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25 Years of Earth Wellness Festival

A Generation of Students Have Learned Value of Environmental Resources

2019 marks 25 years of earth wellness festival (ewf). This environmental education program was started in 1994 as the result of a petition request of 325 local teachers who wanted an environmental festival in their own community.

Extension Associate Soni Cochran, one of the original co-chairs and current member of the ewf steering committee, says, "It's hard to imagine that the fifth graders who attended the first earth wellness festival in 1998 are now in their 30s. Twenty-six years ago, 10 local organizations came together to brainstorm an environmental program for area students. We had no idea that 25 festivals later, ewf would have impacted 77,000 youth. This legacy continues today as the festival helps youth understand their role as future stewards of our environmental resources."

ewf is an annual event offered to fifth-grade students in Lancaster County. Students rotate among 25-minute sessions and then attend a culminating activity with raptors from World Bird Sanctuary in St. Louis.

Students discover and explore the relationships and interdependency of land, water, air and living resources through hands-on activities. ewf is part of the Lincoln Public Schools science curriculum.

This year, ewf was held March 20 and 21 at Southeast Community College.
see *EARTH WELLNESS FESTIVAL*
on page 4

Teachers Rate the Festival "Excellent"

Teacher evaluations from this year's festival rated 187 of 215 total sessions (87%) as "Excellent" and 27 sessions (12.5%) as "Good."

Teachers were asked "Besides Raptors, which classroom activity were your students most engaged with?" Some of the responses included:

- "All activities engaged students."
- "All were great and hands on."
- "All — Great presentations/activities."
- "All — Kids love interactive lessons."
- "Lincoln Children's Zoo (my kids voted)."
- "Interested in all, but motivated by Poisons 2 Pollutions game."
- "Very engaging all around. My students were intrigued by Wow Wind."



Wildlife CSI presented by Extension Assistant Calvin DeVries



Raptors presented by World Bird Sanctuary in St. Louis (Bald Eagle pictured)



Do the Rot Thing presented by Extension Master Gardener volunteers



Endangered! presented by Lincoln Children's Zoo (African Serval pictured)



Poisons 2 Pollutions presented by Lincoln-Lancaster County Health Department

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Malcolm 4th Graders Learn About Healthy Choices

Kayla Colgrove, MS, RDN,
ACSM-CPT
Extension Educator,
Lancaster Co.
& Natalie Sehi, MS, RD
UNL Department of Nutrition
& Health Sciences

Extension Educators Kayla Colgrove and Natalie Sehi, along with four teen ambassadors, collaborated with Malcolm Public School fourth grade teachers Stacy Kopecky and Beth Beach to offer the 4-H Healthy Habits program for a second consecutive year at Malcolm Westfall Elementary.

The Walmart Foundation 4-H Healthy Habits grant program encourages youth and their families to take action to improve dietary choices and increase physical fitness. Between November and March, 46 fourth-grade students at Westfall Elementary received six hours of education. They learned the importance of making healthy food choices and being physically active.

Teen ambassadors Ashlynn Sehi, Dillon Beach, Laura Reiling and Ryan Zoucha helped Colgrove and Sehi to plan, prepare and deliver six hours of nutrition education that focused on MyPlate, healthy beverages, fruits and vegetables, whole grains, eating healthier when eating out, the nutrition facts label and breakfast.

Students also observed and practiced making their own healthy snacks, including a smoothie, parfaits, pancakes, trail mix and fruit pizza. At the end of each lesson students received a family newsletter that provided nutrition tips and the healthy snack recipe.

Some of the fourth graders shared what they had taken away from the program.

"I learned more about MyPlate and how much fruits and vegetables you should have a day," Olivia Savicky said.

"I learned that eating



Photos by Vicki Jedlicka, Nebraska Extension in Lancaster County

A teen ambassador helps Malcolm fourth-grade students prepare oatmeal pancakes with fruit instead of syrup.



Teen ambassadors lead students in an exercise activity.

healthy is a very good thing and that making a healthy snack is really easy and yummy," Laurel Johnson said.

The teachers and administration were supportive of the program.

"Healthy Habits has been a wonderful program for our fourth graders. Many of them are busy and on the go. This program teaches them to look at the food label and make healthy food choices even when they are busy. Many of them do not even realize how unhealthy some of the items they eat are until you point it out to them. They learn that they can enjoy these items in moderation and still choose a healthy lifestyle," Kopecky said.

More than 2,000 students and 50 teen ambassadors across Nebraska will have participated

in the Healthy Habits program between October 2018 and August 2019. The teen ambassador program trains teens to be leaders and advocates for healthy living.

It is an opportunity for teens who like to interact with younger youth, lead games and activities, make and eat healthy snacks, help others learn, practice leadership skills and make a difference. Zoucha, who plans to become a teacher, said the program is helping him define his career goals.

"With the Healthy Habits program, I learned what it takes to be a teacher, or at least started to learn about it. This program has helped set me down a career of teaching and being healthy," Zoucha said.



RECIPE OF THE MONTH

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

I'm highlighting this recipe from Nebraska Extension's Nutrition Education Program (NEP) since many Malcolm students loved making and eating this recipe during one of their Healthy Habits class (see article above). The mini bagels were topped with cream cheese and fresh blueberries.

FRUITY FUN PIZZA

(Makes 1 serving)

1/2 bagel

1 tablespoon cream cheese

2 tablespoons canned or fresh fruit, chopped

1 teaspoon brown sugar (optional)

1. Place bagel on plate.
2. Spread cream cheese on bagel.
3. Spoon fruit on top of bagel.
4. Sprinkle with brown sugar (optional).



Craig Chandler, UNL Communications

Nutrition Facts Per Serving: Calories 160, Total Fat 6g (9% DV), Saturated Fat 3.5g (18% DV), Cholesterol 15mg (5% DV), Sodium 135mg (6% DV), Total Carbohydrate 24g (8% DV), Dietary Fiber 1g (4% DV), Sugars 9g, Protein 4g, Vitamin A 6%, Vitamin C 2%, Calcium 2%, Iron 8%. Nutrition information will change if substitutions are used.

2019 Cash Rent Survey

Tyler Williams
Extension Educator,
Lancaster Co.

One of the most difficult tasks of renting ag land is determining a “fair” price for all parties involved, and the current economic challenges make that task even harder. The University of Nebraska–Lincoln Agricultural Economics Department conducts a yearly survey to help landowners know and understand the value and average rental rates of the land in their area. Overall, the average market value of ag land in Nebraska declined 3 percent from 2018 and is the fifth consecutive year of downward pressure.

About the Survey

On March 13, 2019, the “2019 Nebraska Farm Real Estate Market Survey” report was released from Cornhusker Economics (<http://agecon.unl.edu/cornhuskereconomics>) and this article contains “preliminary” data from that survey. This survey was sent to professional farm and ranch managers, certified general appraisers and agricultural bankers earlier this winter asking about prices and values for the upcoming 2019 growing season. This report is considered “preliminary” because it is publicized once enough surveys are returned in order to have statistical significance. This allows users to see most of the data as early as possible to assist with rental rate negotiations, with the understanding the numbers may

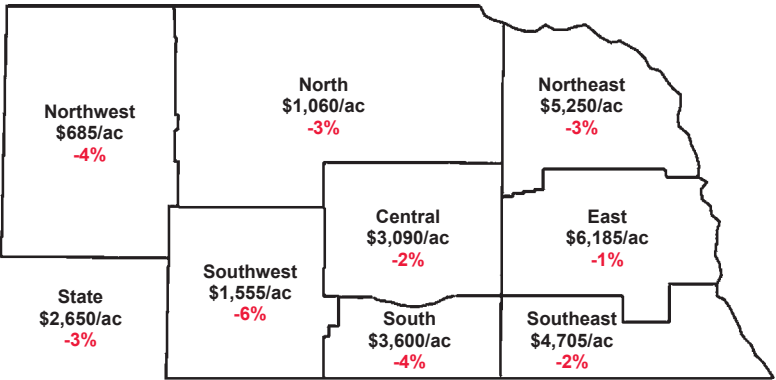


Table 1. Average reported value of Nebraska farmland for different land types by Agricultural Statistics District, Feb. 1, 2019^a

TYPE OF LAND	AGRICULTURAL STATISTICS DISTRICT		
	EAST	SOUTHEAST	STATE ^c
Dryland Cropland (No Irrigation Potential)	\$5,775/acre 2% change	\$4,115/acre -2% change	\$3,045/acre -2% change
Dryland Cropland (Irrigation Potential)	\$6,140/acre -2% change	\$5,255/acre -2% change	\$4,005/acre -3% change
Grazing Land (Tillable)	\$3,085/acre -7% change	\$2,825/acre -1% change	\$1,195/acre -4% change
Grazing Land (Nontillable)	\$2,190/acre -7% change	\$1,990/acre -3% change	\$800/acre -4% change
Hayland	\$3,175/acre 6% change	\$2,650/acre 1% change	\$1,665/acre -3% change
Gravity Irrigated Cropland	\$7,600/acre 2% change	\$5,910/acre -6% change	\$5,710/acre -1% change
Center Pivot Irrigated Cropland ^b	\$8,445/acre -2% change	\$7,525/acre -3% change	\$5,980/acre -2% change
All Land Average ^c	\$6,185/acre -1% change	\$4,705/acre -2% change	\$2,650/acre -3% change

^a Source: UNL Nebraska Farm Real Estate Market Surveys, 2018 and 2019.
^b Value of pivot not included in per acre value.
^c Weighted averages.

be a little different in the final report to be released in June. This March report is simply a “sneak-peak” to the final report and should be used as such.

Report Findings

The report provides data based on the eight Agricultural Statistics Districts in Nebraska (see map above). Lancaster County is located in the East District; however, much of the agricultural land will have similarities to the Southeast District. There are two data sets provided: “Average Value of Farmland” and

“Reported Cash Rental Rates.” The farmland values in Table 1 (above) is split into dryland cropland (with or without irrigation potential), grazing land (tillable or non-tillable), hayland and irrigated cropland (with gravity or center pivot). The table also shows the percent change from 2018 and it is not surprising that nearly all locations saw a decrease in land values. Overall, the “all land average” in the east and southeast districts decreased by 1 percent and 2 percent, respectively; however, there was a slight increase in hayland.

Table 2. Reported cash rental rates for various types of Nebraska farmland and pasture: 2019 averages, percent change from 2018 and quality ranges by Agricultural Statistics District^a

TYPE OF LAND		AGRICULTURAL STATISTICS DISTRICT	
		EAST	SOUTHEAST
Dryland Cropland	Average	\$200/acre 5% change	\$155/acre -3% change
	High Third Quality	\$230/acre	\$190/acre
	Low Third Quality	\$165/acre	\$130/acre
Gravity Irrigated Cropland	Average	\$245/acre -4% change	\$230/acre 2% change
	High Third Quality	\$285/acre	\$260/acre
	Low Third Quality	\$210/acre	\$190/acre
Center Pivot Irrigated Cropland ^b	Average	\$285/acre 2% change	\$250/acre -4% change
	High Third Quality	\$330/acre	\$300/acre
	Low Third Quality	\$240/acre	\$210/acre
Pasture	Average	\$47/acre -3% change	\$46/acre -1% change
	High Third Quality	\$68/acre	\$61/acre
	Low Third Quality	\$37/acre	\$39/acre
Cow-Calf Pair Rates ^c	Average	\$49.25/pair 2% change	\$44.65/pair -1% change
	High Third Quality	\$63.25/pair	\$55.35/pair
	Low Third Quality	\$43.75/pair	\$34.35/pair

^a Source: Reporters’ estimated cash rental rates (both averages and ranges) from the UNL Nebraska Farm Real Estate Market Survey, 2018 and 2019.
^b Cash rents on center pivot land, assumes landowners own total irrigation system.
^c A cow-calf pair is typically considered to be 1.25 to 1.30 animal units (animal unit being 1,000 lb. animal) for a five-month grazing season. However, this can vary depending on weight of cow and age of calf.

The most popular data from the survey is the reported cash rental rates found in Table 2 (above). This table provides cash rental data on dryland cropland, gravity and center-pivot irrigated cropland, pasture and cow-calf pair rates. The overall cash rental rates have primarily decreased as well, when compared to 2018. The east district did see an increase on dryland and pivot irrigated cropland, while the southeast saw a small increase in gravity irrigated cropland.

When using this data, it is very important to remember the report produces values for

a region and doesn’t take into account the local “supply vs. demand” that may alter these values for your land. The report also provides a range based on the quality of the ground, which can be highly subjective. Communication with your tenant or landlord is critical for understanding the needs of both parties as this report does not include the multitude of factors unique to your farm. These numbers should simply serve as a starting point for the communication on rental rates.

Bagworm Control in Windbreaks

Sarah Browning
Extension Educator, Lancaster Co.

Later this month, a new generation of bagworms will begin to hatch from the small, tan, oval-shaped, cocoon-like structures created by last year’s insects. Large numbers of bagworms can cause severe damage to windbreaks, particularly eastern red cedar and spruce. Entire plants can be killed if an infestation goes uncontrolled.

Bagworms also feed on shade, orchard and forest trees of nearly every kind, as well as many ornamental shrubs and perennials. The insects and their cocoons can be hard to spot when low numbers are present since they look so much like a natural part of the plant.

Usually bagworm infestations build up slowly over two or three years. There have been increasing bagworm populations in Lancaster County for the last few years.

Bagworm Identification and Life Cycle

The adult male bagworm is a small, furry gray moth with clear wings; the adult female does not have wings and never leaves the bag she constructs during



Bagworms on a cedar

feeding. The larva is a brown or tan caterpillar with black markings. Bagworms overwinter in the egg stage inside the female bags, which are fastened to twigs. There may be as many as 300–1,000 eggs in a single bag.

Since the female bagworm cannot fly, local populations can build up to damaging levels as succeeding generations of insects emerge. Depending on spring and early summer tempera-

tures, eggs hatch from mid- to late- May through early June, and larvae feed until late August or early September. There is one generation per year.

After hatching, the larvae emerge from a hole at the base of the mother’s bag and spin down a strand of silk. The tiny insect is often ballooned by the wind to nearby branches or plants. Once a suitable host is found, the new insect immediately begins to form a new bag over its body. Initially the young insect’s bag is about 1/8-inch long, but at maturity, will grow

INSECTICIDE	TRADE NAME	Homeowner/Commercial
Acephate	Orthene	H,C
Acetamiprid	TriStar	H,C
Azadirachtin	Azatrol, Azatin-o and others	H,C
Bacillus thuringiensis (Bt)	Dipel, Thuricide, Biotrol, others	H,C
Beta-cyflurin	Tempo	C
Bifenthrin	Talstar	H,C
Carbaryl	Sevin, others	H,C
Chlorantraniliprol	Acelepryn	C
Cyfluthrin	Decathalon, Bayer Lawn & Garden	C
Deltamethrin	Deltagard T&O, Suspend SC	H,C
Dinotefuran	Safari	C
Fluvalinate	Mavrik	H,C
Indoxacarb	Provaunt	C
Lambda-cyhalothrin	Scimitar, Demand	H,C
Malathion	Malathion	H,C
Permethrin	Astro EC, Spectracide Bug Stop, Eight	H,C
Spinosad	Conserve, Bulls-Eye Bioinsecticide, Fertilome Borer, Bagworm, Leafminer & Tent Caterpillar Spray	H,C
Tebufenozide	Confirm	C

up to 2-inches long. By mid-August, the mature larvae attach their bag to a branch with a strong band of silk and begin to pupate. Adult males emerge in September.

Control

Chemical Control — Timing is very important for successful bagworm

control. Applications made from late May through mid-June are most effective. It’s easier to kill young larva in the early stages of development. Scout trees and make an application before new generation bags reach 1/2-inch in length.

Bacillus thuringiensis (Bt) is very see BAGWORM CONTROL on back page

Choosing the Best Bug Spray to Protect Your Family From Mosquitoes and Ticks

Jody Green, PhD
Extension Educator, Lancaster Co.

May and June include the months when those outdoor blood feeders — like ticks and mosquitoes — are most active in Nebraska. Not only are these pests annoying, but they have the potential to spread diseases that pose significant health threats. There are a variety of preventative measures that can minimize exposure to bites, but this article will focus primarily on repellents.

Mosquito Repellents

There are hundreds of products sold for mosquito control, but not all are equal in their ability to prevent bites. Products that have an EPA registration number on the label were evaluated against the pests listed on the label and shown to be effective and safe when applied according to instructions. Products without an EPA registration number marketed as “natural” may provide little to no protection at all.

Options: Repellents such as DEET prevent mosquitoes from detecting and biting people. Coverage on exposed skin (not under clothing) must be thorough and can be accomplished using different application methods such as aerosol sprays, pump sprays, skin wipes and lotions. There are a number of popular brand names (i.e. Off!® Repel®, Coleman®, Sawyer, Ben's®, Natrapel®, Cutter®, Ultrathon®). Consumers highly rate four active ingredients: DEET, Picaridin, IR3535 and Oil of Lemon Eucalyptus. The concentration level (which ranges from 5–100%) indicates the length of protection before having to reapply.

DEET products: DEET has been an effective insect repellent for over 40 years. Research has shown no adverse

VARIOUS EPA-REGISTERED, SKIN-APPLIED INSECT REPELLENTS

ACTIVE INGREDIENT CONCENTRATION	FORMULATION/APPLICATION TO SKIN	HOURS OF PROTECTION
DEET 5–7%	Aerosol spray, pump spray	2 hours
Picaridin 5%	Pump spray	3–4 hours
DEET 15%	Aerosol spray	5–6 hours
Oil of Lemon Eucalyptus 30%	Pump spray	6 hours
DEET 25–30%	Aerosol spray, pump spray, wipes	8 hours
IR3535 20%	Aerosol spray, pump spray	8 hours
Picaridin 15%	Aerosol spray	10 hours
DEET 98–100%	Pump spray	10 hours
Picaridin 20%	Aerosol spray, pump spray, lotion	12 hours
DEET 34%	Lotion	12 hours



Labels on insect repellents indicate active ingredients and concentration levels. Always follow label directions.

reactions to people or the environment when used according to label directions. Some people experience bad reactions to DEET, others dislike the odor and the oily/sticky feeling. DEET is a plasticizer and can damage rubber, plastic, vinyl and elastic materials (i.e. watches, cameras, sunglasses and rain jackets) if sprayed. DEET products are available in a wide variety of concentrations, but

products 25–30% often provide sufficient and long-lasting (8 hours) protection. It is better to reapply after 8 hours rather than use a higher percentage.

DEET-free options: An effective and comparable DEET-free option is picaridin 20%, which is odorless, safe on plastics, and does not feel greasy or sticky on skin. Another DEET-free mosquito repellent is oil of lemon eucalyptus 30%. The EPA-registered product offers protection against mosquitoes for up to 6 hours. Oil of lemon eucalyptus is NOT the same as lemon eucalyptus oil or lemongrass essential oil, so do not be fooled.

Devices: A product called the Thermacell® Portable Mosquito Repeller is a portable, odorless repelling device that releases the synthetic pyrethroid (*d-cis/trans* allethrin), to repel mosquitoes within a 15-foot zone of protection. It requires butane cartridges for power and replaceable repellent mats. On a smaller scale, the battery-powered Off!® Clip-On® Mosquito Repellent clips on to the waistband and releases a vapor of an insecticide (metofluthrin) into the immediate environment. This may help

for stationary individuals for a short period of time, but should not be used as a primary repellent. Products that DO NOT repel mosquitoes effectively and consistently include wearable bracelets, bands and patches, citronella candles, bug zappers, using smart phone apps or plug-in ultrasonic devices.

Tick Repellents

Due to the biology and questing behavior of ticks, there are limitations to skin repellents and they should not be relied alone upon to stop tick bites. Luckily, a permethrin 0.5% clothing spray (i.e. Coleman®, Ben's®, Sawyer, Repel®) is very effective at protecting people from ticks while outdoors. Permethrin is a synthetic pyrethroid used as a contact insecticide and repellent against a wide variety of arthropods. It is not safe for use on skin, but can be sprayed onto clothing, allowed to dry and then remain effective against ticks through multiple washings. It is a good idea to treat clothes, socks, shoes and backpacks before outdoor activities. There are also commercial, pre-treated clothing that can be purchased from stores/online, designed to repel ticks for up to 70 washes.

IMPORTANT: Despite the use of repellents, the best way to avoid a tick bite and tick-borne diseases is to perform a tick check periodically while outdoors and a thorough tick check of your person, children and pets after completing outdoor activities. Put clothing in the dryer for 20–30 minutes to kill ticks which may have hitched a ride.

Last, consult your veterinarian for the safest, most effective preventive measures to protect your pets from mosquitoes and ticks.

Earth Wellness Festival

continued from page 1
Over 3,600 fifth graders from 47 schools attended, including all 40 LPS elementary schools, 4 parochial schools, Waverly, Eagle and Bennet. Sessions were led by over 100 presenters from 34 organizations, schools and businesses. Over 50 volunteers acted as classroom guides. Lower Platte South Natural Resources District provided major funding. This year's sponsors were Southeast Community College, Chase Suites, Lands for the Seventh Generation, Raising Canes, Runza, Lazlo's Brewery & Grill and Hy-Vee.

This year's festival was organized by six local agencies:

- Lower Platte South Natural Resources District
- Lincoln Public Schools
- Lincoln-Lancaster County Health Department
- Nebraska Extension in Lancaster County
- UNL School of Natural Resources
- Southeast Community College – Lincoln.

A special thank you to the estimated 2,500 total instructors 1,300 volunteers and many sponsors who have made ewf successful for 25 years!

More photos from this year — and previous years — are online at www.flickr.com/photos/unlxtlanco/collections.

—By Vicki Jedlicka, Soni Cochran and McKenzie Barry



Scat! presented by Extension Assistant Morgan Battes



Springtime Amphibians presented by LPS Southwest High School



Worms! presented by Big Red Worms and LPS Sustainability



Conservation Crew presented by Wildlife Safari

2019 Herb of the Year

Agastache ssp., Anise hyssop, has been named 2019 Herb of the Year by the International Herb Association. The Anise hyssop plant is a perennial with blue flowers and fragrant foliage. It is a member of the mint family and native to North America. Plant it in full sun and provide good drainage. This plant grows 24–36 inches tall and can spread 18–24 inches. Pollinators — like bees and butterflies — enjoy the pollen and nectar from the plentiful and long-blooming flowers.

—By Mary Jane Frogge,
Extension Associate, Lancaster Co.



Agastache ssp., Anise hyssop

Composting Demonstrations

Compost has many benefits when used in the home landscape — it provides nutrients, increases the water-holding capacity of sandy soil and improves aeration of clay soil. Plus, making your own is a great way to recycle garden waste.

Learn how to be successful with composting by attending a free composting demonstration sponsored by Nebraska Extension in Lancaster County and the City of Lincoln Recycling Office. Composting Demonstrations are presented at the Pioneers Park Nature Center's backyard composting demonstration area across the street from the Nature Center (look for the Extension banner). Demonstrations will be held at 10 a.m. on the following Saturdays: May 18, June 22, Sept. 21 and Oct. 12.

Demonstrations are presented by Extension Master Gardeners. You will see three types of composting bins and how to use them. At each composting program, two lucky participants will win either a composting thermometer or a composting bin.



Children and Mindful Eating

Jaci Foged

Extension Educator, Lancaster Co.

Recently, my brothers (with their families), my parents and my family were together celebrating my dad's birthday. Food is usually part of the picture as we all need to eat. It is so fun to get together, let the kids play and enjoy my brother's impeccable ability for grilling. Typically, we each bring something to share with the larger group. I am a big fan of dessert, so I often like to bring that, but I also love fruits and veggies, so sometimes that is my responsibility. On this particular occasion, I was responsible for providing the vegetables.

I was running short on time, so I went for the quick option (although a bit on the pricey side) and grabbed a veggie tray with ranch dip from one of the local grocery stores. You can get a lot more veggies for your money if you have time to wash and cut the items yourself, but sometimes time is not an option.

I have lots of nieces whom I do not see often enough and the littlest one is Kinsley. Kinsley will turn three this November. She is currently in my favorite stage of early childhood — toddler. The world is all on her own terms, she knows what she wants when she wants it, and she often gets what she wants because, frankly, she is adorable.

Kinsley told us she was hungry. I showed her the veggie tray and asked her if she wanted any of those options. She shook her adorable blonde head in the “yes” motion, looked at me with her beautiful blue eyes and asked to “sit up there” on the counter next to the tray of veggies. I picked her up and sat her right next to the tray and she selected one of the cherry tomatoes, carefully looked it over in her hand and then dipped it gently into the dip covering about one-third of the

tomato in ranch. I was impressed by her fine motor skills in that she didn't get any ranch on her fingers! Next she carefully brought the tomato up to her mouth and bit off the end. I remember she closed her eyes and said, “mmmmmm.” She chewed it up and took two more bites of that tomato before asking for more.

She impressed me that evening with her willingness to eat every different kind of veggie on that veggie tray. Broccoli, cauliflower, cucumbers and carrots — each found a way into her mouth. Impressive that she would choose to enjoy each and every kind of vegetable on the tray, but even better was the way in which she enjoyed them.

What Do Children Need From Adults for Meal Time?

Children birth to 5 years are typically born with the ability to regulate their food intake to meet their body's needs. This means they understand when they are hungry and when they are full. As a parent or caregiver responsible for feeding children, we need to provide them with three things.

- Healthy **food** options.
- The **time** to consume the food.
- A safe **space** to eat the food.

The child needs to decide if they are going to eat and how much. Pressuring children to eat all of the food on their plate, and even rewarding children for doing so, should not be common practice. Instead, as adults caring for young children, we can model our own enjoyment of eating different foods. Sitting with children during mealtimes and talking about what we are eating helps children to think and learn about the different foods.

Children practice their social skills when they say “please and thank you,” and participate in conversations with their peers to support their language skills. They are learning math skills such

as fractions (“1/2 of your plate is fruits and veggies”) and addition (“please take 3 chicken nuggets”). In addition to learning and development, children and adults can participate in mindful eating.

What is Mindful Eating?

Mindful eating is the practice of paying attention in the present moment, without judgment and with curiosity, when choosing, preparing and eating food (Pierson, S., et. Al, 2016). When you practice mindful eating, you are choosing to experience food, one bite at a time — much like Kinsley experienced that first cherry tomato. You experience it by being present in the moment, being intentional with each bite and aware of the foods taste, texture, smell and even the feeling eating the food gives you.

Adults engaging in mindful eating will begin to recognize their hunger and fullness cues, identify what triggers them to eat (sadness, boredom) and helps them to identify more effective ways to manage those feelings.

Adults can help children look for their hunger and fullness cues by asking them to think about their bellies (and even ask the child to put a hand on his/her own belly) and notice if their belly is hungry or full? Adults should invite children to choose a variety of foods, help prepare meals and eat together. When adults engage in mindful eating with children, children learn that sugary foods are not bad for them; instead, they learn how to consume these foods in healthy ways and with healthy portions.

SAGE – Savoring, Active Contribution, Gratitude, Education

One strategy that can be helpful in practicing mindful eating for both you and the children you care for is the SAGE

mindful eating approach. The SAGE approach was developed by Helen Maffini with MindBe Education.

S – Savoring: Model healthy eating with curiosity. “This soup is creamy and smooth, it is warm in my belly.”

A – Active contribution: Invite children to wash and cut up fruits and veggies. Grow food in container gardens in your home or classroom, or if available, plant a garden with children outside. Research supports increasing children's likelihood of trying and eating foods when they are asked to help prepare and grow these foods.

G – Gratitude: Teach children where our food comes from and model being thankful for our food. “Thank you to the cow who provided us with this milk.” “I appreciate the farmer who planted these beans.” “I am thankful for our cook who prepared this lunch.”

E – Education: Learn about nutritional qualities of food and bring awareness to yourself about why we eat certain foods.

Sources:

- Pierson, S., Goto, K., Giampaoli, J., Wylie, A., Seipel, B., & Buffardi, K. (2016). *The development of a mindful-eating intervention program among third through fifth grade elementary school children and their parents*. Journal of Health Promotion, 14, 3, 70–76.
- Helen Maffini with MindBe Education, <https://mindbe-education.com/mindful-eating-with-children>, retrieved March 29, 2019.

FOR MORE INFORMATION

U.S. Department of Agriculture's Choose MyPlate has resources for providing balanced foods and ideas for engaging children in healthy eating practices at www.choosemyplate.gov/children



GARDEN GUIDE

THINGS TO DO THIS MONTH

Mary Jane Frogge, Extension Associate,
Lancaster Co.

In May, set out marigold, petunia, ageratum and begonia transplants. All are good border plants.

Cabbage loopers and imported cabbage worms are green caterpillars. They eat large holes in the leaves of plants in the cabbage family. For control, caterpillars can be picked off by hand or sprayed with *Bacillus thuringiensis* (Bt), a natural, non-toxic preparation available by various trade names.

To grow annuals in containers on the patio, use a light weight soil mixture. Keep the plants well watered, because the soil dries out fast. Apply a water soluble fertilizer according to package directions every two weeks.

Lawns maintained at the correct height are less likely to have disease and weed infestation. Kentucky bluegrass and tall fescue should be mowed at approximately three inches in height. Mow frequently, removing no more than one third of the blade at each cutting.

Watering roses with soaker hoses or drip irrigation will reduce the spread of black spot disease.

Plant ground covers under shade trees that do not allow enough sunlight to grow grass. Vinca minor or English ivy are ground cover plants that grow well in shade.

Plan a landscaping project on paper first. Do not over plant. Be sure you know the mature size of each plant and allow for growth.

Harvest rhubarb by cutting or by grasping the stalk and pulling up gently to one side.

Grass clippings can be used as a mulch in flower beds and vegetable gardens if allowed to dry well before use. Never use clippings from a lawn that has been treated with a herbicide.

Mulch around newly planted trees and shrubs. This practice reduces weeds, controls fluctuations in soil temperature, retains moisture, prevents damage from lawn mowers and looks attractive.



HEART OF 4-H VOLUNTEER AWARD

Susan Martin

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

Susan started as a parent volunteer with the Crafty Clovers 4-H club 2-1/2 years ago. The following year, she became a co-leader. For two consecutive years, the Crafty Clovers Club has been identified as a Nebraska 4-H Club of Excellence by meeting the criteria of choosing/electing youth officers, having one club project they do together and completing one community service project.

“I grew up in 4-H and know how important 4-H is,” says Susan. “When my girls were old enough, they started participating in 4-H. I enjoy teaching our members cooking, crafts and sewing projects. It is very rewarding watching our members grow in these areas. My favorite experience as a 4-H volunteer was when 14 of our members received several ribbons at the Lancaster County Super Fair and some of the members placed at the Nebraska State Fair. I knew what I was teaching was making a big difference.”

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



4-H Garden Project

4-H families are invited to participate in a special garden project, growing the vegetable, Okra ‘Carmine Splendor.’ Seed packets are available April 30, on a first-come, first-served basis. The cost is 50 cents 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. We are unable to take orders over the phone or reserve seeds in advance.

4-H Spring Leader Training, May 14

New 4-H leaders, experienced leaders, members and parents are invited to a 4-H Leader Training on Tuesday, May 14, 9 a.m. or 6:30 p.m. (you choose which time to attend) at the Lancaster Extension Education Center, 444 Cherrycreek Road. The training 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. It is a great opportunity to connect with other parents and leaders. **MUST** register by Tuesday, May 7 by calling 402-441-7180.

4-H/FFA Sheep & Meat Goat Weigh-in, May 14

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 14, 6–7 p.m. at the Lancaster Event Center – Pavilion 1. All lambs and goats will utilize USDA Scrapie tags as the 4-H identification. No official 4-H/FFA tags will be utilized. Bring your scrapie tags and we can help tag. Breeding ewes and does are welcome as well, if you need help putting in scrapie tags. The breeder must supply scrapie tags or 4-Hers must order their own tags. If you need to order tags, call 866-USDA-TAG (873-2824). For more information, call Calvin DeVries at 402-441-7180.

4-H Plant Science Contests, June 5

Three Plant Science Contests will be held Wednesday, June 5, 10 a.m.–1:30 p.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road. Registration is required by Monday, June 3 by calling 402-441-7180. Open to 4-Hers from all counties, ages 10–18.

Youth choose which contests to participate in:

- Tree identification
- Weed and grass identification
- Horticulture contest

Participating youth will be offered a free lunch. Ribbons will be awarded and contest winners announced after the lunch.

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

4-H Life Challenge Contests

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-Hers. For more information, contact Kristin at kristin.geisert@unl.edu or 402-441-7180.

- **County Life Challenge: Junior (ages 8–11) and Senior (ages 12 & up)** will be held on Saturday, June 1, 9 a.m. at the Lancaster Extension Education Center. Register by Wednesday, May 29 by calling 402-441-7180 (there is no entry form). Contact Kristin for a study packet.
- **Statewide Life Challenge (for ages 12 and up)** will be held Monday, June 17 and Tuesday, June 18 on UNL East Campus. To participate, contact Kristin by Wednesday, May 29. Information is at <http://4h.unl.edu/life-challenge>.

Babysitting Training, June 18

A Babysitting Training for 5th–7th Graders, a class through the American Red Cross taught by Extension Educator Jaci Foged, will be held Tuesday, June 18, 8:30 a.m.–4:30 p.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road. Register by Tuesday, June 10. Open to all youth ages 11–15 (do not need to be in 4-H). Cost is \$35. Bring a sack lunch. More information and a registration form is online at <https://lanaster.unl.edu/family/BabysittersTraining19.pdf>.

Quality Care of Animals Face-to-Face Trainings

In 2019, 4-H/FFA youth enrolled in any of the following animal projects will need to complete Youth for the Quality Care of Animals training: beef (bucket calf, feeder calf, breeding beef, market beef), dairy cattle, goat (breeding meat goat, dairy goat, meat goat), poultry, rabbit, sheep (breeding sheep, market sheep) or swine (breeding swine, market swine).

Lancaster County 4-H/FFA youth may attend a face-to-face training on Thursday, May 30 or Thursday, June 6, 6–7 p.m. at the Lancaster Extension Education Center, 444 Cherrycreek Rd. To sign up for face-to-face trainings, you must go to <https://learnrow.io> before the training. The training will cost \$3 payable by credit or debit card on the website. We cannot take payments in person, all families must register and pay online. You must sign in as proof of attendance — certificates will be available online.

UNL Dog Camp

The University of Nebraska-Lincoln Animal Science Department is introducing a new dog camp, Fur Your Information! Through three sessions (June 3, 10, & 17, 8:30 a.m.–noon), this camp will offer 4-H youth ages 8–18 the opportunity to learn and practice showmanship, rally obedience and agility with their family dog. Cost is \$125 per person. For more information and registration link, go to <https://animalscience.unl.edu/fur-your-information>.



HORSE BITS

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

4-H District/State Entries Due May 10

4-Hers competing in 4-H district and state horse shows must be 10 years of age by Jan. 1 and meet level requirements listed on the entry form. All Lancaster County 4-Hers participating in district/state horse shows must submit entries, horse identifications and completed horsemanship levels to the Nebraska Extension in Lancaster County office by Friday, May 10. **NO LATE ENTRIES WILL BE ACCEPTED!** Entry forms, entry guidelines, entry procedures and the 2 & 3 year old western pleasure affidavits are available at the Extension office and online at <http://4h.unl.edu/horse>.

4-H Horsemanship Level Testings

A 4-H horsemanship level group testing will be held on Tuesday May 7, 5:30 p.m. at the Lancaster Event Center – Pavilion 4 Amy Countryman Arena. Anyone wishing to test must sign up by April 30 by contacting Kate at kpulec3@unl.edu or 402-441-7180. All of the written horsemanship level requirements must be completed and submitted to Kate before the riding portion of the levels can be conducted. An additional level testing will be held on Tuesday, May 21, 5:30 p.m. at the same location. Anyone wishing to test must sign-up with Kate by May 14.

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.

Pre-District Show, June 1

The Lancaster County 4-H Horse VIPs Committee is sponsoring a 4-H Pre-District Show on Saturday, June 1, 8:30 a.m. at the Lancaster Event Center – Pavilion 3. Show flyer is at <https://lanaster.unl.edu/4h/horse/HorseVIPSPre-DistrictsShow2019.pdf>.

Clover College ONLINE Registration

4-H Clover College will be held Tuesday, June 25–Friday, June 28. See next page for complete schedule. Registration will **ONLY** be available online this year! Walk-in or mail-in registrations will **NOT** be accepted at the Extension office.

Youth must be currently at least 8 years old (as of June 25) to attend most Clover College sessions. Some sessions have older age requirements. To attend Clover Kids Half-Day Camp for 6–7 year olds, youth must be currently 6 years old (as of June 25) and have completed kindergarten.

Registration opens Wednesday, May 1 at noon for currently enrolled 4-H members.

In late April, currently enrolled 4-H families will be emailed an online link and access code to register, which will activate on May 1.

Registration opens Wednesday, May 8 at noon for non-4-H youth.

Registration link will be posted at <http://lanaster.unl.edu/cc>.

An email address and a debit or credit card will be required to complete a registration. There are no additional online or credit card processing fees, only the cost of the chosen workshop(s).

Tip: To speed the process during registration, determine your workshop choices and possible alternates ahead of time. Take note of the age requirements as classes where age is not met will not appear in the online class choices.

Workshops which are ‘full’ will be indicated during the registration process. At that time, a no-cost ‘wait list’ option with no guarantees, will be enabled. Names on the wait list will be notified by email if a spot becomes available.

For those who need computer access to register for Clover College, a computer will be available on a first-come, first-served basis at the Extension office starting at noon on Wednesday, May 1 for 4-H members and starting on Wednesday, May 8 at noon for non-4-Hers.

To use 4-H Activity Certificates for Clover College, get reimbursed by bringing the certificate(s) and Clover College online confirmation to the Extension office.

As in past years, there are no refunds.

Classes fill up quickly!

Clover College

June 25–28, 2019

Lancaster Extension Education Center, 444 Cherrycreek Road

Four days of “hands-on” workshops full of fun and a sense of belonging. Learning topics include STEAM concepts of science, technology, engineering, art and math which spark career interests. Open to ages 6 & up (as of June 25 — must have completed kindergarten). Youth may attend as many workshops as they wish. All supplies will be provided unless otherwise noted. Youth attending workshops which overlap the lunch period should bring a sack lunch. Food will not be available (unless otherwise stated in the workshop description). If you have questions, contact Kristin Geisert at 402-441-7180.

New this year, online registration ONLY! See previous page.



WORKSHOP DESCRIPTIONS

4–Day Workshops

1 Clover Kids Half-Day Camp

Clover Kids will participate in hands-on activities while learning about animals, food, science, recycling, insects and more. Refreshments provided for this workshop. TUE-FRI, JUNE 25-28; 8AM-12:15PM AGES 6-7 • FEE \$45 Various Instructors

2 Rocketry

Build your own rocket and launch it. Receive a rocket kit and one engine. Only for youth who have not previously taken this class. TUE-FRI, JUNE 25-28; 8-10AM AGES 8-12 • FEE \$20 Ron Suing; 4-H Volunteer

3 Kick-start Chess

Want to become a grandmaster? Learn basic rules to game-winning strategies. This progressive program is for beginners and those beyond. Lessons are supplemented by practice and play. TUE-FRI, JUNE 25-28; 10:15AM-12:15PM AGES 8 & up • FEE \$10 James Walla; 4-H Volunteer

2–Day Workshop

4 Monster Mania

Make a plush monster with light-up eyes using circuits of conductive thread. THU-FRI, JUNE 27-28; 12:45-2:45PM AGES 10 & up • FEE \$10 Alaina Kauffman; Extension 4-H Intern

1–Day (4-Hour) Workshop

5 Gone Fishing

Bring your fishing pole, line, hook and bobber for fishing fun at a nearby lake. Extra tackle is optional. Bait provided. Wear closed-toed shoes and sun protection. Only for youth who have not previously taken this class. THU, JUNE 27; 8AM-12:15PM AGES 9 & up • FEE \$5 David Smith; Biosolids Coordinator, City of Lincoln

1–Day (2-Hour) Workshops

6 Horse Course - A

An introduction to grooming, tacking and safety around a horse. A horse will help teach. Must wear closed-toed shoes. TUE, JUNE 25; 8-10AM AGES 8 & up • FEE \$6 Kate Pulec; Extension Assistant

7 Computer Code Camp

Interested in coding? If you can read, you can code in this game environment! TUE, JUNE 25; 8-10AM AGES 8 & up • FEE \$10 Deb Weitzenkamp; Extension Educator & Gavin Nielson; Extension Intern

8 Horse Course - B

Same class as Horse Course - A, see description above. TUE, JUNE 25; 10:15AM-12:15PM AGES 8 & up • FEE \$6 Kate Pulec; Extension Assistant

9 Mandala Painting

Learn and use this dot painting technique on tile coasters. Wear old clothes appropriate for painting. TUE, JUNE 25; 10:15AM-12:15PM AGES 8 & up • FEE \$6 Karen Wedding; Extension Staff

10 Outdoor Cooking

Join us for cooking in the great outdoors. Only for youth who have not previously taken this class. Must wear closed-toed shoes. No sack lunch needed. TUE, JUNE 25; 10:15AM-12:15PM AGES 10 & up • FEE \$8 Soni Cochran; Extension Associate & Julia Plugge; Outdoor Specialist, Nebraska Game & Parks

11 Build a Buddy - A

Find your voice and make communicating fun while building a stuffed animal! TUE, JUNE 25; 12:45-2:45PM AGES 8 & up • FEE \$5 Erica Peterson; 4-H Volunteer

12 Game On!

Play modern board games like never before by using special reasoning and critical thinking. TUE, JUNE 25; 12:45-2:45PM AGES 8 & up • FEE \$5 GameSchool Project Volunteers

13 Ozobot Robots

Explore computer programming and robotics using Ozobots. TUE, JUNE 25; 12:45-2:45PM AGES 8 & up • FEE \$6 Extension Interns

14 3-D Modeling

Learn how a 3-D printer works & modify your own 3-D print design. 3-D prints available for pick up from the Extension Office at a later date. TUE, JUNE 25; 12:45-2:45PM AGES 8 & up • FEE \$10 Gavin Nielson; Extension Intern

15 Red Wigglers

Learn how worms turn garbage into healthy food (called vermicompost) for plants and flowers. Create your own worm habitat with your new worm friends! TUE, JUNE 25; 3-5PM AGES 8 & up • FEE \$8 Pam & Aleyna Cuttlers; 4-H Volunteers

16 Build a Buddy - B

Same as Build a Buddy - A. Find your voice and make communicating fun while building a stuffed animal! TUE, JUNE 25; 3-5PM AGES 8 & up • FEE \$5 Erica Peterson; 4-H Volunteer

17 Wood U Like 2 Build?

Build a decorative wall hanging to enter in the Super Fair. TUE, JUNE 25; 3-5PM AGES 8 & up • FEE \$5 Karol, John & David Swotek; 4-H Volunteers

18 Pizza Party

Create your own unique pizza and make homemade ice cream! TUE, JUNE 25; 3-5PM AGES 8 & up • FEE \$6 Sheridan Swotek; Extension Intern

19 Stepping Stones

Create a square outdoor stepping stone to commemorate UNL's 150th Anniversary and take it to the fair. TUE, JUNE 25; 3-5PM AGES 8 & up • FEE \$10 Jaci Foged; Extension Educator & Jenny DeBuhr; Extension Staff

20 Real World GPS & GIS

Discover the amazing world of Global Positioning Systems and Geographical Information Systems. WED, JUNE 26; 8-10AM AGES 8 & up • FEE \$6 Lancaster County Engineers

21 Escape Room

Use strategy and clues to solve scenario puzzles in order to escape the room. WED, JUNE 26; 8-10AM AGES 8 & up • FEE \$6 GameSchool Project Volunteers

22 Fluid Painting

Pour paint onto a canvas & manipulate for unique designs. Wear old clothes appropriate for painting. WED, JUNE 26; 8-10AM AGES 8 & up • FEE \$10 Karen Wedding; Extension Staff

23 Bridges & Roads

Create fantastic bridges, chocolate asphalt and more. WED, JUNE 26; 10:15AM-12:15PM AGES 8 & up • FEE \$6 Lancaster County Engineers

24 Lleaping Llama 101

Learn basic camelid behavior and handling, then walk llamas and/or alpacas through an obstacle course. WED, JUNE 26; 10:15AM-12:15PM AGES 8 & up • FEE \$6 Danetta Jensen; Star City Llama & Alpaca 4-H Club Leader

	TUE, JUNE 25	WED, JUNE 26	THU, JUNE 27	FRI, JUNE 28
8:00–10:00	1 CLOVER KIDS 2 ROCKETRY 6 HORSE COURSE - A 7 COMPUTER CODE	1 CLOVER KIDS 2 ROCKETRY 20 REAL WORLD GPS/GIS 21 ESCAPE ROOM 22 FLUID PAINTING	1 CLOVER KIDS 2 ROCKETRY 5 GONE FISHING! 38 CLUCK, CLUCK, QUACK! 39 CSI DISCOVERY	1 CLOVER KIDS 2 ROCKETRY 51 LET'S BE ARTSY 52 CAKE DECORATING 53 CRITTER INVESTIGATION
10:15–12:15	1 CLOVER KIDS 3 KICK-START CHESS 8 HORSE COURSE - B 9 MANDALA PAINTING 10 OUTDOOR COOKING	1 CLOVER KIDS 3 KICK-START CHESS 23 BRIDGES & ROADS 24 LLEAPING LLAMA 101 25 CONTROL THE FLOW 26 TERRIFIC TABLE SETTING	1 CLOVER KIDS 3 KICK-START CHESS 5 GONE FISHING! 40 T-SHIRT PAINTING 41 EXCELLENT ELECTRONICS 42 TINKERCAD: 4-H IN 3-D	1 CLOVER KIDS 3 KICK-START CHESS 54 GIDDY GOATS 55 WATCH OUT FOR ALIENS 56 PAPER CRAFTING
12:45–2:45	11 BUILD A BUDDY - A 12 GAME ON! 13 OZOBOT ROBOTS 14 3-D MODELING	27 BIG POWER MACHINES 28 UNL ANIMAL SCIENCE 29 MAGIC PILLOWCASE 30 WILD WEATHER 31 MOVE & GROOVE 32 MAKE BUSINESS POP!	4 MONSTERS 43 KNIT WITS 44 ANIMAL FIRST AID 45 GROW YOUR FOOD 46 CRAFTY KIDS	4 MONSTERS 57 INSECT EXPLORERS 58 FOR THE BIRDS 59 GIFTS FROM KITCHEN 60 BE ART SMART
3:00–5:00	15 RED WIGGLERS 16 BUILD A BUDDY - B 17 WOOD U LIKE 2 BUILD? 18 PIZZA PARTY 19 STEPPING STONES	33 FASHION MODELING TIPS 34 DISCOVER KUMIHIMO 35 BUSY BEES 36 TIN CAN FUN 37 ENGINEERING 1	47 QUILT BLOCKS 48 SHOPPING IN STYLE 49 DOUGH FUN 50 ENGINEERING 2	NO CLASSES

25 Control the Flow

Explore the 'Magic of Electricity' by creating a light switch you may enter in the Super Fair. WED, JUNE 26; 10:15AM-12:15PM AGES 8 & up • FEE \$6 Jim Wies; Extension Associate

26 Terrific Table Setting

Create an awesome centerpiece and learn how to participate in the 4-H Table Setting contest at the Super Fair. WED, JUNE 26; 10:15AM-12:15PM AGES 8 & up • FEE \$6 Rachel Wells; Extension 4-H Intern

27 Big Power Machines

Get a 'behind the scenes' tour of how mechanics create specialized equipment and make repairs. WED, JUNE 26; 12:45-2:45PM AGES 8 & up • FEE \$6 Lancaster County Engineers

28 UNL Animal Science Experience

Learn about nutrition, animal biology and all the cool things in animal science during this tour of the UNL Animal Science Building. Enjoy a tasty stop at the UNL Dairy Store. WED, JUNE 26; 12:45-2:45PM AGES 8 & up • FEE \$5 Calvin DeVries; Extension Assistant

29 Magic Pillowcase

Sew your own pillowcase. Bring 3/4 yd. of a fun cotton fabric along with 1/4 yd. each of two coordinating fabrics (no stripes or matching plaids), matching thread, basic sewing supplies and sewing machine. Must have basic sewing skills. Some machines available upon request. WED, JUNE 26; 12:45-2:45PM AGES 8 & up • FEE \$5 Ellie Babcock; 4-H Volunteer

30 Wild Weather

Learn about being a meteorologist and deliver your forecast in front of a real green screen! WED, JUNE 26; 12:45-2:45PM AGES 10 & up • FEE \$5 Tyler Williams; Extension Educator

31 Move & Groove

Play, jump, skip, hop, move and eat for energy! WED, JUNE 26; 12:45-2:45PM AGES 8 & up • FEE \$6 Abigail Newhouse; Extension Nutrition Intern

32 Make Your Business Pop!

Be a successful entrepreneur by using and tasting popcorn. WED, JUNE 26; 12:45-2:45PM AGES 8 & up • FEE \$5 Dena Noe; V.P. Marketing, UNL Federal Credit Union

33 Fashion Modeling Tips

Be a styling diva, learn the ins and outs of modeling to prepare for fair judging. Wear secure shoes. No flip flops! WED, JUNE 26; 3-5PM AGES 8 & up • FEE \$5 Kali Burnham; 4-H Volunteer & Mariana Tines; 4-H Volunteer

34 Discover Kumihimo

Girls and boys! Explore the Japanese art of cord braiding. WED, JUNE 26; 3-5PM AGES 8 & up • FEE \$6 Cathy Babcock; 4-H Volunteer

35 Busy Bees

Construct & paint a solitary bee hotel and view live bees! WED, JUNE 26; 3-5PM AGES 8 & up • FEE \$7 Dr. Judy Wu-Smart; UNL Bee Lab

36 Tin Can Fun

Be patriotic and create something new from discarded materials. WED, JUNE 26; 3-5PM AGES 8 & up • FEE \$6 Valerie Gabel; 4-H Volunteer

37 Amazing Engineering 1

Design and build amazing engineering projects. Projects will differ from Amazing Engineering 2. WED, JUNE 26; 3-5PM AGES 8 & up • FEE \$5 UNL College of Engineering

38 Cluck, Cluck, Quack!

Enjoy the fun of backyard poultry as you learn about chickens, ducks, etc. THU, JUNE 27; 8-10AM AGES 8 & up • FEE \$6 Calvin DeVries; Extension Assistant

39 CSI Discovery

Learn how evidence leads to answering questions and solving cases. THU, JUNE 27; 8-10AM AGES 8 & up • FEE \$6 Alaina Kauffman; Extension 4-H Intern

40 Textured T-Shirt Painting

Embellish a t-shirt and create a Beyond the Needle project for the fair. Bring a plain colored PRE-WASHED T-shirt made of at least 50% cotton. Wear old clothes appropriate for painting. THU, JUNE 27; 10:15AM-12:15PM AGES 8 & up • FEE \$5 Kath Conroy; 4-H Volunteer

41 Excellent Electronics

Create different sounds and lights with an electronic circuit board. THU, JUNE 27; 10:15AM-12:15PM AGES 8 & up • FEE \$5 Jim Wies; Extension Associate

42 Tinkercad: 4-H in 3-D

Learn basic skills to create a 4-H clover charm key fob or jewelry. 3-D items available for pick up from the Extension office at a later date. THU, JUNE 27; 10:15AM-12:15PM AGES 8 & up • FEE \$6 Mary Burroughs; 4-H Volunteer and Federal Highway Engineer

43 Knit Wits

Learn knitting techniques to construct a mug rug. THU, JUNE 27; 12:45-2:45PM AGES 8 & up • FEE \$6 Yarn Guild of Lincoln

44 Animal First Aid

Learn about your pet while making a fun and usable first aid kit. THU, JUNE 27; 12:45-2:45PM AGES 8 & up • FEE \$10 Kylee Plager; 4-H Volunteer

45 Grow Your Food

Cooking food from the garden is fun and tasty! THU, JUNE 27; 12:45-2:45PM AGES 8 & up • FEE \$6 Abigail Newhouse; Extension Nutrition Intern

46 Crafty Kids

Make a home environment project to take to the fair and beautify your space. THU, JUNE 27; 12:45-2:45PM AGES 8 & up • FEE \$6 Rachel Wells; Extension 4-H Intern

47 Quilt Blocks

Learn to sew quilt blocks which will later be constructed into a Quilt of Valor. Must have basic sewing skills. Materials will be provided. Bring sewing machine and basic sewing supplies. Some office machines available upon request. THU, JUNE 27; 3-5PM AGES 8 & up • FEE \$6 Mary Burroughs; 4-H Volunteer

48 Shopping in Style

Learn savvy shopping tips while exploring the Shopping in Style fair project. THU, JUNE 27; 3-5PM AGES 8 & up • FEE \$6 Sheridan Swotek; Extension Intern

49 Dough Fun

It's easier than it looks to mix and shape bread and rolls. Learn techniques and take samples home. THU, JUNE 27; 3-5PM AGES 10 & up • FEE \$6 Lorene Bartos; Extension Educator Emeritus

50 Amazing Engineering 2

Design and build amazing engineering projects. Projects will differ from Amazing Engineering 1. THU, JUNE 27; 3-5PM AGES 8 & up • FEE \$5 UNL College of Engineering

51 Let's Be Artsy

Learn drawing and art techniques to design a fair project. FRI, JUNE 28; 8-10AM AGES 8 & up • FEE \$6 Caitlyn Schmidt; Art Educator, Blessed Sacrament School

52 Cake Decorating

Learn decorating techniques and create your own designs. FRI, JUNE 28; 8-10AM AGES 10 & up • FEE \$6 Lorene Bartos; Extension Educator Emeritus

53 Critter Scene Investigation

Become a wildlife detective as you hunt for clues of animal activity. Create wildlife tracking fair project. FRI, JUNE 28; 8-10AM AGES 8 & up • FEE \$5 Julia Plugge; Outdoor Specialist, Nebraska Game & Parks, & Monica Macoubrie; Environmental Educator, Nebraska Game & Parks

54 Giddy Goats

Goats will be present to help you find out all about them! FRI, JUNE 28; 10:15AM-12:15PM AGES 8 & up • FEE \$5 Calvin DeVries; Extension Assistant

55 Watch Out for Aliens

Have fun with garden allies — natural plants and bugs — and learn about the aliens taking over their world. FRI, JUNE 28; 10:15AM-12:15PM AGES 8 & up • FEE \$5 Judy Jean; Extension Horticulture Intern

56 Paper Crafting

Stamping, drawing, coloring, collage — all bound up into your own mini-book. Wear old clothes appropriate for painting. FRI, JUNE 28; 10:15AM-12:15PM AGES 8 & up • FEE \$6 Jordan Geisert; Graphic Designer, The Foundry

57 Boots & Bugs: Insect Explorers

Enjoy the thrill of a bug hunt, catch & learn about insects in our ecosystem. FRI, JUNE 28; 12:45-2:45PM AGES 8 & up • FEE \$6 Jody Green; Extension Educator

58 For the Birds

Build a house for Eastern Bluebirds and donate it to a local organization after the fair. FRI, JUNE 28; 12:45-2:45PM AGES 8 & up • FEE \$6 Kim and Pat Wiseman; 4-H Volunteers

59 Gifts from the Kitchen

Using jars, create food mixes all tied up to be homemade gifts. FRI, JUNE 28; 12:45-2:45PM AGES 8 & up • FEE \$6 Rachel Wells; Extension 4-H Intern

60 Be Art Smart

Be creative and savvy about reusing materials to make an art collage. FRI, JUNE 28; 12:45-2:45PM AGES 8 & up • FEE \$6 Caitlyn Schmidt; Art Educator, Blessed Sacrament School

ONLINE
REGISTRATION ONLY
See previous page
for details.



EXTENSION CALENDAR

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

April

- 23 4-H Horsemanship Level Testing,** Lancaster Event Center - Pavilion 2, Amy Countryman Arena. **5:30 p.m.**
27 4-H Spring Rabbit Show, Lancaster Event Center - Exhibit Hall. **9 a.m.**

May

- 2 Pesticide Applicator NDA Walk-in "Testing Only" Session . . . 9 a.m.–2 p.m.**
4–5 Spring Fling Horse Dressage Schooling Show & Clinic, Lancaster Event Center - Multipurpose Arena
7 4-H Horsemanship Level Testing, Lancaster Event Center - Pavilion 4, Amy Countryman Arena. **5:30 p.m.**
7 4-H Council Meeting 6 p.m.
9 Made in the Shade — Trees for Nebraska Landscapes. 6:30–8 p.m.
10 Extension Board Meeting 8 a.m.
10 Lancaster County Deadline for 4-H District/State Horse Show Entries, ID, Level Tests
14 4-H/FFA Sheep/Goat Weigh-In Day, Lancaster Event Center - Pavilion 1 **6–7 p.m.**
14 4-H Spring Leader Training. 9 a.m. & 6:30 p.m.
16 Pesticide Applicator NDA Walk-in "Testing Only" Session . . . 9 a.m.–2 p.m.
18 Composting Demonstration, Pioneers Park Nature Center's backyard composting demonstration area **10 a.m.**
21 4-H Horsemanship Level Testing, Lancaster Event Center - Pavilion 4, Amy Countryman Arena. **5:30 p.m.**
22 Troubleshooting the Landscape 6:30–8 p.m.
27 Extension Office Closed for Memorial Day Holiday
30 Pesticide Applicator NDA Walk-in "Testing Only" Session . . . 9 a.m.–2 p.m.
30 Youth for the Quality Care of Animals Face-to-Face Training for Livestock Animal Exhibitors 6–7 p.m.

Bagworm Control

continued from page 3
effective at controlling bagworms without damaging other beneficial insects. It also has very low toxicity to birds and mammals. Other low toxicity products that give good control include spinosad, azadiractin and insecticidal soaps. However, these products may require repeated applications to give good control. Additional insecticide options for bagworm control are listed in the table on page 3.

Insecticidal spray applications require thorough coverage to penetrate the canopy and contact the feeding bagworms. Use ground equipment that delivers a high spray volume and pressure. Aerial applications may not provide thorough enough coverage, leading to less than satisfactory bagworm control.

Insecticides applied later in the summer when bagworms are larger likely won't be as effective. By late-August, chemical control is no longer feasible, as most bagworms will have ceased feeding and pupated within their bags.

Biological Control —

Bagworms have many natural insect enemies, which feed on them during their larval or pupal stages. A study at the University of Illinois at Urbana-Champaign showed planting asters and daisies near bagworm-infested trees provided shelter and nectar for beneficial insects and reduced bagworm numbers. If insecticidal control is used on these trees, select reduced-risk products that have minimal impact on these natural insect enemies, such as BT. Birds, especially sparrows and finches, are important predators of bagworms in late summer.

Mechanical Control

— This fall, handpick cocoons from small windbreak trees and destroy them by immersing them in kerosene or crushing them. Be sure to remove the bags before eggs begin to hatch in May.

Upcoming Landscape Workshops

Extension Educator Sarah Browning will present two landscape workshops in May at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln. Cost for each workshop is \$5 per person. Register by calling 402-441-7180 by the date indicated. If questions, email sarah.browning@unl.edu or call 402-441-7180.

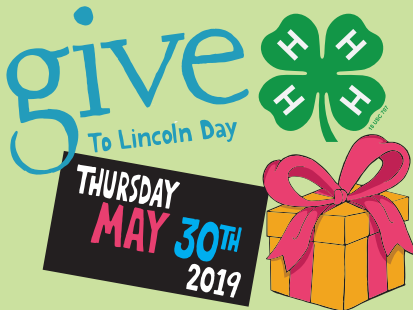
Made in the Shade — Trees for Nebraska Landscapes • Thursday, May 9, 6:30–8 p.m. Register by May 6. Trees are the backbone of our landscapes, providing beauty, shade, noise reduction, wildlife habitat, and reduce home heating and cooling costs. In this program, learn how to keep your trees healthy and vigorous. We'll also discuss tree species well-adapted to Nebraska's challenging growing environment.

Troubleshooting the Landscape • Wednesday, May 22, 6:30–8 p.m. Register by May 20. Learn how to better manage these common problems in your landscape:

- Emerald ash borer.
- Weeds in lawns and landscapes.
- Summer and fall lawn care.
- Pruning trees and shrubs.

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 30 is increased by a proportional share of a \$450,000 challenge match fund!



Here are a few ways your support will help youth:

- Pay fees for one or more Lancaster County youth to participate in 4-H statewide contests, such as Speech/Public Service Announcement and Presentations.
- Provide hands-on learning opportunities to more local 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>

EXTENSION NEWS

New Domestic Water and Wastewater Extension Associate

In April, Becky Schuerman joined Nebraska Extension in Lancaster County as the Domestic Water and Wastewater Management Extension Associate. This position is a statewide appointment.

Becky's primary focus will be developing and implementing programs related to both water quality and quantity issues surrounding domestic water and wastewater use. She will work with individual homeowners, service providers, small community systems and large municipalities.

Becky's interest in natural resources began while growing up on a farm in Western, N.Y. While in high school, her family moved to Summerville, S.C. She went to Clemson University to pursue a degree in Agriculture & Natural Resources and Animal Science. Midway through, she took a leave of absence from school and helped manage a Grade A Goat Dairy in Anderson, S.C. where she met her husband, Tom. He grew up in Hallam, Neb., so they moved to Nebraska. Becky finished her degree at the University of Nebraska-Lincoln. She also holds a Nebraska Well Drilling/Pump Installation license and is a graduate of the Great Plains Public Health Leadership Institute.

Prior to coming to Extension, Becky served as the Program Manager for Monitoring & Compliance Section of the Public Drinking Water Program at Nebraska Department of Health and Human Services, Division of Public Health (NDHHS, DPH) from September 2015 to July 2018. Additional work experiences include:

- Water Quality Specialist, Monitoring & Compliance Program, NDHHS, DPH.
- Water Supply Specialist, Water Well Standards Program, NDHHS, DPH.
- Program Assistant internship with The Groundwater Foundation.

Becky is excited for the opportunity to join Extension. She is hitting the ground running with the challenges brought on by the recent flooding events.

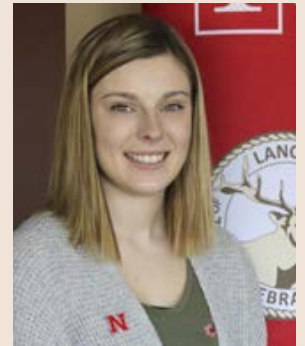


Becky Schuerman

Two New Interns Assist Various Programs

New this year, two part-time student interns will help Nebraska Extension in Lancaster County with various programs during the spring. This is in addition to the interns who assist with 4-H during the summer.

- **Hailey Fleming** — From March through September, Hailey will assist Jaci Foged with the Look Who's Hatching program for childcare programs with preschool-age children. From May through August, she will assist Alyssa Havlovic with the Growing Healthy Kids/Raising Healthy Nebraskans school enrichment program which teaches students K-5 about health, nutrition and physical activity; as well as Kristen Houska with Double Up Food Bucks program at four local farmers markets. Hailey is a junior at the University of Nebraska-Lincoln where she is majoring in Elementary Education.



- **Judy Jean** — From March through May, Judy will assist Sarah Browning developing horticulture programming. She will develop a workshop on native plants for 4-H Clover College. She will also get experience providing information through social media and writing for newspapers. Judy is currently a student at Metro Community College, but plans to transfer to University of Nebraska-Lincoln this fall and major in Horticulture.

