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NEBLINE, March 2018

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"NEBLINE, March 2018" (2018). *The NEBLINE Newsletter Archive from UNL Extension in Lancaster County*. 329.

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Early Spring Care for Fruit Trees

Sarah Browning
Extension Educator

When the apple and cherry trees start to bloom, we know spring has finally arrived. Fruit trees are wonderful additions to the home landscape, both as fruit producers and ornamental blooming trees.

To maximize the health of your fruit trees, begin with proper pruning, then provide good care through fertilization, watering and mulching throughout the summer. Next, develop an integrated pest management plan tailored to the specific insect and disease problems affecting your trees.

Do Some Research

The “Midwest Home Fruit Production Guide” from Ohio State University Extension, <http://bit.ly/FruitGuide>, is an excellent resource to learn about the best production techniques, including fertilization, watering and mulching for each specific fruit. Diseases and insects are discussed individually for each type of fruit, making it easy for the home orchardist to determine the problems affecting their trees.

Pruning

Late February through March is the best time of year to prune the home orchard, just before trees begin to break



Neglected fruit trees, like this apple, require extensive pruning to reestablish good tree structure and improve productivity.

bud. This minimizes the potential for cold injury and trees heal wounds fastest when pruned at this time of year. First prune trees with higher levels of winter hardiness, including apple, pear, tart cherry and plum. Save sweet cherry, peach and apricot for last.

The main purpose of fruit tree pruning is to increase sunlight penetration of the tree’s canopy, remove dead, diseased or less productive wood and shape the crown into a strong, efficient structure.

Pruning increases fruit size, promotes uniform ripening, increases fruit sugar content and decreases pest problems due to better spray coverage and faster drying of the foliage after rain. Neglected trees and vigorous cultivars require heavy pruning to reestablish good tree structure and optimize production. Do not use pruning paints or wound dressings.

Refer to the “Midwest Home Fruit Production Guide” for specifics on the best pruning practices for each type of tree.



This peach tree shows the open pruning structure often used with fruit trees to allow light in and maximize productivity.

What Troubles Your Fruit Trees?

Fruit growers often call Nebraska Extension asking what pesticide products should be used on their home fruit plantings and when they should



Fruits, both very young and nearly mature, can be infected by disease pathogens (pictured at left are typical fungal bodies on an apple). Infected fruit can dry up into “mummies” (pictured at right) which can reinfect the tree next year. Good sanitation through removal and clean-up of mummies reduces disease pressure.



be applied. Our first question for them is, “What insects and diseases are you trying to control?”

In the past, orchard pest control was often done with a pre-determined schedule of pesticide applications at specific times of year. Now — with growing concern related to pesticide impact on 1) environment, 2) pollinators and 3) human health — it makes sense to develop a customized spray schedule based on the specific insect and disease problems present in your fruit plantings.

In other words, growers only need to use pesticides to control insect or disease problems on their trees which can’t be controlled with good management techniques. The “Midwest Home Fruit Production Guide” outlines common pest problems for each type of fruit. Determine which problems affected your trees and target your control efforts only to those problems.

For example, if apple tree cultivars with good resistance to cedar-apple rust and apple scab are used in the home orchard, then fungicide applications for disease control may not be necessary. Or fewer fungicide applications may provide adequate control. In this

orchard, insects may be the most important pest problem.

Integrated Pest Management

This strategy of pest control uses a combination of methods to manage pests, reducing the total amount of chemical pesticides required. Integrated Pest Management (IPM) protects the health of humans, pets, non-target insects and the environment. A good IPM program includes the following steps.

- Monitoring plants regularly for pest problems, enabling the home orchardist to control problems in early stages.
- Accurate identification of pest problems so effective control strategies are used.
- Establish damage threshold levels — the amount of damage resulting in unacceptable fruits. Lower levels of pest damage are determined acceptable and full-out chemical warfare doesn’t begin because of a few egg-laying scars on your apples.
- Use a variety of control methods, including cultural, mechanical and biological, then chemical. Start with the least-toxic methods providing good control.

Of course, identifying the exact insect and disease problems affecting your fruits is always the first step and Nebraska Extension in Lancaster County is a great resource to help, along with your local nursery and garden center professionals. For assistance with fruit pest identification, call Extension at 402-441-7180 or bring samples to 444 Cherrycreek Road, Suite A,

Lincoln. Office hours are Monday–Friday, 8:30 a.m.–4:30 p.m.

Early Season Pest Control

Common early season IPM pest control tactics used by many fruit growers, which can be completed in March, include dormant oil or fungicide applications and orchard sanitation.

Sanitation — Fruit tree disease problems often overwinter on dried fruits or “mummies” that fell on the ground last fall and have remained there under the tree during the winter. This also happens with leaves from trees infected with fungal diseases; the spores overwinter on the leaves and are present to re-infect the tree the following spring as it begins to leaf out.

For this reason, sanitation beneath and around your fruit trees is very important. Collect and discard or burn all debris from the tree, including leaves and fruit each year.

Dormant Fungicide Applications — Application of copper fungicide is an effective way to control peach leaf curl and plum pockets when applied to dormant fruit trees during late winter. Bordeaux mixture, a combination of copper sulfate and lime, or fixed copper fungicides, such as tribasic copper sulfate, copper oxychloride sulfate and cupric hydroxide, can be used. Bordeaux mixture has the advantage of adhering to plants better during rainy weather, but it does stain surfaces

see FRUIT TREES on page 3

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The NEBLINE is published monthly (except December).
Mailed to nearly 11,000 households in Lancaster County
and can be read online at <http://lancaster.unl.edu/nebline>.

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Go Further With Food!

Alice Henneman, MS, RDN
Extension Educator

"Go Further with Food" is the theme for the 2018 National Nutrition Month®, a nutrition

education and information campaign created annually in March by the Academy of Nutrition and Dietetics. The foods you eat can make a difference in your health and energy level.

In celebration of National Nutrition Month®, here are some quick recipe ideas that include most of the food groups (fruit, vegetables, dairy, protein and grain).

HAVE IT YOUR WAY PARFAIT

You're tired, there's no one else to fix dinner for tonight and all you feel like doing is pouring a bowl of cereal. But, wait! Take an extra 5 minutes and prepare this luscious parfait, full of foods from three of the five food groups. No need to get out your recipe book. Forget about the measuring cups and spoons. Just layer yogurt, low-fat granola and fresh, frozen or canned fruit in whatever proportions you'd like. Add some nuts and you've included a fourth food group. A sprig of mint is optional! And there's no sink full of dishes!

Here are some possible yogurt and fruit combinations to layer with granola:

- **Blueberry Lemon Parfait:** Lemon yogurt and blueberries
- **Red, White and Blue Parfait:** Strawberries or raspberries, blueberries, bananas and vanilla yogurt
- **Tropical Parfait:** Kiwi, mango, pineapple and coconut or vanilla yogurt
- **Berry Good Parfait:** Any combination of berries such as strawberries, blueberries, raspberries, boysenberries, blackberries, etc. served with vanilla or a berry-flavored yogurt.
- **Peachy Parfait:** Sliced peaches and vanilla or peach yogurt. If desired, top with raspberry jam or raspberry syrup.



Alice Henneman, Nebraska Extension in Lancaster County

EASY MAIN DISH TOSSED SALAD

A hearty main dish salad is both a healthy and an easy choice for a quick meal.

Start with lettuce. Then check in your refrigerator for possible ingredients that might go together. Toss with salad dressing and you're done!

Here are the basics:

- Include fruit(s) and/or vegetable(s).
- Add a protein component, such as beans (black, kidney, pinto or white beans), cooked meat, poultry, fish or an egg.
- Round out all the food groups by including a food from the Dairy Group, such as cheese, in the salad or accompany it with a glass of milk or a side of yogurt.
- Toss in some whole grain croutons to include the Grain Group or serve with whole grain crackers.



Alice Henneman, Nebraska Extension in Lancaster County

WRAP IT UP!

Wraps are a terrific way to use up odds and ends of meats, vegetables, cheese and so on. The possibilities for combinations are limited only by your imagination!

(1 serving)

1 8- to 10-inch whole wheat tortilla

Filler Ingredients:

1 to 2 tablespoons "dressing"

to moisten contents, such as salad dressing, low-fat mayonnaise, salsa, guacamole, hummus

1/2 cup of your favorite combination of chopped, shredded or leafy vegetables, such as tomatoes, cucumbers, carrots, lettuce, cabbage, spinach, onions, peppers, celery, olives, avocado, jicama, radishes (did you know olives and avocados are actually fruits?)

1/4 cup of a protein food, such as sliced, cooked, meat; flaked fish; tuna or salmon; cooked dried beans; refried beans; a scrambled egg or chopped, hard-cooked egg

1 to 2 tablespoons shredded cheese



(rockYoface), flickr.com

Follow package directions for preparing the tortilla before filling it — you will often be advised to heat the tortilla briefly (such as in a microwave oven or a hot pan) to make it more pliable.

Mix all filler ingredients together and spread on the tortilla. Or, you can layer them on the wrap and top with the dressing. Leave a 1-inch margin around the edge of the tortilla.

Roll up the tortilla and enjoy! There are several ways to roll up a wrap; two common methods are:

- Simply start rolling from one side until the wrap is completely rolled.
- Fold in one or both ends and roll up the tortilla.

Tip 1: If you plan to prepare the wrap to eat later, start with a layer of well-dried lettuce leaves or other leafy green base. This will help keep the tortilla from becoming soggy.

Save Costs by Reducing Soybean Seeding Rates

Tyler Williams
Extension Educator

Cutting costs is often easier said than done, but reducing your seeding rate for soybeans may be one way to do that. From 2006–2016, farmers across Nebraska worked with University of Nebraska–Lincoln faculty to coordinate on-farm trials in order to find the economically-optimum seeding rate.

Results from these on-farm trials showed that reducing soybean seeding rates from 180,000 or 150,000 seeds/acre down to 120,000 seeds/acre doesn't statistically reduce yields. The fields in these trials were silty clay loam and silt loam soils in south-central and southeastern Nebraska and planted at a 30-inch row spacing. A reduction in seeding rate from 150,000 to 120,000 seeds/acre can result in a \$10.69/acre savings without affecting yield. (Assuming a \$60/unit seed cost at 140,000 seeds/unit.)

Two studies were also



Kennie Robertson, Nebraska Extension in Lancaster County

conducted on 15-inch rows in 2016 on silt loam and silty clay loam soils in southeast Nebraska. Using four planting rates on each field ranging from 90,000 seeds/acre up to 185,000 seeds/acre, no statistically significant differences in yield were found on either site. This is only data from one year, so more years would be needed to make a stronger claim.

It is also important to remember the seeding rate does not equal number of plants at harvest. If your goal is to have 100,000 plants per acre at harvest, it is important to keep in mind you will need to adjust your seeding rate for two factors:

- Check the seed bag tag for the official germination percentage, as it is often below 100%.
- The average seedling and plant survival percentage

is about 85%, but choose proper estimate based on field conditions and prior experience.

If you are looking for ways to reduce soybean inputs this year, but are still hesitant to reduce seeding rates, consider making a comparison on your own field. Nebraska Extension Educators and the Nebraska On-Farm Research Network are able to help you set up a trial and evaluate the data. If you are in Lancaster, Cass or Otoe county, contact Tyler Williams at 402-441-7180.

More information on this research data and other soybean management strategies can be found at Nebraska Extension's CropWatch website and e-newsletter online at <http://cropwatch.unl.edu>

Soil Health Conference, March 5

Nebraska Extension is hosting a "Southeast Nebraska Soil Health Conference" on Monday, March 5, 8:30 a.m.–3 p.m. at the Kimmel Ag Expo Center, 198 Plum St., Syracuse. Partnering agencies are the Nebraska Sustainable Agriculture Research and Education (SARE) Program and USDA Natural Resources Conservation Service.

Topics include:

- Best practices for planting into cover crops.
- Tips for adding cover crops to corn/soybean rotation.
- Grazing strategies.
- Testimonials from producers.

The event is free with complimentary lunch provided, but registration is required for an accurate meal count. Register by Tuesday, Feb. 27 by calling 402-274-4755 or going to <http://go.unl.edu/senebsoilhealth>.

Grain Marketing Basics Workshop, March 7

Marketing grain can be challenging for beginning farmers, landowners and even experienced grain producers. In order to enhance your grain marketing skills, Nebraska Extension is hosting a "Grain Marketing Basics" workshop on Wednesday, March 7, 9 a.m.–12 p.m. at the Cass County Extension Office, 8400 144th St., Weeping Water.

The workshop will cover the basics of ag marketing from University of Nebraska–Lincoln experts, as well as a market outlook from AgWest Commodities. The event is free, but please call 402-267-2205 to register.

Tree Seedlings Available for Spring Planting

Sarah Browning
Extension Educator

Diseases, insects, drought and age take a toll on windbreaks, resulting in the need for renovation or tree replacement. Late fall is a good time to assess your windbreak and order trees for spring planting. Most windbreaks, even those with a few gaps, can be renovated to maintain or enhance their effectiveness.

Windbreak Renovation

Windbreaks can have many purposes, such as enhancing habitat for wildlife, providing snow and wind protection, preventing soil erosion, reducing water runoff or providing additional income. When renovating a windbreak, make sure the re-designed tree stand meets your goals.

Several publications are available from Nebraska Extension and the Nebraska Forest Service providing guidance to renovate and re-design your windbreak, getting it back into a healthy condition and provide benefits for years to come. They are available at <http://extensionpubs.unl.edu>. Find the publications by typing "windbreak" or the publication number into the search box.

- How Windbreaks Work (EC1763)
- Field Windbreaks (EC1778)
- Windbreak Establishment (G1764)
- Windbreak Renovation (EC1777)
- Windbreaks and Wildlife (EC1771)
- Windbreaks for Fruit and Vegetable Crops (G1779)



Sarah Browning, Nebraska Extension in Lancaster County

Many windbreak suffer tree loss due to insects or disease, like these Scotch pine trees dying from pine wilt.

- Windbreaks for Livestock Operations (EC1776)
 - Windbreaks for Rural Living (EC1767)
 - Windbreaks for Snow Management (EC1770)
 - Windbreaks in Sustainable Agricultural Systems (EC1772)
 - Windbreak Management (EC1768)
 - Drip Irrigation Design and Management Considerations for Windbreaks (G1739)
- Four additional publications are available on the Nebraska Forest Service website.
- Care of Newly Planted Trees (G1195), <http://go.unl.edu/newtrees>
 - Trees for Eastern Nebraska, <http://go.unl.edu/easterntrees>
 - Trees for Western Nebraska, <http://go.unl.edu/westerntrees>
 - Windbreak Design (G1304), <http://go.unl.edu/wbdesign>

Purchasing Trees

Deciding on plant species and purchasing plants is the next critical step in the establishment of a windbreak. This

is your best opportunity to avoid plant species susceptible to insect or disease problems. Key points to keep in mind when purchasing tree seedlings include:

- Purchase your stock from a reliable source. Bare-root windbreak tree seedlings are available through your local Natural Resource District office. November is the time Nebraska's NRD offices begin taking orders for windbreak seedlings to be delivered next spring. Over-the-counter tree sales are typically taken through March or as long as supplies last. Locate your local NRD office at <http://nrdnet.org/nrds/find-your-nrd> and look for the Conservation Tree Program.
- Bare-root tree and shrub seedlings can also be purchased from some nurseries. Your seedlings should come from nurseries using locally collected seed or seed from Northern origins. This ensures plants are well adapted to local growing conditions.
- Choose plant material which is suitable for your soils and can survive the

environmental extremes of your site.

- Select insect and/or disease resistant plants whenever possible.
- Don't be too quick to buy the cheapest seedlings; they may not be the best value in the long run.

When ordering trees from your local NRD office, a minimum order of 25 seedlings is required; plant species are sold in bundles of 25 each. If 25 of one species is more than you need, then talk with your neighbors. Maybe you can place a joint order and split the bundles. Plants cost approximately \$0.90 cents each, plus tax and handling. You must pick up your tree seedlings when they arrive at the NRD office in spring.

Plant species commonly available through the NRD offices include the following:

- **Evergreen trees** — Eastern White and Ponderosa pine; Eastern red cedar; Colorado Blue, Norway and Black Hills spruce and Concolor fir.
- **Deciduous trees** — Bur, Northern Red, Chinkapin and Swamp White oak; Black Cherry; Black Walnut; Bitternut hickory and Sugar maple.
- **Shrubs** — American plum; Hazelnut; Redosier dogwood; Chokecherry; Black chokeberry; Serviceberry; Elderberry; Common lilac; Amur maple; Skunkbush sumac.

Usually, windbreak seedlings are two years old and can be 12–24 inches tall, with full, healthy root systems. Bare-root seedlings must be handled carefully to ensure good survivability and performance.

Fruit Trees

continued from page 1
and can cause plant damage if applied after plants have broken dormancy.

Dormant Oil Application

March is typically the month to apply dormant oil sprays to fruit and nut trees to kill overwintering pests in cracks and crevices on trunks and branches.

Temperatures need to be above 40°F when applying dormant oils. Pests controlled include aphids, scales, spider mites, insect eggs and some hibernating caterpillars.

Dormant oils kill by suffocating insects and mites. They are most effective if applied as late in winter as possible, but before spring growth begins. Follow label directions when using any pesticide.

Another great publication is "Fruit

Spray Schedules for the Homeowner" from University of Missouri Extension, <http://bit.ly/sprayschedule>, divided into sections for each type of fruit. It lists common pest problems and their control measures. Growers can pick out the pests that give them the most problems and identify the pesticide applications needed for just those problems.

FOR MORE INFORMATION

- Nebraska Extension NebGuide "Fruit Tree Cultivars for Nebraska," (G1005) <https://go.unl.edu/fruittree>
- University of Missouri Extension "Disease-Resistant Apple Cultivars," <http://bit.ly/resistantapple>

Bed Bugs: Souvenirs to Avoid When Traveling

By Jody Green
Extension Educator

Signs of bed bugs include mysterious bites, live or dead bugs, cast skins, blood stains, fecal stains and eggs.

What Does a Bed Bug Look Like?

Bed bugs can be a variety of shapes and sizes, young bugs can be as tiny as a poppy seed and adult bed bugs can be comparable to an apple seed. They range from a light to reddish brown when hungry, to a deep, red color when full of blood.

What Do Bed Bug Bites Look Like?

It is impossible to identify a pest based on a bite alone. Everyone has an immune system that reacts differently to a stimulus whether it's an insect bite, sting or an environmental allergen. Reactions can be immediate, delayed, localized or spread throughout the body like hives. Typical skin reactions are red and inflamed bumps near the site of the bite(s), but reactions can range from severe, requiring medical attention, to experiencing no reaction at all.

Do Bed Bugs Spread Diseases?

Bed bugs do not transmit any diseases to humans. Their bites are more of an annoyance, especially for individuals who suffer a negative reaction to the compounds, like the anesthetic they inject before feeding.

What Should I Do With My Luggage at a Hotel?

Refrain from putting luggage on the bed or floor. If using the luggage holder, pull away from the wall and inspect for signs of bed bugs. Luggage can also be placed on the bathroom counter or in the bath tub, which is a hard surface, further away from the bed. If possible, keep clothing out of dresser drawers and



Above: adult bed bug with eggs (magnified). Right: adult bed bug from above and side (actual size)



Cast skins



Fecal stains look like black ink spots.

luggage zipped when not in use. Bag and isolate dirty laundry rather than creating piles on the floor. In a recent study, scientists found that bed bugs were attracted to the scent of humans and preferred dirty clothes compared to clean clothing.

How and Where Do I Check My Hotel Room for Bed Bugs?

Check the places that are unlikely to be disturbed by patrons and the house-keeping staff. This would include the box spring (pull back the fitted sheets and look at the seams, corners, folds), joints of the bed frame and nightstand.

If you find a bed bug, collect it and take it to the front desk. They should have a protocol to follow, which should include moving you and your family to a different room.



Use bright flashlight to inspect the mattress, look closely along the folds, stitching, piping and corner guards for signs of bed bugs.

What Precautions Can I Take Upon Returning Home?

- Inspect luggage for bed bugs.
- Unpack bags outside or in the garage.
- Take clothes directly to the washing machine to be washed and dried or dry items on high (120°F for 20–30 minutes).
- Small items can be bagged and placed in freezer (0°F for 4 days).
- Inspect hard items (i.e. toiletries) before bringing them inside.
- Regularly vacuum floors and upholstered furniture.

Store luggage away from the bedroom in the garage or basement storage. This increases the distance from the point of introduction to the host-resting area therefore decreasing the chance a wandering bed bug will survive to feed.

What Do I Do if I Find Bed Bugs at My Home?

If you find bed bugs or see signs of bed bugs in your home, do not panic! Do not throw away your mattress and all your belongings! Do not consider leaving your home in hopes they will starve without you. Bed bugs can live several months without a blood meal, so it's best to stop bed bugs before they spread. Some things to consider:

- 1) Find the source (consider circumstances of recent travel, acquiring used furniture, hosting grandchildren, college students and other visitors).
- 2) Stop the spread to other places and

- people.
- 3) Treat infested areas.
- 4) Prevent reinfestations of new bed bugs.
- 5) Continue to monitor and be vigilant.

How Do I Choose a Pest Control Company?

Consider contacting a professional pest management company. Both chemical treatment and heat treatment can be expensive (approximately \$200–\$500), but if you have a high-level infestation and try to treat yourself, you may end up spending just as much money, if not more, and still not be successful at eliminating the bed bugs.

Take the time to get your questions answered by the pest control provider, call multiple companies to compare treatment details, number of visits, possible guarantees and your preparation instructions. Due to the risks associated with pesticide use, it is not recommended to perform a treatment prior to the confirmation of bed bugs.

BED BUG PROGRAMS IN THE COMMUNITY

There are many community agencies, businesses, non-profit organizations, housing associations and health care groups which deal with bed bugs in their operations. Nebraska Extension is committed to educating stakeholders, staff and clients to dispel the many myths surrounding bed bugs and to prevent the spread of bed bugs in the community. Contact Jody Green at 402-441-7180 to request a program at your facility.

Take Steps to Protect Wildlife From Pesticide Exposure

Soni Cochran
Extension Associate

Consider all the different ways wildlife can come into contact with pesticides. Pesticide exposure can occur when wildlife touch treated areas, eat treated plants or drink contaminated water. Hidden nests and young could be exposed directly when pesticides are being applied.

When we talk about wildlife, we aren't just referring to the pesky rabbit nibbling on your peas. The wildlife we enjoy and want to encourage — like songbirds, native bees and monarch butterflies — are also impacted by pesticide use. The care we use to protect wildlife also creates a healthier habitat for you and your family.

What can you do to help protect wildlife from exposure to pesticides? The National Pesticide Information Center has the following recommendations.

If faced with a pest problem, use an Integrated

What is a Pesticide?

The U.S. Environmental Protection Agency defines pesticides as any substance or mixture of substances intended for preventing, destroying, repelling or mitigating any pest.

Pests can be:

- Insects, mice, or other animals
- Weeds
- Fungi, bacteria and viruses

Pest Management (IPM) approach

in and around your home and property:

- Identify the pest.
- Learn about the life cycle, habits and behaviors of the pest. What does this pest like or dislike? This will help you make decisions about control.
- Exclude the pest if possible.
- Using what you learned about the pest, take steps to remove food, shelter and water.
- Use least toxic techniques first



One-week-old cardinals.

- (example: snap traps for mice).
- Increase your tolerance level to harmless or nuisance pests.

If you decide to use a pesticide, ALWAYS read the label and follow the directions carefully. Be sure to carefully read the "Environmental Hazards" section. These directions will help protect you, your family, pets, wildlife and the environment.

Consider what happens

to a pesticide after you use it. How long will the pesticide last and will it move from areas you've treated.

Do not apply pesticides when it is raining or about to rain to help prevent soil or water contamination.

Leave untreated buffer strips along waterways and drainage areas to prevent pesticide contamination of water sources.

Sweep pesticide granules on hard surfaces back onto the grass so they don't wash into storm drains.

Liquid pesticides are the greatest risk to wildlife when they are still wet.

You may not be able to control the movement of wildlife and prevent them from contacting wet surfaces, but by following the directions on the product label, you reduce their risk of exposure.

Baits for rodents (rodenticides) are toxic.

Use tamper-proof bait stations to keep rodenticides out of reach from wild animals, pets and children.

FOR MORE INFORMATION

If you have any questions about pesticides, contact the National Pesticide Information Center at 1-800-858-7378, Monday–Friday 10 a.m.–2 p.m. CT. The National Pesticide Information Center is a cooperative agreement between Oregon State University and the U.S. Environmental Protection Agency.

2018 Vegetable All-America Selections



Photos courtesy All-America Selections

Corn 'Sweet American Dream'

All-America Selection (AAS) judges selected 'American Dream' as their top trial choice and it just so happens to come from the same company that introduced Honey 'N Pearl, an AAS winner from 1988. In a tight trial, American Dream was pitted up against 'Honey 'N Pearl' and came through as the winner! With its excellent germination, very tender, super sweet kernels, it will make a great addition to the home garden. 'American Dream' matures slightly earlier than the comparisons and produces vigorous, healthy plants with cobs that have good tip fill of bi-colored kernels. Plants grow 6–7 feet tall and mature in 77 days after planting the seed. Perfect fresh, roasted, grilled, canned or frozen.



Tomato 'Valentine'

Hands down, the judges agreed this was the most appealing grape tomato they trialed. With an appetizing deep-red color, it has a very sweet taste and will hold longer on the vine without cracking or losing the excellent eating quality. 'Valentine' tomato is quite prolific and will mature earlier, 55 days from transplant, than the comparisons used for this entry. Gardeners should plan on staking the indeterminate plants for best results. Tomato lovers will appreciate the sweet, firm flesh that is meaty enough to resemble a Roma tomato but in a smaller, grape-type fruit. These easy-to-harvest tomatoes can take the summer heat and keep on producing.



Cayenne Pepper 'Red Ember'

Add some spice to your life with this new cayenne pepper named 'Red Ember.' This new AAS pepper winner won over judges by being earlier to mature than the comparison varieties. Early maturity is an important feature for gardeners who live in climates with a shorter growing season. 'Red Ember' produces a large number of rounded end fruits on durable, medium-sized plants. Judges described the thick-walled fruits as spicy, but tastier than the traditional cayenne, with just enough pungency for interest.

Source: All-America Selections



GARDEN GUIDE

THINGS TO DO THIS MONTH

Mary Jane Frogge, Extension Associate

Buy a notebook and use it to keep all your gardening information. List what you plant in the garden. Include the name of seed companies, plant name, variety, planting date, and harvest date. During the growing season keep notes on how well the plant does. If the variety is susceptible to disease, record what was used to treat any problems. All this information will be helpful in planning future gardens.

March is a good time to start transplants indoors of tomatoes, peppers, and eggplant.

Turn the compost pile.

Complete the pruning of shrubs and ornamental trees before growth starts, except for spring flowering shrubs. Prune those which bloom in spring as soon as they finish flowering.

If you have not done it already, check stored tools and outdoor furniture for signs of rust. Remove any surface rust with steel wool and paint with rust-preventing paint.

Pick a permanent spot for herbs in the garden.

Place birdhouses built this winter outdoors this month. Birds will begin looking for nesting sites soon.

Rake the lawn to remove leaves and twigs.

Some annuals, such as verbenas, snapdragons and petunias, take 70–90 days to bloom. They should be started indoors in early spring.

Buy some new perennials for your flower border. Spring is a good time to renew and add variety to your landscape.

How are your houseplants doing? Check all five growing factors if your house plants are not growing well. Light, temperature, nutrients, moisture and humidity must be favorable to provide good growth.

Finish repairing and painting of window boxes, lawn furniture, tools and other items in preparation for outdoor gardening and recreational use.

Do not plow your garden when the soil is wet. It will form clods which are difficult to break up.

The Heart ♥ of a Parent

Lynn DeVries

Extension Educator

The school where my child attends hosted an all-school assembly last year on bullying and cyber bullying. Parents and community members were invited to attend, so I took the opportunity to go and hear firsthand what the message was about. I truly wish every parent could have heard this message from Mark and Joni Adler as they spoke from their hearts to tell the story of their son Reid, who was a victim of cyber bullying.

The Adlers introduced us to their family and told how they always strived to keep their children at the center of their lives. They described Reid as a good kid who followed the rules and befriended everyone he met. He was the kid who always looked for the next fun thing to do.

Nevertheless, the Adlers also told us Reid had made a mistake when he was in middle school. Reid took a photo of himself on his phone that should never have been taken, and sent it to a girl. Reid never told anyone about this mistake, however, the girl ended up using the photo to blackmail and manipulate Reid, threatening to make it public. The manipulation went on in such a way that Reid ended up taking his own life.

Reid Adler was close to his parents, and they could see something was bothering their

son. They opened the door for him to tell what was bothering him, and they had even sought counseling together after Reid had told his mom sometimes he wondered if life was worth it. Still, Reid could not bear the thought of embarrassing his parents, friends and community, and did not tell about the photograph.

Suicide, according to the Child Safety network, is the second leading cause of death of people ages 15–24 in Nebraska. Mark and Joni Adler told me they talk to student groups as Reid's parents, not suicide prevention experts. They hope to share this story to arm students with what to do if they are ever in a similar situation.

Joni told the students that day, "We all make mistakes. Even your parents, who might seem to have it together now, have made mistakes." She said she believes we all experience different things so we can learn from one another.

As Reid's mother, she gave this advice to our kids that day; do not take inappropriate pictures. She also told them to follow their intuitions. She said she feels Reid probably had a moment before he hit send when he second-guessed sending the photo. She asked students to trust their intuitions, as they are usually what tells us something is not right.

Joni's next piece of advice was for students to pause before they say something, ask

themselves, is it truthful and is it helpful. If the answer is no, then don't say it. In her words, "Sometimes the kindest thing we can do is to shut our mouths." She said to the group, some of the kids in attendance might be the bullies. It's human nature to hurt back those who hurt us, but she asked them to stop. Mrs. Adler stated, "If we keep up this idea of an eye for an eye, we will all go blind."

This mother's message is we all have value and it does not come from possessions or their family life. She stated, "No matter what has happened to you, or what you have done, you still have great worth, and no mistake is worth your life."

She advised the students if they ever think of attempting suicide, talk to someone they can trust such as a parent, teacher or other trusted adult. She then said parents can't help you if you don't let them in. She ended by saying suicide is not the end of pain, but rather the transfer of pain to those who love you the most.

Mark Adler then took the microphone to tell the students that this message is about leadership and courage. Everyone has someone looking up to them, and at school, taking leadership means saying you will not accept bullying, no matter what. Courage is being able to step up and tell the bully we do not do that here, and telling adults if we hear of bullying or someone talking of suicide. Courage is also

telling someone if you are having those thoughts. Parents cannot help unless they know what is wrong. In closing, he asked the students to be the leaders and have courage. He asked them to remember they can always reach a little higher and to go a little farther in kindness, leadership and courage.

I cannot begin to reproduce the powerful story I heard at the school that day, but what I can say is it has changed my life as a parent and as a professional. I tell my parent education groups and childcare providers to be the hands that hold the child, be the hands that allow the child to go out and explore, and be the hands that also welcome

the child back in when they are struggling with a need. Last week in a parenting group, I asked this question, "What do you hope for your children someday?" One of the parents said they hoped their child would always feel welcome to come to them no matter what.

From the heart of the parent who writes this today, my hope is for all families to communicate this openly so our children will come to us with their joys as well as their struggles. We have all made mistakes, learn from them and talk about them with your children. Listen to your children when they come to you in delight, and when they come to you with struggles, even if it is uncomfortable for you.

Upcoming Learning Child Trainings

Nebraska Extension teaches several early childhood development classes for child care providers. Listed are upcoming classes held at the Lancaster Extension Education Center, 444 Cherrycreek Road (unless location otherwise noted). For additional information or to sign up, contact Jaci Foged at jfoged2@unl.edu or 402-441-7180. Some registration forms are at <http://lancaster.unl.edu/family>

Workshops for Before and After School Providers —

- Wednesday, April 25: Magic of Electricity
- Wednesday, May 2: Environmental Awareness (different topics from last year's training)

Offered 10 a.m.–12 p.m. and 6:30–8:30 p.m. on the dates above. Cost is \$10 per person, 2 DHHS approved in-service hours for participants.

Lincoln Early Childhood Conference — Saturday, March 24, registration begins at 8:15 a.m. Presentation 8:45 a.m.–3 p.m. Cost \$25. Inservice hours will be given. Register and pay online at www.esu6.org by March 18. For more information or questions, contact Cara Small at carasmall@esu86.org or 402-761-3341.



HEART OF 4-H VOLUNTEER AWARD

Northeast Kiwanis



Lancaster County 4-H is proud to announce Northeast Kiwanis as winner of March's "Heart of 4-H Award" in recognition of outstanding volunteer service.

Lincoln Northeast Kiwanis member and Nebraska Extension Poultry Specialist Dick Earl started hatching baby chicks in a Lincoln classroom in 1975. Embryology became a Lancaster County 4-H school enrichment program the following year.

In 1991, when there were more classrooms than fertile chick eggs, Dick partnered with Northeast Kiwanis and Nebraska Poultry Industries to secure funding, order and deliver the fertile eggs to the Extension office. Currently, Kiwanis members drive 430 miles round-trip to a hatchery in Iowa three times a year to deliver a total 210 dozen eggs!

Last school year, nearly 4,000 Lancaster County third graders in 186 classrooms at 57 schools participated in Embryology, thanks to the support of Northeast Kiwanis.

In 2002, when Nebraska Extension in Lancaster County started EGG Cam to hatch chicks live on the internet, Northeast Kiwanis donated \$400 for video equipment. Since then, EGG Cam at <http://go.unl.edu/eggcam> has had countless viewers and gained recognition and requests from around the world.

Kiwanis member Rick Waldren says, "We are proud to be involved in this fantastic program that benefits so many children in the Lincoln area. #KidsNeedKiwanis."

Lancaster County 4-H thanks Northeast Kiwanis and its members for their ongoing support. People like them are indeed the heart of 4-H!



Watch Chicks Hatch
Online with EGG Cam!
<http://go.unl.edu/eggcam>

Embryology resources include incubation, candling and more!



4-H Speech & PSA

4-H Speech & PSA Contests are open to all 4-H'ers — need not be enrolled in a specific project. Youth may choose to participate in either or both the Speech and PSA contests. For rules, helpful resources and examples, go to <http://lanaster.unl.edu/4h/Contest/speech.shtml>. If you have questions, contact Kate Pulec at kpulec3@unl.edu or 402-441-7180.

PSA Contest, Due March 12

In the Public Service Announcement (PSA) Contest, 4-H'ers submit a 60 second "radio commercial" promoting 4-H. Submit a PSA as a .wav or .mp3 file electronically to kpulec3@unl.edu or on a CD to the Extension office by Monday, March 12. If you do not have the capabilities to record a PSA, contact Kate Pulec to set up a recording time. Results and comment sheets will be handed out at the 4-H Speech Contest. The 2018 PSA theme is "4-H Grows True Leaders."

Speech Contest, March 18

The 4-H Speech Contest will be held Sunday, March 18 at the Lancaster Extension Education Center. Check-in between 1-1:30 p.m., contest begins at 1:30 p.m. Register by March 12 by calling 402-441-7180 or emailing kpulec3@unl.edu with your name, speech title and age division.

4-H MEMBERS AND LEADERS — PLEASE RE-ENROLL BY APRIL 1

4-H members and volunteers must re-enroll every year! Current 4-H members and volunteers who have not re-enrolled on the 4-H enrollment website 4HOnline since Oct. 1 are no longer officially enrolled members. **You are strongly encouraged to re-enroll by April 1 or you may miss out on communications such as NEBLINE, email reminders, etc.!** New members and fair projects may be updated through June 15.

The website to enroll or re-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 initially set up a profile in which the 4-H youth and/or volunteers in the household will be added. There is no fee to enroll in 4-H in Lancaster County.

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 Extension at 402-441-7180.

PROJECTS: When signing up for individual projects — note the abbreviations for the project areas. We have added the abbreviations to the 4-H Project List at <http://lanaster.unl.edu/4h/club/ProjectList.pdf> to help you locate an individual project. For example, you will find 'Sketchbook Crossroads' under C&FS which stands for Consumer and Family Science instead of under 'S' or under 'Art.'

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."

VOLUNTEERS: 4-H leaders need to re-enroll. 4-H club organizational leaders are now able to view their 4-H club's roster online, but must be enrolled for the current year and must contact Extension to set up a password.

NOTE: Health information is optional. You **DO NOT** need to complete this portion of the online form.

4-H Jammie Workshop, March 3

4-H youth ages 8 and older are invited to practice their basic sewing skills and make pajama or lounge wear pants at the "Jammie Jamboree" sewing workshop on Saturday, March 3, 9 a.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road. No cost to attend. Parents or adults are needed to help 4-H'ers. Must sign up by Wednesday, Feb. 28 by calling 402-441-7180.

Bring your sewing machine, basic sewing equipment (scissors, pins, measuring tape, etc.), simple pull-on pajama bottom pattern, pre-washed flannel or 100% cotton fabric — see yardage requirement on pattern envelope (no one-way design fabrics or plaids — if you choose flannel, purchase an additional 1/2 yard), elastic as recommended by pattern and matching thread. Do NOT cut out pants ahead of class time!

4-H Furniture Painting Workshop, March 10

4-H youth ages 8 and up are invited to participate in a furniture painting workshop on Saturday, March 10, 9 a.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road. No cost to attend. Adults are welcome to attend to help youth. Must sign up by Wednesday, March 7 by calling 402-441-7180.

Bring a small piece of unpainted furniture, such as a shelf, stool or chair. These items can be found around your house, at craft stores, garage sales and thrift stores. Learn how to prepare new and used wood furniture by sanding, sealing, painting and finishing. All paints and finishes are provided. Wear old clothes appropriate for painting.

Rabbit Show, March 17

The 4-H Spring Rabbit Show will be held Saturday, March 17, 9 a.m. at the Lancaster Event Center – Exhibit Hall. Open to all youth ages 8–18. Show flyer is at <https://go.unl.edu/rabbitshow>. Registration 7:30–8:30 a.m. All rabbits must have a legible tattoo in the left ear (tattooing available at the show 7:30–8:30 a.m. — \$1 per rabbit). For more information, call Bob at 402-525-8263 or the Extension office at 402-441-7180.

Pick-A-Pig Accepting New Members

The Pick-A-Pig 4-H club is accepting new members for anyone who wants to learn about pork production and show a pig at the Lancaster County Super Fair. The club is open to all city and rural youth ages 8–18. If you are interested, contact Harry Muhlback at 402-430-7304 by March 14. The first meeting will be Sunday, March 18.



4-H Barrel Racing Clinic, March 3

A FUNDamentals of Barrel Racing 4-H Clinic with Christi Durfey hosted by Prairie Star 4-H Club and Middle Cross Stables will be held on Saturday, March 3 at Middle Cross Stables, 500 Sprague Rd, Roca. There will be a morning session from 8 a.m.–12 p.m. for 4-H youth with an advancement level 3 or 4, and an afternoon session from 1–5 p.m. for levels 1 or 2. Ten spots will be available for each session. Cost is \$85 with \$15 haul-in fee. For more information, contact Sally Schedlock at 402-889-1236.

4-H Horse Judging Opportunities

Lancaster County 4-H's first Horse Judging meeting of the year will begin Sunday, March 25 from 2–4 p.m. at the Lancaster Event Center, 4-H office located by Pavilion 3. This meeting is open to all youth ages 8–18 and will start with the very basics of horse judging. These free meetings are a great way to prepare for the 4-H Horse Judging Super Fair contest which will be held Friday, June 1 at the Lancaster Event Center – Pavilion 3. If you are planning to attend this meeting, please RSVP to Kate Pulec at kpulec3@unl.edu or call 402-441-7180 by Thursday, March 22.

Nebraska Extension is presenting a Horse Judging School on Saturday, April 28, 9:30 a.m.–3:30 p.m. at the Animal Science Complex on UNL East Campus. For horse show judges, aspiring judges, judging team coaches and youth! Cost is \$30 for youth, \$40 for adults. For more information or to register online, go to <https://animalscience.unl.edu/horse> or contact Lena Luck at lena.luck@unl.edu or 402-472-9098, or Kathy Anderson at kanderson1@unl.edu or 402-472-6414.

Teen Council 4-H'ers Are True Leaders at Lock-In



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



Games was one of four groups teens divided into and led.



Crafts was another group.

In January 2018, 34 4-H Teen Council members organized and led the overnight 4-H Lock-In for 58 4th and 5th graders. This year, teens chose the theme, "Light Up the Night," 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/unlxtlanco/sets.

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

Rewarding Experience

"The 2018 4-H Lock-In had tremendous success! The "Light Up the Night" theme incorporated tasty foods, creative arts and crafts, and fun-filled games that all comprised of bright colors and glow accessories. In addition, the 4th and 5th graders had a congenial time playing big group games and watching

movies. It was a rewarding experience to see the hard work the Teen Council members put forth to make the night one to remember!"

—Chloe Hammond

Kids Feed Off the Energy of the Leaders

"The Lancaster County 4-H Teen Council spent several meetings planning out the Lock-In activities. Planning is a little tricky since we never know how many kids are going to attend. We estimate how many kids will attend and build around this plan.

I like to work with the games area because it's a lot like the activities we do at Halsey State 4-H Camp, where I spent several weeks last summer. We plan enough games to fill our one hour time block, and then play these same games four times with different kids.

I learned that the kids feed off the energy of the leaders.

If we are high energy and very excited about activities, then the kids are enthusiastic to join in the fun. As the night gets later, we all get tired and energy winds down, but that takes us into the movie, popcorn and sleep!"

—David Swotek

Learned New Leadership Skills

"The 2018 Lock-in was enjoyable for everyone involved! All of the teens enjoyed planning a night of fun games, good food, great crafts and learning so much. Not only did the teens get to know the kids better but the kids got to meet new people and experience the night with new friends. The kids got the opportunity to interact with kids they haven't met before.

I learned new leadership skills and how to work and lead a group of younger kids, and I made new friends along the way. I cannot wait until the 2019 Lock-In!"

—Delaney Meyer

Youth for the Quality Care of Animals (Quality Assurance) Requirements for 4-H/FFA'ers Exhibiting ANY Livestock Project at Super Fair, State Fair and/or AKSARBEN

In 2018, youth enrolled in any of the following animal projects will need to complete YQCA training: **Beef (bucket calf, feeder calf, breeding beef, market beef), Dairy cattle, Goat (breeding meat goat, dairy goat, meat goat), Poultry, Rabbit, Sheep (breeding sheep, market sheep) or Swine (breeding swine, market swine).**

Youth must be currently enrolled at <https://ne.4honline.com>. Only parents/guardians may enroll 4-H members.

In Lancaster County, youth may choose one of three options to complete their YQCA requirements:

- Complete online training at <https://yqca.learnrow.io>. Cost is \$12. For directions and more information, visit <https://4h.unl.edu/yqca>. Once training is complete, send completed certificates to Cole Meador at cmeador2@unl.edu or 444 Cherrycreek Rd., Ste. A Lincoln, NE 68528. If certificates are not submitted, we have no way of knowing if trainings have been completed.
- Attend a face-to-face training held Thursday, May 31 or Thursday, June 7, 6–7 pm at the Lancaster Extension Education Center, 444 Cherrycreek Rd., Lincoln. To sign up for face to face trainings, you must go to <https://learnrow.io> before the training. The training will cost \$3 payable by credit or debit card on the website. We cannot take payments in person, all families must register and pay online. You must sign in as proof of attendance — certificates will available online.
- For a free test-out option, contact Cole for further details.

Deadline to complete Youth for Quality Care of Animals (Quality Assurance) is June 15. If you have further questions, contact Cole Meador at 402-441-7180 or cmeador2@unl.edu.

Providing Carnival-Type Games at Kiwanis Karnival is Fun Community Service Opportunity for 4-H Clubs

The annual Kiwanis Karnival, a FREE family event, is sponsored by the Lincoln Center Kiwanis. This year, it will be held Friday, April 13, 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. Come join the fun!

Now is a Good Time to Start 4-H Diamond Clover Program

The Nebraska 4-H Diamond Clover program consists of six levels in which 4-H'ers plan and report a broad range of age-appropriate accomplishments. Accomplishments can include (depending on age/level):

- Attend at least 60% of club/project meetings.
- Complete at least one 4-H project.
- Help with a club or community service-learning project.
- Serve as a volunteer at a 4-H event.

The program is designed to enable every 4-H member willing to exert the effort an opportunity to be recognized, regardless of how they are involved in 4-H. Now is a good time for 4-H'ers to plan their goals for next year! Complete information and forms are at <https://4h.unl.edu/diamond-clover>.

4-H Camp Scholarships

4-H Council will award full scholarships for a select number of Lancaster County 4-H members to attend a summer camp at either Nebraska 4-H Camp location: Gretna or Halsey! Applicants must be age 8 or older and currently enrolled in 4-H. Preference given to applications submitted by March 1, will accept through July 31. Application is online at <http://go.unl.edu/campsch>

4-H Camps 10% Discount Before April 15

2018 4-H Summer Camp brochures are now available at the Extension office and online at <http://4h.unl.edu/camp-centers>. With locations at Gretna and Halsey, there are over 60 camps ranging from 3 days/2 nights to 6 days/5 nights. Open to all youth ages 6–18 (need not be enrolled in 4-H). New this year — Camp Cloverleaf Day Camps which are week long experiences for youth 6–12 with a convenient drop off location in Gretna. Early bird discount of 10 percent before April 15.

4-H/FFA Fair Books Will be Mailed in March

The Lancaster County 4-H & FFA Fair Book contains entry information for 4-H & FFA members exhibiting in 4-H/FFA. Fair Books are scheduled to be mailed on March 19 to all 4-H & FFA families who have enrolled through <https://ne.4honline.com>. The Fair Book will also available at the Extension office and at <http://lancaster.unl.edu/4h/Fair>. The Lancaster County Super Fair will be Thursday, Aug. 2–Saturday, Aug. 5.

MyPI Disaster Preparedness Program for Teens

My Preparedness Initiative (MyPI) is an award-winning disaster preparedness program for teens ages 13–18. Through hands-on and classroom instruction, youth learn how to participate in a disaster response, use emergency response equipment, render first aid and explore careers with certified CERT/Emergency Response instructors. Teens share this information with family and friends in the PREP+6 project. Youth will also be certified in CPR/AED and Teen CERT through the US Department of Homeland Security/Federal Emergency Management Agency.

In addition to becoming a member of Teen CERT, graduates of the program receive a backpack with emergency response equipment, CPR/AED card from the American Red Cross and partial refund on their enrollment fee. Valued at over \$400, youth are able to enroll in this pilot course for only \$60. A series of trainings begin Saturday, April 14, 8 a.m.–5 p.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln.

The deadline for applications is March 31. Youth selected for this session of MyPI will be notified by April 4. For more information and an application, go to <https://lancaster.unl.edu/4h/MyPi> or contact Soni Cochran at 402-441-7180.



EXTENSION CALENDAR

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

February FEBRUARY IS NEBRASKA 4-H MONTH

27 Commercial/Noncommercial Pesticide Applicator Initial Training . 8:30 a.m.

March

- 1 Pesticide Applicator NDA Walk-in "Testing Only" Session.. 9 a.m.–2 p.m.
- 1 Preference Given to 4-H Council Camp Scholarship Applications Submitted to Extension by this Date
- 2 Deadline for Nebraska 4-H Foundation Scholarships
- 2 Deadline for Governor's Agricultural Excellence Awards (\$500)
- 3 4-H Jammie Jamboree Sewing Workshop9 a.m.
- 5 Southeast Nebraska Soil Health Conference, Kimmel Ag Expo Center, 198 Plum St., Syracuse8:30 a.m.–3 p.m.
- 6 4-H Council Meeting6 p.m.
- 7 Grain Marketing Basics Workshop, Cass County Extension Office, 8400 144th St., Weeping Water 9 a.m.–12 p.m.
- 7 Cultivating Healthy Intentional Mindful Educators (CHIME) Program for Childcare Providers..... 6:30–8 p.m.
- 8 Co-Parenting for Successful Kids Class9 a.m.–12:30 p.m.
- 9 Extension Board Meeting.....8 a.m.
- 10 4-H Furniture Painting Workshop9 a.m.
- 10 Horse Stampede, UNL East Campus - Animal Science Building
- 10 Companion Animal Challenge, UNL East Campus - Animal Science Building
- 11 4-H Teen Council Meeting3 p.m.
- 12 Private Pesticide Applicator Training6 p.m.
- 12 4-H Public Service Announcement (PSA) Contest Entries Due/ Register for Speech Contest
- 13 Private Pesticide Applicator Training 9:30 a.m.
- 16 Alice Henneman's Retirement Reception..... 3:30–5 p.m.
- 17 4-H Spring Rabbit Show, Lancaster Event Center – Exhibit Hall.....9 a.m.
- 18 4-H Speech ContestCheck-In 1 p.m./Contest 1:30 p.m.
- 20–21 Earth Wellness Festival (for 5th Grade), Southeast Community College
- 21 Cultivating Healthy Intentional Mindful Educators (CHIME) Program for Childcare Providers..... 6:30–8 p.m.
- 24 Lincoln Early Childhood Conference 8:15 a.m.–3 p.m.
- 29 Commercial/Noncommercial Pesticide Applicator Recertification Training9 a.m.

Super Fair VIP Awards

The 2018 Lancaster County Super Fair will be held Aug. 2–5 at the Lancaster Event Center, 84th & Havelock in Lincoln. Nominations are now being accepted for the following awards, which will be recognized at the VIP Luncheon on Thursday, Aug. 2. **All forms can be found at <http://SuperFair.org/GetInvolved>**

Ag Society Hall of Fame

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

Inductees to date include: Lorene Bartos, Gary C. Bergman, Gordon Chapelle, Ted & Alice Doane, Rod Hollman, Larry Hudkins, Franklyn Manning, Harry Muhlbach and Charlie Willnerd. Nomination forms are due by May 1.

Pioneer & Heritage Farm Awards

For over a half century, AKSARBEN Foundation has teamed up with Nebraska Farm Bureau and the Nebraska Association of Fair Managers

to present the Pioneer Farm Award, recognizing Nebraska farm families who have consecutively held ownership of land in the same family for 100 years or more.

More recently, AKSARBEN Foundation and Nebraska Farm Bureau have announced the Heritage Farm Award, which recognizes Nebraska farm families who have consecutively held ownership of land within the same family for 150 years.

To date, more than 9,000 families in all 93 counties have been honored. Recipients are presented a plaque and gatepost marker during the annual county fair in which the land is owned. Nomination forms are due by April 21.

Good Neighbor Award

Since 1943, the AKSARBEN Foundation Good Neighbor Award has been recognizing unselfish acts of kindness across the Heartland. The award pays tribute to the neighbors and friends who go above and beyond to make the Heartland a better place. Recipients will also be recognized in a special feature of the Omaha World-Herald Sunday newspaper. Nominations are invited from community groups or individuals and should cover an outstanding deed or service performed during the past year. Nomination forms are due by May 31.

Alice Henneman Retires Public Invited to Reception March 16

Extension Educator Alice Henneman is retiring after 37 years with Nebraska Extension in Lancaster County.

The public is invited to Alice's retirement reception on Friday, March 16 from 3:30 to 5 p.m. with a formal presentation at 4 p.m. at the Lancaster Extension Education Center, 444 Cherrycreek road, Lincoln.

Alice has worked at Nebraska Extension since 1980 as the Extension Educator focusing on food, nutrition and food safety.

For her first 12 years, Alice administered the Expanded Food & Nutrition Education Program (EFNEP) which works with limited-resource individuals and youth. Alice then became a full-time educator working with the general public.

Working in a large urban county, Alice's goal has always been to package information in several forms to reach as many people as possible: face-to-face presentations, radio, handouts, posters, TV, print newsletters/ news releases and via the Internet.

She earned her bachelor's degree in Family & Consumer Science Education and master's degree in Nutrition at the University of Nebraska–Lincoln. Her first job out of college was as a Family & Consumer Science teacher at Omaha Public Schools. She also worked as an instructor in the UNL

Food & Nutrition Department (currently called the Department of Nutrition & Health Sciences) and an Assistant Professor at the University of Nebraska Medical Center College of Nursing–Lincoln Division.

Alice lives in Lincoln with her husband, David Palm. She grew up on a farm in Hooper, Neb. and first became involved with Extension as a 4-H member participating in the Dodge County 4-H program.

Accomplishments

Programs — Presented numerous programs to local groups, including highly attended annual presentations at Bryan East Campus.

Educational materials — Created/co-created 19 food & nutrition PowerPoints for local presentations, then shared online for use nationally. These could be viewed by consumers and/or downloaded by those who teach consumers.

Website — Helped create, contribute to, recruit a team and grow food.unl.edu into UNL's 3rd most visited website (2.8 million pageviews/year).

Social Media — Active on Twitter, Facebook, YouTube, Pinterest, LinkedIN, Flickr and Vimeo to promote upcoming programs and educational resources.

Email Newsletters — Started one of the first email newsletters by an Extension Educator in the country in 1996, "Food Reflections;" Started a



1980

second email newsletter, "Cook It Quick," about two years later.

Teaching Extension Professionals — Alice has taught numerous Extension professionals how to best use the Internet to communicate with broader audiences. She has presented workshops and poster sessions at national meetings, traveled to other states to present workshops and held webinars. Topics have included using social media and communicating with images.

Professional Organizations

Alice is an active member of many professional organizations including:

- National, state and regional member of the Academy of Nutrition and Dietetics.
- Society for Nutrition Education and Behavior.



2018

- National Extension Association of Family & Consumer Sciences.

Awards/Honors

During her career, Alice earned many awards and honors including:

- "Outstanding Extension Educator of the Year" (2017), Central Region; "Continued Excellence Award" (2015); and nine 1st place or finalist awards for communications and programs (1995–2017), National Extension Association of Family & Consumer Sciences.
- "Outstanding Nutrition Education for the Public Member Award" (2015), Nutrition Education for the Public Dietetic Practice Group, National Academy of Nutrition & Dietetics.
- "Helen Denning Ullrich

Annual Award of Excellence" (2009), Society for Nutrition Education & Behavior.

- "Omtvedt Innovation Award" (2004), University of Nebraska Institute of Agriculture & Natural Resources.
- "Distinguished Extension Educator" (2004), Nebraska Extension.
- "Community Health Award" (2004), Lincoln–Lancaster County Board of Health.
- "Anita Owen Award for Innovative Nutrition Education for the Public" (1996), Academy of Nutrition & Dietetics.
- "Recognized Young Nebraska Dietitian" (1977) and "Outstanding Nebraska Dietitian" (1988), Nebraska Academy of Nutrition & Dietetics.