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### NEBLINE, June 2018

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## NEBLINE

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## 3 quick tips to enjoy a mango



Kayla Colgrove, Nebraska Extension in Lancaster County

**When choosing mangos, focus on feel, not color. A ripe mango will give slightly. An unripe mango will be hard. Color is not the best indicator of ripeness.**

**Kayla Colgrove**  
MS, RDN, ACSM-CPT  
Extension Educator

June is National Fresh Fruit & Vegetables Month and the best way to celebrate is to enjoy one of the most popular fruits in the world, mangos. Luckily, mangos are available to buy in the Midwest. They can be a little intimidating if you have never bought a fresh mango. Learning how to choose and cut a mango will help you become a mango pro while enjoying a variety of ways to eat them.

### How to choose a mango

When choosing mangos, don't judge a mango's ripeness by its color. Color is not the best indicator. The best way to know if mangos are ripe is by feeling them. Gently squeeze the mango. If it is slightly soft, then it is ready to eat. If it is firm, it is not

ripe and needs to ripen at room temperature similar to avocados.

You can speed up the ripening process by placing a mango in a brown paper bag, close the bag and let it sit at room temperature for two days. Storing mangos in the refrigerator will slow down the ripening process, if you are not able to eat it right away.

### How to cut a mango

Have you ever tried cutting a mango? It can be a little tricky. Follow these steps to easily cut a mango into dices while avoiding the long, flat seed in the center:

1. Wash mango under cool, running tap water.
2. Cut a small piece off at the bottom to make a stable base. Place the mango upright on the base.
3. Slice the sides off the mango by cutting 1/4 inch from the stem on both sides. The mango seed is long and flat, so you may need to reposition

your knife if you hit the seed.

4. Cut parallel slices into the mango flesh without going through the skin.
5. Make a checkerboard pattern.
6. Use a spoon to scoop mango dices out.
7. Repeat with other side and enjoy!

Check out this video to learn more about cutting mangos at <https://go.unl.edu/mangovideo>.

### Eating mangos

You can eat mangos plain or enjoy them in salsas, smoothies, parfaits, salads or chutneys. I like to use fresh mangos in the summer and fall when they are in season. In the winter and spring, I use canned diced mangos. One of my favorite mango recipes is Mango Tango Black Bean Salsa (below). Try it at home today!

*Reference: The National Mango Board. Promo Ideas and Marketing Messages at [www.mango.org/professionals/retail/promo-ideas-marketing-messages](http://www.mango.org/professionals/retail/promo-ideas-marketing-messages).*



## RECIPE OF THE MONTH

Kayla Colgrove, MS, RDN, ACSM-CPT, Extension Educator

### MANGO TANGO BLACK BEAN SALSA

(8 servings)

- 1 can (15 ounces) black beans, drained and rinsed**
- 1 can (15 ounces) diced mangos, drained**
- 1 can (7 ounces) corn with peppers, drained**
- 1/4 cup finely chopped onion**
- 1/4 cup coarsely chopped fresh cilantro**
- 2 tablespoons lime juice**
- 1 teaspoon garlic powder**
- 1/4 teaspoon ground cumin**

1. Combine beans, mango, corn, onion and cilantro in a medium bowl.
2. Stir in lime juice, garlic powder and cumin.
3. Serve.

Kayla's Notes:

- You can substitute 1 fresh mango cut into dices for the canned mango.
- In the grocery store, I could only find an 11 ounce can of corn with peppers, so I just used the whole can in the recipe to help me reduce food waste. It still turned out great!
- The average lime yields about 2 tablespoons lime juice. Using about a teaspoon more or less than this amount shouldn't affect the flavor of the recipe.

Source: Recipe courtesy of the Canned Food Alliance, [www.mealtime.org](http://www.mealtime.org).

Nutrition Information per serving (1/2 cup): Calories 118, Total Fat 0g, Saturated Fat 0g, Cholesterol 0mg, Sodium 135mg, Total Carbohydrate 25g, Dietary Fiber 5g, Sugars 9g, Protein 4g



Kayla Colgrove, Nebraska Extension in Lancaster County



# The weather challenges for haying

**Tyler Williams**  
Extension Educator

The hay business is a difficult one, and the weather is often the root of the difficulties. Baling at midnight, lack of yield and delayed harvest are all issues that can be directly caused by weather. It never fails that it does not rain unless you have hay on the ground. So, here are a few common obstacles and helpful tips.

## Rain on windrow

There are many cases when rain or damp conditions persist and the alfalfa windrow remains on the ground for days. This presents potential weed and regrowth issues for the area under the windrow. The weeds may require spraying to maintain quality and protect the alfalfa stand. The plants under the windrow will be delayed, which will cause part of the field to bloom later and may alter the timing of the next harvest. Although it is important to base the timing of the next harvest on the desired goal for your hay, if possible, wait for the delayed regrowth areas to begin to bloom before cutting.

## High temperatures

High temperatures during the summer can cause alfalfa to bloom more rapidly, which may be misleading for the timing of the next harvest. Even though the crop has bloomed and “appears” ready for harvest, the high temperatures actually extend the recovery time from

the previous cutting. High temperatures, especially at night, reduce the stored nutrients in the roots, which are required for plant vigor after cutting. This requires extra time between cuttings in order for the plant to build up its “reserves.”

## Drought

Dry conditions in non-irrigated fields obviously pose a problem to alfalfa production. In extremely dry conditions, the alfalfa plant will be nearly dormant and will stop growing. It is difficult to know whether to windrow what is available or let it be. As the alfalfa continues to sit there, it will slowly lose feed value and tonnage. Harvesting the hay is an option, if there is enough feed to justify the fuel and labor. Grazing is also another option, but caution should be used for the risk of bloat. Cutting the hay may stimulate the alfalfa to try and regrow, but moisture is ultimately needed for those new shoots to grow.

## Moisture for field operations

Alfalfa quality is not only impacted by harvest timing, but it is also affected by curing, raking and baling conditions. Rain can take nutrients away from the plant during the curing process and can also cause mold. Getting hay to dry fast not only helps to avoid the potential for rain damage, but plant cells continue to respire until hay gets to about 50 percent moisture, losing potential weight. To help the dry-down time, spread the recently cut hay in a wide swath and turn

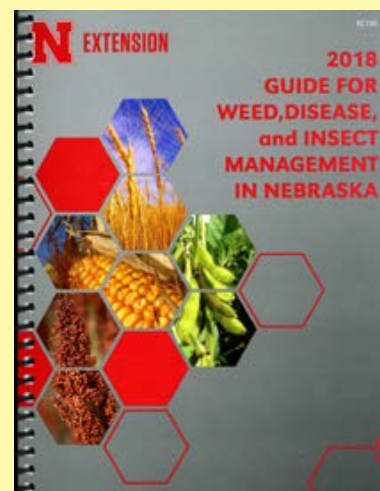


the hay to expose moister hay underneath. Hay baled too wet can get moldy, over-heat or catch on fire. On the other extreme, raking or baling hay that is too dry can cause extreme leaf loss, which is the most valuable part of the plant. Rake the hay when it is about 40 percent moisture and bale dry hay when the leaves are re-wet by dew or high humidity.

## Use forecast tools

Using forecast tools can help plan the cutting, raking and baling operations. Nebraska Extension's AgriTools mobile app and the National Weather Service ([www.weather.gov](http://www.weather.gov)) provide an hourly forecast graph for temperature, precipitation, dew point and humidity. This hourly forecast may help to plan the timing of the field operations in order to successfully yield a higher-quality hay product.

Source: Hay and Forage Minute – Dr. Bruce Anderson, UNL Professor of Agronomy, Extension Forage Specialist.



## Guide for Weed, Disease, and Insect Management

Nebraska Extension's “2018 Guide for Weed, Disease, and Insect Management in Nebraska” (EC130) offers valuable information on pest management for major crops, pasture, range, Conservation Reserve Program (CRP) land, ditches, roadsides, turf and aquatic sites in Nebraska. Insects, diseases and weeds are addressed, including noxious weeds and difficult woody plants.

This publication is written by Nebraska Extension specialists who encourage use of integrated pest management (IPM) strategies, based on chemical, cultural, mechanical and biological methods of pest control.

Purchase this publication at <http://marketplace.unl.edu> or the Extension office. Cost is \$15.

# Spring is a good time to test private drinking water wells

**Meghan Sittler**  
Extension Educator

The arrival of warmer weather (albeit later than normal) in Nebraska means warming soil temperatures, rain storms, greening grass and more outside activity. Warming soil temperatures also signal one of the most opportune times to test your drinking water quality.

Private water supplies should be tested for total coliform bacteria and nitrates each year. Both substances can result in serious health complications. The only acceptable level of total coliform bacteria in your drinking water is no (zero) coliform bacteria. The maximum contaminant level (MCL) for nitrate is 10 milligrams per liter (mg/L) — which is sometimes stated as parts per million (ppm). As nitrate levels approach or pass that MCL, well owners should consider treatment options.

As a private well owner, you should also test your drinking water if:

- Your well has been inundated with storm water or other runoff.
- You have noticed any significant changes such as color, odor, taste or staining of household fixtures or linens.
- Cracks in the well casing or well cap, or other issues with your well itself have been

observed.

- Land use around the well has changed.
- There has been a significant spill of chemicals within the area.

You may also have it tested if you hear from neighbors, local government or your water well professional that there are water quality issues in the area.

Water quality tests should only be done by the Department of Health & Human Services (DHHS) State Public Health Environmental Lab or labs certified by the Department of Health & Human Services. Information on obtaining sample kits, as well as a list of certified labs, can be found at <http://dhhs.ne.gov/publichealth>.

If you have a newly constructed well or your well went through a recent repair, DHHS offers a free one-time water quality test. You can find more information on the free tests at [http://dhhs.ne.gov/publichealth/Pages/enh\\_wwwindex.aspx](http://dhhs.ne.gov/publichealth/Pages/enh_wwwindex.aspx) or by visiting with your water well contractor.

Local Natural Resources Districts also often assist with drinking water tests. Your water well professional can also assist you with collecting the sample as well as periodic inspection of your well components.

Here are some other ideas to help you protect your drinking water:

- Take time to walk around your wellhead and make sure nothing on the wellhead is damaged or potential contaminant sources are too close to your wellhead.
- Make sure you are performing regular maintenance on your onsite wastewater system and following all operating guidelines.

Knowledge of your drinking water and the critical water resources across our state is essential to help protect your health — and the quality and quantity of water available for people, agriculture, wildlife and the environment.

## FOR MORE INFORMATION

UNL's Water website at <http://water.unl.edu> has many resources, including:

- NebGuide: “Drinking Water: Testing for Quality” (G907)
- NebGuide: “Protecting Private Drinking Water Supplies: Water Well Location, Construction, Condition and Management” (G2050)
- NebGuide: “Protecting Private Drinking Water Supplies: Household Wastewater (Sewage) Treatment System Management” (G2051)
- Article about Water Quality with links to NebGuides about various contaminants



Photos: Sharon Skipton

Most water quality samples must be tested by a lab within a certain time frame. To receive accurate results, follow all instructions.



The tap used most frequently for drinking and cooking is the best location for collecting a water sample, in most situations.



# Fishing for answers: Silverfish and firebrats in homes

By Jody Green  
Extension Educator

Silverfish and firebrats are common in Nebraska homes, especially in buildings with cedar shake shingles on the roof. They are common scavenging insects that live outdoors in rotting wood and areas with high moisture and humid environments. They can be challenging to eliminate when populations establish indoors because of their adaptive biology and the abundance of food sources. Even the cleanest-kept homes may house a few of these nuisance pests. It is important to know these insects do not bite. They are not of medical importance and will not ruin the structural integrity of your home.

### Identification

Silverfish and firebrats are primitive, wingless, carrot-shaped insects with two thin antennae on the head and three tail-like appendages extending from a tapered abdomen. They have brownish, gray and white colored scales on their flattened bodies. When full grown, they measure 1/4- to 1/2-inch long.

The difference between silverfish and firebrats include the stoutness of the bodies and the color of scales. Silverfish are narrower in the abdomen with powdery, dull, silver/brown scales. As the name implies, their quick darting movements resembles that of a fish. Firebrats appear stouter, less tapered, with a mottled brown-gray color.

### Biology and habitat

Silverfish prefer damp, warm places like basements, bathrooms, kitchens,



Silverfish and firebrats have a characteristic carrot-shape with two long antennae and three long tail-like appendages. Pictured above is a four-lined silverfish (magnified).



Silverfish (magnified) require high humidity to thrive.

attics and laundry rooms that range from 72–80°F and a relative humidity of 75–97%. Firebrats, as their name implies, like it hot and thrive in boiler and furnace rooms, steam tunnels, bakeries with high temperatures which range from 89–105°F and a relative humidity of 76–85%. Even though firebrats are known for their affinity for heat, they can survive a wide temperature range, which includes freezing temperatures.

Silverfish and firebrats are often associated with cedar shake roofs in Nebraska. When conditions are suitable, populations will grow and insects will

enter the structure through light fixtures, ceiling fans and vents.

### Life cycle

Silverfish and firebrats do not undergo metamorphosis and will continue to molt throughout their lifetime. Nymphs and adults resemble one another, but younger nymphs lack scales. Female firebrats lay an average of 50 eggs in crevices and can complete their life cycle in 2–4 months. Silverfish life cycle can take over a year. Both are known to live over 2 years, which is long-lived for an insect.

### Food and feeding behavior

Silverfish and firebrats feed on carbohydrates, anything with high protein and high sugar content. These starchy materials include wallpaper glue, book binding, fabrics, cereals, plaster, cardboard, carpet and other cellulose or paper products. They can survive extended periods (one year or more) without feeding and acquire water from the environment.

### Signs of infestation

They do most of their feeding at night, but can be found during the day if trapped in sinks, bathtubs or drawers when surfaces are too slippery to escape. They do not come up out of drains. They also leave behind tiny, dry pelleted feces.

Both silverfish and firebrats have weak jaws and their mandibles can only scrape the surfaces of their food, leaving characteristic damage on items. They leave small holes in objects and yellow stains, causing damage to old collections and sentimental artifacts, particularly



Silverfish and firebrats can cause damage to starchy materials such as books, papers and photographs.

newspaper clippings, magazines, books and photographs.

### Control methods

The use of sticky traps can help determine the population size and pinpoint the location of the greatest number of insect pests. To remove silverfish or firebrats from ceilings, walls and floors, it is best to use a vacuum. To protect important products like paper, photographs, linens and foodstuff, store them inside airtight containers in dry locations.

To make the home less attractive to silverfish and firebrats, modify the environment to decrease the moisture and humidity in the structure. This can be done by using a dehumidifier, fixing plumbing leaks, increasing ventilation and air circulation, fixing moisture problems and changing the type of roofing material.

There are a variety of insecticides labeled for silverfish (and firebrats) that can be used in heavy, long-term infestations, including residual sprays, dusts and baits. Due to the risk of insecticide exposure, it is recommended to contact a pest management company.

# Preventing nuisance wildlife problems

Soni Cochran  
Extension Associate

Wildlife living near our homes can provide wonderful opportunities to observe and learn more about their behaviors. It is exciting to see a hummingbird in a pollinator garden or a fox with its kits in a local park.

Animals wandering through our neighborhoods should be left alone. Young animals you may find in the spring are usually not abandoned, the parents are nearby. Fledgling birds will soon be hopping and flopping around our yards as they gain strength and learn to fly. Dog and cat owners should keep pets away from the young birds for a few days until they are able to fly. If you find an injured or sick animal, you should call your local animal control or wildlife agency.

We can enjoy our local wildlife and help prevent problems by taking a few steps to discourage nuisance behavior by making a few changes around our homes and landscape.

There are some things you can do if an animal is coming onto your property searching for food or shelter. The best option is to take away those things they want or change them so the animal is discouraged and moves on. Leaving pet food out (especially overnight), unsecured garbage cans, poorly managed



Opossum raiding a bird feeding station.

bird feeding areas and gardens can attract wildlife.

For people with backyard poultry houses, unsecured enclosures can attract predators of eggs and birds. Chimneys, siding, slabs, sewer systems, woodpiles, ledges around your home, wood piles and tall weeds are all examples of habitats wildlife can use to find protection, food or raise their young.

Here are a few suggestions to help you prevent problems with wildlife:

- Do not leave pet food out overnight. Clean up pet feeding areas and bring in all cat and dog food.
- Secure garbage cans by placing them in your garage or shed. Elevate them off the ground and secure the lids tightly to

keep animals like raccoons from prying off the lids. Take your garbage to the curb on pick up day.

- Fence your garden to prevent animals in your area from gaining access to your crops. If you have problems with deer, you'll want to use different fencing than what you would use for cottontail rabbits.
- Clean up brush piles and manage tall plants and weeds where rabbits and other small animals hide.
- Walk around your home to see if there is loose siding or holes or gaps in your foundation which should be sealed. Check around doors and windows. Do you need to seal and caulk or fix the weather-stripping around your door? These are



Fencing to deter cottontail rabbits should be 2 feet high and buried 4 inches deep and flared out at the bottom before covering with soil. Chicken wire, hardware cloth or rabbit fencing can be used.

also access points for insects and spiders who may wander into your home.

- Regularly clean up the fallen seed from bird feeders.
- Properly manage compost piles.
- Cover your window wells.

In Nebraska, if you must remove any wild animal (including snakes), you can legally release it 100 yards or less from the original point of capture. Sometimes just the experience of being caught in a trap is enough for the animal to leave your yard. As always, check

for any permits from Nebraska Game and Parks and/or your local city ordinances. Contact a pest control professional if you need assistance removing a problem animal.

### FOR MORE INFORMATION

- Nebraska Extension's wildlife website at <http://wildlife.unl.edu> has numerous resources on prevention and control methods.
- A list of local wildlife agencies is at <https://lancaster.unl.edu/pest/wildlifeagencies.shtml>.



## Pollinator habitat

*continued from page 1*

Be sure to add landing locations such as rocks in the water source so bees do not drown when they come to drink. You can purchase bee nesting houses or make your own bee nesting structure or insect hotels. Insect hotels provide nesting areas and shelter for overwintering pollinators and beneficial insects.

## Conservation practices

Implement conservation practices to protect and support pollinators by reducing lawn areas and maintain a layer of organic mulch over tree roots, shrubs and plant beds. Provide spaces of bare ground for ground-nesting bees and leave garden clean up until spring. Cavity nesting bees can nest in ornamental grasses and hollow plant stems.

Plant groundcovers or use mulch on thinly vegetated areas to decrease erosion, avoid chemical pesticides, herbicides or insecticides where possible, use a rain barrel or other means of capturing or utilizing rain-water to irrigate plants and water plants only when necessary.

## Who can apply

This program is open to Nebraska homeowners, schools, businesses, parks, homeowner associations, farmers, acreage owners and community gardens.

### FOR MORE INFORMATION

The Nebraska Pollinator Habitat Certification application form with complete requirements is available at the Extension office and <http://go.unl.edu/pollinatorhabitat>.

## Cherry Creek Pollinator Habitat



Photos: Mary Jane Frogge

View of the Cherry Creek Pollinator Habitat in September.

The Cherry Creek Pollinator Habitat was established in 2013 by Extension staff members Soni Cochran and Mary Jane Frogge to be an educational habitat. It is located north of the Nebraska Extension in Lancaster County office at 444 Cherrycreek Road, Lincoln.

In 2016, it became a certified habitat through the Nebraska Pollinator Habitat Certification Program.

To follow the progress of the habitat:

- Visit it.
- Read the blog at <http://buzzatcherrycreekunl.wordpress.com>.
- View the live habitat web cam at <https://lanaster.unl.edu/pest/bees.shtml>.



One of two educational signs in the habitat.



## GARDEN GUIDE

### THINGS TO DO THIS MONTH

Mary Jane Frogge, Extension Associate

Celebrate Pollinator Week, June 18–24, by planting native perennial plants and placing a bee house in your landscape.

Start a gardening notebook. Keep all your gardening records in this one location.

Spring flowering shrubs such as spirea, viburnum, lilac and forsythia should be pruned as soon as they are done blooming.

Remove foliage from spring bulbs after it turns yellow and begins to dry.

Use bark mulch around young trees to protect them from lawn mower damage.

Mid- to late-June is an excellent time to take softwood cuttings of shrubs to start new plants. Some shrubs which can be propagated in this way are spirea, lilac and viburnum.

When you buy nursery stock that is container grown, check the root ball and make sure it is not bound too tightly. A mass of circling roots will stay that way even after it is planted in the ground.

Remove old flower heads from annual bedding plants to keep them blooming.

Leftover vegetable and flower seeds may be stored in a cool, dry location to be saved for planting next year.

Keep a close eye on the quality of your spring crops. Hot weather causes lettuce to bolt and become bitter. Plant a warm season crop as soon as the spring vegetables are harvested.

In most cases, blossom-end rot on tomatoes, peppers, squash and watermelons can be prevented. Do this by maintaining uniform soil moisture by mulching.

Identify garden pests before you attempt to control them. If you decide to use chemical control, read the label carefully.

Bats can be an effective way to control insects. One big brown bat can eat 3,000 to 7,000 insects each night. Attract bats by building and placing bat houses in your yard.

During the hot summer months, mulch can be especially useful for conserving water. For vegetable gardens, shredded leaves or grass clippings are good mulch material. For ornamentals, pine needles or wood bark do the best job.

Weed removal is important for a number of reasons. It conserves moisture, conserves nutrients in the soil and helps prevent the spread of disease and insects.

# Why do children do what they do?

Jaci Foged

Extension Educator

Have you ever really thought about how many times you have performed, or practiced, a particular task? Take opening a door for instance. How many times in your life would you say you have opened a door? 1,000 times? 10,000 times? This is something you now, most likely, do with very little thought.

However, just the other day, I watched an adult struggle with a door as he tried to enter our local grocery store. Even though this door had a sign on it telling the opener to “PULL,” he pushed, not once, not twice, but three times, before he stopped and looked for a clue as to how to get into the store.

Why did the man stop his behavior of pushing on the door to get in the grocery store? As adults, we have been able to practice this behavior over and over again, and for the most part, we are quite successful when it comes to using doors. Practice really does make perfect. That — and a good understanding of how doors work — help us to be successful with this task.

## How do children learn?

Learning for children comes with practice and repetition. They will not be good at opening doors (or any skill for

that matter) until they have had many opportunities to practice the skill.

Children are also learning and practicing how they should respond to adults and their peers. This is done the very same way as learning to walk or open a door — through repetition and practice. They are observing and practicing what they need to do in order to get what they need, (i.e. from one place to another or through the door to the backyard).

Sometimes, as young children are practicing new skills, they engage in “challenging behaviors,” such as throwing tantrums, biting their friends and pushing over block towers. Why do children exhibit these and other challenging behaviors? The answer may surprise you.

## Children engage in challenging behaviors because it works for them

Think about it. When children do not have an appropriate way to communicate (talking, singing, using pictures), they may resort to challenging behavior as a way to communicate.

The behavior your child exhibits sends a powerful message in which the child obtains something physical (toy, food, attention) or where the child gets to avoid or escape a situation (attention from grandma, a demand from a parent or finishing a chore).

## Become a detective of your child's behavior

When learning more about your child's challenging behaviors, it can be helpful to put on your detective hat. Detectives are investigators who collect information to solve a problem. Over the next week, I would encourage you to become a detective, investigating at least one of your child's challenging behaviors.

Watch their behavior carefully. Keep a tally of how many times it occurs each day. Take note of what happened before the behavior, how long the behavior lasted and how you reacted to the behavior. How did you handle it? Did you ignore it? Did you use redirection? Did you put your child in time out? Also note how often you react the same way to the same behavior.

The next step will be for you to ensure your expectations are clear. Keep it positive. Tell your child which behaviors they SHOULD do. Do not tell them which behaviors they SHOULD NOT do. Be clear and simply state the behavior you expect.

Make sure your expectations are appropriate for your child's age. For instance, you may have a two year old and would like them to hang their towel up after a bath. However, they may be too short to reach the towel rack. Make sure you tell them in a positive way what to

do with their towel. You may want them to hand it to you and ask for help, hang it over the side of the tub or even place it into the hamper.

When your child does what you ask them to do, be sure to praise them. Be specific, and again, be positive. For example, “Great job Cindy! Thank you for putting your towel in the hamper!”

It is important to have a few household rules. The Center on the Social and Emotional Foundations for Early Learning (CSEFEL) recommends 3–5 rules. These should be flexible enough to apply in any location, such as school, grandma's house or a restaurant. Keep rules positive and use pictures whenever possible.

Help your child be successful; teach them what to do by practicing the household rules when they are NOT in trouble. Most importantly, have fun and enjoy your time together!

### FOR MORE INFORMATION

Nebraska Extension's The Learning Child website at <https://child.unl.edu> has many resources, including:

- NebGuide: “Strategies for Helping Young Children with Self-Regulation” (G2287)
- NebGuide: “Self-Regulation in Early Childhood” (G2288)





## HEART OF 4-H VOLUNTEER AWARD

### Chris Hansen

Lancaster County 4-H is proud to announce Chris Hansen of Lincoln as winner of the June “Heart of 4-H Award” in recognition of outstanding volunteer service.

A Lancaster County 4-H volunteer for six years, Chris is co-leader of the Clever Clovers 4-H club. The club has been recognized as a Nebraska Club of

Excellence for the past three years. He is also a parent volunteer for the Helping Hearts Clover Kids 4-H club. Previously, Chris helped enter horticulture projects at the Howard County Fair and Nebraska State Fair when it was in Lincoln. When he was in college, Chris was active in the UNL collegiate 4-H club and helped organize ExpoVisions for 4-H youth and leaders statewide.

He says, “I like working with our youth, teaching them different projects that someday may lead them to what they may want to do when they become an adult, like 4-H has done for me. I took horticulture in 4-H when I was a kid, and now I am a Nebraska Certified Nurseryman. My favorite experience as a 4-H volunteer is watching the kids doing a project that I taught them and watching them see what ribbons they got at fair. Bringing a smile to a kid’s face after they see they got a purple ribbon makes me feel proud as a 4-H leader.”

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



### 4-H rabbit tattooing opportunity, June 9

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

### 4-H Bicycle Safety Contest, June 16

The 4-H Bicycle Safety Contest will be held Saturday, June 16, 9 a.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road. The contest is open to all 4-H’ers ages 8 and up. Participants must provide their own bicycle and must wear a helmet. Register by Monday, June 11 by calling 402-441-7180 (there is no entry form). There are two parts of the contest; riding skills and a written quiz. In the bicycle skills events, 4-H’ers maneuver through several designated courses to test their riding skills and safety. 4-H’ers also take a multiple-choice quiz. A bicycle inspection reinforces the importance of bicycle maintenance and safety features.

### 4-H Plant Science Contests, June 13

Three Plant Science Contests will be held Wednesday, June 13, 10 a.m.–1:30 p.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln. Registration is required by Monday, June 11 by calling 402-441-7180. Open to 4-H’ers from all counties, ages 10–18 — premiums paid by the county where the youth is enrolled. Enrollment in a horticulture project is not required to participate.

Youth choose which contests to participate in:

- tree identification
- weed and grass identification
- horticulture contest

This year, the tree identification and weed & grass identification contests will have a different format. Participants will be able to use a list of plants while identifying samples.

Participating youth will be offered a free lunch after the contests, while the contest papers are being graded. Ribbons will be awarded and contest winners announced after the lunch.

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

Nebraska 4-H is offering an online Horticulture Judging Contest at <https://go.unl.edu/2018hortcontest>. The quiz will be available June 8–18. No password is needed.

## JUNE 15 DEADLINE

### 4-H member online enrollment

4-H members must enroll/re-enroll by June 15. The website to enroll is

**<https://ne.4honline.com>**. The process is easy and only takes a few minutes per member or volunteer. Only parents/guardians may enroll 4-H members. Each 4-H household will need to set up a profile in which the 4-H youth and/or volunteers in the household will be added. There is no fee to enroll in 4-H in Lancaster County.

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

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 new 4-H support staff member Heather Odoski at 402-441-7180.

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

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

### 4-H projects updated

To exhibit in the fair, 4-H members must be enrolled in the respective project (unless otherwise stated in the Fair Book). Enrolled project examples: Home Environment Design Decisions, Food & Nutrition Cooking 101, Aerospace 2 and Rabbit. Note, this does not include the specific fair classes within each project area, such as: wall hanging, baked cookies, rocket display and rabbit breed class. Fair exhibit examples which do not have specific projects to enroll in: Special County Exhibits, Posters and Banners.

Select projects at **<https://ne.4honline.com>** by June 15. NOTE: only 4-H parents/guardians may update projects.

When signing up for individual projects, note the abbreviations for the project areas. The abbreviations are on 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.’

### Volunteer online enrollment

Club leaders must enroll/re-enroll using “4-H Online” at <https://ne.4honline.com>. If you and your other co-leaders have not already enrolled at “4-H Online,” please do so before June 15. If you would like to view your 4-H club’s roster online, contact new 4-H support staff member Heather Odoski at 402-441-7180 for a password.

### Youth for the Quality Care of Animals requirements for ANY livestock exhibitor

New in 2018, 4-H/FFA youth exhibiting at the Lancaster County Super Fair, Nebraska State Fair and/or AKSARBEN stock show will need to complete Youth for the Quality Care of Animals (formerly called Quality Assurance) training:

- Beef (bucket calf, feeder calf, breeding beef, market beef)
- Dairy cattle
- Goat (breeding meat goat, market meat goat, dairy goat)
- Poultry
- Rabbit
- Sheep (breeding sheep, market sheep)
- Swine (breeding swine, market swine)

Deadline to complete YQCA is **JUNE 15**.

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.learn-grow.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](mailto: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 p.m. at the Lancaster Extension Education Center, 444 Cherrycreek Rd., Lincoln. To sign up for face-to-face trainings, you must go to <https://learn-grow.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 be available online.
- For a free test-out option, contact Cole for further details.

If you have further questions, contact Cole Meador at 402-441-7180 or [cmeador2@unl.edu](mailto:cmeador2@unl.edu).

### 4-H/FFA animal identifications

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

See the following handouts available at <http://lancaster.unl.edu/4h/fair> and at the Extension office:

- 2018 Lancaster County 4-H/FFA Livestock Checklist
- 4-H animal requirements for Super Fair, State Fair and AKSARBEN

4-H horse identifications are due June 1 (see next page). 4-H poultry, dogs, cats and household pets do not require identification.

## 4-H’ers qualify for regional Speech & Public Service Announcement Contest

The Lancaster County 4-H Speech and Public Service Announcement (PSA) Contest was held March 18. More than 33 Lancaster County 4-H youth competed in this year’s communication events. The following top winners will have the opportunity to represent Lancaster County at the Regional Speech & PSA Contest on May 17 at the University of Nebraska–Lincoln East Campus.

#### SPEECH CONTEST:

- Junior (8–10 years): Micah Pracheil, Khloe Cuttlers, Holly Bowen
- Intermediate (11–12 years): John Donlan, Kylie Hansen, Acadia Carlson
- Senior (13–18 years): Addison Wanser

#### PUBLIC SERVICE ANNOUNCEMENT CONTEST:

- Junior (8–10 years): Vanessa Peterson, Christian Kaiser, Holly Bowen
- Intermediate (11–12 years): Sarah Lange, Elise Schwinck, Riley Peterson
- Senior (13–18 years): Ella Hendricksen



### 4-H county Life Challenge Contest, June 2

4-H Life Challenge Judging Contests help youth learn more about issues related to family and consumer science and entrepreneurship. Contests are open to all 4-H'ers. For more information, contact Kristin at 402-441-7180.

**County-level Junior (ages 8–11) AND Senior Life Challenge (ages 12 and up)** will be held Saturday, June 2, 9 a.m. until approximately 12 p.m. at the Lancaster Extension Education Center. Contest open to All 4-H'ers (need not be enrolled in a specific project). Register by Wednesday, May 30 by calling 402-441-7180. For more information or a study packet, call Kristin at 402-441-7180 or email [kristin.geisert@unl.edu](mailto:kristin.geisert@unl.edu).

### 4-H state Life Challenge Contest, June 25–26

The statewide Life Challenge Contest will be held June 25–26 on UNL East Campus. It is open to ages 12 and up. County teams compete in challenges related to Family Consumer Sciences while developing problem-solving skills. Contests are held during the days with optional evening activities. To participate, contact Kristin at 402-441-7180 or [kristin.geisert@unl.edu](mailto:kristin.geisert@unl.edu) by Monday, June 4. Information available online at <http://4h.unl.edu/life-challenge>.

### Premier Animal Science Events, June 25–26

The statewide Premier Animal Science Events (PASE) will be held June 25–26 on UNL East Campus. Open to 4-H'ers ages 12 and up, PASE consists of a variety of different contests:

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

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

### 4-H'ers, earn a new sewing machine!

This is the 10th year Kath Conroy, a 4-H clothing superintendent, and her husband, Mike, are graciously donating a new sewing machine to one Lancaster County 4-H youth!

All interested youth should submit an essay describing the clothing projects they have completed in the past and their plans for future sewing projects. Also explain why they should be the youth to receive it. Mail or deliver essays by Monday, June 4 to Nebraska Extension in Lancaster County, 444 Cherrycreek Road, Ste. A, Lincoln, NE 68528.

If you have questions, contact Kristin at 441-7180 or [kristin.geisert@unl.edu](mailto:kristin.geisert@unl.edu).

### 4-H sewing help sessions

Kath Conroy, a 4-H clothing superintendent, is offering to help 4-H youth with their sewing projects again this year. This exceptional seamstress has many years of experience helping 4-H'ers. Four help sessions will be held Monday, July 9 through Thursday, July 12, 12:30–4:30 p.m. each day at the Bernina Sewing Center at 5625 'O' Street, Lincoln. Bring your sewing machine, sewing supplies and project. Kath will be available to help with fitting, cutting fabric, zippers or anything else needed. 4-H'ers may attend some or all sessions. There is no cost and registration is not required.

### Babysitting Training for 5th–7th graders, July 18

A Babysitting Training through the American Red Cross taught by Extension Educator Jaci Foged will be held Wednesday, July 18, 8:30 a.m.–4:30 p.m. at the Lancaster Extension Education Center. Register by Tuesday, July 9. Open to all youth ages 11–15 (do not need to be in 4-H). Cost is \$35. Bring a sack lunch. If class fills up, a second training will be held Thursday, July 19. More information and a registration form is online at <http://lanaster.unl.edu/family/babysittingclass18.pdf>.

### Clover College has some workshops still open

4-H Clover College will be June 19–22 at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln. Many workshops are full, but several have openings! Check for current workshop availability online at <https://lanaster.unl.edu/clovercollege>. Volunteers ages 13 & up are needed, please contact Kristin at [kristin.geisert@unl.edu](mailto:kristin.geisert@unl.edu) or 402-441-7180.

## HORSE BITS

For more information about the Lancaster County 4-H Horse program, contact Kate at [kpulec3@unl.edu](mailto:kpulec3@unl.edu) or 402-441-7180.

### 4-H horse identifications due June 1

Each horse which will be shown at Super Fair must be identified on form "4-H Horse Identification Certificate" and submitted to Nebraska Extension in Lancaster County office by June 1. Form is available at the office as a carbon copy form. If you use the online form at <http://go.unl.edu/uwg4>, make a copy for yourself.

### 4-H Horse Judging Contest, June 1

The Lancaster County Super Fair 4-H Horse Judging Contest will be held on Friday, June 1 at the Lancaster Event Center – Pavilion 3. This is a county fair premium event. Ribbon placings will be awarded. The top 10 contestants in all three age groups will be recognized at Horse Awards Night. The champion in each age group must participate in both judging and oral reasons to receive a belt buckle. Registration is 5:30–6:30 p.m. Start time is 6:30 p.m.

### Pre-district clinic/show, June 2

The Lancaster County 4-H Horse VIPS Committee, Boots N Hooves 4-H Club and Prairie Star 4-H Club are sponsoring a 4-H Pre-District Clinic/Show/Fundraiser on Saturday, June 2, 8:30 a.m. at the Lancaster Event Center – Pavilion 3. Pre-registration is not required. Riders must be in 4-H attire. Although districts are only for the junior and senior age groups, elementary riders are encouraged to ride in this show to help prepare for the years to come. Stalls are available for \$15 a day. Stall arrangements must be made by May 25 through Kate Pulec at 402-441-7180. Event Center shavings must be used (\$7 a bag). Show flyer is at <https://go.unl.edu/predistrict>.

### Horsemanship level testings, June 5 & 26

A 4-H horsemanship advancement level group testing will be held on Tuesday, June 5, 5:30 p.m. at the Lancaster Event Center – Amy Countryman Arena. Anyone wishing to test must sign up by May 29 by contacting Kate at [kpulec3@unl.edu](mailto:kpulec3@unl.edu) or 402-441-7180. All of the written level requirements must be completed and submitted to Kate before the riding portion of the levels can be conducted.

A final level testing will be held on Tuesday, June 26, 5:30 p.m. at the Lancaster Event Center – Amy Countryman Arena. Anyone wishing to test must sign-up with Kate by June 19.

### State hippology and horse judging entries due June 15

Hippology and horse judging entry forms for the State 4-H Horse Expo at Fonner Park are due to the Extension office Friday, June 15. All entry fees will be paid by the Lancaster County 4-H Council. Contest entry forms and information can be found at <https://4h.unl.edu/horse/state-expo>.

## SUPER FAIR 4-H/FFA ANIMAL ENTRIES MUST BE SUBMITTED ONLINE JUNE 17–JULY 1

New in 2018, all 4-H/FFA animal entries for the Lancaster County Super Fair must be entered online at <http://lanaster.fairmanager.com>. This includes stall requests and livestock/poultry exhibitor T-shirt sizes. No paper forms will be accepted! 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://lanaster.unl.edu/4h/fair>. If you have questions about the process or need access to a computer, call Heather Odoski at 402-441-7180.

## Horse Stampede results

The statewide 4-H Horse Stampede was held on March 10 at UNL East Campus. Nearly 139 youth competed in five events: horse bowl, public speaking, demonstration, art contest and photography contest. Congratulations to all Lancaster County 4-H members who participated! Below are the Lancaster County purple ribbon winners.

### ART CONTEST

Elementary division: Shea Frink (Reserve Champion)  
Junior division: Cadi Wilbeck (Reserve Champion)  
Senior division: Sidney Schlesiger, Elisabeth Moyer

### PHOTOGRAPHY CONTEST

Elementary division: Maddie Blair (Champion), Isabella Grosskopf  
Junior division: Emmi Dearthmont (Reserve Champion)  
Senior division: Madelaine Polk, Katie Nepper



Cadi Wilbeck's reserve champion junior division artwork



Maddie Blair's champion elementary division photograph





# EXTENSION CALENDAR

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

## May

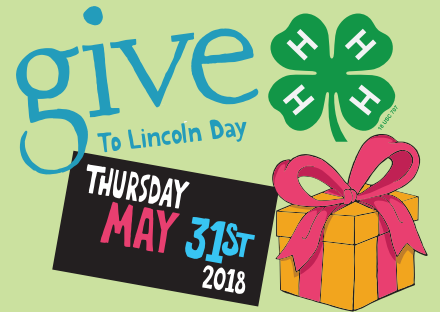
- 28 Memorial Day — Office Closed  
31 Youth for the Quality Care of Animals (Quality Assurance) Face-to-Face Training for 4-H/FFA Livestock Animal Exhibitors.....6–7 p.m.

## June

- 1 4-H Horse ID's for Super Fair Due to Extension  
1 4-H Horse Judging Contest, Lancaster Event Center – Pav 3  
.....Registration 5:30–6:30 p.m./6:30 p.m.  
2 4-H Life Challenge County Contest.....9 a.m.  
2 4-H Pre-District Horse Show/Clinic/Fundraiser, Lancaster Event Center -  
Pav. 3.....8:30 a.m.  
5 4-H Horsemanship Level Testing, Lancaster Event Center – Pav. 4,  
Amy Countryman Arena.....5:30 p.m.  
5 4-H Council Meeting .....6 p.m.  
7 Pesticide Applicator NDA Walk-in “Testing Only” Session.. 9 a.m.–2 p.m.  
7 Youth for the Quality Care of Animals (Quality Assurance) Face-to-Face  
Training for 4-H/FFA Livestock Animals .....6–7 p.m.  
8 Extension Board Meeting.....8 a.m.  
9 4-H Rabbit Tattooing Opportunity .....9–11 a.m.  
13–14 4-H Horse District Shows, Ord, York  
13 4-H Plant Science Contests: Horticulture/Tree ID/  
Grass-Weed ID.....10 a.m.–1:30 p.m.  
14 Co-Parenting for Successful Kids Class .....9 a.m.–12:30 p.m.  
15 Deadline to Enroll New 4-H Members/Volunteers and to Select  
Project Area(s) Planning to Enter at Super Fair — Must Use  
“4-H Online” at <https://ne.4honline.com>.  
15 Deadline for 4-H/FFA Sheep/Goats/Swine/Breeding Beef/Bucket Calves/  
Dairy Cattle/Llamas & Alpacas/Rabbits Identification  
15 Deadline for 4-H/FFA Livestock Animal Exhibitors to Complete  
Requirements for Youth for Quality Care of Animals (Quality  
Assurance)  
16 Composting Demonstration, Pioneers Park Nature Center's backyard  
composting demonstration area across from Nature Center.....10 a.m.  
16 4-H Bicycle Safety Contest .....9 a.m.  
June 17–July 1 Super Fair 4-H/FFA Animal Entries Must Be Submitted Online  
at <https://lancaster.fairmanager.com>  
19–22 4-H Clover College  
20–22 4-H Horse District Shows, Gordon, Central City, Curtis  
25 Pesticide Applicator NDA Walk-in “Testing Only” Session.. 9 a.m.–2 p.m.  
25–26 Premiere Animal Science Events (PASE)/FCS Life Challenge,  
UNL East Campus  
26 4-H Horsemanship Level Testing, Lancaster Event Center – Pav. 4,  
Amy Countryman Arena.....5:30 p.m.

## Support local 4-H youth during Give to Lincoln Day

Lancaster County 4-H Council is one of the nonprofits the community can give donations to during “Give to Lincoln Day” hosted by Lincoln Community Foundation. Your donation on May 31 is increased by a proportional share of a \$400,000 challenge match fund!



- Here are a few ways your support will help youth:
- Help pay for curriculum or workshop costs for a 4-H member with limited resources.
  - Provide hands-on learning opportunities to more youth through after-school 4-H programs.
  - Help send a Lancaster County youth to a 4-H summer camp through a scholarship.
  - Make a BIG difference helping local youth grow into true leaders!

For more information or to make a tax-deductible donation, go to <http://go.unl.edu/giveto4hcouncil>

## Weed Awareness crossword solution

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

