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Preparing Water for Use in an Emergency

Becky Schuerman
*Extension Domestic Water/
Wastewater Associate*

It's that time of year again in Nebraska, when we can experience severe weather such as flooding, thunderstorms and tornadoes. These events can create power outages. If you are a private well owner without power, your well pump won't work, therefore you will not have running water. Public water customers can also experience disruptions in their water supply.

Having an emergency water supply on hand can be very helpful in these situations. One option is to purchase bottled water, but another option is to prepare and store water from

your private or public drinking water source. Your current source of drinking and cooking water is probably suitable for storage. Water to be stored for consumption should be free of bacteria and pathogens.

Containers

It is safest to store water in food grade, durable, unbreakable containers that have secure caps. Food-grade glass containers may also be used, but present a risk because they are breakable. Avoid recycling plastic milk containers because traces of fat may remain that can contaminate the water.

Wash all containers and lids thoroughly with hot, soapy tap water and rinse everything thoroughly with hot tap water. Containers can be sanitized by pouring 1 quart of water and 1 teaspoon of non-scented bleach into the container, securely cap it and shake well, making sure the entire inner surface of the container has come into contact with the bleach solution. Let the container sit for at least 30 seconds before emptying the solution out. You can either let the container air-dry or rinse with the clean water you plan to store.

Treatment

Bacteria being introduced into the water during the collection and storage process is always a possibility. If the water collected for storage is non-commercially treated water you should consider treating it with bleach after filling your storage container, and definitely before consuming it, to kill any pathogens that may exist. Use non-scented, liquid household chlorine bleach that contains at least 4–6% sodium hypochlorite. It is important to use the freshest container of bleach available, preferably not more than three months old.

Add six drops of bleach per gallon of water using a clean, uncontaminated medicine dropper. Securely cap the container and shake to thoroughly mix the water and chlorine, then let it sit for 30 minutes. Uncap the container, if you do not smell chlorine after letting it sit for 30 minutes, add another two drops of bleach per gallon being treated. Cap and shake to mix, then let it sit for another 15 minutes.

Storage

Be sure all containers are securely capped

and label each with the date of preparation before storing. Store containers in a cool, dry place away from direct sunlight. Never store any water supplies — particularly those in plastic containers — near gasoline, kerosene, pesticides or similar substances because vapors from some of these products can penetrate plastic. Storage shelving needs to be sturdy and stable because water weighs over eight pounds per gallon. Stored water supplies should be replaced every six months, particularly if water hasn't been commercially treated.

You can also store water in the freezer. Be sure to use freezer-safe containers, particularly avoiding the use of glass containers. Leave 2–3 inches of air space in the top of each container to allow for

expansion as the water freezes. If you lose electricity, frozen water containers can help to keep foods frozen for approximately two days.

This article has been peer-reviewed.

EXTENSION POSTPONEMENTS, CANCELLATIONS & CHANGES

Due to the coronavirus (COVID-19), Nebraska Extension statewide is following University of Nebraska–Lincoln guidelines for teaching classes, workshops, etc. All teaching or gathering events between March 16 and May 9 (end of UNL spring semester) will be cancelled or postponed unless they can be delivered remotely (webinar or teleconference).

As of press time, the Lancaster County Extension office remains open during regular office hours. The conference rooms have been closed to meetings/events until May 9.

Extension is planning for summer events as normal, and will publish the status of events scheduled after May 9 as far in advance as possible.

Census Reminder

Census results affect your voice in government, how much funding your community receives and how your community plans for the future. Multiple languages are available. By law, your information is confidential!

4 Ways to Respond

1. **Secure internet:** New and quick, respond online at <http://2020census.gov>
2. **Respond by phone:** Number will be listed on invitation.
3. **Respond by mail:** If you haven't responded online by early April, a paper questionnaire will be mailed to you.
4. **In-person interview:** If you have not responded by May, a census worker will follow up in person.

For more information:
2020CENSUS.GOV

Follow on social media:
@uscensusbureau

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**Census
2020**

FOR MORE INFORMATION

Nebraska Extension related resources:

- NebGuide "Drinking Water Treatment – Emergency Procedures" (G1494) at <http://extensionpublications.unl.edu/assets/pdf/g1494.pdf>
- Article "Water Options and Treatment During and Following Flooding" at <https://disaster.unl.edu/water-options-and-treatment-during-and-following-flooding>

HOW MUCH WATER TO STORE

While everyone's needs will differ, the general rule-of-thumb is to store at least one gallon of water per person or pet, per day. Store at least a three-day supply (or three gallons) for each person or pet in your household. Consider storing more water if you have the space to do so.

Tips for Safe Drinking Water Storage for Use in an Emergency



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IN THIS ISSUE

Food & Health 2
Farm & Acreage 3
Early Childhood 3
Pests & Wildlife 4
Weed Awareness
Special Pullout Section
Horticulture 5
4-H & Youth 6–7

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NEBLINE

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NEBLINE

FOOD & HEALTH

April 2020 • Page 2

Create a Culture of Wellness with Nebraska Extension

Emily Gratto, MS
Extension Educator,
Lancaster County

Nebraska Extension is implementing Well Connected Communities — which is aimed at cultivating wellness across the country — to Lancaster and Thurston counties in Nebraska. Well Connected Communities is in partnership with the National 4-H Council and supported by the Robert Wood Johnson Foundation.

Reducing Health Disparities

A main tenant of the project is the belief that everyone deserves a fair and just opportunity for health and well-being. This project empowers communities to come together to reduce health disparities that exist and give every community member a chance to live a healthy life. There are two main components of Well Connected Communities:

- Building health coalitions with youth and adults members.
- Training youth and adult volunteers to bring wellness into the community.

Health Coalitions

An effort of Well Connected Communities is to create time and space for youth ages 13–18 and adults to work together on health coalitions aimed at taking action to create a culture of health and wellness in the community. Current health coalitions that are interested in having youth involvement in their coalition or youth ages 13–18 that have an interest in health are being sought to move



this effort forward to create healthier communities.

Master Health Volunteers

The second component of Well Connected Communities is training volunteers in the areas of health and wellness. After the training, volunteers become certified "Master Health Volunteers" and "Junior Master Health Volunteers" for youth. Volunteers receive 40 hours of training and then are asked to give-back 40 hours to their community.

The training consists of education in areas of basic nutrition, physical activity and chronic diseases, as well as health behavior change theories, social determinants of health, trauma-informed care and many more topics to inform community health.

The 40 hours of give-back will vary based on volunteer preference, community opportunities and alignment with Nebraska Extension's values. The give-back can align with current volunteer duties and even duties relevant to a person's work or career. Volunteers help create small shifts toward health by infusing wellness into their collective action and, therefore, into our communities.

Current Master Health Volunteer Training

Currently, a Master Health Volunteer training is taking place at Catholic Social Services (CSS) at 2241 O Street in Lincoln. CSS is hosting and many of their volunteers are being trained, but the training is also open to non-CSS volunteers. This particular training will focus part of the training on healthy and safe food pantry policies and practices. The training series started March 6, but **most sessions have been postponed until after May 9**. Sessions will most likely remain Fridays from 8–10 a.m. Adults or youth ages 13–18 may participate in the training series even though it has already started. Check in mid-April for the revised schedule at <http://lancaster.unl.edu/wellconnectedcommunities>, or call 402-441-7180 and ask for Emily.

Additional Master Health Volunteer trainings will occur in the future and can be arranged for specific groups, so contact Emily with any interest for both adult and youth volunteers.

FOR MORE INFORMATION OR TO GET INVOLVED

- In Lancaster County, contact Emily Gratto at emily.gratto@unl.edu or Tracy Anderson at tracy.anderson@unl.edu or call the Lancaster County Extension office at 402-441-7180.
- In Thurston County, contact Carol Larvick at clarvick1@unl.edu or Jennifer Hansen at jhansen6@unl.edu or call 402-385-6041.



RECIPE OF THE MONTH

Kayla Colgrove, MS, RDN, ACSM-CPT, Extension Educator, Lancaster Co.

Add more vegetables to your day by making bell pepper nachos from Nebraska Extension's Nutrition Education Program (NEP). This recipe helps brighten your plate while adding extra vitamins and minerals and is healthier when compared to the typical nacho recipe.

BELL PEPPER NACHOS

(Yield: 9 servings)

- 1 pound lean ground beef
- 1 teaspoon chili powder
- 1 teaspoon cumin
- 1/2 teaspoon black pepper
- 1/4 teaspoon salt
- 3/4 cup salsa
- 3 bell peppers, gently rubbed under cold running water
- 1 cup shredded cheddar cheese

1. Wash hands with soap and water.
2. Preheat oven to 375°F. Spray a baking sheet with non-stick cooking spray. Set aside.
3. In a large skillet, brown ground beef until internal temperature reaches 160°F when measured with a food thermometer. Drain fat.
4. In a small bowl, combine spices and salsa. Add to cooked meat.
5. Remove seeds, core and membrane from bell peppers. Slice each one into 6 vertical pieces. Set sliced bell peppers on prepared baking sheet.
6. Evenly distribute meat mixture into the bell pepper slices. Top with cheese.
7. Bake for 10 minutes or until cheese is melted and peppers are hot.

Nutrition Information: Calories 153, Total Fat 8g, Saturated Fat 4g, Sodium 315mg, Total Carbohydrates 5g, Fiber 1g



Craig Chandler, UNL Communications

Warm Spring and Weed Growth

Tyler Williams

*Extension Educator,
Lancaster County*

With the Spring of 2020 setting up to be much different than 2019, that means our early-season weed control may also see a different set-up. Soil moisture is adequate and soil temperatures are trending above normal, both of which are ingredients for early season weed growth. In 2019, we saw a very cool winter and spring, limiting any early-weed growth, so we should be prepared for an early arrival to weed-growing season.

Control Winter Annual Weeds in Crop Fields

The best time to control winter annual weeds, such as marestail, is in the fall, but the second best time is late-March to early-April. Make an assessment now by walking across a field to determine the weed(s) of interest and the distribution and density. These weeds are much easier to control when they are small and can be controlled by herbicides or tillage, although, tillage is a last resort. Select the best herbicide, or combination of herbicides, that can control these weeds, while providing some residual control through planting season. Herbicide recommendations can be found in Nebraska Extension's "2020



Spring marestail growth in a crop field.

Guide for Weed, Disease and Insect Management in Nebraska" (EC130).

Pasture Weed Control

The spring is an optimal time for weed control in pastures, although, there are still some weeds best controlled in the fall. Most perennial weeds and annuals are sensitive to herbicide applications during the late-spring. Herbicide applications are most effective in late-May to early-June using herbicides like Grazon or Milestone. Keep an eye on the growth of these weeds this season, as an earlier-than-normal application may be necessary.

Properly identifying weeds early in their growth stage and applying herbicides at the proper time can help keep them under control.

Prevention is Key

The easiest way to control weeds is to not have weeds at all. Preventing weeds from growing in crop fields can be done by using a mulch or cover crop to reduce the need from herbicide applications. As Paul Jasa, UNL Extension Engineer, says: "Put something there or Mother Nature will!" Keeping the ground covered from harvest to planting will help limit early-season weed growth of those winter annuals.

For your pastures, controlled

2020 Weed Guide Now Available

Nebraska Extension's "2020 Guide for Weed, Disease and Insect Management in Nebraska" (EC 130) is an excellent tool to use for pest management. This guide is written by Nebraska Extension pest management specialists and researchers. It includes information on pest management strategies, nozzle and droplet size classifications, pesticide effectiveness, resistance management, among many other topics and resources. The 2020 guide can be ordered for \$15 plus tax at <https://marketplace.unl.edu/extension/ec130.html> (print or digital PDF) or at the Extension office (print version only).



or rotational grazing and managed stocking rates are the best tools to reduce over-grazing and allow the grass to outcompete the weeds. Stocking rates in Southeast Nebraska are variable due to grass species, soil type and annual rainfall. Typically, you can target about 4 acres per cow-calf pair, if you are using standard grazing, and adjust accordingly during the season.

Soil Temperatures

Find the latest soil temperatures (taken at 4 inches below the soil) across the state at <https://cropwatch.unl.edu/soiltemperature>

Creating Capable Children

LaDonna Werth

*Extension Educator,
Holt-Boyd Counties*

We all know children tend to take a little (or sometimes a lot) longer when completing simple tasks such as zipping up their coat, opening a jar, or sweeping the floor. We also know it would be a lot faster to just do it for them rather than having to sit and wait until they get it done. However, that method does not develop self-sufficiency in your child. So, what approach does then?

Be Patient

When your child is trying to zip up their coat, do you wait a couple seconds and then do it for them? Or do you wait until they figure it out or actually need your help? Instead of jumping in right away, try using encouraging words like "Almost!" or "So close!" You will be able to tell when they are ready to give up. If they reach that point, try asking if they would like your help, and if so, you could put your fingers over theirs and zip it up together.



Use Examples, Not Just Words

When your child is sweeping the floor, but doing more harm than good, simply take the broom for a moment, show them how, and say, "Here, if you do it this way, you'll get the floor a lot cleaner."

Don't Plan Every Minute of Their Day

There are many benefits that come from boredom. When you plan activity after activity for your child, or give them access to a phone or similar device, they do not ever have

a chance to get bored. If they do experience boredom, they will learn to fill the time up with something by themselves. Boredom is a restless state and the brain, with practice, will find things to do to get out of it, such as daydreaming, imagining and problem solving. If your child is used to being occupied, they will grow agitated when they are not doing something and will look to you to fill their time. So make it easier on yourself and let your child be bored every once in a while.

Source: "Zero to Five" by Tracy Cutchlow

Empathy Over Sympathy

LaDonna Werth

*Extension Educator,
Holt-Boyd Counties*

Sometimes it can be easy to intertwine empathy and sympathy, but they do not mean the same thing nor do they lead to the same feelings. When in an emotional situation, using empathy will result in a more positive response because it means to enter into one's feelings and it leads us to a deeper understanding.

Sympathy usually sounds something like, "Well at least..." For example, let's say a mother is frustrated her son is not getting the grades she was hoping for. Her friend then proceeds to say, "Well at least your daughter is excelling in school." The friend's response does not come from a place of understanding, and in turn, does not comfort the mother. It's easier to just respond with sympathy because it does not require us to put ourselves into another's shoes.

However, with your child and partner, the best outcome will come when you use empathy. Empathy actually calms the body, and in emotional situations, having

relaxed conversations tend to lead to a better ending. In relationships, whether it is with your partner or your child, disagreements occur and there is not always a resolution because of different opinions, values, points of view, etc. If you use empathy during those conflicts, it shows you understand what they are feeling and where they are coming from, even if you don't exactly agree with it. That is why empathy is so powerful.

It is pretty simple to understand why empathy is the best response, but it is not the simplest to use instead of sympathy because it takes a conscious effort. Whether you have a newborn that will not stop crying, a toddler that is crabby because they did not have a nap or a teenager who is driving you up the wall because they are self-conscious about the changes they are going through, there is always a place for empathy.

If you have not yet, try using empathy over sympathy and watch how it changes your relationships for the better. I know it did mine.

Source: "Zero to Five" by Tracy Cutchlow

Those Pesky Fruit Flies

Jody Green
*Extension Educator,
Douglas–Sarpy Counties*

Fruit flies are 1/8-inch long and typically have red eyes. They are one of the smallest and most common flies in homes or anywhere food ripens, rots and ferments. Fruit flies begin as eggs before they hatch into legless larvae or maggots. The maggots enter a pupal stage to develop into mature, winged, adult flies. They are active year-round indoors, but their life cycle will slow in cooler temperatures. Under optimal conditions in the summer, they can complete their life cycle in 7–10 days.

Some of the most common breeding sites and food sources include ripe and rotting bananas, tomatoes, squash, melons, potatoes and onions. If these are not present, fruit flies can develop in any moist film of fermenting material in trash containers, drains, empty wine bottles, pop cans, garbage disposals, mops,



Jim Kalisch, UNL Dept. of Entomology

Adult fruit fly is light brown with red eyes and one pair of wings (shown enlarged).

dishcloths and discarded food containers.

Prior to pupation, the maggots will migrate to a drier location nearby. Adults are good fliers, attracted to lights and therefore, found flying around people’s faces away from the source of the infestation.

To eliminate fruit flies, it is necessary to find and remove the feeding/breeding site.

Here are some places to look:

- Kitchen counter where fruit is stored.
- Cupboards and pantry where non-refrigerated produce is stored.



Jody Green, Nebraska Extension in Lancaster County

Fruit flies can be trapped using a homemade fruit fly trap using household items: saltshaker, 2 drops of dish soap and apple cider vinegar.

- All places where trash, compost and to-be-recycled items are collected.
- Lunch boxes, bags or food storage containers that may

Bug Word Search Answer Key

Answer key for Word Search in March NEBLINE.

L	A	T	M	O	U	E	T	F	O	D	O	R	O	U	S	H	O	U	S	E	A	N	T	O	F	E	R	A
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Preventing Conflicts With Tree Squirrels

Soni Cochran
Extension Associate, Lancaster County

Tree squirrels live in wooded habitats in both rural and urban areas. Many people enjoy watching tree squirrels in their neighborhoods and appreciate them as backyard wildlife. As a valued game animal, many Nebraskans hunt fox squirrels and gray squirrels for their meat and fur. While tree squirrels are important in the ecosystem, there are also challenges when their behaviors come into conflict with humans. One of the best ways to prevent conflicts is to modify the habitat around your home so squirrels don’t find it as inviting.

Squirrels at Bird Feeders

It can be fun for the entire family to watch squirrels at your bird feeders. It can also be frustrating. Squirrels consume large amounts of bird seed and when they take over a feeder, will keep the birds away. Here are some ideas to help you deter squirrels from feeders:

- Place your feeders at least 10 feet away from where a squirrel can jump from any direction to get to the seed. They will leap from a roof, a branch, a fence or jump up 5 feet from the ground.
- Use a baffle to put above and/or below a bird feeder. Baffles are designed as a barrier to keep animals from getting to a feeder. When the squirrel lands on a baffle, the hope is the animal just slides off. Baffles aren’t always guaranteed to work for these acrobats of the trees but they may help. You can purchase baffles or make your own.
- Suspend your feeders from a horizontal line. Thread the line through several lengths of plastic tubing. The plastic tubing should spin when the squirrel tries to walk across it.
- Buy a “squirrel-proof” bird feeder. Many of these feeders are made of strong metal or have metal wire around it to exclude animals like squirrels while allowing smaller birds access. Again,



Rusty Tanton, flickr.com

Bird feeder with squirrel baffle

hungry squirrels have been known to find ways to get to the seed even when feeders are designed to keep them out.

- Change the type of seed you offer in your bird feeders. If you have problems with squirrels, choose safflower and nyjer or thistle seeds. Safflower is enjoyed by birds like cardinals, some native sparrows and doves. Nyjer or thistle seeds are enjoyed by small finches like American Goldfinch, Pine Siskins and more.

What not to do:

- Do not coat poles or trees with sticky substances, petroleum jelly, grease or oil to keep squirrels from climbing them. These products mat down the hair of squirrels and other wildlife. This exposes the animals to freezing temperatures.
- Do not provide food with the intent of feeding squirrels. When squirrels gather to feed in an area, they can pass sarcoptic mange mites between each other. Squirrels with these mites lose their hair and have a crusty appearance

to their skin. Well-fed squirrels are also reported to take over available nesting areas and are more likely to enter structures.

- Do not hand-feed squirrels. Hand-fed squirrels may lose their fear of humans and become aggressive when they don’t get the food they expected.

Squirrels in the Landscape

It is nearly impossible to keep squirrels out of large areas, including your yard. Many trees and shrubs provide food and shelter for wildlife — like squirrels — *if you build it, they will come*. Here are some tips to prevent damage:

Clipping and stripping.

Squirrels clip off twigs from trees most often in spring and in early fall. Fortunately, most of this damage does little permanent harm to a tree and is more of a nuisance to the homeowner cleaning up the twigs. Squirrels will also strip bark off of deciduous trees in winter and early spring.

- Install a metal collar around trees. Keep in mind that if squirrels can still access the tree by jumping from another tree, wire or building, the collar won’t make a difference. If it makes sense to install a collar, metal collars should be 2-feet wide and placed 6–8 feet above the ground. The edges of the collar should overlap and springs should be used so the trees can continue to grow.

Gardens and potted plants. It is difficult to keep squirrels out of entire gardens. Focus your efforts on what you can manage.

- Protect individual or smaller groupings of plants with 1/2-inch wire mesh fencing. You can make wire cylinders to go around plants or wire cages and frames to put over plants.
- To prevent squirrels from digging out bulbs and seeds, newly planted areas can be protected with 1-inch chicken wire laid over the top and staked down.
- Temporarily drape 1/2-inch wire fencing over potted plants or try moving pots to another location.

- Try a taste repellent to discourage squirrels from seeds, bulbs or plants that aren’t for human consumption. Check with your local garden center, local retail store, or favorite online source for these products. Always follow label directions when using a repellent product.
- Plant enough crops for you and the squirrels to enjoy.

Squirrels gnawing on a variety of items including metal.

Sometimes squirrels gnaw on fences, the bottom of doors, edges of garages, gutters, downspouts, railings, decks and porches. Obviously, they aren’t trying to eat any of these items, so this is more likely territorial marking.

- If you can, install metal flashing over the area where the squirrels have been gnawing to discourage further damage.
- Use a commercial repellent on the area with damage and in a 12-inch area around the damage. Follow the directions on the product and repeat as indicated on the package.
- If squirrels are damaging lawn furniture cushions, store the cushions indoors or in a safe location when you aren’t using them.
- If damage is substantial, work with a pest control professional to trap the offending squirrel(s).

Other challenges:

- Vehicles parked for a long period of time or in the same location during the day have been known to be damaged by squirrels when they chew on the wiring. If possible, park vehicles indoors in a garage. If you don’t have a garage, move your vehicle regularly or park it in another location. Work with a pest control professional to trap the squirrel(s) causing the damage.

FOR MORE INFORMATION

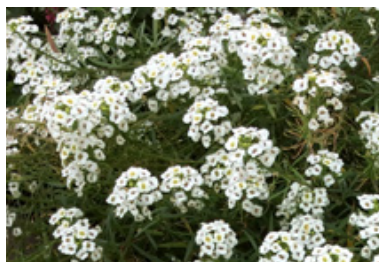
- The Nebraska Extension Wildlife website has resources, including a NebGuide “Control of Tree Squirrel Damage” (G1924), at <https://wildlife.unl.edu>
- Cornell Cooperative Extension’s The Wild Harvest Table website has recipes with squirrel meat at www.wildharvesttable.com

Six Annual Flowers for Sunny Locations

Mary Jane Frogge
Extension Associate,
Lancaster County

Annual flowers make a colorful addition to any landscape. The term annual means the flowers complete their life cycle in one growing season. Their versatility makes them useful in gardens since they are available in a wide range of colors and sizes. Take advantage of all the qualities annuals have to offer and present a beautiful landscape that will bloom from spring until fall. All of these annual flowers benefit pollinators.

Sweet Alyssum (*Lobularia maritima*)



Flowers: many small florets in a rounded head; flowers literally cover the branched, low-spreading plants; pure white is the most popular, but deep lavender, pink and mixtures are available. Height: 4–8 inches.

Cosmos (*Cosmos bipinnatus*)

Flowers: single or semi-double, daisy-like, 3–4 inches in diameter; wide-serrated petals



around prominent yellow center; shades of pink, rose, red, plus white and several variegated patterns and bicolors; excellent for cutting. Leaves: delicate and feathery; fresh light green color. Height: 1–3 feet.

Globe Amaranth (*Gomphrena globosa*)



Flowers: 3/4–1 inch, rounded, clover-like with papery feel; purple-red, white, pink or orange-red. Great cut flower and long-lasting bloom. Height: 10–24 inches.

Portulaca, Rose Moss (*Portulaca grandiflora*)



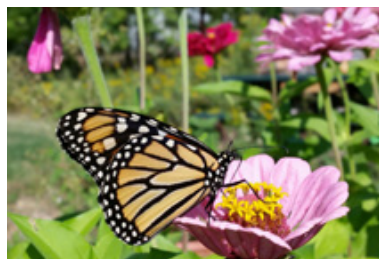
Flowers: 1–2 inches in diameter, rose-like; single, semi-double or double-shades of rose, salmon, pink, scarlet, orchid, yellow, orange, white and some striped; newer cultivars have large, double flowers. Height: 2–5 inches.

Blue Salvia (*Salvia farinacea*)



Flowers: on slender spikes; individual flowers small, lipped; colors range from white through deep blue-lavender. Height: 10–16 inches.

Zinnia (*Zinnia elegans*)



Flowers: 1–3 inches in diameter; wide range of colors from white, cream, yellow, orange, red, pink, rose, violet, white and even green; also multicolored and striped cultivars; usually fully double; petals usually flat, but sometimes curled, quilled or twisted. Height: 6 inches–2 feet.

Photos: Mary Jane Frogge, Nebraska Extension in Lancaster County



GARDEN GUIDE

THINGS TO DO THIS MONTH

Mary Jane Frogge, Extension Associate,
Lancaster County

Consider planting native perennials 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.

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.

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

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

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.

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.

Do not restrict yourself to buying plants in bloom. Petunias that bloom in the pack are often rootbound or overgrown and after planting will actually be set back and cease to bloom for about a month. Plants without blossoms will actually bloom sooner and will grow better as well.

To extend the blooming period of gladiolus, plant early, middle and late-season selections each week until the middle of June. Choose a sunny location and plant the corms 4–6 inches deep and 6–8 inches apart.

Seed bare spots in your fescue or bluegrass lawn.

Scatter annual poppy seeds in flower borders. The fine seeds need not be covered. The plants grow rapidly and provide colorful flowers in early summer.

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

Hiring a Lawn & Landscape Professional

Sarah Browning
Extension Educator, Lancaster County

Caring for a lawn and landscape is a lot of work! Mowing, fertilizing, seeding and weed control in a lawn; along with planting, pruning and pest management in trees and landscape areas requires more time than many homeowners have available or the equipment to accomplish. Plus, the identification of weeds and pests often needs a professional's knowledge.

If you would rather not perform any or all of these tasks, you have the option to hire a professional to do the work for you. How can you evaluate services offered by professionals or hire a good professional to work in your landscape? Below are two important aspects of professionalism to be aware of when hiring a landscape professional.

Licensing & Certification

Pesticide Applicators License — All lawn, tree and landscape professionals applying pesticides FOR HIRE — including weed, insect or disease control products — on another person's property must be a certified pesticide applicator and have a license issued through the Nebraska Department of Agriculture. The ornamental and turf category, in which all turf, tree and landscape professionals are certified, requires applicators have a license for the use of BOTH general and restricted-use products. So it doesn't matter if the person applies a product homeowners can buy at

their local nursery, the professional still must have a pesticide applicators license to make the application. Landscape professionals do not need a license to apply fertilizer as long as the product does not include any pesticide products, such as a pre-emergent herbicide.

Certified pesticide applicators attend training every three years to keep their license current. Training keeps them current on changes in pesticides or their applications, and reinforces the applicator's knowledge of identifying pest problems. Applicators are required to carry their license with them whenever they are making applications, so ask to see it.

Municipal Arborist License —

Many cities and towns, including Lincoln, require professionals providing tree services for hire to be licensed with the city. To obtain a license, tree workers must pass a written test administered by the Lincoln Parks & Recreation Department or provide proof they are a certified arborist with the Nebraska Arborists Association and/or the International Society of Arboriculture.

In Lincoln, before obtaining a municipal arborist license, arborists must also comply with the city's insurance requirements. Always ask any potential professional to provide proof of insurance.

Professional Certifications

— Even for those living in the country or in a town that doesn't have municipal arborist licensing requirements, it's always a good idea to look for professionals certified through the Nebraska Arborist Association or International Society of Arboriculture. These organizations

require applicants to pass a rigorous written test on a broad range of arboriculture topics, such as tree identification, planting, pruning, fertilization and pest control, to obtain certification. Certified arborists must regularly attend continuing education programs to maintain their certification status.

Other certifications to look for include the Nebraska Nursery & Landscape Association, which administers the certified nurseryman program. Nebraska Turfgrass Association members are connected to the latest University of Nebraska Turfgrass Research Program information. Membership in any of these professional organizations indicates a higher level of commitment to the industry and a more knowledgeable professional.

Knowledge & Expertise

Whether you're investigating a new company or have been working with a company for several years, they should always be able to explain why they are recommending certain applications or management strategies and what results you should expect to see in your landscape.

Too often homeowners don't understand the applications being used in their landscapes, so don't be afraid to ask! If you still don't understand the need for the recommended applications, contact the Extension office for help understanding what's being recommended.



An example of a Nebraska pesticide applicators license, provided by the Nebraska Department of Agriculture.

Finally, professionals should always keep protection of the environment as a core goal. Keep these thoughts in mind.

- Professionals should never use pesticides in a manner not listed on the product label. The label is the law. Not following label recommendations is illegal and indicates a lack of professionalism.
- When only low levels of weeds occur in your lawn or landscape, your professional should recommend spot-treating, instead of broadcasting products throughout the entire area.
- Your lawn professional should recommend watering practices geared toward conserving water, while still encouraging good turf root development for a healthy lawn.
- Fertilizers and pesticides should always be precisely applied. If granular fertilizer, pesticides or grass clippings get onto sidewalks, driveways or in roadways, they must be swept back into the lawn to reduce potential impacts on water quality.



HEART OF 4-H VOLUNTEER AWARD

Mike Conroy

Lancaster County 4-H is proud to announce Mike Conroy of Lincoln as winner of the April "Heart of 4-H Award" in recognition of outstanding volunteer service.

For over 20 years, Mike has helped set up the 4-H Clothing area at the Lancaster County Super Fair. He also pitches in helping set up other static exhibit areas. Mike is able to move the heavier tables and displays many other volunteers cannot lift. After the 4-H Fashion Show, Mike helps take down the stage decorations and re-display garments in the Clothing static exhibit area.

"I want to support productive activities for our county's youth," Mike says. "4-H offers a wide variety of ways for young people to show off their talent. I enjoy watching the growth and creativity of 4-H participants from year to year. My wife, my children and my grandchildren have all participated in 4-H."

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



Rabbit Show, March 28

The 4-H Spring Rabbit Show will be held Saturday, March 28, 9 a.m. at the Lancaster Event Center – Exhibition Hall, open to youth ages 8–18. Show flyer is at <https://lancaster.unl.edu/4h/rabbit/RabbitShowSpring20.pdf>. For more information, call Bob at 402-525-8263 or the Extension office at 402-441-7180.

Capital Biz 4-H Club

This special interest entrepreneurship club for youth ages 10 and up teaches youth what it takes to start a successful business through interactive and engaging hands-on activities, community tours and local experts. The next meetings will be:

- Thursday, April 2, 6:30 — Tour of Hudl, 600 P St.
- Monday, April 13, 6 p.m. at Turbine Flats, 2124 Y St.
- Thursday, May 4, 6:30 p.m. at Unanimous, 8600 Executive Woods Drive.

Contact the club leader, Tammy Sheldon, at tammy.j.sheldon@gmail.com to attend and join.

Runza Night for Lancaster County 4-H, April 21

Support 4-H by eating at Runza on 33rd and Pioneers on Tuesday, April 21, 5–8 p.m. Lancaster County 4-H Council will receive 15% of the proceeds. 4-H Council helps support 4-H programs, activities and scholarships.

4-H Spring Leader Training, April 29

New leaders, experienced leaders, 4-H members and parents are invited to attend a 4-H Leaders Training on Wednesday, April 29, 9 a.m. or 6:30 p.m. (you choose which time to participate). **This year, the training will be done as a webinar. Instructions will be provided later.** Meeting will focus on NEW 4-H curriculum, static exhibits, opportunities for 4-H members and more. Learn about fair entry, contests and important Super Fair information. Don't miss out on meeting ideas, club tips and more! It is a great opportunity to connect with other parents and leaders. MUST preregister by Wednesday, April 22 by calling 402-441-7180 or emailing kristin.geisert@unl.edu.

4-H Camp Scholarships for 4-H'ers

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

4-H/FFA Sheep & Meat Goat Weigh-in, May 12

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 12, 6–7 p.m. at the Lancaster Event Center – Pavilion 1 (East Side). All lambs and goats will utilize USDA Scrapie tags as their identification. No official 4-H/FFA tags will be utilized. Bring your scrapie tags and we can help tag as needed. Breeding ewes and does are welcome as well, if you need help putting in scrapie tags. The breeder must supply scrapie tags or 4-H'ers must order their own tags. If you need to order tags, call 866-USDA-TAG (873-2824). Exhibitors planning on exhibiting market sheep or goats at the Nebraska State Fair must have DNA sampled. It is strongly encouraged to have DNA pulled at the time of weigh-in. For more information, call Calvin DeVries at 402-441-7180.

Kiwanis Karnival, April 17

Families of 4-H members and Elliott Elementary School students are invited to attend the annual Kiwanis Karnival. Sponsored by Lincoln Center Kiwanis, the Kiwanis Karnival will be held Friday, April 17, 5:30–7:30 p.m. at Elliott Elementary School, 225 S. 25th St., Lincoln. The Karnival features carnival-type games for youth, 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. 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.



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

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

- Participate as a member of a 4-H club.
- Recruit a new 4-H member or participant.
- Participate in a service-learning project.
- Complete at least one project from a new project area.

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

Nebraska 4-H Gives Back

The Nebraska 4-H Gives Back program is an opportunity for a 4-H member or a team of 4-H'ers to make a meaningful contribution to their community. To achieve the Nebraska 4-H Gives Back honor, a 4-H member or team must complete a major service-learning project. Complete information and forms are at <https://4h.unl.edu/ne4h-gives-back>.



HORSE BITS

4-H Horsemanship Level Testings, April 7, April 21 & May 5

The first 2020 riding skills level testing will be held on Tuesday, April 7, 5:30 p.m. at the Lancaster Event Center. Anyone wishing to be tested must sign-up by Tuesday, March 31. Contact Kate Pulec at kpulec3@unl.edu or 402-441-7180 to sign up.

A second testing will be held on Tuesday, April 21, 5:30 p.m. at the Lancaster Event Center. Sign-up deadline for this testing is Tuesday, April 14.

Remember, all other horsemanship level requirements and paperwork must be completed and handed in to Kate before the riding portion can be done. It is important to note 4-H'ers need to be testing with their own 4-H projects. The horse is being tested (and acclimated) also. In addition, youth testing for level II must have their horses groomed/clipped for show readiness. This is part of the level II test. If youth/horse do not pass this portion, they will need to come back and retest.

Notice from Horse VIPS About 'No Shows' at Level Testings

4-H'ers must notify Kate (kpulec3@unl.edu or 402-441-7180) at least 24 hours in advance if they can't make the testing they are signed up for. A \$20 fee will be assessed to anyone who signs up for a testing and then doesn't come or doesn't notify Kate before the testing date. The fee will need to be paid before the 4-H'er will be allowed to test on another date.

Spring Fling Dressage Schooling Show, May 2

The annual Spring Fling Dressage Schooling Show, organized by the Lancaster County Horse VIPS Committee and Esprit De Corps Club will be held on Saturday, May 2, 8–11 a.m. at the Lancaster Event Center – Pavilion 3. Open to all ages to benefit the 4-H horse program. Entries are due Wednesday, April 22. Show flyer and registration form is at <https://lancaster.unl.edu/4h/horse/SpringFlingFlyerEntryForm20.pdf>.

Updated 4-H Horse Dress Code and Helmet Policy

The Lancaster County 4-H Horse VIPS, after lengthy discussion, voted and approved to update the 4-H Horse Dress Code. Lancaster County Horse VIPS voted to require ASTM/SEI-approved helmets for elementary, walk/trot and novice age youth divisions in all riding events and at level testings. ASTM/SEI helmets will also be required for all age divisions of Western Dressage classes. In speed events, ASTM/SEI-approved helmets are STRONGLY recommended, but not required for junior and senior division exhibitors (hats are optional). An ASTM/SEI-approved helmet must be worn in English, Dressage (both English and Western), Driving and Hunter classes (both jumping and non-jumping). Helmets will not be provided. This decision was not made lightly. For more details on the Lancaster County 4-H Horse Dress Code, please visit: <https://lancaster.unl.edu/4h/horse/HorseDressCode.pdf>. For further questions, please contact the Extension office and ask for Kate at 402-441-7180.

Horse Judging Contest and Pre-District Horse Clinic/Show

4-H Horse Judging Contest, May 29 — The Lancaster County Super Fair 4-H horse judging contest will be held on Friday, May 29, 5 p.m. at the Lancaster Event Center – Pavilion 3. This is a Super Fair premium event. Ribbon placings will be awarded. The top ten contestants in all three age groups will be recognized at Horse Awards Night. The champion in each age group must participate in both judging and oral reasons to receive a belt buckle.

Pre-District Horse Clinic/Show, May 30 — The Lancaster County 4-H Horse VIPS Committee is sponsoring a 4-H Pre-District Show on Saturday, May 30, 8:30 a.m. at the Lancaster Event Center – Pavilion 3. Show flyer is at <https://lancaster.unl.edu/4h/horse/HorseVIPSPre-DistrictsShow2020.pdf>.

At 4-H Lock-In, Teen Council 4-H'ers "Inspire Kids to Do"



The craft committee led in making paper-bag safari vests, paper-plate-and-bowl safari hats, toilet-paper-tube binoculars and animal masks.



The games committee led youth in a get-to-know-you game, musical chairs, a relay race, a maze game and "statues in the garden."

In January 2020, 28 4-H Teen Council members organized and led the overnight 4-H Lock-In for 27 4th and 5th graders. This year, teens chose the theme, "Safari — 4-H Style," and divided into four committees: games, education, crafts and food. At the Lock-In, attendees rotated through each of the four groups, made friends, slept a little and had lots of fun. More photos are at www.flickr.com/photos/unlxtlanco/albums. Here's what some of the teens said about this year's 4-H Lock-In.

Fun, Friends and Food

"The 2020 Lock-In was a blast for both youth and teens.

The Safari theme was engaging and fun for the youth. They started the night off with large group games to break the ice and get to know each other. Then they made crafts, ate food, played games and learned new things. They ended the night with movies. The kids were able to enjoy themselves and make many new friends. The teens had fun as well, and the Lock-In provided us with a great leadership opportunity."

—Allyson Korus

Teaching and Learning

"I always look forward to teaching and getting to know the young kids that are excited to be at the Lock-In. The youth

involved played fun games that taught them how to communicate with others. I had a blast teaching them something new about the plants and wildlife that live in a safari jungle. The Lock-In was a great time and I am looking forward to next year."

—Nathan Gabel

Worth the Effort

"Every year the Lock-In never fails to be an educational yet enjoyable experience. The kids got to make new friends and visited different committees led by the teens. Teen Council had spent several months into planning the night and it's always worth the effort!"

—Caitlyn Barry

4-H/FFA Livestock Identification Help Nights, June 2 & 9

New this year, Lancaster County 4-H will offer two Livestock Identification Help Nights when 4-H staff will be available to assist 4-H/FFA families completing their livestock identification/ownership requirements for the Lancaster County Super Fair and/or Nebraska State Fair. These nights will be Tuesday, June 2 and Tuesday June 9, 6–8 p.m. (ahead of the June 15 identification deadline) at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln. Assistance will be provided for beef, sheep, meat goats, bucket calves, swine, dairy cattle and dairy & pygmy goats identifications. Exhibitors who plan to show at State Fair are encouraged to bring a laptop or mobile device for entering their ID's on Show Stock Manager.

Families can complete animal requirements on their own — attendance at a help night is not required. Those who are going on to show at Aksarben ONLY and not State Fair must contact Aksarben directly to enter and obtain DNA envelopes.

Refer to a complete list of identification requirements broken down by species on the "2020 Lancaster County 4-H Livestock Checklist" online at <https://lancaster.unl.edu/4h/fair#livestock> and the Extension office. Note, this year there are new Lancaster County 4-H Market and Breeding Livestock Ownership Affidavits for exhibitors showing at the Super Fair.

If you are unable to attend but have questions about the identification process, contact Calvin at 402-441-7180 or calvin.devries@unl.edu.

New 4-H Photography Curriculum

National 4-H released new photography project books last year: "Book 1 – Photography Basics," "Book 2 – Next Level Photography," and "Book 3 – Mastering Photography." These have been updated to reflect changing technology, such as moving from film to digital photography, cell phones, digital photo editing, and online photo storage and sharing. The new project books may be viewed and purchased from the Extension office or at <https://shop4-h.org>. Fair photography rules and classes have been updated based on the project books.

Seeds for 4-H Special Garden Project

4-H families have the opportunity to participate in a special garden project, growing the flower Bachelor Buttons 'Classic Magic.' Seed packets will be available starting Monday, April 27 on a first-come, first-served basis. The cost is \$.50 for one seed packet per family. Please stop by the Extension office front desk to register, pay for and pick up your seeds. Office hours are Monday–Friday, 8 a.m.–4:30 p.m.

4-H/FFA Purple Ribbon Livestock Premium Auction Donations Needed

Please remember to talk with your community businesses to get donations for the Lancaster County 4-H/FFA Livestock Premium Auction. The success of the auction is dependent on 4-H'ers to acquire donations and buyers for the auction to support scholarships for the youth of this county! For more information, call Scott Heinrich, auction committee chair, at 402-480-0695.

New in 4-H at Super Fair



4-H & FFA Exhibits & Events
July 30 – Aug. 2

4-H Horse Shows
July 29 – Aug. 2

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 in green text. Many fair handouts, forms and videos are, or will be, on this website.

See the Fair Book for detailed information about each of the following new classes or changes:

Special County Exhibits: "Holiday Décor."

Photography: All new classes to correspond with the new manuals, "Photography Basics," "Next Level Photography" and "Mastering Photography." New Data Tags require different information for Level 1, 2 and 3.

Home Environment: Portfolio Pathways "Original Mixed-Media Accessory."

Science, Engineering & Technology:

- Aerospace/Rockets – Self-Designed Rocket – "Rocket."
- Aerospace/Rockets – Drones – "Drone Video."
- Robotics – "3D Printed Robotics Parts."
- 4-H Welding – "Composite Weld Project."

Forestry: Due to emerald ash borer infestation, no true ash species may be included in any collections.

Bucket Calf: "Second-year bucket calf" junior and intermediate age divisions. Calves must have been shown at the previous Super Fair and complete another record book for the second year.

Rabbit: Market class rabbit entries do NOT count toward an exhibitor's 12 maximum rabbits.

Dog: There is a new policy for soiling in the ring.

- Theme for the Costume and Creative Kennel contests is "Roaring 20's."

Horse: There are many changes in the horse schedule to fit the shows into 5 days instead of 6 days. Review carefully.

- A Western hat or an ASTM/SEI-approved helmet must be worn. If youth are in the elementary, walk/trot or novice divisions, an ASTM/SEI-approved helmet must be worn in all riding events. In speed events, ASTM/SEI-approved helmets are STRONGLY recommended, but not required for junior and senior division exhibitors (hats are optional). ASTM/SEI-approved helmet required in all English, Dressage (including Western Dressage) and Hunter classes (both jumping and non-jumping).
- There are changes to several of the horse special awards criteria. Special awards will be presented pending sponsors for each award (contact Kate Pulec at 402-441-7180 to become a sponsor).

Bicycle Safety Contest: Canceled this year.

Lancaster County Fair 150th Anniversary Theme Exhibits & Displays

Official 150 theme logos are available for optional use at SuperFair.org under "About Us —> Media Kit"

Static Exhibits: Help celebrate the 150th anniversary of the Lancaster County Fair with a 150 years theme 4-H exhibit! 150 anniversary 4-H static exhibits will be grouped in a special display and receive a commemorative 150th ribbon in addition to the judge's ribbon! Rosettes will be awarded to the top exhibit in each class. One top award will be selected from all the anniversary classes! See classes under Clover Kids, Special County Exhibits, Posters, Banners, Quilt Quest, Photography, Home Environment and Heritage.

Livestock Tack Stall/Poultry Table Decorations:

4-H/FFA members are encouraged to decorate their tack stall/poultry table areas with a 150 years theme. Decorations must be kept out of reach of all animals and limited to a family or club(s) tack stalls or poultry tables. Poultry decorations must be limited to the tables ONLY — not cages — to eliminate pecking. All youth participants will receive a commemorative 150th ribbon!

Historic Display: The Lancaster County Ag Society's 150th planning committee is seeking memorabilia, information and stories from past Lancaster County exhibitors (4-H/FFA and Open Class). These may be used in a display during Super Fair or a time capsule at the Fairgrounds. Contact Lorene Bartos at 402-310-3481 or 402-423-7541, or email lbartos1@unl.edu.



EXTENSION CALENDAR

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

March

- 23 Capital Biz 4-H Club Meeting, ~~CANCELED~~ Southland Community College Entrepreneurship Center, 285 S. 68th St. Place. 6:30 p.m.
- 25 Look Who's Hatching Workshop . ~~POSTPONED~~ 6:15–8:15 p.m.
- 26 Commercial/Noncommercial Pesticide Applicator Recertification Training . ~~CANCELED~~ 8:30 a.m.
- 28 4-H Jammie Jamboree Sewing Workshop. ~~POSTPONED~~ 9 a.m.
- 28 4-H Horse Stampede, ~~POSTPONED~~ UNL – Animal Science Complex
- 28 4-H Companion Animal Challenge, ~~POSTPONED~~ UNL – Animal Science Complex
- 28 4-H Spring Rabbit Show, ~~POSTPONED~~ Lancaster Extension Center – Exhibit Hall 9 a.m.

April

- 2 Capital Biz 4-H Club Meeting, Hudl, 600 P St. 6:30 p.m.
- 7 4-H Council Meeting . ~~TBD~~ 6 p.m.
- 7 4-H Horsemanship Level Testing, ~~POSTPONED~~ Lancaster Extension Center. 5:30 p.m.
- 9 Commercial/Noncommercial Pesticide Applicator Initial Training ~~CANCELED~~ 8:30 a.m.
- 10 Extension Board Meeting 8 a.m.
- 13 Capital Biz 4-H Club Meeting, Turbine Flats, 2124 Y St. 6:30 p.m.
- 17 Kiwanis Karnival, ~~CANCELED~~ East 25th St. & M St. 5:30–7:30 p.m.
- 19 4-H Teen Council Meeting, ~~CANCELED~~ Oak Lake Park, Sun Valley Blvd. & Charleston St. 3 p.m.
- 21 Runza Night for Lancaster County 4-H, ~~POSTPONED~~ UNL, 3500 50th and Pioneers .. 5–8 p.m.
- 21 4-H Horsemanship Level Testing, ~~POSTPONED~~ Lancaster Extension Center. 5:30 p.m.
- 29 4-H Leader Trainings. ~~CHANGED TO WEBINAR~~ ... 9 a.m. & 6:30 p.m.

4-H Senior Ellie Babcock's Third Year Showcasing Custom Designs at Omaha Fashion Week

During Student Night on Feb. 25 at the Omaha Design Center in downtown Omaha, young, talented high-school designers took to the runway during Omaha Fashion Week. Over 1,000 guests attended the Tuesday evening show which included collections from Nebraska 4-H, several Omaha High Schools, Nebraska FCCLA and Joslyn Art Museum's Kent Bellows and Yates Community Mentoring Programs.

4-H members applied to be part of the 4-H collection. To be considered, garments had to be fashion forward, runway appropriate and displayed high-quality construction.

Ellie Babcock, a Lancaster County 4-H member, was one of 13 4-H'ers from across the state chosen to model their sewn garments which were a mix of well executed classic wool business wear along with shimmery formal wear. Ellie "lit up" the

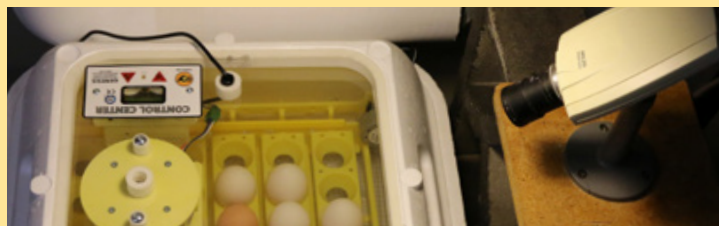


runway in her elegant pale-pink satin, two-piece prom ensemble which featured a fringed hemline electrified and programmed with LED blinking lights. This was

Babcock's third year to be chosen for the student show. She plans to attend UNL next year and pursue a fashion design career.

Ag Youth Institute Deadline is April 15

The Nebraska Agricultural Youth Institute (NAYI) is a five-day summer program for current high school juniors and seniors to learn more about Nebraska agriculture and agricultural career opportunities. This year's NAYI will be held July 6–10 at UNL East Campus. Students are selected to attend NAYI based on their leadership skills, interests and involvement in agriculture. The program is free of charge thanks to generous sponsors. Apply by April 15. Applications are at www.nda.nebraska.gov/nayi or by calling 402-471-6859. All applications must be submitted electronically.



4-H Embryology and EGG Cam Website Has Been Updated!

<http://go.unl.edu/eggcam>

Resources include incubation, candling and more!

UPCOMING DATES

Chicken eggs set in incubator: Tuesday, April 7

Candling: Tuesday, April 14

Hatch date: Tuesday, April 28–Wednesday, April 29

EXTENSION NEWS

Allen Blezek Receives Statewide Extension Board Volunteer Award



(L–R) Dean and Director of Extension Chuck Hibberd, Allen Blezek and 2019 NACEB President Steve Stetner.

At the Nebraska Association of County Extension Boards (NACEB) annual meeting in February, Allen Blezek received the organization's statewide Outstanding Volunteer award for significant contributions to Nebraska Extension. Allen was nominated by Karen Wobig, extension educator and unit leader of Nebraska Extension in Lancaster County, for being a key volunteer and strong advocate for Extension and NACEB.

A long-time supporter of Extension, Allen began his volunteer service on the Lancaster County Extension Board in January of 2014, serving as Vice President in 2018 and as President in 2019. He served two terms, which spans the maximum of six years.

Allen has volunteered countless hours to NACEB. He initiated numerous meetings with the NACEB District Director, Extension administration and others, to look at ways to enhance NACEB's mission as well as the roles of its membership. Lancaster County NACEB Director Wes Daberkow says, "Allen Blezek has selflessly empowered others to impact lives and communities across Nebraska."

Allen graduated from the University of Nebraska–Lincoln, initially teaching Vocational Agriculture. After earning master's and doctorate degrees, he joined UNL faculty. A highlight of Allen's career was to serve as director of the Nebraska LEAD Program (the nation's premier agricultural leadership development program) for nearly 25 years.

Super Fair VIP Awards

The 2020 Lancaster County Super Fair will be held July 30–Aug. 8 at the Lancaster Event Center, 84th & Havelock in Lincoln. Nominations are now being accepted for the following awards, which will be recognized at the VIP Luncheon on Thursday, July 30. All forms can be found at <https://lancastereventcenter.org/super-fair/get-involved>.

Ag Society Hall of Fame

At the 2020 Super Fair, the Lancaster County Agricultural Society unveiled an Ag Society Hall of Fame located in the Lancaster Event Center – Business Center. This wall formally recognizes those individuals who have dedicated time and effort to the Ag Society beyond the normal volunteer hours and have made significant contributions to the establishment, development, advancement or improvement of the Super Fair.

Inductees to date include: Lorene Bartos, Gary C. Bergman, Pam Branson, Gordon Chapelle, Dick Confer, Jim Countryman, Marty Cruickshank, Ted & Alice Doane, Joe Hampton, Chet Hill, Rod Hollman, Larry

Hudkins, Franklyn Manning, Harry Muhlbach, Larry Pershing, Trudy Pedley, Ron Snover, Charlie Willnerd, Jay Wilkinson, Dwayne & Joan Wittstruck and Alan Wood. Nomination forms are due by April 16.

Pioneer & Heritage Farm Awards

For over a half century, Aksarben Foundation has teamed up with Nebraska Farm Bureau and the Nebraska Association of Fair Managers to present the Pioneer Farm Award, recognizing Nebraska farm families who have consecutively held ownership of land in the same family for 100 years or more.

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

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