there is no entry form). Open to 4-H'ers from all counties ages 10–18 — premiums paid by the county where the youth is enrolled.

Youth choose which portions of the contest to participate in:

- tree identification
- weed and grass identification
- horticulture contest

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

Nebraska 4-H is offering an online Horticulture Judging Contest at <http://go.unl.edu/2017onlinehortcontest>. The quiz will be available June 9–19. No password is needed.

4-H Bicycle Contest, June 17

The 4-H Bicycle Safety Contest will be held Saturday, June 17, 9 a.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road. The contest is open to all 4-H'ers ages 8 and up. Participants must provide their own bicycle and must wear a helmet. Register by Monday, June 12 by calling 402-441-7180 (there is no entry form). There are two parts of the contest; riding skills and a written quiz. In the bicycle skills events, 4-H'ers maneuver through several designated courses to test their riding skills and safety. 4-H'ers also take a multiple choice quiz. A bicycle inspection reinforces the importance of bicycle maintenance and safety features.

Babysitting Training for 5th–7th Graders, June 27

A Babysitting Training through the American Red Cross taught by Extension Educator Jaci Foged will be held Tuesday, June 27, 8:30 a.m.–4:30 p.m. at the Lancaster Extension Education Center. Register by Tuesday, June 6. Open to all youth ages 11–15 (do not need to be in 4-H). Cost is \$35 (check payable to Lancaster County Extension). Bring a sack lunch. If class fills up, a second training will be held Thursday, June 29. More information and a registration form is online at <http://lanaster.unl.edu/family/babysittingclass17.pdf>.

Earn a New Sewing Machine!

This is the ninth year Kath Conroy, a 4-H Clothing Superintendent, and her husband, Mike, are graciously donating a new sewing machine to one Lancaster County 4-H youth! All interested youth should submit an essay describing the clothing projects they have completed in the past and their plans for future sewing projects. Also explain why they should be the youth to receive it. Mail or deliver essays by Monday, June 5 to Nebraska Extension in Lancaster County, 444 Cherrycreek Road, Ste. A, Lincoln, NE 68528. Contact Kristin at 402-441-7180 or kristin.geisert@unl.edu with questions.

4-H Rabbit Tattooing Opportunity, July 8

There will be a 4-H rabbit tattooing opportunity provided by the Rabbit VIPS Committee on Saturday, July 8, 9–11 a.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road. Cost is \$1 per rabbit. Rabbits must have permanent tattoo in left ear before coming to the Lancaster County Super Fair. No tattooing allowed on fairgrounds. The tattoo must be on the completed affidavit (due by June 15) and fair registration form (due by July 1).



Clover College

Tue., June 20–Fri., June 23

Lancaster Extension Education Center, 444 Cherrycreek Road

WORKSHOPS WITH OPENINGS AS OF MAY 12
For registration form and current class availability, go to <http://lanaster.unl.edu/4h/programs/clovercollege>

2-Day Workshop

4 Monster Mania

Make a plush monster with light up eyes using circuits of conductive thread.
THU, JUNE 22; 12:45–2:45PM
FRI, JUNE 23; 12:45–2:45PM
AGES 10 & up • FEE \$8
Instructors: F. John Hay, Extension Energy Educator & Intern Team

1-Day (4 Hour) Workshops

6 Embellished Design

Create an original design using stitching, fabric and ink/tense color pencils. Bring sewing machine, new 80/12 machine needles, sewing kit, fabric scraps for appliqué, 3–4 colors of thread including black and an article of clothing or fabric (each pre-washed) to decorate.
WED, JUNE 21; 12:45–5PM
AGES Must be enrolled in 4-H Clothing STEAM 2 or 3 • FEE \$5
Instructor: Kath Conroy, 4-H Volunteer

1-Day (2 Hour) Workshops

15 Playing in the Dirt

Dig into soil by learning about the composition, nutrients and layers in the soil.
TUES, JUNE 20; 12:45–2:45PM
AGES 8 & up • FEE \$5
Instructor: Molly Brandt, State 4-H Office Staff

17 Make a Difference

Participate in this community service project and be a difference maker for local people in need!
TUE, JUNE 20; 3–5PM
AGES: 8 & up • FEE \$5
Instructor: Jen Smith, 4-H Volunteer

24 America's Rose

Learn how to plant, care, grow and show roses.
WED, JUNE 21; 10:15AM–12:15PM
AGES 10 & up • FEE \$5
Instructors: Lincoln Rose Society Members

27 Big Power Machines

Get a behind the scenes tour of how mechanics create specialized equipment and make repairs.
WED, JUNE 21; 12:45–2:45PM
AGES 8 & up • FEE \$5
Instructors: Lancaster Co. Engineers

29 Wild Weather

Explore the amazing side of weather and become a weather scientist.
WED, JUNE 21; 12:45–2:45PM
AGES 8 & up • FEE \$3
Instructor: Tyler Williams, Extension Educator

31 Control the Flow

Explore the 4-H "Magic of Electricity" project by creating a light switch you may enter in the Super Fair!
WED, JUNE 21; 12:45–2:45PM
AGES 8 & up • FEE \$5
Instructor: Jim Wies, Extension Technologist

39 Insect Investigators

Make a cool, catch-and-release critter container and enjoy the thrill of a bug hunt.
THU, JUNE 22; 10:15AM–12:15PM
AGES: 8 & up • FEE \$5
Instructor: Jody Green, Extension Educator

41 Sew Fun Table Mat

Hand sew a fabric table mat while learning the blind slip stitch and button sewing skills. No previous sewing experience required. Supplies provided.
THU, JUNE 22; 12:45–2:45PM
AGES 10 & up • FEE \$5
Instructors: Abby & Ellie Babcock, 4-H Volunteers

42 Top Modeling

Be a styling diva and learn the ins and outs of modeling. Perfect preparation for 4-H Fashion Show.
THU, JUNE 22; 12:45–2:45PM
AGES 8 & up • FEE \$2
Instructor: Shar Sieck, 4-H Volunteer

45 Purple Ribbon Flowers

Learn what it takes to win top fair awards exhibiting flowers and veggies.
THU, JUNE 22; 3–5PM
AGES 8 & up • FEE \$5
Instructor: Sarah Browning, Extension Educator

46 Fancy Food & Fitness Fun

Design a fun food art snack and enjoy exciting fitness activities.
THU, JUNE 22; 3–5PM
AGES 8 & up • FEE \$6
Instructor: Jenny DeBuhr, Extension Staff & Angela Mittan, 4-H Volunteer

47 Wired for Wind

Discover engineering design through building small wind turbines. It will be "watts" of fun!
THU, JUNE 22; 3–5PM
AGES 8 & up • FEE \$7
Instructors: F. John Hay, Extension Energy Educator & Intern Team

53 Cluck, Cluck, Quack!!

Enjoy the fun of backyard poultry as we learn about chickens, ducks, etc.
FRI, JUNE 23; 12:45–2:45PM
AGES: 8 & up • FEE: \$5
Instructors: Savannah Schafer, Extension Intern & Deloris Pittman, 4-H Volunteer

54 Magic Pillowcase

Sew your own pillowcase. Bring 3/4 yd. of a fun cotton fabric along with 1/4 yd. each of two coordinating fabrics (no stripes or matching plaids), matching thread, basic sewing supplies and sewing machine. Must have basic sewing skills. An eligible 4-H fair exhibit.
FRI, JUNE 23; 12:45–2:45PM
AGES 8 & up • FEE \$3
Instructors: Abby & Ellie Babcock, 4-H Volunteers

Discover 4-H Camps

4-H SUMMER CAMPS, offered June 4–Aug. 7, are open to all youth ages 5–18 (need not be in 4-H). With locations at Gretna and Halsey, there are over 44 camps ranging from half day to five days/four nights! No matter which camp your child goes to, camp is a great place to meet new friends and try something for the first time! Information is available at <http://4h.unl.edu/camp> and the Extension office.

BIG RED SUMMER ACADEMIC CAMPS, offered June 11–15, 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. Information is available at <http://4h.unl.edu/4hcamps/bigredcamps> and at the Extension office.





EXTENSION CALENDAR

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

May

25 4-H Poultry Clinic, Lancaster Event Center - Pav. 1 6–8 p.m.

June

- 1 Management Training Program for Childcare Directors.. 9 a.m.–3:30 p.m.
- 1 Super Fair 4-H Horse ID's Due to Extension
- 2 4-H Horse Judging Contest, Lancaster Event Center – Pav. 3
.....Registration 5:30–6:30 p.m./6:30 p.m.
- 3 4-H Life Challenge Contest – Junior & County-Level Senior Divisions.....9 a.m.
- 3 4-H Pre-District Horse Show Presented by 4-H Horse VIPS/Wranglers, Lancaster Event Center - Pav. 3
- 5 4-H Horsemanship Level Testing, Lancaster Event Center – Pav. 4, Amy Countryman Arena..... 5:30 p.m.
- 6 4-H Council Meeting.....6 p.m.
- 8 Co-Parenting for Successful Kids Class.....9 a.m.–12:30 p.m.
- 9 Extension Board Meeting8 a.m.
- 12–19 4-H Horse District Shows, Lexington, Taylor, Wayne, Hemingford
- 14 4-H Plant Science Contests: Horticulture/Tree ID/ Grass-Weed ID..... 10 a.m.–12 p.m.
- 15 Management Training Program for Childcare Directors ...9 a.m.–12 p.m.
- 15 Deadline to Enroll New 4-H Members/Volunteers and for All Members to List Project Area(s) Planning to Enter at Super Fair. Must Use "4-H Online" at <https://ne.4honline.com>.
- 15 Deadline for 4-H/FFA Sheep/Goats/Swine/Breeding Beef/Bucket Calves/Dairy Cattle/Llamas & Alpacas/Rabbits Identification
- 15 Deadline for 4-H/FFA Livestock Market Animal Exhibitors to Complete Quality Assurance Requirements
- 16 Pesticide Applicator NDA Walk-in "Testing Only" Session 9 a.m.–2 p.m.
- 17 4-H Bicycle Safety Contest.....9 a.m.
- 20 Lincoln 4-H Horse District Show, Lancaster Event Center – Pav. 4, Amy Countryman Arena
- 20–23 4-H Clover College
- 24 Composting Demonstration, Pioneer Park Nature Center's Backyard Composting Demonstration Area10 a.m.
- 26–27 Premiere Animal Science Events (PASE)/FCS Life Challenge, UNL East Campus
- 27 Babysitting Training for 5th–7th Graders 8:30 a.m.–4:30 p.m.
- 27 4-H Horsemanship Level Testing, Lancaster Event Center – Pav. 4, Amy Countryman Arena..... 5:30 p.m.
- 30 4-H Horse Incentive Program Ends

4th Graders Gain Understanding of Agriculture at Ag Literacy Festival

More than 500 fourth graders from eight Lincoln area schools attended the Ag Literacy Festival held April 25–26 at the Lancaster Event Center. Students gained a greater understanding of agriculture and how it impacts their daily lives. They rotated between the following ten interactive stations: Beef, Dairy, Swine, Sheep, Horse, Poultry, Corn & Soybeans, Water, Farm Technology and By-products.

The Ag Awareness Coalition, led by Nebraska Extension, organizes the festival with the help of Lancaster County Farm Bureau and agriculture businesses, commodity associations and food industry companies. This is the 17th year the festival has been held in Lincoln.

Fourth-grade teacher Barbara Tremain from St. Joseph's Catholic School says, "My fourth graders loved their experience at the Ag Festival. They especially enjoyed learning about how sheep are sheared. The rotation schedule was perfect. They were at each area for just the right amount of time. There was just the right amount of information taught at each area and just perfect for fourth grade."

More photos are online at www.flickr.com/photos/unlxtlanco/collections.



Fourth graders were able to interact with several animals, including two-week old piglets. Extension Associate Cole Meador (back center) organizes the Ag Literacy Festival.



Extension Board member Paula Peterson brought a cow-calf pair to help teach students about beef production.

Teen Council Clean Up



On April 9, 24 4-H Teen Council members picked up 99 pounds of litter and 28 pounds of recycling in a large area around the Extension office on Cherrycreek Road. Karol Swotek, Teen Council volunteer, and Tracy Anderson, Extension Educator serving as a liaison to Teen Council, secured a \$200 grant from Keep Lincoln & Lancaster County Beautiful for the community service project. The clean up was timed to be part of ServeNebraska Week.

Chloe Hammond said, "Walking around the area, picking up trash around the Lancaster Extension office was eye opening in that it made me realize the quantity of litter in our community. In addition, this experience emphasized the importance of protecting the environment. In the future, I will definitely advocate for keeping our community clean!"

Phaelin Baum said, "The clean up made me realize how disrespectful people are to their community because there was so much trash and litter. After cleaning up the area, I felt really good because I did something that made my community better."

Horse Stampede Results

The statewide 4-H Horse Stampede was held April 1 at UNL East Campus. Nearly 165 youth entered in five events: horse bowl, public speaking, demonstration, art contest and photography contest. Congratulations to all Lancaster County 4-H members who participated! Below are the Lancaster County purple ribbon winners.



Horse Bowl Senior Team

HORSE BOWL

Lancaster Junior Team (Champion): Jocelyn Cobb, Cally Dorff, Alexia Harre, Chloe Stander, Alexa Starnier, coach Grace Kim

Lancaster Junior Team (Reserve Champion): Emmi Dearmont, Kyra Debuse, Kat Moyer, Sidney Schlesiger, coach Andy Dearmont

Lancaster County Senior Team (Champion): Ashley Clegg, Kate Cooper, Aussia Stander, Jenna Wolfe, coach Kate Rawlinson

ART CONTEST

Junior Division: Olivia Wood (Champion), Elisabeth Moyer (Reserve Champion), Sidney Schlesiger

DEMONSTRATIONS

Emmi Dearmont (Junior Champion Individual)

PHOTOGRAPHY CONTEST

Junior Division: Emmi Dearmont (Champion)

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

The Lancaster County 4-H Speech and Public Service Announcement (PSA) contest was held on March 19. More than 51 Lancaster County 4-H youth competed in this year's communication events. The following top winners will represent Lancaster County at the Regional Speech & PSA contest on May 18 at University of Nebraska–Lincoln East Campus.

Speech contest:

- Junior (8–10 years): Sarah Lange, Avery Lockridge, Melanie Wiggins
- Intermediate (11–12 years): Autumn Brester, Kylie Hansen, Grace Spaulding
- Senior (13–18 years): Ashley Clegg, Addison Wanser

Public Service Announcement contest:

- Junior (8–10 years): Holly Bowen, Sarah Lange, Melanie Wiggins
- Intermediate (11–12 years): Ella Hendricksen, Riley Peterson, Eliese Schwinck

Congratulations to all participants!