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Experiential Learning Teaches Skills and More

By Tracy Anderson, Extension Educator in Lancaster County

One of the best ways instructors can engage young people in learning is to give them opportunities to "Learn by Doing." This includes exploring and discovering, as opposed to just reading or listening to lectures. Instructors providing "Learning by Doing" are varied and could entail parents, teachers, volunteers and teens. As varied as the instructors are, so are the places "Learning by Doing" can happen, which could include at a beach, kitchen table, classroom, barn or 4-H meeting. The phrase "Learning

by Doing" is at the forefront of the 4-H youth development program and is a well-thought-through process grounded in the "Experiential Learning Model" developed by David Kolb (1984) and modified by 4-H. Divided into five steps, the experiential learning model helps teach skills, knowledge and life skills. Each step helps youth recognize what they have learned from an experience or activity and apply the skill, knowledge or life skill to other experiences or situations.

TIPS

may want to return to the

"Experience" to make changes

learned from their experiences

through the five "Experiential

Some tips to help instruc-

due to the information they

tors guide young people

Learning Model" steps.

• Ensure enough time is

or from others.

All steps are important in Experiential Learning. Oftentimes in education and learning, the learner spends most of their time on the experience. Spend as much time on the "Share," "Process,"



- Plan developmentally appropriate experiences that lead to reflection.
- Support each youth's way of learning.

Source: Kolb, D.A. (1984). "Experiential Learning: Experience as the Source of Learning and Development," Englewood Cliffs, NJ: Prentice Hall.

Five Experiential Learning Model Steps

DO

1. Experience the activity; perform, or do it. Youth engage in a hands-on educational learning experience.

REFLECT

2. Share the results, reactions and observations publicly. Example questions to ask youth:

- What did you do?
- Where did you go?
- What was easiest?
- What was most difficult?What did you learn while

doing this project? **3. Process** by discussing, looking at the experience; analyze, reflect and identify common themes. Example questions to ask youth:

- What did you learn from this project that you didn't know before?
- How did you make your decision? What steps did you take?
- What life skill(s) were you developing through your project?

• What did you learn from sharing with others?

APPLY

4. Generalize to connect the experience to real-world examples. Example questions to ask youth:

- What key points have you learned?
- How is this life skill important to you?
- Where might this situation occur in the future?
- Why is it important to have plenty of information before making decisions?

5. Apply what was learned to a similar or different situation; practice. Example questions to ask youth:

- What did the project mean to your everyday life?
- How can you use these skills or knowledge in different situations?
- In what ways do people help each other learn new things?
- What other situations like this have you experienced before?

Source: Deidrick, J., 2005 MN 4-H Curriculum Committee.

NEBLINE

DIY FITBALL: A FUN FITNESS ACTIVITY

By Kayla Colgrove, Extension Educator in Lancaster County

Families who are active together, get healthy together. Children need 60 minutes of physical activity per day while adults should aim for 150 minutes per week. The most important thing to remember is to make physical activity fun! To help get everyone moving and sitting less, play this fun fitness activity, called FitBall. It is easy to play since it is similar to the hot potato game and uses little equipment. The person holding the ball when the music stops chooses a fitness activity for all to participate. All ages will enjoy playing this fitness activity!

Make Your Own FitBall

Supplies

- Beach ball, approximately 12 5 Jumping jacks inch
- Permanent marker
- List of fitness activities for beach ball

Directions

- 1. Air up beach ball.
- 2. Using a permanent marker, write 3–4 fitness activities per color panel on a beach ball. Modify or change activities as needed, depending on the age of the • Side arm stretch (hold each participants. For younger children, use activities such • 5 Forward and backward as jump like a frog, hop like a bunny or walk like a penguin. Here is a list of activities you could use for each panel of the beach ball:

Yellow Panel

- 5 Squats
- 10 Toes touches
- 10 Arm circles (backward)

Orange Panel

- Run in place for 10 counts
- 5 Push-ups
- Stork stand (hold each leg for 5 counts)
- 5 Side-to-side jumps

Green Panel

- 10 Sit-ups
- Butterfly sit (hold for 10 counts)

White Panel

- Straddle sit (left, right, center for 5 counts each)
- 10 Lunges (alternating legs) • 10 Shoulder rolls (forward 5
- times & backward 5 times)

Red Panel

- 10 Arm circles (forward)
- arm for 5 counts) jumps

Blue Panel

- 5 Jumps to the sky
- Hop on 1 foot (5 hops per foot)
- Upward arm stretch (hold for 10 counts)



HOW TO PLAY FITBALL

Supplies

- DIY FitBall (see instructions in the yellow box)
- Music on a device
- Speakers to play the music
- DJ A person in charge of starting/stopping the music during the game.

Directions

1. Participants arrange themselves in a circle.

- 2. The DJ starts the music and participants will hand or toss the beach ball from one person to the next while the music is playing.
- 3. When the music stops, the person holding the beach ball picks the activity closest to his or her right thumb for the group to perform. Make sure everyone has the appropriate space before starting the activity.
- 4. Return to your group circle and continue playing the game as time allows.

Additional Tips

- If an exercise is chosen that has already been done during that activity, the participant can select the closest exercise that has not been completed.
- Participants will be tempted to hit the ball like playing volleyball and may cause the activity to become louder due to everyone getting excited.
- Source: https://food.unl.edu/freeresources/newsletters/family-fun-run/ *diy-fitball-fun-fitness-activity*

RECIPE OF THE MONTH By Kayla Colgrove, MS, RDN, ACSM-CPT, Extension Educator in Lancaster Co.

April 6 is fresh tomato day! Tomatoes can be eaten raw or cooked, and made into sauces. To celebrate this day, make this simple salad recipe.

TOMATO CUCUMBER SALAD

(Makes 12 servings)

- 4 large tomatoes, gently rubbed under cold running water, cubed
- 1 large cucumber, scrubbed with clean vegetable brush under running water, chopped
- 1 cup red onion, scrubbed with clean vegetable brush under running water, chopped
- 1 cup green pepper, scrubbed with clean vegetable brush under running water, chopped
- 1/3 cup fresh parsley, gently rubbed under cold running water, chopped
- 1/3 cup apple cider vinegar
- 1 Tablespoon olive oil
- 2 garlic cloves, minced
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1/2 teaspoon sugar
- 1. Wash hands with soap and water.
- 2. In a large bowl, combine tomatoes, cucumber, onion, green pepper and parsley.
- In a small bowl, combine vinegar, oil, garlic, salt, pepper and sugar. 3.
- 4. Pour vinegar mixture over vegetables. Mix well.
- Refrigerate for at least 1 hour before serving. 5.

Nutrition Information per Serving (1/12 of recipe): Calories 30, Total Fat 1.5g, Saturated Fat 0.4g, Cholesterol Omg, Sodium 105mg, Total Carbohydrates 5g, Fiber 1g, Total Sugars 3g, Protein 1g, Vitamin A 6%, Vitamin C 35%, Calcium 2%, Iron 4%

Source: Nebraska Extension Nutrition Education Program



NEBLINE

Get Ready to Control Pine Tip Blight

By Sarah Browning, Extension Educator in Lancaster County

Browning and death of branch tips is quite common in older pines. Such damage is often due to Diplodia Tip Blight (also known as Sphaeropsis tip blight). Infection kills current-year shoots and eventually may kill whole branches. This disease, caused by a fungus, becomes increasingly more common and destructive as trees age, although young trees can be affected too. Austrian pine is the most severely affected of the pines, but Ponderosa and Mugo pines are also susceptible.

Symptoms

The most conspicuous symptoms of Diplodia tip blight are stunted new shoots with short, brown needles still partially encased in their sheath. Infected shoots are quickly killed and may be located throughout the entire tree, although damage is, generally, first evident in the lower branches. The severity of damage may vary considerably throughout the tree, with some branches that have been infected several years in a row dying back completely. After two or three successive years of infection, treetops may also be extensively damaged. Repeated infections reduce growth, deform trees and ultimately kill them.

Small, black, pimple-like structures develop at the base of infected needles

and on the backside of pine cone scales. These structures produce additional fungal spores that can re-infect the tree.



Death of new pine shoots, also called "candles," are a symptom used to identify Diplodia tip blight. (Inset photo) Very serious Diplodia infection can result in death of entire branches.

Pests Causing Similar Symptoms

Diplodia tip blight can be confused with damage from pine tip moths; however, pine tip moth damage can be distinguished by the presence of larvae or tunnels found when the affected shoot is slit open. It should also not be confused with pine wilt, a diseased caused by trunk-dwelling nematodes, which is killing many pines across Nebraska. Pine wilt primarily affects Scotch pine trees and kills the entire tree within 2 or 3 months.

Control

New shoots are most susceptible during a two-week period starting at bud break through mid-June. Infections are worse under wet spring conditions, which promotes disease infection.

Two applications of fungicide are recommended. The proper growth stage for applications usually falls during the third week in April and a second application in the first week of May for eastern Nebraska. Applications should be made as buds at the tips of the branches begin to open, with a second application 7–10 days later. A third application may be beneficial in trees heavily infected, or if wet spring conditions persist into early June. For homeowners, Bordeaux mixture, liquid copper, Cleary's 3336 (thiophanate-methyl) or propiconazole (Banner MAXX) are effective in treating this disease. Read and follow all label directions carefully before application.

Prune out dead branches to reduce disease pressure.

FOR MORE INFORMATION

- Diseases of Evergreen Trees, http://nfs.unl.edu/documents/
- foresthealth/diseasesevergreen.pdf
 Sphaeropsis Tip Blight of Pine, https://extensionpublications.unl.edu/ assets/pdf/g1845.pdf



By Mary Jane Frogge, Extension Associate in Lancaster County

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.

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

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.

Measure the rainfall with a rain gauge posted near the garden so you can tell when to water. The garden needs about 1 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.

Put a birdhouse in the garden to attract insect-eating friends.

2021 PERENNIAL PLANT OF THE YEAR

Calamint, Calamintha nepeta subsp. nepeta

Like a cloud of confetti, tiny white flowers, sometimes with pale blue, appear from early summer to fall. Undemanding and dependable, calamint provides the perfect companion for other summer bloomers and foliage plants. This full-sun perennial has a low-mounding or bushy habit, ideal for the front of the border in the landscape bed.

This plant is durable and pest-free.



Calamint, *Calamintha nepeta* subsp. nepeta

Calamint benefits bees and other pollinators by flowering throughout the summer and the aromatic foliage is deer-resistant. *Calamintha nepeta* subsp. *nepeta* is a favorite low-growing component of self-sustaining gardens.

This is a low-maintenance deciduous perennial and will tolerate drought once established. It can be cut back lightly, if desired, to create neater habit or remove spent blooming stems.

Source: Perennial Plant Association

Naturally Occurring Elements in Groundwater Part 2 of a Series – Iron and Manganese

By Becky Schuerman, Extension Domestic Water/ Wastewater Associate

There are naturally occurring elements and minerals within Nebraska's geology, and with that, it is not uncommon to find them in Nebraska's groundwater. Calcium, magnesium, iron, manganese, fluoride, arsenic and uranium are among the elements found in Nebraska.

This month, the spotlight series continues with iron and manganese.

Iron & Manganese

Iron and manganese can be a nuisance in a private well system. They are similar metals that cause taste, appearance and staining problems at concentrations as low as 0.3 micrograms per liter (μ g/L) or parts per million (ppm) to plumbing fixtures, porcelain, dishes, glassware and laundry. The minerals can give water a metallic and/or bitter taste and can have an undesirable effect on the taste/color of food prepared with it. They may react with the tannins in coffee, tea and some alcoholic beverages affecting both appearance and taste. They are also known for scale layer build up and clogging issues within water pipes and plumbing fixtures, e.g. hot water heaters, pressure tanks and water softeners.

Of the two, iron is found more frequently in groundwater, though manganese is often found with iron. Iron in drinking water is not considered a health hazard. Iron and manganese bacteria are found in the soil and shallow aquifers. The bacteria are not known to present a health risk, but they do form a reddish-brown (iron) or brownish-black (manganese) slime-like residue as they feed on the iron and manganese in the water. This slime is often found in plumbing fixtures, toilet tanks, wash machines and other water using appliances. Another common indicator that the iron and manganese bacteria exist, is a foul odor (similar to a rotten egg smell). The odor is a byproduct of the bacteria feeding on the iron and/or manganese. If either the slime or odor are noticed, water tests should be conducted. The use of chlorine or alkaline builders (such as sodium and carbonate) to kill bacteria may intensify staining because it causes the dissolved minerals to precipitate out of solution.

Health Effects

At high concentrations, manganese can be a health hazard. Infant formula containing soy and rice cereal should not be made with water above 300µg/L or ppb in manganese due to the content of manganese already present in the formula or cereal. Older children and adults who drink water that is above 1,000µg/L or ppb in manganese for many years may experience adverse health effects to their nervous system. These effects may include behavioral changes, slow and/or clumsy movements or learning problems.

Treatment

As with any filtration system, one should know their water quality analysis results and research the manufacturer's specifications of the treatment units being considered. For providing safe drinking water, point of use (POU) devices such as reverse osmosis (RO), distillation and carbon filtration are all good options to remove dissolved manganese, and often iron. To service the whole house, a point of entry (POE) device is a better choice. Common POE devices for private water supplies include ion exchange water softener, oxidizing filters and aeration (pressure type) followed by filtration. All of these treatment options have their advantages and limitations, thus making treatment sometimes challenging. Knowing the form and concentration of iron and manganese in your raw water, the nuisance issues and researching the effectiveness of treatment units and frequency/ cost of maintenance are all consideration factors in making a best treatment decision.

FOR MORE

For further information about iron and manganese and the types of treatment, see Nebraska Extension's NebGuides at https://water. unl.edu/article/drinking-water/ nebguides.

No Bull! Examine Your Sires' Breeding Soundness

By Connor Biehler, Beef Systems Extension Educator

Profitability of cow-calf operations begins with high conception rates. Modern technologies such as artificial insemination or in vitro fertilization increase pregnancy rates when administered correctly. However, many commercial producers still utilize herd or clean-up bulls. This means conception rates are dependent on the bull as much as the cow — emphasizing the importance of making sure sires productively increase earlyseason conception rates.

Higher percentages of calves conceived in the early

portion of breeding season produces greater pounds at weaning, generating greater income when the calf crop is marketed. The best way to test a bull's productivity is through Breeding Soundness Exams (BSE).

BSE should be conducted by your veterinarian 60–75 days prior to bull turn-out. Conducting the test during this period allows ample time to replace unsound bulls or retest any questionable bulls prior to breeding. A BSE is a snapshot in time and liable to change. After a long, cold winter, like the one experienced throughout the Midwest this past year, bulls might have experienced damage



to their external sex organs and should be tested even if they were tested in the fall.

A BSE begins with a physical examination to determine soundness of feet and legs, examining external and accessory sex organs and evaluating the motility (movement) and morphology (shape) of sperm cells under a microscope. The objective is to identify problematic bulls that fail to meet the minimum standard. Generally, 75% of bulls tested meet requirements. This procedure does not evaluate a bull's breeding behavior. Instead, BSE informs producers he is biologically equipped to cover cows and does not examine sexual behavioral traits such as libido, mating ability and social adaptability with other bulls in mating environment. These behaviors should be observed during breeding season.

When testing, make sure to allocate proper time. BSEs are time-consuming and rushing this process increases frustration and margin of error. Make sure slide examination of semen can be conducted indoors. Otherwise, cold weather may damage sperm motility and morphology. Testing for infectious diseases such as trichomoniasis is not routinely included in BSE. Visit with your local vet to see if testing for diseases is recommended.

FOR MORE

For more information on planning for breeding season, reach Connor Biehler at his office 402-424-8007 or his cell 402-413-8557. For more information on Nebraska Beef Extension, follow his twitter page @BigRedBeefTalk

Inspiring Rich Conversations Through Questions

By Sarah Roberts and Jackie Steffen, Learning Child Extension Educators

Questions are powerful tools and they encourage children to think at a higher level. The types of questions you ask young children can affect the quality of your conversation with them.

Some questions only elicit rote answers and, therefore, will not spark a meaningful conversation or connection. Others encourage thought-provoking conversations and ideas.

Having intentional and meaningful conversations with young children is critical to providing an atmosphere of emotional security. Engaging with and listening to children help them to feel valued and respected. They learn to feel safe talking with you and sharing thoughts and feelings that may be otherwise difficult to discuss.

Here Are Some Ways to Inspire Rich Conversations

- Try to ask more open-ended questions. Open-ended questions are questions that cannot be answered with one word. Instead of asking, "How was your day?" consider rephrasing and saying, "Tell me about the favorite parts of your day."
- Distractions are all around us. Take time to fully engage with young children and practice active listening in a one-on-one environment. That means removing electronics and getting down on



their level. Giving children your full attention demonstrates that you respect them and what they have to say.

- Make conversations a habit. The time of day that works best is different for everyone. Some might be able to connect deeply on the "to and from" school commutes, others at bedtime or maybe around the table. Take notice of when your child feels the most comfortable opening up to you.
- Do your homework. If your child is in school and you have access to daily announcements, lesson plans or newsletters, use that information to help spark conversations. Children can fail to mention exciting events unintentionally. They may be surprised with some pieces of information that you know about their day.
- Finally, remember that conversations are a two-way street. If you ask too many questions, children can feel like they are being drilled. Do not just ask questions; open up and talk about YOUR day. Being authentic and modeling good communication with other adults in their school or home will encourage children to join in on conversations.

Asking higher-level ques-

tions takes practice and time. Think about what information you want to share with your child and what you would like to know from them. Be genuine. If it is tough to talk to them, don't worry. It is important to start practicing conversation skills, especially when children are young. Have fun and keep a sense of humor and wonder.

Here Are a Few Open-Ended Questions to Get You Started

- If you were the family chef, what would you make today for breakfast (lunch, dinner)? Why?
- If you could do anything today, what would it be?
- What was your favorite part about the holidays this year?
- This year has been hard for lots of people. Is there anything positive you experienced? What things do you wish you could change?
- If you could ask me anything (teachers or parents), what would it be?

References: "Big Questions for Young Minds: Extending Children's Thinking by Janis Strasser and Lisa Mufson Bresson

Peer Reviewed by Leanne Manning and Lynn DeVries, Extension Educators, The Learning Child

FOR MORE IDEAS

To learn more about starting conversations and asking higher-level questions, read "High Level Questions for High Level Thinking," *https://go.unl.edu/c0n9*, April 1, 2020 authored by LaDonna Werth.

Become a Community Scientist

By Kait Chapman, Extension Educator in Lancaster County

Insect season is just around the corner! There are many opportunities to help contribute to research on Nebraska's insects and their relatives through community science projects.

Lincoln City Nature Challenge — Nebraska Game & Parks April 30–May 9 www.outdoornebraska.gov/ citynaturechallenge



Organized on a global scale by the Natural History Museum of Los Angeles County and the California Academy of Sciences, the City Nature Challenge is an annual friendly competition among cities across the globe to find and document plants, fish, insects and wildlife over a four-day period. Snap a picture of the wildlife you see in Lancaster County and upload it during the observation period to have your observation counted towards Lincoln's total.

Tick Tag Go — UNL

http://ticktaggo.unl.edu With new tick species being identified in the state, records of tick presence are critical to understanding which species



are found where. University of Nebraska Lincoln's (UNL) Tick Tag Go is a community-powered effort to establish baseline data on tick distributions in Nebraska and relies on passive surveillance — the collection of ticks you come across in your daily routine and activities. Submit your tick photos and data for identification.

Nebraska Bumble Bee Atlas — Xerces Society www.nebraskabumblebeeatlas.org



A statewide survey effort aimed to track and conserve Nebraska's native bumble bees using catch-and-release methods. Participating in the Atlas is a great opportunity for anyone looking to take an action in pollinator conservation, and can be done safely outdoors. Virtual workshops are held in May to prepare volunteers with an understanding of bumble bee biology and identification skills before the survey season begins in June. New volunteers welcome!



James Blake

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

He has gone above and beyond his duties as Director of Strategic Initiatives and Focus Programs at Lincoln Public Schools (LPS) to help with 4-H school enrichment programs. For seven years, he has worked with Lancaster County 4-H staff to coordinate the delivery of these programs for LPS.

ANTO AND AND April 2021 Heart of -H Award James Blake

"Through my unique role in LPS overseeing K–12 science curriculum from 2014–2020, I have worked closely with 4-H as part of my day job," James says. "Examples in elementary curriculum: Lancaster County Embryology 4-H school enrichment program, Garbology and Earth Wellness Festival. With high school, we have the potential to partner with 4-H as we design the Early College and Career STEM program at Northeast opening fall of 2022. I appreciate the hands-on experience that 4-H brings to LPS students. When I go out and observe the 4-H staff presenting to elementary students, they always bring with them a component of discovery and curiosity."

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

Watch Chicks Hatch on EGG Cam

http://go.unl.edu/eggcam

UPCOMING DATES

Eggs set in incubator: April 6 Day 7 candling: April 13, 1:30 p.m. Day 14 candling: April 20, 1:30 p.m. Hatch date: April 26–27 **4-H Announcements** For 4-H'ERS AND VOLUNTEERS

See the 4-H e-newsletter at https://go.unl.edu/Lan4Henews for complete details. The 4-H Youth Development Program is open to all youth ages 5-18 and free to join in Lancaster County. If interested in joining or volunteering, call 402-441-7180.

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

All 4-H members and volunteers must re-enroll for the 2020–2021 4-H year. New members and fair projects may be updated through June 15. The website to enroll or re-enroll is https://ne.4honline.com. You are strongly encouraged to re-enroll by April 1 or you may miss out on communications such as NEBLINE, email reminders, etc.!

VIRTUAL COMPANION ANIMAL **CHALLENGE ENTRIES DUE MARCH 29**

The Virtual Companion Animal Challenge offers a variety of 4-H companion animal contests that don't require live animals, including demonstration, essay, art, photography, cat trivia and dog trivia. Online entry forms are being used for 2021 and can be found at https://go.unl.edu/vcac. Prior to submitting an entry form, save a copy and submit to the Lancaster County Extension office or email a copy to 4-H Assistant Calvin DeVries at cdevries2@unl.edu by March 29 to have entry fees paid by Lancaster County 4-H Council. T-shirts may be ordered at the cost of each participant for \$15. More information is at *https://4h.unl.edu/* companion-animal/challenge.

HORSEMANSHIP LEVEL TESTINGS, **APRIL 6 & 20**

The first 2021 horsemanship advancement level testing will be held on Tuesday, April 6 in the evening at the Lancaster Event Center Fairgrounds. Anyone wishing to be tested must sign up by March 30. Contact Kate Pulec at kpulec3@unl. edu or 402-441-7180 to sign up. Time slots will be emailed. A second testing is scheduled for Tuesday, April 20 in the evening, at the Lancaster Event Center Fairgrounds. Sign-up deadline for the April 20 testing is April 13. All other 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. In addition, youth testing for level II must have their horses groomed/clipped for show readiness.

SPECIAL GARDEN AND AGRONOMY **PROJECTS**

4-H families have the opportunity to participate in the special garden and/or special agronomy projects this year. The Special Garden Project is growing Hakurei Turnip. This vegetable is a white salad turnip. The Special Agronomy Project is Teosinte, a Mexican grass considered to be one of the parent plants of modern corn. Seed packets are available on a first-come, first-served basis. Call the Extension office, 402-441-7180, to sign up for these special projects. The seed packages are free and one seed packet per project, per family. Seeds will be mailed after April 30.

KIWANIS KARNIVAL CANCELED

The annual Kiwanis Karnival scheduled for Friday, April 9 has been canceled because of COVID-19.

LEADER UPDATE TRAINING, APRIL 22

New leaders, experienced leaders, volunteers and parents are invited to attend the 4-H Spring Leader/Volunteer Update Training on Thursday, April 22, 9 a.m. or 6:30 p.m. (you choose which time to participate) at the Lancaster Extension Education Center. 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, door prizes and more! MUST preregister by Thursday, April 15 by calling 402-441-7180 or emailing kristin.geisert@unl.edu.

SHEEP & MEAT GOAT WEIGH-IN, MAY 11

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 11, 6-7 p.m. at the Lancaster Event Center Fairgrounds -Pavilion 1 (east side). Exhibitors planning on exhibiting market sheep or goats at the Nebraska State Fair must have DNA hair samples collected.

NEW – LIVESTOCK PARENT/LEADER TRAINING & ID HELP NIGHTS

New this year, two Livestock Parent/Leader Training & Identification Help nights will be held at the same time as the Youth for the Quality Care of Animals (YQCA) face-to-face trainings on Tuesdays, May 13 and June 10 at the Lancaster Extension Education Center. While 4-H members are participating in the YQCA training, 4-H leaders, parents and volunteers may receive leader training, share ideas and get assistance from 4-H staff with identification paperwork and online entries.

LIVESTOCK PREMIUM AUCTION **DONATIONS NEEDED**

Please 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.



Nebraska Extension in Lancaster County and 4-H Council presented the Lancaster County 4-H Achievement Virtual Celebration on Tuesday, Feb. 23. The theme was "Shine On 4-Hers!" The light of accomplishments by 4-H members, clubs and leaders in 2020 were spotlighted! The Lancaster County Board of Commissioners proclaimed Feb. 23 as "4-H Achievement Day." For a complete list of award recipients, archived video of the presentation and link to photos on Flickr, go to *http://lancaster.unl.edu/4h/achievement*.

DIAMOND CLOVER

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

Level 1 – Amethyst: Logan Barnard, Madelyn Barnard, Monica Bauman, Tenley Bauman, Helayna DeBuhr, Anna Fousek, Vedkaelle Jean Baptiste, Dayton Jons, Meredith Marsh, Evan Mittan–DeBuhr, Mason Moscrip, Brooklynn Nelsen, Grant Oliver, Amorita Payne, Alexa Smith, Emily Smith, Gabriella Smith, Katy Weaver, Gianna Wesely

Level 2 – **Aquamarine:** Morgan Roof, Emmy Sheldon, Reagan Tonkin, Kaily Wesely

Level 3 – **Ruby:** Vyvian Alstrom, Dailee Guthrie, Vanessa Peterson, Micah Pracheil, Susannah Schulte, Linsey Sheldon

Level 4 – **Sapphire:** Andrew Frain, Sarah Lange, Kamryn Wanser

Level 5 – **Emerald:** Mindy Bartels, Clare Bauman, Celia Faith, Kylie Hansen, Hannah Thomson

Level 6 - Diamond: Nathaniel Gabel

COMMUNITY SERVICE AWARDS

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

Age 14 and over: Jonathan Cook, Thomas Cook, Aleyna Cuttlers, Abigail Kreifels, Madelyn Kreifels, Mischa Lunquist, Christina Xu

Age 13 and under: Khloe Cuttlers, Andrew Frain, Nettie Lunquist, Brooklynn Nelsen, Amorita Payne, Alexa Smith, Reagan Tonkin, Kamryn Wanser, Lily Wooledge





NEBRASKA 4-H ANNUAL ACHIEVEMENT AWARD

The Nebraska 4-H Annual Achievement Award is a record of a 4-H member's annual achievements in 4-H, including accomplishments, leadership experiences, community service and career exploration.

Completed a Junior application: Noah Babcock, Samuel Babcock, Khloe Cuttlers, Adam Gabel, Ethan Gabel, Morgan Gabel, Sarah Lange, Micah Pracheil, Linsey Sheldon, Alexa Smith, Kamryn Wanser

Completed a Senior application: Clare Bauman, Aleyna Cuttlers, Kylie Hansen, Madelyn Kreifels

4-H CLUBS OF EXCELLENCE

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

Clever Clovers, Explorers, Fantastic 4, Five Star 4-H'ers, Fusion 4-H'ers, Horticulture 4-H Club, Joe's Clover Knights, Lancaster Leaders, Little Green Giants, NE Equestrian, Rabbits R Us

MERITORIOUS SERVICE

Mark Hurt

NATIONAL LEADERSHIP AWARD

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

Samuel Babcock, Mindy Bartels, Celia Faith, Clara Johnson, Allison Walbrecht









OUTSTANDING 4-H MEMBER

Nathaniel Gabel

OUTSTANDING 4-H CLUBS

The Lincoln Center Kiwanis Club presents Outstanding 4-H Club Awards to the top 4-H clubs participating in the Lancaster County Super Fair. Clubs receive points based on all members' total fair exhibit and contest placings.

LITTLE GREEN GIANTS of Lincoln is the winner of Category I (5–10 members) and winner of the Wayne C. Farmer trophy as overall Outstanding 4-H Club.

FANTASTIC 4 of Lincoln is the winner of Category II (11–20 members).

JOE'S CLOVER KNIGHTS of the Lincoln area is the winner of Category III (21 or more members).

COLLEGE SCHOLARSHIPS

LANCASTER COUNTY 4-H COUNCIL — \$700: John Boesen, Emmi Dearmont, Nathaniel Gabel, Ella Hendricksen, Abigail Kreifels, Madelyn Kreifels, Sophie Polk, Sydney Schnase, David Swotek

4-H TEEN COUNCIL – **\$300:** John Boesen, Allyson Korus, Abigail Kreifels, Madelyn Kreifels, David Swotek

LINCOLN CENTER KIWANIS – \$1,000: Nathaniel Gabel

DICK FLEMING LEADERSHIP & COMMUNICATION — \$250: Nathaniel Gabel

Nebraska Extension in Lancaster County & Lancaster Extension Education Center Conference Facilities 444 Cherrycreek Road, Ste. A, Lincoln, NE 68528 402-441-7180 · lancaster.unl.edu

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GROBigRed Virtual Learning Series

Nebraska Extension started a GROBigRed Virtual Learning Series last year and the 12 programs are archived at *https://byf.unl.edu/grobigred-virtual-learning-series*. The series is returning in 2021! Stay up-to-date on planned programs by following @GROBigRed on Facebook or @GROBigRedUNL on Twitter. Upcoming free Zoom webinars:

- Saturday, March 27, 10 a.m. Basic Garden Management
- Saturday, March 27, 11 a.m. Early Season Cool Crops
- Saturday, April 10, 10 a.m. Container Vegetable Gardening
- Saturday, April 10, 11 a.m. Raised Beds



EXTENSION CALENDAR All events will be held at the Lancaster Extension Education Center.

444 Cherrycreek Road, Lincoln, unless otherwise noted.

March

- 4-H Furniture Painting Workshop......9 a.m. 27
- 27 GROBigRed Virtual Learning – Basic Garden Management....... 10 a.m. 27
- 27 4-H Horse Stampede, UNL East Campus - Animal Science Complex 29
 - Lancaster County 4-H Deadline for Virtual Companion Animal **Challenge Entries**
- 30 Commercial Pesticide Applicator Recertification Training8:30 a.m.

April

6	Commercial/Noncommercial Pesticide Applicator Initial
	Training
6	4-H Council Meeting
6	4-H Horsemanship Level Testing, Lancaster Event Center Fairgrounds
8	Commercial/Noncommercial Pesticide Applicator Recertification
	Training
9	Extension Board Meeting
9	Private Pesticide Applicator Training – ZOOM – Wheat/Alfalfa 6 p.m.
10	GROBiaRed Virtual Learnina – Container Veaetable Gardenina. 10 a.m.
10	GROBiaRed Virtual Learning – Raised Beds 11 a.m.
11	4-H Teen Council Meeting
20	4-H Horsemanship Level Testing, Lancaster Event Center Fairarounds
20	Runza Night for Lancaster County 4-H at 33rd & Hwy 2
22	Pesticide Applicator Nebraska Department of Agriculture
	"Appointment Only" Testing Session
22	4-H Leader Trainings

Runza Night for 4-H, April 20

Support 4-H by eating at Runza on 33rd and Pioneers on Tuesday, April 20 from 5–8 p.m. Simply mention 4-H and Lancaster County 4-H Council will receive 15% of the proceeds. 4-H Council helps support 4-H programs, activities and scholarships.

Ag Youth Institute Deadline is April 15

The Nebraska Agricultural Youth Institute is a five-day program for current high school juniors and seniors to learn about agricultural career opportunities. NAYI will be held July 12–16 at UNL East Campus. Applications are at *https://nda*. nebraska.gov/navi and must be submitted online by April 15.

Big Red Summer Academic Camps

Big Red Summer Academic Camps are residential, career exploration camps held at the University of Nebraska-Lincoln. They are open to all youth grades 9th/10th-12th, including recent high school graduates. This year's dates are June 13-18. Registration deadline is May 28. Early bird tuition rates end April 5. Regular tuition rates end May 7.

During the week-long camps, participants will work with university faculty to explore the topic of their particular camp, like engineering, filmmaking, digital media or agriculture. Topics and costs vary, so visit *https://4h.unl.edu/* big-red-camps for more information. Limited scholarships are available.

Dressage Schooling Show, May 1

The Spring Fling Dressage Schooling Show will be held on Saturday, May 1, 8 a.m.–5 p.m. at the Lancaster Event Center Fairgrounds – Pavilion 3. Open to all ages to benefit the 4-H horse program. Entries are due April 17. Show flyer at https://go.unl.edu/springdressage.

4-H Summer Camps

Nebraska State 4-H Camp near Halsey will offer several week-long overnight camps June-August open to all youth ages 8–18 (need not be enrolled in 4-H). Charter bus transportation options will also be offered select weeks from UNL East Campus in Lincoln. 4-H camp brochure now available at https://4h.unl.edu/camps.



444 Cherrycreek Road, Bldg. B, Lincoln, NE 68528 • 402-441-7817 • lancaster.ne.gov/320/Weed-Control-Authority

Controlling and Managing Phragmites

An aggressive, nonnative variety of phragmites (*Phragmites australis*), also known as common reed, is threatening the ecological health of Nebraska's wetlands and riparian areas.

- This invasive is rapidly invading, with over 800 documented locations in Lancaster County.
- Phragmites is a longliving perennial, warm-season grass that can grow in dense clonal stands.
- Plants can reach 20 feet in height, yet more than 80% of the yearly biomass is contained below ground in a dense mass of roots and rhizomes.

The Problem

Once phragmites invades, it causes adverse ecological, economic and social impacts including:

- Threats to waterways, wetlands and riparian areas, which are our most biologically diverse and productive ecosystems.
- Domination of native vegetation, displacing desirable native plant species and reducing our plant diversity.
- Reduction of wildlife habitat diversity resulting in loss of food and shelter.
- Alteration of water conveyance, restricting waterways, causing erosion of banks and field edges due to its ability to clog waterways.



- Causing "drying" of wetlands through increased evaporation and trapping of sediments.
- Reduction of property values due to use impairment.
- Restriction of access for recreation, boating, swimming, fishing and hunting.
- Creation of potentially serious fire hazard to structures due to dry biomass during the dormant season.

Recommended Management

Because of the physiology of phragmites, well-established stands are difficult to control with only one herbicide treatment.

- An initial herbicide treatment stresses the plants, making them particularly vulnerable to subsequent treatments.
- Herbicide treatments in conjunction with prescribed fire, mechanical treatment or flooding have proven to be effective in controlling phragmites and allowing native plants to reestablish.
- Monitoring and follow-up



treatments will be necessary to successfully manage phragmites.

Herbicide Control Methods

Few techniques are fully effective when used alone, and reinvasion by phragmites is likely when the management strategy is not maintained.

- The optimal methods for a site will depend upon existing conditions and management goals.
- Effective control of phragmites, especially larger, well-established stands, is likely to require multiple treatments using a combination of methods.
- The use of herbicide treatments in mid- to late-summer is recommended as the primary control method and the first step toward effective control.
- The best time to get control is when the patch is new and there are just a few scattered plants. Once it gets established, it will form a dense

patch and control will become much more difficult and expensive.

- Research and field data results show that herbicide control with the active ingredient imazapyr (Polaris, Arsenal, Ecomazapyr, Habitat) has proven to be the most effective. Glyphosate (Rodeo or Roundup) will have some effect but does not have the residual of imazapyr. Always use a good surfactant to help achieve successful results.
 Both imazapyr and aquatic
- Both imazapyr and aquatic glyphosate can be used in and around water.

Long-Term Management And Monitoring

Because of the pervasiveness of this species and its ability to aggressively recolonize through seed or rhizomes, long-term management and monitoring are necessary.

• The control method using imazapyr described at https://www.lancaster. ne.gov/DocumentCenter/ View/7797/Guide-to-Longterm-Phragmites-Management is likely to be successful in controlling phragmites for 1–2 years without additional action. However, phragmites typically begins to recover 3 years after treatment and will become reestablished if follow-up management is not implemented.

Annual maintenance is essential to the success of any long-term management plan.



Drones Help Manage Phragmites

2020 marked the start of what will, most likely, be a common sight in future years. An Unmanned Aerial Vehicle (UAV) — more commonly known as a drone — was used to apply an herbicide treatment to invasive phragmites in Lancaster County. Rantizo, a private company with a local applicator located in McCool Junction, Neb., was hired to apply the treatment to private land. They did work across the state for Cooperative Weed Management groups as well as private landowners.

As technology continues to improve, the use of drones will play a huge roll in getting ahead of this wetland invader. Phragmites tends to grow in hard-to-reach areas, and traditional application methods are not very feasible or economical. Lancaster County Weed Control Authority is always looking at new ways to manage this aggressive plant.

WEED AWARENESS

TAKE Two minutes to **read about** two invasive plants which are working to establish themselves in Lancaster County



Queen Anne's Lace (Daucus carota L.)

Queen Anne's lace is a white, flowering plant and is often invasive, native to Europe and southwest Asia. It earned its common name from a legend that tells of Queen Anne of England (1665–1714) pricking her finger and a drop of blood landed on white lace she was sewing. Belonging to the carrot family, Queen Anne's lace is a biennial also known as wild carrot. Early Europeans cultivated Queen Anne's lace, and the Romans ate it as a vegetable. American colonists boiled the taproots, sometimes in wine as a treat. Interestingly, Queen Anne's lace is high in sugar, second only to the beet among root vegetables.

Distinguishing Features

The Queen Anne's lace flower resembles lace, and oftentimes, the flower has a solitary purple dot in the center. **In addition, the root smells like carrots!**

Flowers

Queen Anne's lace flowers have a flat-topped white umbel, sometimes with a solitary purple flower in the center. These flowers bloom from late spring until mid-fall. Each flower cluster is made up of numerous tiny white flowers. The flower cluster start out curled up and opens to allow pollination. The cluster then rolls itself shut again, like a reverse umbrella when it goes to seed at the end of the season.



Habitat

Queen Anne's lace is found in fields, meadows, waste areas, roadsides and disturbed habitats. They are very hardy and thrive in a dry environment. **Means of Spread and**

Distribution

This plant spreads primarily by its tiny seeds that are easily spread by the wind. Seeds remain viable in the soil for several years.

Edible Parts

Using first year Queen Anne's lace plants are recommended. Roots are long, pale, woody and are finger-thin. They are used in soups, stews and in making tea. First year leaves can be chopped and tossed into a salad. Flower clusters can be "french-fried" or fresh flowers can be tossed into a salad. The aromatic seed is used as a flavoring in stews and soups.

Toxicity

Skin contact with the foliage of *Daucus carota*, especially wet foliage, can cause skin irritation in some people. It may also have a mild effect on horses.

ID and Control

Queen Anne's lace was recently added to the Nebraska Invasive plant Watch List to be monitored. It is known to be very aggressive, especially in roadsides. Watch for this invader on your property.

For help with identification or for recommendations for control, contact your local county weed control superintendent.



Wild Parsnip (Pastinaca sativa L.)

Wild parsnip is an invasive plant that originally came from Europe and Asia. It was brought to North America by European settlers and grown as a root vegetable. Over time, it escaped from cultivation, and is now common throughout the U.S.

Description

Wild parsnip is an aggressive, monocarpic perennial plant that germinates from seed, spends the first year or more as a rosette, eventually bolts to a height of 4–6 feet into a mature plant in the second year or later, flowers June through late August, sets seed and dies.

Habitat

Wild parsnip invades along road and rail rights-of-way. It is also found invading a variety of disturbed landscapes including trails, natural areas, pastures, forest and field margins, waste areas, unmaintained gravel pits and idle lands. It can tolerate dry, moist or wet soils, but does not grow in shaded areas.

Means of Spread and Distribution

This plant spreads primarily by seeds. Seeds remain viable in the soil for several years.

Impact

Wild parsnip is highly invasive and, if ignored, can spread rapidly, developing into large monocultures that replace native animal and plant habitat. It reduces the quality of agricultural forage crops and can negatively impact livestock if ingested. The plant sap contains toxic chemicals that are



activated by sunlight and can cause serious burns and blisters to human skin after contact.

Management

A sound management plan of foliar herbicides, mowing or digging is necessary to manage this species and will take several years of commitment to ensure that the population has decreased significantly and is not a serious problem.

Hand pulling is not recommended as the sap is toxic to human skin. Small numbers of plants can be removed by hand if using gloves and clothing to protect the skin from sap exposure.

Toxicity

Wild parsnip causes phytophotodermatitis when skin comes in contact with plant sap in the presence of sunlight, it can cause severe rashes, blisters and discoloration of skin. Appropriate protective clothing including gloves, long sleeves and long pants should be worn and direct contact with the plant should be avoided. If sap comes in contact with skin, avoid exposure to sunlight, immediately wash skin with soap and water and seek medical attention.

ID and Control

Wild parsnip is on Nebraska's Invasive Plants Watch List and its spread being monitored.

For help with identification or control recommendations, contact your local county weed control superintendent.

Source: Minnesota Department of Agriculture

Lancaster County Weed Control 2020 Review

The Lancaster County Noxious Weed Control Authority serves the citizens of Lancaster County to protect effectively against designated noxious weeds which constitute a present threat to the continued economic and environmental value of lands in Lancaster County.

Our office implements the mandates of the State of Nebraska Noxious Weed Control Act by setting forth management objectives and plans, methods or practices which utilize a variety of techniques for the integrated management of noxious weeds. In establishing a coordinated program for the integrated management of noxious weeds, it is the County's intent to encourage and require all appropriate and available management methods, while promoting those methods which are the most environmentally benign, and which are practical and economically feasible.

Noxious Weed Program

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

Phase 1: Prevent the development of new noxious and invasive weed infestations.

Phase 2: Provide education and public outreach on noxious and invasive weed control.

Phase 3: Provide ongoing management of State of Nebraska and Lancaster County designated noxious weeds, as well as the City of Lincoln Weed Abatement program.

Nebraska's Noxious Weed Control Act states: It is the duty of each person who owns or controls land to effectively control noxious weeds on such land.

Noxious Weeds in County Roadsides

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

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

City of Lincoln Weed Abatement Program

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

The City of Lincoln's Weed Abatement Ordinance requires landowners within city limits to maintain the height of weeds and worthless vegetation below six inches. This includes all areas to the center of the street and/or alley that adjoins their property. Our inspector's complete inspections based on pre-selected properties due to their history, request received from the public and by observing severe yards while conducting other inspections. When a property is found to be in violation, the owner of record is notified with a legal notice. If the property remains uncontrolled at the expiration of



Number of Lancaster County Sites in Violation



the legal notice, the Weed Control Authority will hire a contractor to cut the property. Landowners are responsible to pay the cost of control plus an administrative fee. If the cost of control remains unpaid, a lien is placed against the property until paid.

City of Lincoln Landfills

The Weed Control Authority is responsible for managing noxious weeds at the 48th Street and the Bluff Road landfills. To track of the spread of noxious weeds and the effectiveness of the control, the landfills are annually inspected and mapped prior to treatment.

Lancaster County Abandoned Cemeteries

Mowing and general maintenance on six abandoned cemeteries throughout the county falls under the supervision of the Weed Control Authority.



Cemeteries included are the County Poor Farm, Dietz, Evangelical, Highland Precinct, Jordan and Uphoff.

Special recognition goes to the following volunteers: • Lincoln Tree Service for tree

- trimming and removal
- Dave Miller for mowing Jordan
- Terry Briley for mowing Evangelical
- Clark Liesveld and Boy Scouts of America Troop 64 for mowing Dietz
- Troy Henning for mowing Highland Precinct & Uphoff
- Larry England for mowing the Poor Farm

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

WEED AWARENESS

Nebraska's Noxious Weeds

It is the duty of each person who owns or controls land to effectively control noxious weeds on such land. Noxious weed is a legal term used to denote a destructive or harmful weed for the purpose of regulation.

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



IN YOUR TRACKS.



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