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Can You Pass This Food Safety Quiz?

Alice Henneman, MS, RDN
Extension Educator

Lots of people call the Extension office because they don't know the answers to the eight questions on this food safety quiz. Do you?

1. How long will food stored constantly at 0°F remain safe?

- a) 1-2 years
- b) 5 years
- c) Indefinitely

2. What temperature is recommended for your refrigerator?

- a) 50°F
- b) 45°F
- c) 40°F

3. Since only the inside of melons (such as watermelon) is eaten, does their outer rind need to be washed?

- a) Yes
- b) No

4. If a food tastes OK, is it safe to eat?

- a) Yes
- b) No
- c) Maybe

5. Should you wash raw meat and poultry before preparing it?

- a) Yes
- b) No

6. How long should you store leftovers in the refrigerator?

- a) 3-4 days
- b) 1-2 weeks
- c) 3 weeks

7. If you've never gotten sick from food you prepare — even though you don't follow "food safety guidelines" — could it make someone else sick?

- a) Yes
- b) No

8. For best quality, how soon after purchase does the U.S. Department of Agriculture recommend using eggs?

- a) 1 week
- b) 3-5 weeks
- c) 2-3 months



ANSWERS on next page

Corrugated Cardboard Must Be Recycled Starting April 1



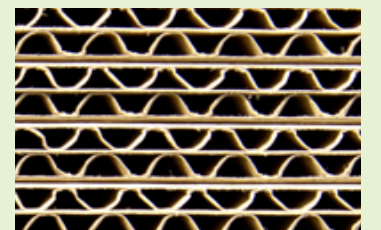
Did You Know...

- 9.5% of the garbage hauled to the landfill from garbage collectors was corrugated cardboard.
- This represents nearly 38 million pounds of cardboard disposed in 2017.

If This Had Been Recycled...

- Over 35 local jobs could have been created to collect and process this cardboard.
- Over \$2.3 million in local economic benefit could have been generated by the sale of this cardboard to recycling mills.

As of April 1, 2018, clean and dry corrugated cardboard will not be accepted in the landfill. (Lincoln Municipal Code 8.32.040). Corrugated cardboard is three layers of paper with the middle layer corrugated or rippled.



All Lincoln/Lancaster County residents and businesses that generate corrugated cardboard and have their garbage hauled to the landfill will be affected by this ban. Every garbage collector offers recycling services to both residential and business customers. Contact your garbage collector to learn more about their curbside recycling collection services.

Those who choose not to recycle will not face any fines, but your garbage collector will not be allowed to deposit your cardboard in the landfill. Collectors may charge additional fees to customers who put recyclable cardboard in their garbage.

Residents

Corrugated cardboard boxes can be reused.
Residents can take corrugated cardboard to a public recycling drop-off site for no fee.
Residents can use a convenient recycling collection service for a small fee. Contact a garbage or recycling collector to learn more about their collection services.
Resources at <http://recycle.lincoln.ne.gov> include:

- Recycling Drop-off Sites Map
- Garbage & Recycling Collectors
- Corrugated Cardboard Disposal Ban Frequently Asked Questions

Businesses

Businesses can self-haul to a recycling processor or contract with a recycling collector.
Resources at <http://recycle.lincoln.ne.gov> include:

- Best Management Practice Guide
- The Waste Reduction & Recycling Assistance Program (WRRAP) includes on-site visits and rebates up to \$750 for starting or expanding recycling efforts
- Leadership Recognition Program
- Recycling Self-Assessment
- Apartment Manager Toolkit

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



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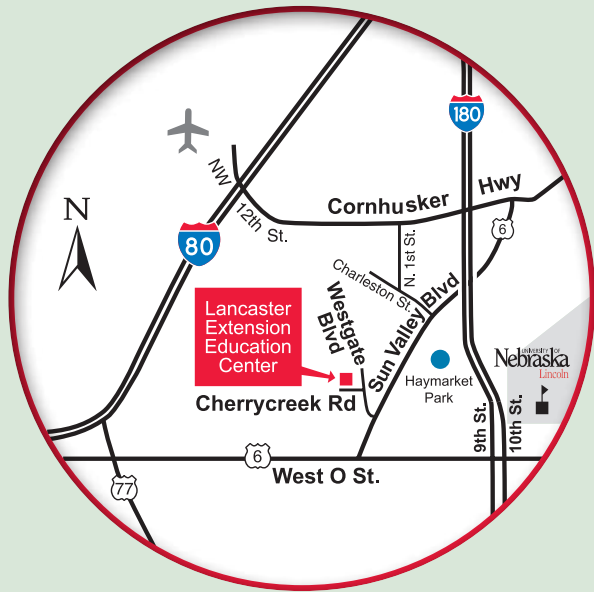
Nebraska Extension in Lancaster County
444 Cherrycreek Road, Ste. A, Lincoln, NE 68528
402-441-7180

<http://lancaster.unl.edu>

Email: lancaster@unl.edu • Fax: 402-441-7148

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UNIT LEADER & EXTENSION EDUCATOR

Karen Wobig

ADMINISTRATIVE AIDE

Jenny DeBuhr

EXTENSION EDUCATORS

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

EXTENSION ASSOCIATES

Soni Cochran, Mary Jane Frogge, Kristin Geisert, Dana Hardy,
Cole Meador, Mindy Vyhnaek, Jim Wies

EXTENSION ASSISTANTS

Kyleah Bowder, Nicole Busboom, Brie Frickenstein, Meredith Hein,
Teri Hlava, Vicki Jedlicka, Sam Perea, Kate Pulec, Brock Shuler

SUPPORT STAFF

Shannon Boyer, Deanna Covault, Heather Odoski,
Konnie Robertson, Chris Rosenthal, Karen Wedding

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Answers to Food Safety Quiz

from preceding page

1. How long will food stored constantly at 0°F remain safe?

c) Indefinitely. Food will be safe indefinitely at 0°F though the quality will decrease the longer it is in the freezer.

2. What temperature is recommended for your refrigerator?

c) 40°F. Keep your refrigerator at 40°F or below and your freezer at 0°F or below. Buy an inexpensive appliance thermometer for both your fridge and your freezer; check them often.

3. Since only the inside of melons (such as watermelon) is eaten, does their outer rind need to be washed?

a) Yes. Bacteria present in soil can contaminate the outside of melons. When melons are cut, these bacteria are transferred to the part we eat.

4. If a food tastes OK, is it safe to eat?

c) Maybe. However, don't count on your taste, smell or sight to tell you if a food is safe to eat. Even if tasting could tell — why risk getting sick? A "tiny taste" may not protect you. A small amount of some bacteria, such as *E. Coli*, could make you sick. When in doubt, throw food out!

5. Should you wash raw meat and poultry before preparing it?

b) No. Washing increases the danger of cross-contamination by spreading bacteria present on the surface of meat and poultry to nearby ready-to-eat foods, kitchen utensils and counter surfaces. Cooking meat and poultry to the recommended internal temperature will make them safe to eat.



6. How long should you store leftovers in the refrigerator?

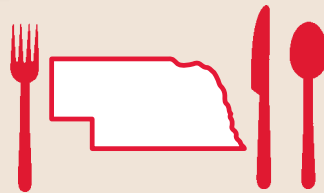
a) 3–4 days. Use leftovers within 3–4 days. Discard any food left at room temperature for more than 2 hours or 1 hour if the temperature is above 90°F. Place food in shallow containers and refrigerate at 40°F or lower or freeze at 0°F or lower. Frozen leftovers will taste best and be at best quality if eaten within about 3 months.

7. If you've never gotten sick from food you prepare — even though you don't follow "food safety guidelines" — could it make someone else sick?

a) Yes. Some people have a greater risk for foodborne illnesses. A food you safely eat might make others sick. People with a higher risk for foodborne illness include infants, pregnant women, young children, older adults, people with weakened immune systems and individuals with certain chronic diseases.

8. For best quality, how soon after purchase does the U.S. Department of Agriculture recommend using eggs?

b) 3–5 weeks. Store eggs in their original carton in the coldest part of the refrigerator, but not on the door where they are more susceptible to temperature changes as the door opens and closes. Though the "sell by" date will probably expire during that time, the eggs will still be safe to use.



HEALTHY EATING

ENJOY NEBRASKA FOODS!

Alice Henneman, MS, RDN, Extension Educator

Kalamata olives add an extra oomph of flavor to this dish and only 10 calories per olive!

ONE-DISH ROSEMARY CHICKEN AND WHITE BEANS

(Makes 4 servings)

- 2 teaspoons olive oil
- 1-1/2 teaspoons dried rosemary
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 8 skinless/boneless chicken thighs (about 1 lb)
- 1 can (14.5-ounce) stewed tomatoes, undrained
- 1 can (15-ounce) navy beans, rinsed and drained
- 1/4 cup pitted Kalamata olives, chopped

Heat olive oil in a large skillet over medium-high heat. Combine rosemary, salt and pepper; sprinkle over one side of chicken. Place chicken in pan with seasoned side down, cook 3 minutes. Reduce heat to medium and turn chicken. Add tomatoes and beans, cover and simmer 10 minutes or until chicken is done. Stir in olives.

Source: Courtesy of the Idaho Bean Commission, 821 W. State Street, Boise, ID 83702. For more information about cooking with beans, visit <http://bean.idaho.gov>

ALICE'S NOTES:

- To lower the sodium, use no-salt-added tomatoes and beans; omit the 1/4 teaspoon of salt.
- Sprinkle the seasonings on the side of the chicken thighs that will be the "presentation" side when this dish is served. NOTE: The seasoned side will first be placed downward in the pan, then turned and become the presentation side after it is browned.
- Olives combine well with white beans. If you have purchased Kalamata olives with pits, here are two of the most common suggestions for removing the pits. If you already have a cherry pitter, try this on your olives. This is the easiest method for pitting olives. Cherry/olive pitters are available in the kitchen gadgets section of many stores. Or, search for a source on the internet by putting the words "cherry/olive pitter" into your favorite search engine. A second method is to use a rolling pin to lightly roll over olives to loosen the pits. Then pick out the pits. The resulting pitted olive may not look as good as when you use a cherry/olive pitter.
- You can use an instant-read thermometer to test if the chicken is done. The recommended temperature for chicken thighs is 165°F.



Alice Henneman, Nebraska Extension in Lancaster County

Fertilizing Grass Hay and Pastures

Tyler Williams
Extension Educator

Grasses grown for hay and pasture need a fertilizer program for optimum economic production.

Nitrogen fertilizer increases grass yield and protein content, as well as improving the vigor of grass plants. Nitrogen fertilizer applied — moisture permitting — just prior to the period of most rapid grass growth, ensures the nitrogen is available to the plants.

For cool-season grasses (smooth brome, wheat grasses), maximum growth occurs in mid to late spring. These grasses grow very little during July and August, but will begin to grow again around Labor Day, if moisture and temperatures permit. It may be most effective and risk-averse to only fertilize cool-season grasses in early spring. The recommended nitrogen fertilizer rate for southeast Nebraska is 80–120 lbs per acre on pasture and 100–150 lbs per acre on hayland.

Warm-season grasses (switchgrass, bluestem), should be fertilized in mid-to-late May to capitalize on the summer growth. The recommended application rate for southeast Nebraska is 60–90 lbs per acre on pasture and 75–100 lbs per acre on hayland.

If your pasture or hayland contains **both warm-season and cool-**

season grass, time the application to stimulate growth of the most desired type of grass. Early April fertilization will promote cool-season grasses and late-May fertilization will promote warm-season grasses.

Phosphorus fertilizer is also needed on many pastures and can be determined by a soil test. Potassium may be needed for irrigated pastures and haylands, but research in eastern Nebraska has shown pastures generally do not respond to potassium fertilization due to natural levels in the soil.

The best fertilizer recommendations are based on soil tests. The key to soil testing is collecting a representative sample of the area of interest. Fields with substantially different soil types will have varying pH and nutrient levels and should have separate sets of samples taken. Sample by 10-acre increments and take multiple cores within each area. Take samples down to a depth of 6–8 inches, mix in a plastic bucket and fill a soil sample bag for each area of interest.

The best returns from pasture fertilization will depend on effective utilization of the grass through well-managed livestock and forage programs. Fertilization has shown to be effective in increasing days of grazing, annual gain or milk production. Rotational grazing with sequential recovery periods during the grazing season are important if fertilizer benefits are to be realized.

Illegal Wells Are a Serious Threat to Water Quality

Meghan Sittler
Extension Educator

Illegal water wells, commonly referred to as “abandoned,” are some of the most direct and greatest threats to water quality. They are essentially open conduits to carry harmful contaminants to groundwater resources. They can also present safety risks to humans and animals, which may not see the well and find themselves trapped or seriously injured. Illegal wells can range in age and type and may be either hard or quite easy to spot. Regardless of how old or what they look like, we know there are hundreds if not thousands of abandoned wells throughout Nebraska.

Any illegal well needs to be properly decommissioned. Decommissioning

illegal wells is a process that needs to be done by a certified water well professional to ensure it is done correctly and safely. Hiring a professional obviously means there is cost involved — however, the good news is almost every Nebraska Natural Resources District (NRD) provides a cost-share program for decommissioning wells. Most cost-share programs cover anywhere from 60–75% of the decommissioning costs which means an individual property owners’ expense can be quite low.

Property owners will also have piece of mind knowing they have taken an extremely important step to protect their drinking water supply, groundwater resources and public health and safety. More information on decommissioning illegal wells can be found at <http://water.unl.edu>.

Tractor Safety Courses for Youth 14–15

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

Nebraska Extension is offering trainings at 12 locations in Nebraska during May and June. A training will be held in Weeping Water at the Fairgrounds on June 29 & 30.

Cost is \$60. Registration form is online at <http://kearney.unl.edu>. For more information, call 402-267-2205.

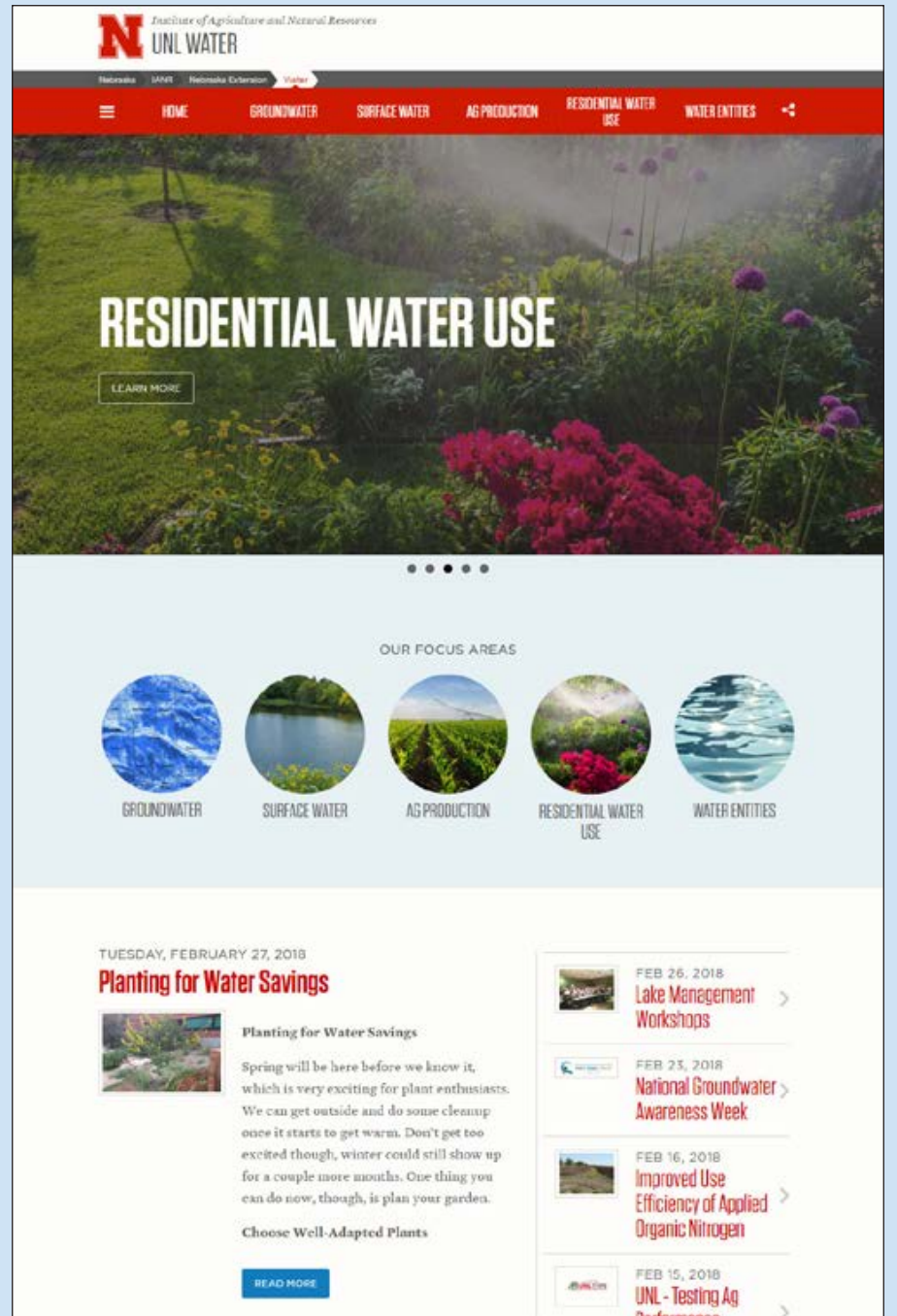
Nebraska LEAD Program

Nebraska Agricultural Leadership Council

The Nebraska LEAD Program began 36 years ago to develop agricultural leaders for Nebraska’s future generations. Application deadline for LEAD Group 38 is June 15. Applicants generally are ages 25–55 and should be actively involved in farming, ranching or business closely related to agriculture.

More information and application at <http://lead.unl.edu>
For further information, call 402-472-6810.

UNL Water Website Redesigned, Now Offers Monthly E-Newsletter



Did you know — you can quickly access University of Nebraska–Lincoln’s wide-ranging water resources at one convenient website, <http://water.unl.edu>? This site was recently redesigned to better meet the needs of the public and their use of mobile devices.

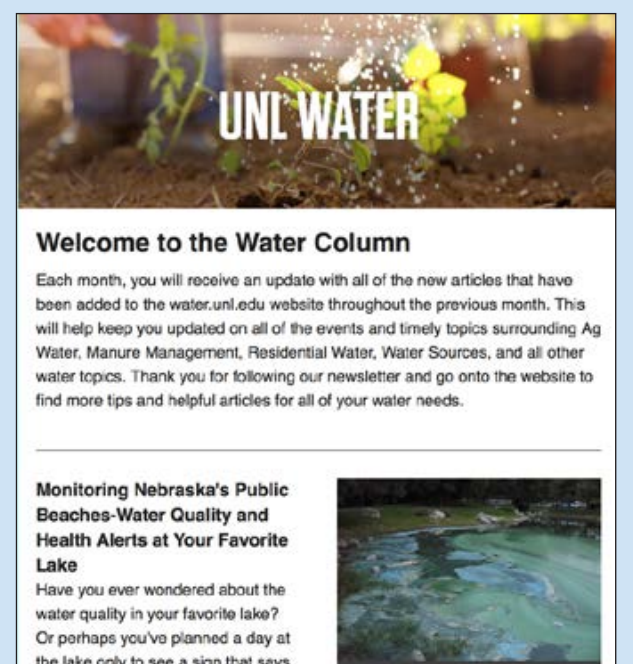
University water experts regularly add information on topics including:

- Agricultural water
- Manure management
- Residential water
- General groundwater and surface water information

A recent addition is the “Water Column,” a free e-newsletter, which delivers the latest articles to subscribers’ emails at the end of each month. To sign up, go to <https://water.unl.edu/newsletter>.

The scope of the university’s water research is broad. Residential water experts target issues such as lawns and landscapes, homeowner wastewater treatment, water wells and drinking water, and stormwater management. The water resources team addresses groundwater, stormwater, surface water quality and watershed issues. Agricultural professionals focus on irrigation management, animal manure management and the Nebraska Ag Water Management Network.

The UNL team involved in the website redesign included Meghan Sittler (based at Nebraska Extension in Lancaster County), as well as Becky Aiken, Troy Ingram, Leslie Johnson, Rick Koelsch, Katie Pekarek and Nicole Stoner.



Don't Let Ants Come Over Uninvited

Jody Green

Extension Educator

Here in Lancaster County, household ant identification and inquiries are high. Spring has sprung, but varying soil and air temperatures may not be stable enough to produce the food to support the many ants becoming active in the ecosystem. Believe it or not, ant nests are primarily located outdoors and they serve an important role in the food web as a natural predator to insects and arthropods. The reasons they enter your space include hunger, thirst and easy entry.

Your nice warm home may have a gap under the door, hole around the window, crack in the slab, utility openings or voids under wood of vinyl siding — all of which provide an open entryway for hungry foraging ants. The term foraging means “to wander in search of forage or food.” When a foraging ant detects food, she uses pheromones — chemical compounds — secreted from her body to communicate with nest mates that signal, “Food is this



If you have ants indoors, look around your exterior foundation for trailing ants.

way! Follow me!” This is why sometimes you can see a distinct trail of ants leading to food and back to their nest.

It is important to know that though you feel as though your home has been invaded by multitude of ants, foragers comprise only a small portion of

the colony. The rest of the colony, which include queens, eggs and larvae remain in the nest, most often located outdoors. Ants are social insects and they have a distinct caste system where each caste performs a specific task or job, and the foragers job is to find food to feed the colony.

Two common ants that are commonly referred to as “little black ants” are the **pavement ant** and the **odorous house ant**. Both ants are approximately 1/8-inch long, a brown-black color and associated with human activity. Neither species has an aggressive sting or bite. Rather, they are a nuisance when they enter homes and try to share/steal food. Both ants are considered “sugar ants,” but have dietary needs like humans and at times feed on live and dead insects for protein.

Pavement Ant

As described by their common name, pavement ant colonies are most often found in soil near or under sidewalks, driveways, slabs or rocks. They work tirelessly to excavate galleries underground, moving individual particles with their mouthparts. Their nests have piles of loose sand or dry particles along cracks, vegetation, stones, expansion joints, window sills, baseboards or tiles. Pavements will forage on kitchen floors and counters.

Odorous House Ant

As described by the common name, odorous house ants are associated with houses and known to emit a very strong odor when crushed. The smell has been described as rotten coconut, licorice-like and/or a lemon-scented cleaning solution. Colonies can be found in close proximity to human activity and residences as nests can be found in landscape mulch, under boards, lumber, firewood, bricks,

stones, debris and cardboard. When they located a food source they are known to have very distinct trailing behavior.

Integrated Pest Management for Ants

The first step in any pest issue is **identification**. Did you know there are close to 1,000 ant species in North America? Only a handful of them are household pests, but each one of those has a distinct appearance, behavior, feeding preferences and habitat. In order to eliminate the ant, you have to get to know the ant.

The second step is to **remove the conducive conditions** that have allowed the ants to succeed thus far. Things like eliminating food, moisture and sealing up entryways into the structure. If you find they are trailing outdoors, seal the gap or hole with caulking

or sealant appropriate for the location. Clean up the food source, which may be a piece of candy, cookie crumb, cupcake sprinkle or potato chip, then disinfect the area to remove traces of trail pheromone.

The third step is **treatment** which may include using an ant bait specifically for sugar-feeding ants. The concept of ant bait is to have an attractive, palatable, slow-acting toxic food source the ants will find and take back to the nest, share among nest mates and poison the entire colony. Both the pavement ant and the odorous house ant will readily feed on a liquid sugar ant bait, which can be purchased reasonably and easily at grocery and hardware stores.

- Read the label and follow instructions.
- Clean up to remove all competing food sources, especially sugary ones.
- Sugar bait can be sticky and messy. If they are not in ready-to-use stations, place droplets on small squares of aluminum foil.
- Apply bait as close to the trail as possible, as close to the nest or exterior wall as possible. Refrain from putting bait on the kitchen counter.
- Do not smash or squish the foragers you see because you need them to take the bait back to the colony.
- Monitor activity, make sure there is enough bait and allow ants to feed until there are no more foragers.

Possible reasons for control failure could be not enough bait for the size of the colony, changes in food preference and/or misidentification. Many ant baits are not labeled for carpenter ants because besides sweet food sources, a large portion of their diet consists of other insects, so a sugar bait alone will have little effect on the health of a colony.



Small mounds of soil particles are signs of a pavement ant colony.

Photos: Jody Green, Nebraska Extension in Lancaster County



Odorous house ants feeding on liquid sugar bait.

Creating a Backyard Turtle Pond

Do you enjoy turtles and want to create a backyard pond just for them? There are some important considerations when creating a backyard turtle habitat.

When creating a pond for turtles, it is important to give the turtles places to bask in the sun and provide cover to protect them from predators like dogs and cats. High grasses planted along the water's edge and between rocks give turtles cover and places to hang out. Your pond must be located in a confined area so turtles can't escape your property by crawling under, over or through a barrier.

Basking

The turtles found in our area, need to bask in the sun in order to bring up their body temperature. This helps them digest their food. If a turtle can't bask, it will starve to death. Rocks and partially submerged



Painted turtle basking on a rock

logs in and around your confined backyard turtle pond give the turtles suitable basking locations.

The water in your pond needs to be well-oxygenated and cooler than air temperatures. If your turtles get too warm while basking, they will need to go back into the water to cool down. Pond water should not rise above

80°F. One way you can keep the water cooler is to create a waterfall using a piping system.

Types of Turtles

Consider the red-eared slider for your confined backyard pond. These turtles are not native to Nebraska but are native to Kansas and Missouri. This

turtle grows larger than our native painted turtles. People have released red-eared sliders into lakes and ponds within city limits. Because they are not native, they don't belong in these bodies of water because they can move to other areas.

However, for a backyard pond where the turtles are confined to the location, red-eared sliders are a good option. During winter, red-eared sliders should be moved indoors due to our colder climate.

According to Nebraska Extension Wildlife Specialist, Dennis Ferraro, you can have up to three native painted turtles in your pond as long as they can't escape back into the wild which is against regulation in Nebraska.

Food

The red-eared slider feeds on aquatic plants like water lettuce. They will also feed on lilies, hostas, and cattails

planted around a pond. This isn't a problem if you don't have a lot of turtles. Turtles will eat earthworms and small minnows you can get from a local bait shop. This is preferred diet over commercial turtle food.

Source: *Backyard Farmer* video, “Backyard Turtle Ponds,” online at <https://wildlife.unl.edu/conservation>

Before You Dig...

Before beginning any project, check with your local ordinances and learn about any regulations governing backyard ponds.

Before excavating, contact Diggers Hotline before doing any excavating! In Nebraska, visit Nebraska 811 at www.ne1call.com or dial 811 or 800-331-5666.

Vicki Jedlicka, Nebraska Extension in Lancaster County



2018 Weed Awareness

The Weed Control Authority is responsible for implementation of the Nebraska Noxious Weed Control Act throughout Lancaster County. The authority has also provided the inspection and administration of the City of Lincoln's Weed Abatement Program since entering into an interlocal agreement with the city in 1996.



444 Cherrycreek Road, Bldg. 'B', Lincoln, NE 68528 • 402-441-7817 • <http://lancaster.ne.gov/weeds>

Why Do I Have All These Weeds? How Did They Get Here?

As the days grow longer and the sunny days of spring arrive, we look forward to getting out into our yards, acreages or farms and planting our flowers, gardens and crops. We work the soil and choose our seeds, plant them and excitedly wait to see them come to life. Even with all the best preparation and planning, we know along with our plants, will come WEEDS! No matter how much we try to prevent them, weeds are everywhere and have the ability to infest all types of land.

Let's explore some of the ways weeds end up where they do and what each of us can do to slow the spread of invasives.

How Do Invasive Species Spread?

Every species evolves in its home territory to have one to several ways to expand its range. They may be wind blown, rain splashed, carried by animals or moved in soil or water. Almost all short-distance spread is through these natural dispersal mechanisms. In their home territory, short distance spread is rarely a problem because the resident plants and animals have evolved to coexist more or less peaceably.

On its own, emerald ash borer will generally move less than four miles a year. But with help from people, it can cover 55 miles per hour in firewood, nursery stock or personal belongings.

On the flip side, long distance spread is almost always human assisted. Because long distance spread takes the species a long way from home, the resident plants and animals are not often prepared to cope with their new neighbor. Natural enemies are missing and



This home decor rooster was located at a local retail store in Lincoln by an inspector with USDA APHIS-PPQ. The company's fact sheet, as well as lab results, confirmed the tail and wings were actually *phragmites australis*, which is a Nebraska Noxious Weed and one of the most invasive plants in the United States. The retailer willingly pulled the rooster from its stores nationwide and also removed it from its website. This product was being shipped in from China, providing an example of how invasive species rapidly move around the world in today's global economy.

host species often lack the natural defenses necessary to survive an attack by the introduced species.

Once introduced, aggressive species are free to expand their range using their short distance dispersal mechanisms with a competitive advantage over native plants and animals due to the lack of natural enemies.

Pathways of Spread

Invasive species have many pathways of spread.

- For instance, weed seeds move easily in soil so muddy boots or vehicles can move weed seeds.
- Some weed seeds have special hooks to help them hitch a ride. Thus, they can spread on our shoes, socks, clothing and pets.
- Some invasive plants are quite

attractive, so they show up in nurseries as ornamental plants.

- Weed seeds can also hide in nursery stock, potting mixes or home décor made from raw wood products.
- A number of insect and disease pests of trees can move in cut firewood, pallets or solid wood packing material.

Being aware of these pathways of spread can help us reduce the risk of accidentally moving harmful invasive species. By learning how to inspect and clean our belongings and knowing the source of the

things we buy, we can begin to reduce the chance of inadvertently spreading something that could harm those things we cherish.

Why Should I Care?

Everyone should care because unless we can slow the spread of invasive species, life as we currently know it will change dramatically; from where we live and work, to the places we go, the products we buy, how we relax and play with our kids. All of it has the potential to change with the spread of invasive species.

And because so much of the spread is associated with the activities of private individuals, it's up to us to become informed, attentive and accountable for our potential role in the spread of invasive species.

Stop Invasive Species in Your Tracks

The future of your land or favorite recreation areas are in your hands! There are many things you can do to protect them. Preventing new invasions and preventing the spread of existing invasions are top priorities.

There are many things you can do to help slow the spread of invasive species. One of the most effective ways to manage invasive species is to take action and get involved. Learn steps homeowners, field workers, campers and trailusers can take at www.playcleango.org.

Invasive Plants To Watch For

The following are the top four invasive (non-noxious) plants in Lancaster County which pose a threat to native species.



Garlic Mustard



Sulphur Cinquefoil



Wild Parsnip



Hoary Cress

Difference Between Noxious and Invasive Weeds

In the plant world we often throw around the terms "noxious" and "invasive" when referring to weeds. This often raises the question — what's the difference?

Only the worst of the worst weeds make it to Nebraska's noxious weed list. "Noxious weed" is a legal definition and requires landowners to control the plant on their property to prevent spread to neighboring properties. All noxious weeds are invasive; **not all invasive plants are noxious weeds.**

What Are Noxious Weeds?

To be listed as a "noxious" weed, Nebraska has a process used to evaluate the plant before it is considered for the noxious weed list, and before it would go to the Director of Agriculture for consideration.

The failure to control noxious weeds on lands in Nebraska is a serious problem which is detrimental to the production of crops and livestock, the welfare of

residents of this state may devalue land and reduce tax revenue. The process begins with a scientific review of the plant called a Weed Risk Assessment (WRA). This assessment is used to determine if the plant poses a threat to Nebraska. A plant will also need to meet at least six of the following nine criteria to be considered.

1. The plant poses a documented and immediate threat to Nebraska's economy, environment, social welfare, wildlife or safety. The plant is either directly or indirectly poisonous or injurious to man, animals and/or desirable plant species and favors a habitat that results in difficult control and is in direct conflict with human activities.
2. The plant reproduces and disseminates rapidly under normal land management practices.
3. The plant is not native to Nebraska (required criteria to be considered).

4. At least two bordering states have designated the plant as noxious, and the plant has a documented history of causing considerable difficulties in those or other areas.

5. Infestations of the plant within Nebraska have been properly surveyed and documented by the Nebraska Department of Agriculture's noxious weed program staff, together with, and in association with, county weed control superintendents.

6. The Nebraska Department of Agriculture has reviewed and researched published literature concerning the plant and has prepared a written objective report on the plant for review and discussion by the Nebraska Noxious Weed Advisory Committee.

7. At least 5 percent of Nebraska's counties favor the designation of the plant as noxious. The Director of the Nebraska Department of Agriculture will solicit this opinion by contacting

each county weed control authority for a response.

8. The Nebraska Weed Control Association has recommended to the Director of the Nebraska Department of Agriculture the plant be designated a noxious weed.

9. The Nebraska Noxious Weed Advisory Committee has recommended to the Director of the Nebraska Department of Agriculture the plant be designated a noxious weed in Nebraska.

To become a state noxious weed in Nebraska the plant goes through an extensive review and only the most aggressive, harmful, destructive plants make it on the Noxious Weed list.

What Are Invasive Species?

Invasive species are plants, animals and microorganisms not native to a particular area. They are also species capable of causing *continued on next page*



WEED AWARENESS

Noxious vs. Invasive

from previous page

severe damage in areas outside their normal range, harming the economy, the environment or human health once they become established.

Not all non-native species are harmful. Wheat is a non-native whose introduction has been very beneficial. The term “invasive” is reserved for the most aggressive non-native species capable of changing site or living conditions for the worse where they establish.

Invasive species are found in water and on land. In fact, invasive species can occur in just about every habitat type you can imagine: lakes, streams, cities, fields and farms — all of the native areas of the state. There are invasive plants where control is recommended, but they do not meet the criteria to be listed as noxious.

Poison ivy is often considered an invasive plant and some think it should be “noxious,” but poison ivy is a native plant to Nebraska, so it will not likely ever make it to Nebraska’s noxious weed list.

One common misconception is, if a plant is considered invasive in one U.S. state, it must be an invasive plant in every state. This simply isn’t true. Conditions vary wildly in a country as big as the U.S.A. An exotic plant capable of swallowing the South may be incapable of spreading very far in the North, due to the colder climate (Kudzu).

In fact, there are a number of factors to keep in mind before prejudging a plant for invasiveness. The characteristics which enable an invasive species to outcompete native species include fast growth, a short life cycle and the ability to tolerate a wide range of habitat types and environmental conditions. Successful invasive plant species often have high rates of seed production and very adaptable reproductive techniques. When a species is taken out of its natural range and placed into a new habitat, it is removed from its natural predators and any pathogens which help to control its population. Without these, population growth may become

out of control and the invader can rapidly colonize its new habitat.

Where Do Invasives Come From?

The majority of invasive plant species established in the U.S. are native to Asia or Eurasia. Since the climates of Europe and Asia are similar to that of the northern United States, these species are well-suited for life in our region. Interestingly, while most of our invasive trees, shrubs and vines originated in Asia, many of our herbaceous (non-woody) invasive plants originated in Europe.

Many of our invasives were first introduced as ornamental plants. Woody invasive plants, in particular, were the result of horticultural introductions. Other invasives, particularly grasses and vines, were introduced and spread by agronomists as potential livestock forage. Likewise, many shrubs and vines (Honeysuckles, Multiflora Rose, Sericea Lespedeza) were widely promoted by state and federal wildlife agencies as cover and food sources for wildlife, thus spreading much more rapidly than they would have by natural dispersal alone. A few introductions represent other miscellaneous attempts at economic stimulus (e.g. the introduction of White Mulberry as a host tree for silkworm moth caterpillars.)

The second group of invasive plant introductions are those truly accidental in nature. Most of these involve herbaceous plants introduced as seed or plant material used as packing.

In hindsight, invasive species introduction has historically been a somewhat preventable occurrence. The horticulture industry has grown more interested in stopping the importation and sale of invasive plants, although many are still widely available. In addition, state and federal agencies are now focused on invasive plant eradication, rather than introduction, reversing the past trend of searching for novel wildlife plants, and opting for a largely-native approach.

Increasing globalization, however, will undoubtedly lead to further spread of plant species worldwide, making an understanding of their ecology and control of utmost importance.

I Bought “What?!”

So you purchased a new acreage this fall and now this spring you are finding your small acreage has a patch of plants or weeds you don’t recognize.

What can be done to solve the problem? With any problem come options for solutions. It’s the same with weed control problems. First step towards a solution is to identify the problem. Your local weed superintendent, extension educator or other professional weed person can help identify the unknown plant.

Is it an annual (one year life cycle grows by seed) a biennial (two years to complete life cycle) or a perennial (three or more years)? Determining the life cycle of the weeds helps establish the most effective means to control the plant. Different techniques can be used to get on the path to controlling the problem weeds. Whether it is biological control, mechanical control or herbicide control, your weed control advisor can help here too.

If the plant is a noxious weed, you are required by law to control it. If it happens to be a Watch List weed (invasive), you are not required to control it, but you are encouraged to control it and keep it from becoming a large infestation.

Herbicides applied at the proper time in the life cycle of biennial or perennial plants are often the most cost effective and efficient means of dealing with noxious and invasive



plants. Owner-operators of small acreages often find it is rewarding to do the job themselves. Using smaller spray equipment ranging from a 2-gallon hand sprayer to a 20-gallon ATV sprayer mounted on a 4-wheeler may meet your needs.

First-time herbicide users should be cautious when deciding which herbicide to use. With the use of any herbicide, always read and follow label directions. The label will tell you what weeds the product controls, the proper rate to apply, what growth stage it works best on (or when to apply).

Talking with a weed control professional can help you do it yourself safely and wisely. As soon as an infestation of noxious, unwanted or unwelcome weeds is spotted, they can be dealt with quickly, efficiently and safely. With a little homework, your small acreage can change from a weedy nightmare to become your dream come true.

Real Estate Commission Adds Noxious Weed Question

In an effort to protect home buyers from purchasing a property with an infestation of noxious weeds, the Nebraska Real Estate Commission recently adopted amendments to the Seller Property Condition Disclosure statement (“SPCD”).

The form now includes a question in the Environmental Conditions section about noxious weeds.

The question reads: **“Have you been notified by the Noxious Weed Control Authority in the last 3 years of the presence of noxious weeds, as defined by Nebraska law (N.A.C. Title 25, Ch. 10), on this property?”** The seller will answer Yes, No, or Do Not Know.

The question should never prevent the sale of a property, but will help the buyer make a more informed decision about their purchase.

The Nebraska Weed Control Association worked with the Nebraska Real Estate Commission to make the change possible.

Several neighboring States already had similar language on their disclosure forms, allowing the Commission to use them as examples to draft the current language.

Noxious Weeds know no boundaries and are found on any type of landscape. They are found in the cities, villages, towns and acreages as easily as on rural agriculture land. Purple loosestrife, saltcedar and knotweed are three of Nebraska’s Noxious Weeds that were actually sold as ornamentals when they were added to the Noxious Weed list. This makes them as likely to be found on residential lots as in rural areas.

The new form became effective Jan 1, 2017 and is used on all sales of properties that include a residence. This form is not used on agriculture land, so landowners buying pasture/rangeland, farmland, etc., are encouraged to check with the local county Weed Control Authority for information on the property prior to purchase.

Weed Crossword

Responsible landowners take pride in their management efforts to control weeds in order to protect our environment. Sometimes the greatest challenge is to understand how invaders spread, the groups involved in treating them and tools they use.

Find the words in the puzzle and send your completed form to Lancaster County Weed Control for your chance to win the “Weeds of the Great Plains” book published by Nebraska Department of Agriculture. **All entries must be postmarked by April 16.**

If your name is drawn, the book will be mailed to you. This information will not be used to contact you with any other offer.

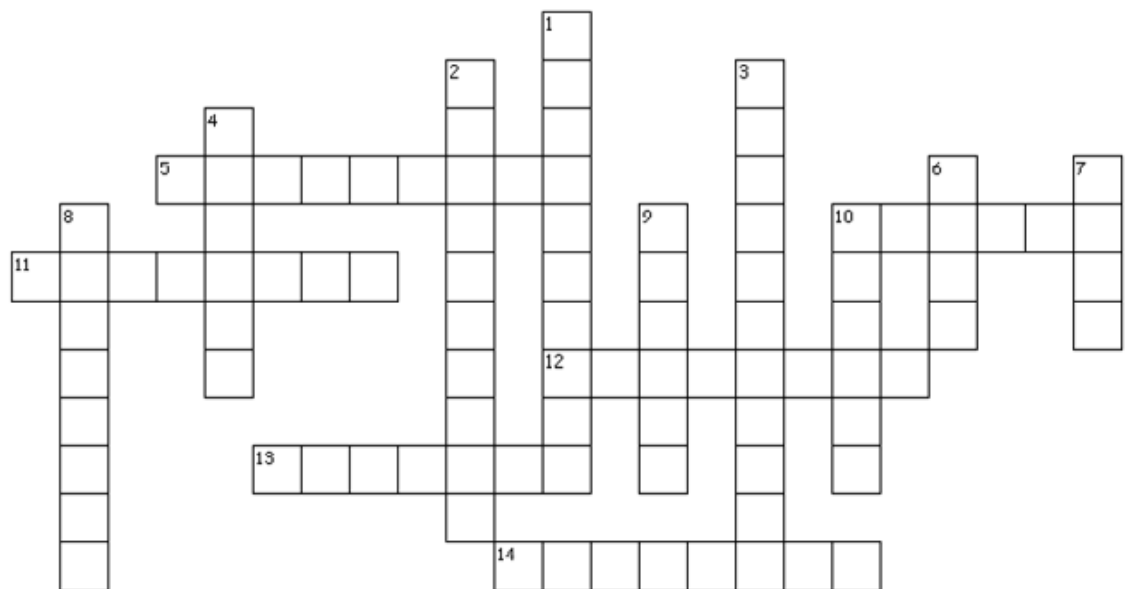
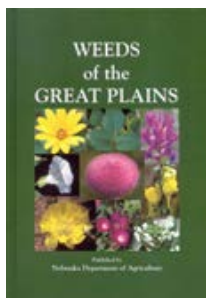
Enter drawing to win:

Name _____

Address _____

City/State/Zip _____

Send completed Word Find to: Lancaster County Weed Control, Weed Book Drawing, 444 Cherrycreek Rd., Bldg. B, Lincoln, NE 68528



DOWN

- 1) This perennial grass is a major weed species in Nebraska wetlands (noxious)
- 2) _____ is the least expensive and most effective way to halt the spread of weeds
- 3) Purple _____ was originally sold as an ornamental (noxious)
- 4) Lancaster County’s noxious weeds — includes cutleaf and common
- 6) Most reported thistle in Lancaster County (noxious)
- 7) A plant out of place
- 8) Includes Giant, Japanese and hybrid Bohemian (noxious)

- 9) A plant has to be not _____ to be considered a noxious or invasive weed
- 10) Weeds have many pathways of _____

ACROSS

- 5) Sericea _____ is a perennial legume (noxious)
- 10) Leafy _____ can reduce pasture capacity up to 75% (noxious)
- 11) Aggressive weed which poses a threat in areas outside their normal range
- 12) Prolific seed producers — includes musk, Canada and plumeless (noxious)
- 13) Destructive or harmful weeds — control is required by law
- 14) Includes spotted and diffuse (noxious)

Nebraska's Noxious Weeds

It is the duty of each person who owns or controls land to effectively control noxious weeds on such land.

Noxious weed is a legal term used to denote a destructive or harmful weed for the purpose of regulation.

The Director of Agriculture establishes which plants are noxious. These non-native plants compete aggressively with desirable plants and vegetation. Failure to control noxious weeds in this state is a serious problem which is detrimental to the production of crops and livestock, and to the welfare of residents of this state. Noxious weeds may also devalue land and reduce tax revenue.



Musk Thistle

Height 1.6–9.8 ft



Pink to purple flowers

Mature seedhead

Canada Thistle

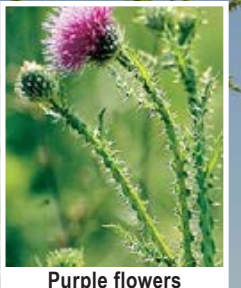
Height 1–3.9 ft



Pink to purple flowers

Plumeless Thistle

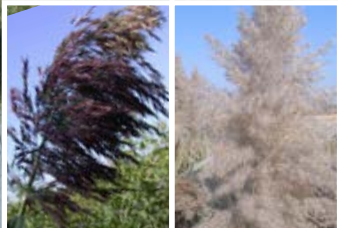
Height 1–4.9 ft



Purple flowers

Phragmites

Height 3.2–20 ft

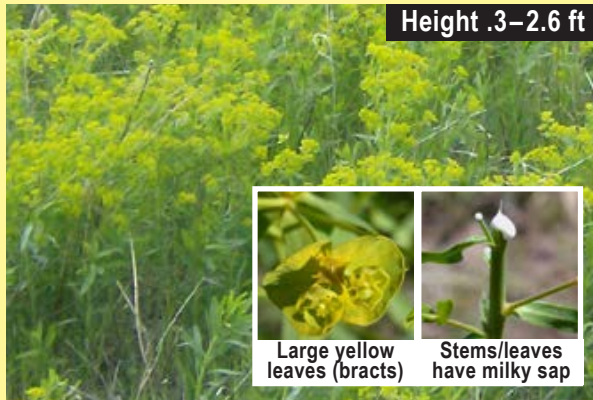


Young seedhead

Mature seedhead

Leafy Spurge

Height .3–2.6 ft



Large yellow leaves (bracts)

Stems/leaves have milky sap

Sericea Lespedeza

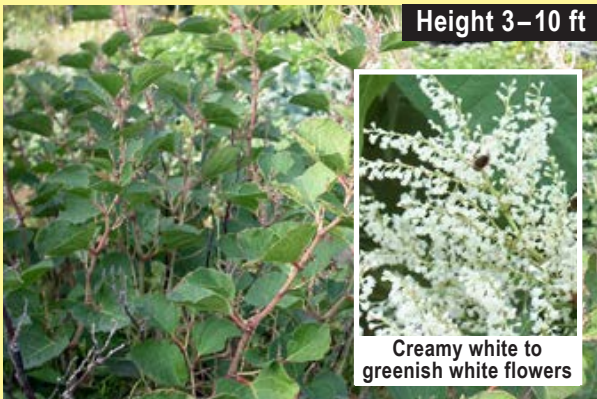
Height 1.5–6.5 ft



White or cream to yellowish white flowers

Japanese Knotweed

Height 3–10 ft



Creamy white to greenish white flowers

Giant Knotweed

Height 8–13 ft



Creamy white to greenish white flowers

Purple Loosestrife

Height 1.3–8 ft



Purple to magenta flowers

Saltcedar

Height 3.3–20 ft



Pink to white flowers

Spotted Knapweed

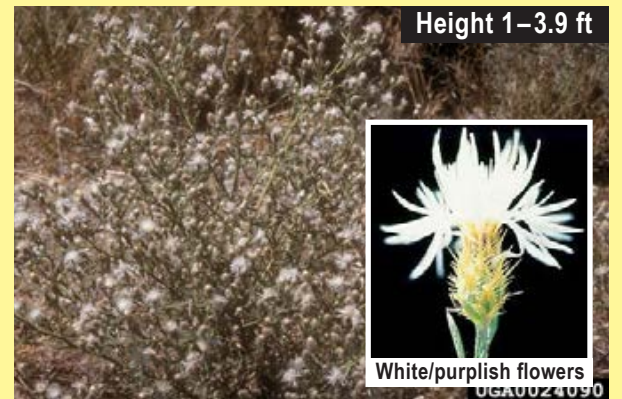
Height 1–3.9 ft



Lavender to purple flowers

Diffuse Knapweed

Height 1–3.9 ft



White/purplish flowers

Lancaster County's Noxious Weeds

Cutleaf Teasel

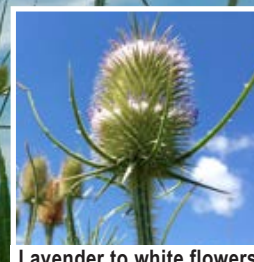
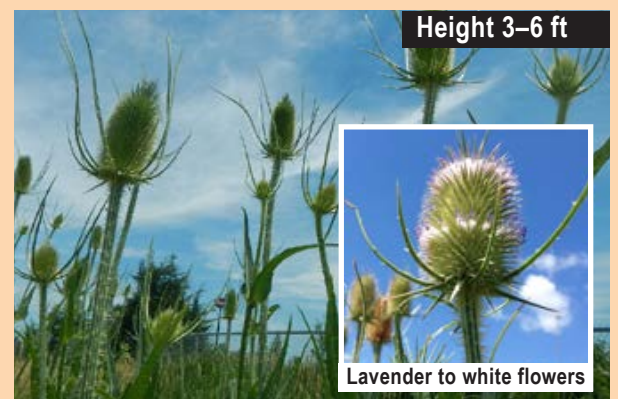
Height 4–8 ft



White flowers

Common Teasel

Height 3–6 ft



Lavender to white flowers

Good neighbors control noxious weeds — If you have questions or concerns about noxious weeds, please contact your local county noxious weed control authority, Nebraska Weed Control Association (www.neweed.org) or Nebraska Department of Agriculture.

WEED AWARENESS

The County Commissioners serve as the Lancaster County Weed Control Authority. Currently Brent Meyer serves as the superintendent and supervises a seasonal staff of six weed inspectors with the assistance of Chief Inspector Pat Dugan and an Account Clerk.

2017 Annual Review

Today's noxious weeds aren't your regular "run of the mill," variety and need to be managed differently. We are seeing a time where weeds are becoming chemical resistant and our global trade moves products around the world more rapidly, allowing new invasives to take root in Nebraska. As the times change, we need to constantly update our management efforts to meet today's challenges.

Today's Lancaster County Noxious Weed Control Authority is focused on being the education and outreach resource for the residents in our county. Our staff is constantly trained on the latest management tools of today's invasives and we are always working on ways to help our landowners with the latest techniques to protect their property. Think of Lancaster Weed Control Authority as your Lancaster County Protective Property Management Division — helping citizens manage invasive weeds more efficiently and effectively!

The Weed Control Authority only becomes an enforcement agency when the landowner refuses to control noxious weeds on property they own. This is necessary to protect neighbors from having infestations spread to their property and potentially devaluing their land.

Noxious Weed Program

The Weed Control Authority utilizes a three-phase program to assist landowners in reducing the number of noxious weed-infested acres in the county.

1. Prevent the development of new weed infestations — Prevention is the least expensive and most effective way to halt the spread of noxious and invasive weeds. Integrated weed management includes preventing encroachment into land that is not infested, identifying the pathways in which weeds are spread, detecting and eradicating new weed introductions, containing large-scale infestations using an integrated approach and often re-vegetation.

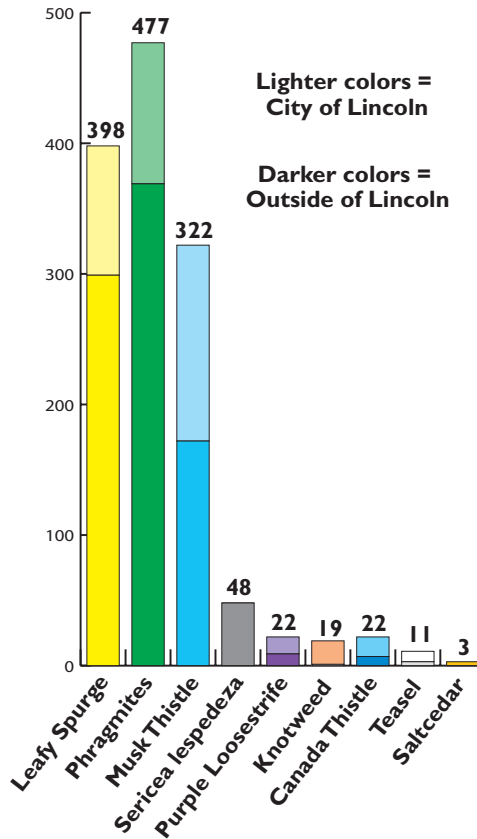
2. Provide education and public outreach on noxious and invasive weed control — The public is generally not aware of the economic and environmental impacts of noxious weeds. There is a need to improve awareness of noxious weeds and to provide educational information to cooperators, land managers and the public. As people become more aware of noxious weeds, the probability of detecting them is greatly increased, which allows for more effective and timely control.

Education and awareness assist:

- weed identification
- reporting new infestations
- prevention
- control
- fostering cooperation and partnerships.

3. Provide for ongoing management of State of Nebraska-mandated noxious weeds — Noxious weed management is the systematic approach to minimize noxious weed impacts and optimize intended-land use. It is very important for all infested areas to be treated with effective methods. Integrated

NOXIOUS WEEDS Number of Lancaster County Sites in Violation



management is a program of noxious weed control that properly implements a variety of coordinated control methods. Types of control methods include mechanical, cultural, chemical and biological. Integrated management greatly improves the success rate for your weed control plan. All noxious weed management must be applied and evaluated over an extended period of time to be successful.

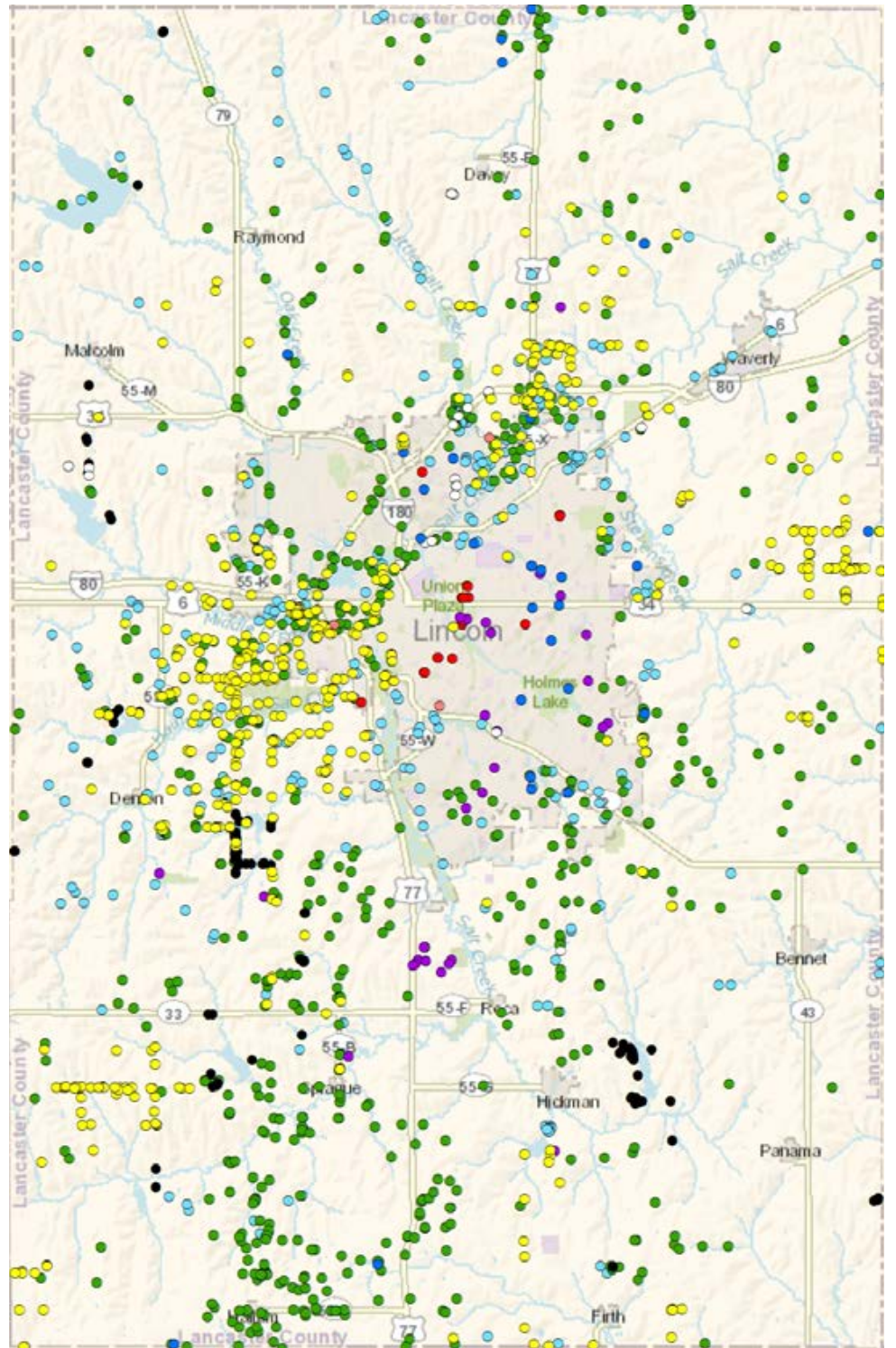
A couple tools Weed Control Authority uses as we transition into a paperless program are:

- Weed Eradication Electronic Data System (W.E.E.D.S.) database allows our weed inspectors to report inspections while onsite using a tablet, then the information is synced with the office.
- ESRI mobile mapping app allows our weed inspectors to pull up locations and work order information while onsite.

As budgets continue to be tight, we are constantly evaluating ways to make our program the most efficient and effective as possible while providing the best possible, service to county residents.

Noxious Weeds in County Roadside

Landowners are encouraged to control noxious weeds along property they own. If not controlled by the owner, Lancaster County Weed Control will control the perennial noxious weeds such as phragmites, sericea lespedeza and



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

leafy spurge in the county roadsides.

Our inspectors are now using GPS to mark the locations, providing this information to our contractor to treat the locations. Since beginning this process in 2014, we are seeing better control while saving the county money.

Lancaster County works closely with landowners with specialty crops and offers free of charge NO SPRAY ZONE signs when an agreement is signed. The agreement requires the landowner to control all the noxious weeds in their adjacent right of way.

City of Lincoln Weed Abatement Program

Lancaster County Weed Control Authority is responsible to carry out the administration of the City of Lincoln's Weed Abatement program since entering into an interlocal agreement with the city in 1996.

The City of Lincoln's Weed Abatement Ordinance 8.46 requires landowners within city limits to maintain the height of weeds and worthless vegetation below six inches. This includes all areas to the center of the street and/or alley that adjoins their property.

Three seasonal inspectors assist in administering this program. The seasonal employees complete inspections based on pre-selected properties due to their history, complaints from the public received in our office and by observing severe yards while

conducting other inspections.

In 2017, our office received 1,785 complaints from the public and additional 907 properties were observed as having violations. Our office made 5,844 initial and follow-up inspections on 2,692 sites.

Properties not in compliance were notified of the violations 1,525 times by posting a notice on the property. We also mailed 865 letters, 849 legal notices, 429 reminder letters and made 119 personal contacts.

Landowners cut 2,439 sites and forced cutting was contracted on 253 sites.

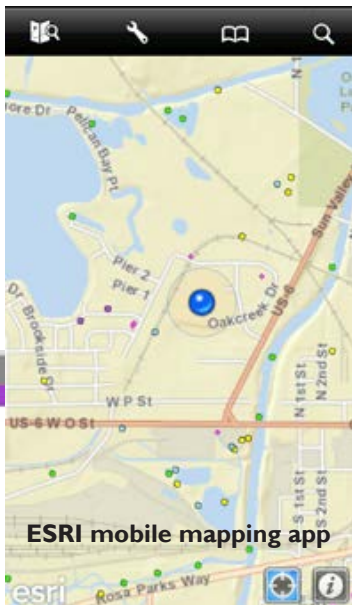
Landowners are responsible to pay the cost of control plus an administrative fee. A lien is placed against the property until the bill is paid.

Lancaster County Abandoned Cemeteries

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

Special recognition goes to the following volunteers:

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



2018 Perennial Plant of the Year

The Perennial Plant Association has awarded the 2018 Perennial Plant of the Year Award to *Allium* 'Millenium'. This herbaceous perennial, relative to the common onion, is an asset to the summer garden. It was selected for late flowering with masses of rose-purple blooms, uniform habit with neat shiny green foliage that remains attractive all season long and for its drought resistant constitution.

Allium 'Millenium' has numerous benefits to add to the landscape setting. Growing best in full sun, each plant typically produces an upright foliage clump of grass-like, glossy, deep-green leaves reaching 10–15 inches tall in spring. In midsummer, two to three flowers rise above the foliage with each producing two or three showy two-inch spherical umbels of rose-purple florets that last as long as four weeks. The flower umbels are completely round, not domed or hemispherical as they are in some *Allium* species.

While other alliums can look scraggly in the heat of the summer, 'Millenium' does not let the heat bother it. Easily grown in zones 4–9 (possibly zone 3)



Allium 'Millenium'

makes it a great perennial in many areas of the country. In very hot summer climates, it

for self-sown seedlings.

Source: Perennial Plant Association

does appreciate afternoon shade.

No serious pest problems have been reported. Leaf spot may occur in overcrowded growing conditions. Deer and rabbits leave 'Millenium' alone. Alliums are sometimes avoided due to their reseeding behavior. Fortunately 'Millenium' exhibits 50 percent reduced seed production, raising less concern



Playground Safety

Jaci Foged

Extension Educator

Time to put the winter coats, sleds and ice skates away for next winter. The weather is starting to warm up, which means we get to spend MORE time outside with our children. Zoos, parks and playgrounds — here we come!

I was born in the '80s; we had big hair, loud clothes and playground equipment that has since been removed for safety reasons. Did a fond memory just pop into your head? Anyone remember a 12–15 foot tall metal slide with a bump in the center? Not only did the bump send you flying, but the sun warmed up the surface of the slide so it was sometimes too hot to touch! What about a merry-go-round?

These were popular back in my day; you could get going so fast the motion could throw you right off! And what about being the kid who spun the merry-go-round? How many of you ended up being dragged when you lost your footing? Yes, there is a reason playgrounds look differently today than they did over 20 years ago.

Safety

The Centers for Disease Control and Prevention finds that emergency departments still see more than 20,000 children, ages 14 and younger, for playground-related traumatic brain injuries each year.

The National Safety Council (NSC) states that nearly 80 percent of playground injuries are caused by falls. The top equipment associated with injuries includes: climbers, swings, slides and overhead ladders.

Some unnecessary risks can mitigate using the SAFE guidelines later discussed in this article. But, there is a healthy degree of risk necessary for learning and development.

Worth the Risk?

The opportunity for "risky play" is not without benefit. In the early years, children should have numerous and varied opportunities to assess risk and manage situations. Very young children assess and take risks daily, which ultimately leads to new learning.

Think about a child learning to walk. At first they need substantial support, from us and the furniture around them. But gradually, they make small changes to their posture and the speed at which they move. Sure, they fall down a lot before they master it fully, but with practice comes skill.

The same goes for risky play on playground equipment, or just playing outside in general. Children are not only learning how to move their bodies to be successful, which develops skills and coordination, they are also learning about success and failure.

Risky play also ignites moti-

vation. We want our children to be motivated — to strive for success, make adjustments and try repeatedly. Giving it their all, and finding success or failure, will also teach them their limits. Research shows us children who do not engage in risky play may have poor balance, appear to be clumsy and even feel uncomfortable in their own bodies.

The Adults Role

Adults do play a part. Our children need us to be there to cheer them on, give them a thumbs up and offer support as needed. We need to take them to parks and playgrounds that offer play movements which are often associated with risk. These include swinging, hanging, sliding and rolling. We also need to educate ourselves on which equipment is developmentally appropriate for your child's age and personal development.

The National Program for Playground Safety (NPPS) provides us with the acronym S.A.F.E. as a way to remember the four contributing factors to properly maintain a safe playground atmosphere.

S – Provide proper SUPERVISION of children on playgrounds.

A – Design AGE-APPROPRIATE playgrounds.

F – Provide proper FALL SURFACING under and around playgrounds.

E – Properly maintain playground EQUIPMENT.

GARDEN GUIDE

THINGS TO DO THIS MONTH

Mary Jane Frogge, Extension Associate

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

When chrysanthemums start to grow, dig up and divide large plants. Discard woody portions and replant divisions 12–15 inches apart.

The last Friday in April is National Arbor Day. Plant a tree or support an organization which plants trees.

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

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

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

Remove sticks, rocks and other debris from your lawn to prevent damaging your lawnmower or injuring yourself when mowing. Check your lawnmower and other lawn-care equipment in preparation for the coming season.

Cut flower stalks back to the ground on daffodils, hyacinths, and other spring flowering bulbs as the flowers fade. Do not cut the foliage until it dies naturally. The leaves are necessary to produce strong bulbs capable of reflowering next year.

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

Consider planting flowers which may be dried for winter arrangements. Some of the best are strawflower, statice, celosia and globe amaranth.



Gaylene Day

National Playground Safety Week is coming up, April 23–27. Parents, childcare providers, schools and communities should plan to take time this week to focus on their outdoor environments. For childcare providers, you might take some time to see if there is a certified playground inspector in your area. You can find out if there is one near you

at www.playgroundsafety.org/certified.

You can also find a public playground safety checklist on the Consumer Product Safety Commission website at <http://bit.ly/playgroundsafetylist>.

Lincoln Journal Star reports Lincoln has 125 parks and 128 miles of trails. Go play!

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 Cherry Creek 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)
- 10 a.m.–12 p.m. OR 6:30–8:30 p.m. on the dates above — you choose which session time to attend. Cost is \$10 per person, 2 DHHS approved in-service hours for participants.

Nutrition & Physical Activity Self-Assessment for Childcare (NAP SACC) — Tuesday, April 10 and Thursday, April 12, 12:30–3:30 p.m. (must attend both dates). Free. Register by April 3 at <http://go.unl.edu/aprnapsacc>



HEART OF 4-H VOLUNTEER AWARD

Sally Schedlock

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

A volunteer for more than six years, Sally is organizational leader of the Prairie Star 4-H club and assists with Boots 'N' Hooves and Hunter's Pride clubs. All three clubs focus on the 4-H horse project.

From April through October, Sally coaches youth at horse events, pre-districts, districts and Super Fair. The rest of the year, she organizes 4-H horse clinics, holiday horseback caroling, trail rides and other equine events focused on growing leaders, community and knowledge.

"I love helping and watching the youth I work with reach their goals," says Sally. "The activities and adventures we've had started with their ideas, then we made it happen. Horses have always been a way to connect people — and they have brought so many fantastic people into my life. With our 4-H community, I continue to find more fantastic parents, youth and volunteers. I love that I learn from each 4-H member in my group and through them, I grow as a leader and as an equestrian."

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



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://lancaster.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://lancaster.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 TCA FFA, 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 Poultry Judging Clinic, April 21

A 4-H Poultry Judging Clinic will be held on Saturday, April 21, 10 a.m.-2 p.m. at the Animal Science Building on UNL East Campus. Cost is \$10. Registration deadline is April 13. The judging manual may be purchased from the Extension office or at the clinic for \$8. Details at <https://go.unl.edu/poultryjudging>.

Ag Youth Institute

The Nebraska Agricultural Youth Institute (NAYI) is a weeklong experience for high school juniors and seniors to learn about agricultural career opportunities. The Institute will be held July 9-13, at UNL East Campus. Applications are available at www.nda.nebraska.gov/nayi or by calling 402-471-6859.

4-H Clothing Level 1 Workshop, May 6

Clothing Superintendent Kath Conroy will teach a 4-H Clothing Level 1 Workshop, "What You Need to Know," on Sunday, May 6, 1:30-3 p.m. at the JOANN Fabrics and Crafts store, East Park Plaza, 220 N. 66th St., Lincoln. There are so many decisions to make. Learn which patterns are acceptable, how to select the right size, buy appropriate fabric and learn what the fair judges look for. Learn about sewing tools and how to use them. This free workshop is designed to answer all questions and provide a great start. No registration required.

Sheep & Meat Goat Weigh-In, May 15

4-H/FFA market sheep or market meat goat exhibitors planning to participate in the performance class based on rate of gain at the Lancaster County Super Fair must have their lambs and goats weighed on Tuesday, May 15, 6-7 p.m. at the Lancaster Event Center - Pavilion 1.

All lambs and goats will utilize USDA Scrapie tags as the 4-H identification. No official 4-H/FFA tags will be utilized. Bring your scrapie tags and we can help tag. Breeding ewes and does are welcome as well if you need help putting scrapie tags in. The breeder must supply scrapie tags or you must order your own tags. If you need to order tags, call 866-USDA-TAG (873-2824).

For more information, call Cole at 402-441-7180.

Kiwanis Karnival, April 13

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!

Discover 4-H Camps

4-H SUMMER CAMP brochures are now available online at <http://4h.unl.edu/camp-centers> and at the Extension office. 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 are week long experiences for youth 6-12 with a convenient drop off location in Gretna.

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

Early Bird Discount Before April 15!

HORSE BITS

4-H Horsemanship Level Testings, April 10 & 24

The first 2018 Lancaster County 4-H riding skills level testing will be held on Tuesday, April 10, 5:30 p.m. at the Lancaster Event Center in the Amy Countryman Arena. Anyone wishing to be tested must sign-up by April 3 by contacting Kate Pulec at kpulec3@unl.edu or 402-441-7180.

A second testing is scheduled for Tuesday, April 24, 5:30 p.m. at the Lancaster Event Center in the Amy Countryman Arena. Sign-up deadline for the April 24 testing is April 17.

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

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

Spring Fling Dressage Schooling Show, May 5

The annual Spring Fling Dressage Schooling Show, provided by the Lancaster County Horse VIPS committee and Esprit De Corps 4-H Club, will be held on Saturday, May 5, 8 a.m.-4 p.m. at the Lancaster Event Center - Pavilion 3. Open to all ages to benefit the 4-H horse program. Entries are due April 25. Show flyer and entry form is at <http://lancaster.unl.edu/4h/horsenews.shtml>.

"Ride-A-Test" Dressage Clinic, May 6

The Lancaster County 4-H Horse VIPS Committee, Esprit De Corps 4-H club and Nebraska Dressage Association are partnering to offer opportunities for 30 minute "Ride-A-Test" or "clinic" format rides on Sunday, May 6 at the Lancaster Event Center - Pavilion 3. You may specify a dressage test you would like to ride for the judge, then have discussion following, or you can choose to have a clinic ride for the 30 minutes. We will be accepting a limited number of riders, with an emphasis on Western Dressage. Western riders will be given priority, however, depending on time and interest, traditional Dressage riders may have an opportunity as well. Sign up on the Spring Fling entry form (see above) due April 25.

4-H Achievement Celebration

Nebraska Extension in Lancaster County and 4-H Council presented the Lancaster County 4-H Achievement Celebration on Feb. 20. 4-H'ers, 4-H clubs and 4-H leaders were recognized for their 2017 achievements. Lancaster County 4-H congratulates all 4-H youth who commit themselves to excellence! We also thank all 4-H volunteers for donat their time and talents to youth! The Lancaster County Commissioners proclaimed Feb. 20 as "4-H Achievement Day." For a complete list of award, scholarship and pin recipients (as well as additional photos) go to <http://lancaster.unl.edu/4h>.



DIAMOND CLOVER

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

Level 1 – Amethyst: Noah Babcock, Sawyer Benne, Kaylee Boysen, Eva Elkins, Andrew Frain, Morgan Gabel, Preston Smith, Emma Thomson, Kamryn Wanser

Level 2 – Aquamarine: Jacob Bauman, Whitney Cunningham, Caroline Fulkerson, Ethan Gabel, Sarah Lange, Parker Smith, Hannah Thomson, Katie Timmer

Level 3 – Ruby: Clare Bauman, Aleya Cuttlers, Riley Peterson, Pearce Smith, Emma Timmer

Level 4 – Sapphire: Samuel Babcock, Sarah Cunningham, Ella Hendricksen, Abigail Kreifels, Delaney Meyer, Eliese Schwinck

Level 5 – Emerald: Kali Burnham, Sara Kreikemeier, Katie Nepper

Level 6 – Diamond award:
Addison Wanser is the fourth 4-H'er in Lancaster County to receive this award! For her service-learning project titled, "Nourishing the NICU," Addison created over 250 felt hearts for preemie babies and their mothers to help them bond. She made over 200 celebratory cards for nurses to put babies footprints on. In addition, Addison located sewers to sew 15 burial gowns and found a company interested in donating an additional 40 gowns.



OUTSTANDING 4-H CLUB AWARDS

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



THE HAPPY HEARTS 4-H Club of Lincoln is the winner of Category I (5-10 members) and winner of the Wayne C. Farmer trophy as overall Outstanding 4-H Club. The club's five members were enrolled in 9 project areas and entered 64 total exhibits at the fair. This is the club's first year as an outstanding 4-H club. Jill Greff and Leia Noel are the leaders.

SOUTH PRAIRIE 4-H CLUB of rural Lincoln is the winner of Category II (11-20 members). The club's 18 members were enrolled in 16 project areas and entered 184 total exhibits at fair. This is the club's first year as an outstanding 4-H club. Michelle Huber is club leader.

COMMUNITY SERVICE AWARDS

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

Age 14 and over: Ellie Babcock, Kali Burnham, Thomas Cook, Payton Filing, Nathan Gabel, Valerie Gabel, Bailee Gunnerson, Abigail Kreifels, Emma Lanik, Addison Wanser

Age 8-13: Clare Bauman, Andrew Frain, Kylie Hansen, Maleah Jamison, Zoey Jamison, Sara Kreikemeier, Lilly Riedel, Alexa Smith, David Swotek, Ava Vogel, Conner Vogel, Kamryn Wanser

CAREER PORTFOLIOS

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

NOMINATED TO REPRESENT LANCASTER COUNTY AT DISTRICT COMPETITION
Ellie Babcock: Consumer & Family Science
Anna Sump: Healthy Lifestyles Education

ALSO COMPLETED CAREER PORTFOLIOS
Aleya Cuttlers, Kylie Hansen, Micah Pracheil, Samuel Babcock, Clare Bauman, Cecilia Yallaly, Khloe Cuttlers, Ethan Gabel, Morgan Gabel

4-H CLUBS OF EXCELLENCE

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

Clever Clovers, Crafty Clovers, Fantastic 4, Five Star 4-H'ers, Fusion 4-Hers, Go Go Goat Getters, Joe's Clover Knights, JP2 Crew, Learning Leaders, Rabbits R Us, Rockin' Riders, Shamtastic Clovers, Super Shamrocks

COLLEGE SCHOLARSHIPS

LANCASTER COUNTY 4-H COUNCIL – \$700:
Katherine Cooper, Valerie Gabel, Peter Greff, Bailee Gunnerson, Jaclyn Heinrich, McKenzie Kapperman, Emma Lanik, Emma Noel, Madison Schnase

4-H TEEN COUNCIL – \$300: Bailee Gunnerson
LINCOLN CENTER KIWANIS – \$1,000:
Bailee Gunnerson



AMAZING TREASURES 4-H Club of the Waverly and Lincoln area is the winner of Category III (21 or more members). The club's 39 members were enrolled in 12 project areas and entered 216 total exhibits at fair. This is the club's first year as an outstanding 4-H club. Kelly Brown and Nichole Jelinek are the leaders.



County Commissioner Vice-Chair Jennifer Brinkman read the Lancaster County Commissioners' proclamation "4-H Achievement Day." Pictured with 4-H Council president Mitch Sump.

MERITORIOUS SERVICE



Ron & Barb Suing began volunteering for 4-H in Lancaster County when their three children joined 4-H. Barb was leader of the Creative Towngirls 4-H club for 16 years and has been a 4-H Food Superintendent at the Lancaster County Fair for 36 years and counting! Ron was leader of the Hills Heroes 4-H club for 6 years and has been 4-H Engineering Superintendent at the County Fair for 31 years and counting! Ron has taught rocketry at Clover College for 21 years. Both volunteered a number of years at the Nebraska State Fair when it was in Lincoln. Pictured with 4-H Extension Educator Tracy Anderson.

NATIONAL LEADERSHIP AWARD

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

Ellie Babcock, Thomas Cook, Valerie Gabel

OUTSTANDING 4-H MEMBERS



Emma Lanik is a very active 10-year 4-H member and delved into an enormous number of 4-H projects during her 4-H career. She was formerly a member of the Fantastic 4 4-H club and is currently a member of The Career Academy FFA. Emma has volunteered over 1,000 hours of community service in the past five years alone!

Bailee Gunnerson joined 4-H as soon as she was eligible at the age of 5. She has completed an extensive range of projects. Bailee is currently Rabbits R Us 4-H club president, 4-H Teen Council president and 4-H Council vice-president. She has volunteered over 2,500 hours of community service!



EXTENSION CALENDAR

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

March

- 24 **Lincoln Early Childhood Conference**..... 8:15 a.m.–3 p.m.
- 29 **Commercial/Noncommercial Pesticide Applicator Recertification Training**9 a.m.

April

- 3 **4-H Council Meeting**6 p.m.
- 4 **Cultivating Healthy Intentional Mindful Educators (CHIME) Program for Childcare Providers**..... 6:30–8 p.m.
- 5 **Pesticide Applicator NDA Walk-in “Testing Only” Session**.. 9 a.m.–2 p.m.
- 7–8 **Hunter’s Pride 4-H Club Shaggy Horse Dressage Show, Lancaster Event Center**
- 10 **4-H Horsemanship Level Testing, Lancaster Event Center - Pav. 4, Amy Countryman Arena**..... 5:30 p.m.
- 12 **Commercial/Noncommercial Pesticide Applicator Initial Training** 8:30 a.m.
- 12 **Co-Parenting for Successful Kids Class**9 a.m.–12:30 p.m.
- 13 **Extension Board Meeting**8 a.m.
- 13 **Kiwanis Karnival, Elliott School, 225 S. 25 Street** 5:30–7:30 p.m.
- 14 **My Preparedness Initiative (MyPI) Training**..... 8 a.m.–5 p.m.
- 15 **4-H Teen Council Meeting**3 p.m.
- 15 **All 4-H/FFA Market Beef ID’s/DNA Due**
- 18 **Cultivating Healthy Intentional Mindful Educators (CHIME) Program for Childcare Providers**..... 6:30–8 p.m.
- 19 **Pesticide Applicator NDA Walk-in “Testing Only” Session**.. 9 a.m.–2 p.m.
- 24 **4-H Horsemanship Level Testing, Lancaster Event Center - Pav. 4, Amy Countryman Arena**..... 5:30 p.m.
- 24–26 **Ag Literacy Festival (for 4th Grade), Lancaster Event Center**
- 25 **Magic of Electricity Workshop for Before and After School Providers** 10 a.m.–12 p.m. and 6:30–8:30 p.m.
- 28 **My Preparedness Initiative (MyPI) Training**..... 8 a.m.–5 p.m.

2018 Super Fair Refocuses on 4-H Youth

The Lancaster County Super Fair in 2018 will focus on the four 4-H days. This year’s dates are Thursday, Aug. 2 to Sunday, Aug. 5. The Ag Society decided after producing 10-day Lancaster County Fairs since 2010 when the State Fair left Lincoln, that public feedback has been they really want the full fair experience any day they attend — which is only available when more than 700 4-H youth are exhibiting over 5,000 entries during the first four days. President Ron Dowding said, “The board got a lot of input on this change and we’re feeling like it’s the right time for our local youth and the community to focus in on the 4-H days of the fair which is the heart and soul of the Lancaster County Fair going back 148 years.”

Super Fair Open Livestock Shows 2019

The Lancaster County Ag Society is re-vamping its Open Livestock Shows for 2019 and is looking for your input! With 4-H/FFA shows now filling up the Lancaster Event Center’s current space during the Super Fair, the Ag Society is taking a break from Open Livestock shows in 2018 and considering if there would be interest in revitalizing the open livestock shows, possibly starting a Lancaster Stock Show at another time of year. If you have ideas or interest in helping, please contact the Ag Society at SuperFair@LancasterEventCenter.org or contact board members Ron Dowding, Kendra Ronnau or John Cooper (call Lancaster Event Center at 402-441-1811 for their contact info).

Super Fair Volunteer Fun Days!

The Lancaster County Ag Society invites 4-H/FFA exhibitors and their families to participate in the first annual Super Fair Volunteer Fun Days on Monday, July 30 & Tuesday, July 31 at the Lancaster Event Center. Sign up at SuperFair.org/GetInvolved. The key to success of any county fair is volunteers and we need your help to get the fairgrounds ready each year. Jobs are available for all ages, physical abilities and experiences — cleaning, painting, putting up signs, zip-tying stalls, setting up panels. You can count on making new friends and having fun together while making each year’s fair better than ever! All participants will get a limited edition T-shirt, a meal/snacks and beverages with a minimum four-hour shift.

New in 4-H at Super Fair



The Lancaster County 4-H & FFA Fair Book contains entry information for exhibiting in 4-H/FFA at the Super Fair. Fair Books have been mailed to all 4-H/FFA families. It is also available at the Extension office and online at <http://lancaster.unl.edu/4h/Fair>. The online version indicates changes from last year’s Fair Book in green text. Many fair handouts, forms and videos are or will be on this website.

New Exhibit Opportunities

- See the Fair Book for detailed information about each of the following new classes:
- **4-H Clover Kids Fashion Show:** Clover Kids may model one item in the Fashion Show.
 - **Entrepreneurship:** “Entrepreneurship Challenge” open to 4-Hers in any unit of ESL.
 - **Entomology:** “Insect poster/display exhibits” and “Reports or journals.”
 - **Quilt Quest:** “Quilt photography,” “One block project,” “Hand quilting” and “Barn quilts.”
 - **Photography:** Units II & III “True leader exhibit print.”
 - **Food & Nutrition:** All new classes for the new 4-H Cooking and Home Food Preservation curriculum series, “Cooking 101,” “Cooking 201,” “Cooking 301,” “Cooking 401,” “Freezing,” “Drying,” “Boiling water canning” and “Pressure canner.” New general classes include: “Food science explorations,” “Foods and nutrition poster, scrapbook or photo display,” “Physical activity and healthy poster, scrapbook or photo display” and “Cooking basics recipe file.”
 - **Home Environment:** Design Decisions “Technology in design,” Sketchbook Crossroads and Portfolio Pathways both have a “Nebraska life exhibit.”
 - **Science, Engineering & Technology:** “Science careers interview,” Computer unit 2 “Computer application poster,” Computer unit 3 “3D printing prototypes” and “3D pen creation,” GPS “Agriculture precision mapping” and “GIS thematic map,” Alternative/renewable energies all new classes replace Power of Wind, Wood Science replaces Woodworking (classes remain the same), 4-H Welding “Welding furniture” and “Plasma cutter/welder design.”
 - **Dog:** Note new agility hurdle heights! Dog static exhibit “Favorite dog photo exhibit print.”
 - **Meat Goat:** “Exhibitor bred & owned market goat.”

Home Environment and Food Preservation Entry Tags

New specific tags are required to be completed and attached to the following exhibits. It is highly encouraged to pick up tags from the Extension office or download at <http://lancaster.unl.edu/4h/fair> and fill them out beforehand, however, tags will be available during check-in.

- **Food Preservation Card** for each food preservation item.
- **Home Environment Supporting Information Tag** for each home environment exhibit. Information on this tag may be provided on a half sheet of paper. Note: “Quilt Designs Other Than Fabric” exhibits also require this tag. Please note, home environment exhibits may be no taller than 7 feet and no wider than 6 feet. All exhibits must be easily lifted by two 4-H staff.

Livestock Requirements

New 4-H livestock identification/ownership requirements and Youth for the Quality Care of Animals (Quality Assurance) requirements were published in the February NEBLINE and are online at <http://lancaster.unl.edu/4h/fair> as a handout, “Lancaster County 4-H Livestock Checklist.”

4-H/FFA and Open Class Static Exhibits on Display at Same Time

Returning in 2018, 4-H/FFA and Open Class Static Exhibits will be on display in the Lincoln Room all four days of the Lancaster County Super Fair, Aug. 2–5. 4-H/FFA exhibits will be displayed on the north side and Open Class exhibits will be displayed on the south side — except Open Quilts and Photography will be displayed in the Business Center - Lancaster Room.

Static exhibitor parking is allowed in Lot K on static exhibit check in/out and interview judging days. See “Static Exhibit Lincoln Room Parking” (including a map) and “Open Quilts & Open Photography Parking” in the Fair Book on page 8.

Open Class entry information will be online at www.SuperFair.org starting May 1.

Horse Shows

The 4-H Horse Show dates will be Wednesday, Aug. 1–Sunday, Aug. 5, and the 4-H Dressage Show will be Thursday, Aug. 9–Friday, Aug. 10. See Fair Book for complete schedule.

All ponies/minis/shetlands must be measured before the day of their entered classes. Scheduled measuring times are Tuesday, July 31, 5–7 p.m. and Thursday, Aug. 2, 5–7 p.m. in front of the 4-H horse show office in Pavilion 2.

New horse special awards include “Nebraska Dressage Association High Score Western Dressage Rider” and “Dr. Kelly Stich Top NRHA Reining Award.”

“Ranch Horse Pleasure” and “Ranch Horse Versatility (Ranch Riding)” are now part of the Roping/Working Ranch Show.

Animal Entries Must be Submitted Online

New in 2018, all 4-H/FFA animal entries for the Lancaster County Super Fair must be entered online at <http://lancaster.fairmanager.com>. This includes stall requests and livestock/poultry exhibitor T-shirt sizes. No paper forms will be accepted! 4-H families and youth may submit entries. Youth must be enrolled and animal project(s) selected online at <https://ne.4honline.com> by June 15. Animal entries may be submitted online starting on June 17. Deadline is Sunday, July 1, 11:59 p.m. No late entries will be accepted!

Beef, dairy cattle, bucket calf and llama/alpaca bedding fees, and Horse Roping/Working Ranch Show livestock fees will have online worksheets to fill out, print and submit to the Extension office with payment (cash or check) by Friday, July 6.

More details and step-by-step instruction guides with pictures will be at <http://lancaster.unl.edu/4h/fair>. If you have questions about the process or need access to a computer, call Extension at 402-441-7180.