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The NEBLINE, April 2009

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Urban Youth Learn About Agriculture at Local Ag Awareness Festivals

Deanna Karmazin
UNL Extension Associate

Nebaska's greatest resource is AGRICULTURE! Nebraska's economy is dominated by agriculture and the primary farm products are cattle, corn, swine, soybeans, and wheat. Unlike past generations, less than two percent of Americans currently farm for a living. As a result, each generation is becoming further removed from our food production system. It is important to provide youth opportunities to understand agriculture, its industry and its commodities.

Today's youth are tomorrow's legislators, consumers, business leaders, citizens and educators. In order for them to protect and preserve the advantages we gain from a strong agricultural industry, they must understand where food comes from and the importance of the American farmer. They must also learn how to protect and preserve our natural resources for the future of farming.

That is why many professionals within the agricultural sector expressed a growing interest in educating urban youth about the importance of agriculture and creating an agricultural awareness coalition. In 1995, a group of agricultural professionals from the University of Nebraska–Lincoln Extension in Lancaster, Saunders and Douglas/Sarpy counties—and from several statewide agricultural businesses and commodity groups in southeast Nebraska—formed a local Agricultural Awareness Coalition. The coalition's mission is "to increase youth's knowledge and understanding of agriculture, its concepts by cooperatively bringing together several disciplines."

The coalition designed an Agricultural Awareness Festival as a way for urban youth to explore and experience agriculture for a day. On Oct. 3, 1996, the first Agricultural Awareness Festival was held at the UNL Agricultural Research Development Center near Mead. The festival served as a pilot project involving 200 Omaha Public School sixth graders. The huge success of this first festival demonstrated a need for future festivals and involvement of more youth.

In 2000, the coalition expanded the festival to include youth in Lancaster and surrounding counties. The first spring festival was held in Lincoln with almost 200 students participating.

Currently, several festivals are held each year in the Omaha, Lincoln and surrounding areas. More than 20 agribusinesses, commodity associations, food industry companies and UNL Institute of Agriculture and Natural Resources departments partner together to present the festivals. To date, more than 12,300 youth have participated. These youth better understand the origins of our food supply, as well as the career and educational opportunities available to them through agriculture—even in urban areas.

In Nebraska 45.7 million acres of land are used for agricultural purposes, or 92.9% of the 49.2 million acres of land.

A farmer in the United States grows enough food to feed about 129 people for one year.

Hamburger meat from a single steer will make about 720 quarter-pound hamburger patties. That is enough for a family of four to enjoy hamburgers each day for nearly six months.

By-products from cattle are used in producing leather, medicine, makeup, asphalt for roads, shaving cream, soap, paint, perfume, printing ink, film, china, cleanser and thousands of other items.

A dairy cow which is producing milk eats nearly 20 pounds of grain and 35 pounds of hay silage in one day and drinks about 35 gallons of water (bathtub full) every day.

There are about 600 kernels on each ear of corn.

One bushel of corn will sweeten more than 400 cans of pop.

One acre of farmland is nearly the size of one football field.

One acre of wheat can produce enough flour to furnish a family of four with bread for nearly ten years.

Watch Chicks Hatch Online with EGG Cam! For more information, visit http://lancaster.unl.edu/4H/Embryology

Student learn about the many products made with corn and soybeans or their byproducts.

(Above) As students learn about farm technology, they experience the inside of a farmer's combine.

(Student learn about the many products made with corn and soybeans or their byproducts.

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Estate Planning Workshop, March 26

All small business owners—including farmers—should have a strategy for a successful business succession. University of Nebraska-Lincoln Extension in Lancaster County will present an Estate Planning Workshop on Thursday, March 26, 9 a.m.–3 p.m. at the Lancaster Extension Education Center, 444 Cherry Creek Road, Lincoln. Speakers include UNL Farm Ranch Business Associate David Goeller and Attorney Joe Hawbaker.

The specifics of a business succession strategy will be different for every business and will depend on a number of factors. The most important factors governing the specifics of the estate planning strategy are:

- Will the farm business will be sold, which presumably will result in leaving a personal estate or will the farm or business be passed on to the next generation before your death or upon your death.
- Do you have an up-to-date will?
- Probate—what you and your heirs need to know.
- The impact of state inheritance tax and federal estate and gift tax.
- How will the property and other assets be divided—do you believe every heir must receive an equal share to be treated fairly or is there a difference between equality and fairness?

The workshop will address these topics and more. Cost (includes lunch) is $25 for the first person. Additional persons from the same family or business may attend for an additional $15 each without handouts or $20 with their own set of handouts.

Registration by March 24 with payment is required to hold your spot. Due to space limitations, participation is restricted to the first 40 paid registrations. For registration information, go to http://lancaster.unl.edu/ag/EstatePlanningWorkshop09.pdf or call 441-7180.

Renting Livestock Facilities

Tom Dorn
Extension Educator

From time to time someone will inquire at the extension office about establishing a fair rental price for a livestock facility. While the extension office, in no way, is in a position to set rental rates or judge what is fair to both parties, there are some guidelines presented by the Farm/Ranch Management Specialists at the University that can be used.

For both the owner and tenant, determining a fair rental price for livestock facilities such as hog barns or feedlots should include consideration of alternatives available. For example, the owner should consider whether the facility will be in use or sit idle if not rented. If the owner had planned to use the facility for his or her own operation, annual rental equal to 18 percent of the current asset value is considered a good rule of thumb. This amount should cover depreciation, interest, normal repairs, taxes and insurance. On the other hand, if the facility will remain idle if not rented, annual rental equal to 10 percent of value may be appropriate. In this case, ensure that there will cover cash expenses such as repairs, taxes and insurance and the loss of value due to use or depreciation. For example: Using these guidelines, a hog barn valued at $25,000 would have the rent set between $2,500 to $4,500 per year.

The prospective tenant, meanwhile, should consider other alternatives for renting or building facilities. For example, would the building cost (amortized over the useful life of the facility), plus ownership costs (repairs, taxes and insurance) of constructing a similar facility, be more or less expensive than the rental price? The answers to such questions will help determine if the asking price is reasonable. Probably the hardest thing to do when using this method, is setting a fair market value on the facility in question. Normally, you would expect the value of partially- or fully-depreciated facilities to be somewhat less than the replacement value. One good approach is to estimate how much the facility would add to the value of the property, if the property was sold.

Is Sainfoin Right For You?

Bruce Anderson
UNL Forage Specialist

Maybe you’ve seen or heard the claims—sainfoin is better than alfalfa, a 200 relative feed value (RFV) from bud to bloom, easy to manage, forage quality is established, more palatable. These characteristics, and more, are being claimed in advertisements by marketers of a legume called sainfoin. Sounds great, doesn’t it, but what’s the rest of the story? Sainfoin, which has been nicknamed “the poor man’s alfalfa,” has several good characteristics. Its main advantage is its biomass-free characteristic, making it grazing-friendly. It also tolerates low phosphorus and high pH soils well, but it has acid, wet or salty soils. (Editor’s note: moderately-acid soils are fairly common in Lancaster County and some of our soils are salty, especially in the Salt Creek flood plain.) Sainfoin produces very palatable hay or grazing, and compared to alfalfa, forage quality declines less rapidly as the plant matures.

However, in almost all areas where alfalfa is well-adapted, sainfoin does not yield as well. It does begin spring growth very fast, frequently out-yielding alfalfa at first harvest, but sainfoin regrows very slowly. Nitrogen fixation also can be a major problem for sainfoin, even when properly inoculated with the right kind of bacteria. As a result, nitrogen fertilizer often is needed to maintain productivity. Even then, sainfoin is susceptible to root and crown rot diseases that can quickly shorten stand life.

In my opinion, sainfoin is most suitable for areas that usually get just spring grazing or only one hay cutting per year, especially if soils are calcareous. For most other uses, alfalfa and other traditional forages will probably outperform sainfoin.

Families with land in other counties should contact their County Fair Office. Please be sure the forms are filled out in full with all of the necessary signatures (the owner(s) signature verifies the historical information as well as the engraving request) before mailing.

Wind Energy Seminars Archived on the Web

The University of Nebraska Biological Engineering department recently sponsored two on-line seminars (webinars) of interest to people considering small-scale electrical generation using wind turbines. The first webinar was titled The Basics of Farm/Residential Small Wind Turbines. The second webinar titled Wind Energy Development: Key Financial Considerations was concerned with community economic development experiences. I was quite impressed with the quality of the information and the unbiased advice. The coordinator for these webinars was John Hay, extension educator, with a focus in Bio-energy issues. His Web site is archived on the Web found at http://bioenergy.unl.edu/. In the left hand panel, click on Seminars then on Seminars 2009.

To watch the Basics of Residential Small Wind Turbines or Wind Energy Development: Key Financial Considerations, find their listing under the Webinars heading, then click on View recording of webinar.”

—Tom Dorn, UNL Extension Educator

Master Conservationist Entries Due April 1

Nebraska adults and youth in both rural and urban areas who have implemented soil and water conservation practices are eligible to enter the 2009 Master Conservationist Recognition program. The deadline for entries is April 1. There are categories for youth groups and individuals, residences, communities and private businesses as well as production agriculture (farming and ranching). Master Conservationist program brochures are available at the UNL Extension office and online at http://owh.com (click on the “In the Community” link).

Pioneer Farm Family Awards Due May 1

For the 54th year, the Knights of Ak-Sar-Ben Foundation and the Nebraska Association of Fair Managers will recognize Nebraska Pioneer Farm Families whose land has been owned by the same family for 100 years or more. Titled the “Nebraska Pioneer Farm Award,” the program requires the land of a family must have been owned by some member of the family for a century or more. Pioneer Farm Families are recognized at their local county fair and receive a bronze plaque and a engraved plaque and a gatepost marker from the foundation.

Families with farm land in Lancaster County for more than 100 years will be recognized at the Lancaster County Fair on Friday, Aug. 7 at 7:30 p.m. during the Family Barbeque.

Applications can be obtained by contacting Sue Bulling at the Lancaster Event Center at 441-6545 or Deanna Karmazin at the extension office at 441-7180. The deadline for submitting nominations is May 1. Families with land in other counties should contact their County Fair Office. Please be sure the forms are filled out in full with all of the necessary signatures (the owner(s) signature verifies the historical information as well as the engraving request) before mailing.
Each spring and fall as you clean-up your yards and gardens, there is always a large pile of leaves, grass clippings and other stuff material to be removed. Instead of throwing it away, recycle it. One of the key components of good composting is brown or dried organic material as well as green grass clippings. So, now is the time to utilize those materials in a compost pile.

Learn how to be successful with composting by attending a composting workshop or demonstration sponsored by UNL Extension in Lancaster County and the City of Lincoln Recycling Office. Attendees will receive a free compost bin or soil thermometer.

Backyard Organic Gardens Need Work but Have Increased Benefits

Sarah Browning
UNL Extension Educator

Organic products are becoming more available in supermarkets, but that’s no reason gardeners can’t grow their own organic food.

Organic food is popular because it is grown using a sustainable land management system that improves the surrounding environment. Using organic inputs without insecticides, herbicides, fertilizers, irrigation, organic production reduces pesticide exposure to humans, groundwater and the environment.

For the home gardener, some of the best plants to grow organically are tomatoes, lettuce, cabbage and carrots.

In a backyard garden, growing food organically without pesticides can help preserve beneficial insects living in and around the garden. Ladybugs, lacewings, predatory mites and wasps and many other beneficial insects can be helpful against insects that damage plants. Ladybugs feed on aphids, which feed on plants, and certain kinds of wasps feed on tomato hornworms, which eat through tomatoes.

Crop rotation, trap crops and using vegetable cover crops with resistance to certain insects and diseases are also important tools for controlling pest problems organically. Organic or “soil” insecticides such as horticultural oils also can be used in an organic system.

Row covers are another tool organic gardeners can use to protect plants from insect damage. This fine-spin, polyester fabric creates a physical barrier around plants, while allowing sunlight and water to get through. Row covers are particularly useful on plants that don’t require pollination, such as lettuce, cabbage, carrots or potatoes. Only the leaves or roots of these plants are harvested.

The first thing to be considered when starting an organic garden is the soil. Organic doesn’t just mean no pesticides, it also means not using anhydrous commercial fertilizer, so nutrients must be provided through other sources. Organic matter, cover crops that fix atmospheric nitrogen and manure are examples of soil amendments that can provide nutrients and improve soil structure. Cover crops, such as red clover, are grown in the garden then tilled back into the soil to improve soil fertility and drainage and increase beneficial insect habitat. When using manure, make sure the animals have not been fed or treated with antibiotics or other products that are not organic. The garden won’t truly be organic if the manure isn’t organic either.

In spring is a great time plant cover crops for a new organic garden and fall is ideal to begin improving soil. Manure and organic matter added in the fall will begin to break down over the winter. By spring, the soil will be ready to go and planting can begin.


Pre-emergent Herbicide Application Time

For annual grass control, apply pre-emergence herbicides prior to germination. The soil temperatures necessary for weed germination vary by species. For example, crabgrass germinates when soil temperatures are greater than 13 degrees F to 60 to 60 degrees F from 7 to 10 consecutive days and continues to germinate in soil temperatures to 90 degrees F. Goosegrass begins germination when soil temperatures are above 63 degrees F for several weeks and yellow foxtail germinates at soil temperatures of 68 degrees F to 92 degrees F. Barnyardgrass germinates at soil temperatures between 72 degrees F and 90 degrees F. The optimum soil temperature for fall panicum germination is 80 degrees F. Monitor soil temperature and apply a pre-emergent herbicide prior to reaching the weed germination temperature. This insures the herbicide will be in place before weeds begin to germinate.

—Don Jansen, UNL Extension Educator

Act Early to Control Musk Thistles

Musk thistles are a pesky problem in many pastures. Farmers who had musk thistle infestations last year will soon be able to walk out in their fields and see the healthy thistle plants with their robust circular rosettes growing. Thistles can be especially troublesome after a drought. The Young, rosette stage of growth that comes before the plant flowers is an ideal stage for controlling the plants. Herbicides should be sprayed while the thistles are still in the rosette form. If sprayed early, very few plants will develop flowering stalks later in the season.

Several herbicides are recommended for effective musk thistle control. One of the most effective is Tordon 22K. Tordon 22K should be used with caution because it will also kill woody plants like trees. Another is 2, 4-D. When using 2, 4-D, it is recommended a smaller amount be used and a small amount of Bannex should be added to the mix.

Some newer herbicides, such as Redrem, Grazon, Alar and Cural also can help control musk thistles in pastures. As with any chemical product, be sure to read and follow instructions carefully and be sure to spray for musk thistles at the proper time.

—Bruce Anderson, UNL Forage Specialist

Study Shows Transplanted Trees Grow Better Without Grass Nearby

Research from K-State's John C. Pate Natural Resource Center has quantified the effect of control ling grasses around newly planted trees. Jason Griffin, William Reed and Dale Bremer conducted a study to investigate the inhi bition that newly transplanted seedling trees when lawn grasses were allowed to grow up to the trunk. There were five treatments including three with different species of grass. Those treatments were:

• Bare soil maintained with herbicides
• Area under tree mulched 3 inches deep
• Tall fescue allowed to grow under tree
• Bermudagrass allowed to grow under tree
• Kentucky bluegrass allowed to grow under tree

All treatments were applied to Eastern redbud seedlings as well as to pear seedlings. All trees were fertilized according to recommendations and watered during the growing season. Treatments were measured and harvested. Data was taken on caliper (diameter) 6 inches above the ground, weight of above ground portions of the tree, leaf area and leaf weight.

There were no differences in any measure between the mulched treatment and the bare soil treatment for either tree species. However, all measures showed very significant growth increases if lawn grasses were controlled around the tree. Spec minimum of 3 feet.

• Caliper: Caliper measures 6 inches above the soil surface were twice as large for plots without grass than those with either fescue or bluegrass but was only 50% larger when compared to the bermudagrass plots.

• Top growth weight: Redbuds showed a 10% weight advantage for plots with grasses controlled than those without. Pecans showed a still very significant 200% increase.

• Leaf area and leaf weight: Leaf area was 200% larger in plots without grass competition and leaf weight showed a 300% increase.

The obvious conclusion one should draw from this study is...grass should be controlled under a newly transplanted tree if you wish to get the tree to grow. How far from the trunk should the grasses be controlled?Try to get the grass 6 inches away. 

—Ward Upham, Kansas State University Extension Associate

Urban Agriculture

Upcoming Composting Workshops and Demonstrations

Composting Workshops are held at various Lincoln locations:

• April 14, Lancaster Extension Education Center, 444 Cherry Creek Road, 6:30 p.m.
• April 15, Eiseley Library, 1530 Superior Street, 6:30 p.m.
• Oct. 7, Eiseley Library, 1530 Superior Street, 6:30 p.m.
• Oct. 8, Anderson Library, 3635 Toulza

Composting Demonstrations are presented at the Pioneers Park Nature Center’s new backyard composting demonstration area. These demonstrations will show you how to be successful with backyard composting. You will see three types of composting bins and how to use them. Demonstrations will be held at 10 a.m. on April 25, May 16, June 20, Sept. 19 and Oct. 17.

For more information visit www.sustainablelancaster.org or call 402-449-4168.

Pioneers Park Nature Center’s backyard composting demonstration area

Urban Agriculture April 2009
Easter Egg Tips

Decorating Easter Eggs
Easter eggs can be decorated in so many ways—be sure and include the children and make it a fun, family event. Eggs can be decorated with food coloring or commercially available egg dye kits. There is no end to the creative possibilities for individual expression on an eggshell.

Egg Handling and Safety Tips
There are some important safe handling methods to remember this time of year when you’re decorating, cooking or hiding those eggs since eggs are handled a great deal more than usual around Easter. Remember to:

1. Wash your hands thoroughly before handling the eggs when cooking, dyeing and hiding them.
2. Put the eggs before purchasing, making sure they are not dirty or cracked. Dangerous bacteria may enter a cracked egg.
3. Store uncooked eggs in their original cartons in the refrigerator. Always store eggs in their original cartons in the refrigerator. Always store eggs in their original cartons in the refrigerator.
4. As long as the eggs are NOT OUT of refrigeration over two hours, they will be safe to eat. Do not eat eggs that have been out of refrigeration more than two hours.
5. If you are planning to use colored eggs as decorations, (for centerpiece, etc.) where the eggs will be out of refrigeration for many hours on event day, consider using them after they have served their decorative purpose.

Easter Egg Hunt
Consider hiding prizes carefully when hiding eggs. Avoid areas where the eggs might come into contact with pets, wild animals, birds, reptiles, insects or lawn chemicals. Refrigerate your eggs after they’ve been hidden and found. Discard any cracked eggs. Make sure you find all the eggs you’ve hidden to eliminate the chances of animals eating spoiled eggs.

Egg Salad Week
After you’ve gathered the eggs at the Easter Egg Hunts, remember the week after Easter is Egg Salad Week. It is a week dedicated to the dozens of delicious ways to serve hard-cooked eggs. Try some easy and elegant salads, deviled eggs or egg salad sandwiches. Take advantage of the extra hard-cooked eggs the Easter bunny brought.

Egg Salad Sandwiches
Serve non-traditional items in individual portions. They make French toast, waffles and include the children and invite them to add healthy fruits and vegetables to meals.

1. Let’s Play...FOOD: Keep or Toss?”—teaches about when food is safe to eat and when it should be thrown out.
2. “Add a Little Spice (& Herbs) to Your Life!”—helps you learn how to flavor foods with less fat, sugar and salt through delicious additions of herbs and spices.

New at http://lancaster.unl.edu/food/slideshows.shtml
View several new slide shows on the UNL Extension in Lancaster County food web site:

• “Supermarket Savings: 16 Tips that Total BIG Bucks!”—gives tips that can help you save as much as $2,000 yearly on groceries.
• “13 Fun Ways to Eat More Fruits and Vegetables”—slide show tempting ways to add healthy fruits and vegetables to meals
• “Let’s Play...FOOD: Keep or Toss?”—teaches about when food is safe to eat and when it should be thrown out.
• “Add a Little Spice (& Herbs) to Your Life!”—helps you learn how to flavor foods with less fat, sugar and salt through delicious additions of herbs and spices.
**FAMILY & COMMUNITY EDUCATION (FCE) CLUBS**

**President’s View—Bonnie’s Bits**

Bonnie Krueger
FCE Council Chair

Sorry, no Bonnie’s Bits...
April Fools!

April Fools Day or All Fools Day accrues annually on April 1st. As a holiday, it is generally observed by playing jokes on a victim who soon becomes known as an April Fool. This custom is thought to have started in France during the 15th Century, but the British are credited with bringing it to the United States. April Fool's Day is at the end of winter and the culmination of lengthening days. The Christian observance of growth and renewal has Easter at this time. Spring is seen as a time of growth, renewal, of new life (both plant and animal) being born. Of course spring is also unstable weather, which we really don't care about, but should prepare for.

**FCE News & Events**

FCE Council Meeting, March 23

Hope you have your calendars out for the FCE Council Meeting. We will be meeting at Valentine’s 70th and Van Dorn Streets for lunch and business meeting. All FCE members are welcome to attend the Council meetings. Pre-register by calling Pam at 441-7180.

Leader Training, March 24

The next FCE & Community Leader Training will be held Tuesday, March 24, 1 p.m. at the Lancaster Extension Education Center. The training is titled “Make It’s Done the Way You Want: Advanced Directives.” will be presented by Extension Educator Lorene Bartos. This program explains requirements and limitations of advance directives according to Nebraska law, discusses forms for the Nebraska Power of Attorney for Health Care and a Nebraska Living Will Declaration, includes a brief glossary of terms related to advance directives and identifies resources for obtaining information. Non-FCE members should call Pam at 441-7180, so materials can be prepared.

Southeast District FCE Meeting, March 27

Lancaster County is hosting the Southeast District FCE meeting on Friday, March 27 at the Lancaster Extension Education Center, 444 Cherry creek Road, Lincoln. Registration will begin at 10 a.m. Brose, Southeast District Director and Lancaster County FCE member is organizing the event. Extension Educator Alice Hennen will present the program “Freezing Foods for Future Meals.”

Registration fee is $12 and includes a catered lunch. Make checks payable to FCE District Meeting and send to Janet Brose, SE District Director, 2201 West Cardwell Road, Lincoln, NE 68523. Registration is due March 23.

Scholarship Applications Due May 1

A $400 scholarship provided by the Lancaster County FCE Council is available for a graduate of a high school in Lancaster County or a permanent resident of Lancaster County majoring in Family and Consumer Science or a health occupation. This is open to full-time students beginning their sophomore, junior or senior year of college in the fall of 2009 or who have completed two quarters of study in a vocational school. Applications are due May 1 in the extension office.

**Wring Out the Old; Bring in the New**

This is a good time to put to rest some cleaning practices that soda removes stains. It’s the lowdown on some old (and not-so-old) cleaning myths.

The Old: Washing dishes by hand is more energy efficient.

The True: A dishwasher with an Energy Star rating may actually use less energy, water and soap.

The Old: Crumbled newspapers are great for cleaning windows and mirrors.

The True: While this may have worked and saved you money, paper and ink formulas have changed, so you may end up smudging on your windows and casings. Paper towels or a microfiber cloth are better solutions.

The Old: Club soda is a good alternative to vinegar.

The True: There’s no scientific basis for the claim club soda removes stains. Its success is probably due to the fact it’s usually close at hand so the victim's response is prompted. Tap water is cheaper and works just as well. Be aware water treatment may only dilute, but not remove the residue. A better stick, stains wipe and prevent stain remover solutions are usually better remedies to avoid stains.

The Old: Hair spray is a great way to remove ink stains.

The True: This technique surfaced—and often worked—when alcohol was a key ingredient in hairspray. Today, hairspray formulas are either low-alcohol or alcohol-free. Use undiluted rubbing alcohol or a stain removal product formulated for ink stains instead.

The Old: Sponges can be sanitized in the microwave.

The True: The trick is to microwave the sponge can be risky. Unless the sponge is soaking wet, there is a risk of a violent reaction or a fire. In addition, the size of the sponge and the amount of water in the microwave are variables that influence how long you would need to zap it to kill germs. A better way is to soak the sponge for five minutes in a solution of one quart water to three tablespoons of chlorine bleach. Let the sponge air dry. Replace your sponges every two to eight years, depending on how frequently and roughly they’re used. Use paper towels instead of sponges to mop up food spills.

The Old: Silverware should always be washed by hand.

The True: Silver cutlery can be put in the dishwasher as long as it’s not washed in the same basket as stainless steel cutlery. If two metal touch, the silver may be permanently damaged. One advantage of washing cutlery by hand is the patina is enhanced by the rubbing that occurs during the washing, and drying process.

The Old: Silver items should be polished regularly.

The True: Too much polishing eventually starts removing metal, as well as the patina that makes silver pieces so attractive. In fact, the more often you use and wash silverware, the less often it needs to be polished.

**Children and Advertising**

Most children can recite a TV commercial and tie a product to clean exposure to sales techniques on TV, radio and other media, children often feel they must have the newest toy or breakfast cereals they see and hear about.

Manufacturing industries see young people as an excellent market. But when parents discuss contents of ads, they help children learn to use advertising as a source of information.

• What did the ad really tell you about the product?
• How much of the ad was general information that could easily apply to other products?

Parents can be the best role models for children and families by discussing the goals of the ad. Children can ask questions about the products and how they are made.

**5. Self-Esteem.**

Encourage and positive role models grow self-esteem from the beginning.

**6. Quality Child Care.**

Trained teachers and family child care providers can help children develop social skills and offers a fun way to be with you.

**7. Reading to your child.**

Show how important reading is and create a life long love of books by reading to your child from the beginning.

**Boost Your Child’s Brain Power**

Family relationships are important. Interacting with children can increase brain power and results in better family communications. Here are 10 things that can boost your child’s brain power (your child will love to do every one of them!).

1. Interaction: Your consistent, long-term attention actually increases your child’s capacity to learn.

2. Loving Touch: Holding and cuddling does more than just comfort your baby—it aids brain growth.


4. Safety: Safe, healthy envi-

5. Healthy, safe envi-

6. Health:

7. Healthy:

8. Communication. Talking with your baby builds verbal skills needed to succeed in school and later life.

9. Music. It expands your child’s world, teaches new skills and offers a fun way to be with you.

10. Reading to your child.

**National Small Food Manufacturer Conference**

The University of Nebraska-Lincoln Food Processing Center is presenting the first National Small Food Manufacturer Conference on April 23–24 at the Holiday Inn Downtown in Lincoln. This conference has been designed specifically for small food manufacturers throughout the country. Learn how to heat up your food business.

The conference includes current topics and industry recognized national speakers who will educate and motivate participants.

• Learn how to expand and grow your businesses.

• Participate in interactive sessions.

• Explore new opportunities.

• Network with peers and industry experts.

For more information or to register for the conference, go to http://www.pec.unl.edu/mfmc or contact Jill Gifford at 472-2910.
Spring is here and it is the emerging garden trends: landscape sustainability, native plants in home landscapes, container gardening and increased interest in vegetable gardening.

**Vegetable Gardening**

One of the biggest trends is increasing interest in vegetable gardening, said Dale Lindgren, horticulturist at the University of Nebraska-Lincoln West Central Research and Extension Center in North Platte.

Last year, vegetable plant sales were up 10 to 15 percent and that trend is expected to continue. Vegetable gardening is becoming more appealing as people try to save money at the grocery store during these tough economic times. Some gardeners are focused on food safety and believe that food they grow themselves is safe, which is related to the burgeoning interest in organically grown food, Lindgren said.

“Last year, we got a lot of questions about local food and I think we’ll see that again,” said Kim Todd, UNL landscape horticulture specialist and Backyard Farmer host. “There are a lot of people who want to grow at least a little bit of their own food, and more people are intrigued with edible woody plants such as apples and apricots.”

In the last few years, interest in heirloom vegetables and flowers also is on the upswing. Old-fashioned flowers, such as hollyhocks, are receiving more attention because they require much water. Heirloom vegetables, particularly tomatoes, are grown for their flavor, Lindgren said.

**Blended Gardens**

Another trend is blended gardens, which include both ornamental and vegetable flowers and flowering plants. Vegetables such as colorful peppers and eggplant can provide visual pleasure as well as food. This can be a good option if garden space is limited, he said.

“One of the overall garden trends is landscape sustainability, which means the landscape is one that we can take care of without harming the environment,” said Sarah Browning, UNL extension educator.

A critical aspect of sustainability is planting species that are well-adapted to the climate and do not need a lot of supplemental watering. Native plants often are good options, she said.

The Retire Nebraska initiative is part of the larger returning trend of planting trees. “People are more aware of the impact of the simple act of planting a tree to conserve energy,” Todd said.

**Container Gardening**

You can find big containers, small containers, containers in all kinds of shapes and materials,” Todd said. “Container gardening is easy, it can be done near the house and containers are easy to move around and change.”

Both flowering plants and edible plants can work well in containers. “And if you feel really creative, you can use woody cut florals and other materials in your container after the growing season,” she said.

**Other Trends**

Every gardening season has some ‘hot’ plants. Plants with brightly colored foliage seem to be popular, as are smaller evergreens that are an architectural element to the landscape, Todd said.

Another trend is the comeback of coleus. This started a few years ago but is continuing with new varieties that include new leaf shapes and colors. Many of the new varieties tolerate a lot more sun than the traditional shade-loving varieties, Browning said. Interest in ornamental grasses continues.

“Shenandoah”, a new switch-grass, has a compact shape and stays more upright than some other varieties. The leaves are green in spring, tipped dark red by mid-summer and entirely red and orange in fall.

Shrub roses continue to be popular because they require less maintenance than hybrid teas and there will be some new varieties. “They provide a lot of color and impact in the landscape but with low maintenance,” Browning said.

**New Plants**

A new shrub is the ‘Endless Summer: Twist and Shout’ hydrangea. Browning said the reblooming lacecap, which has two kinds of blooms, does well on old wood and again on new wood.

Also new is a dwarf butterfly bush, ‘Blue Chip’, which is a part of the Lo & Behold series. It only grows about 2 feet tall so it will work well in containers and smaller landscapes, Browning said.

Lindgren, an internationally known penstemon breeder, developed ‘Sweet Joanne’ penstemon, which had limited availability last year. It will be easier to find this year, he said. He also has developed Heart’s Desire Dianthus, which will have limited availability in 2009.

While many gardeners, especially the more experienced ones, try something new each year, prepare for some disappointment. Sometimes, newer varieties are not as resistant to disease or pests or do not perform as well as older varieties, which have been tested more, Lindgren said.

“Endless Summer: Twist and Shout” hydrangea

“Sweet Joanne” penstemon

By Mary Jane Frogge, UNL Extension Associate

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**Bagworm Management**

To help educate the public on the serious bagworm problem in our area, UNL Extension in Lancaster County has developed two educational tools to help tree owners identify and control this insect pest:

• a color brochure available at the extension office

• a YouTube video available online at http://lancaster.unl.edu/hort

Please take a walk through your landscape and check all your plant material, especially spruce and junipers. During the months of April and early May, the only means of control is hand picking the bags with the original soil removed from it.

When chrysanthemums show signs of life, dig up and divide large clumps into small clumps or cut the foliage until it dies naturally. The leaves are necessary to produce strong bulbs capable of reflowering next year.

Hybrid coleus of the ‘Wizard’ series

Champlain shrub rose

—Mary Jane Frogge, UNL Extension Associate

For additional information, contact your local Extension Educator.
Tiny Moths Indoors Are Not Uncommon

By Barb Ogg

UNL Extension Educator

The phone call starts out something like, “I’ve got these little gray moths flying around in the kitchen (or utility room or base- ment), I don’t know where they’re coming from.”

This is one easy, almost always, these little gray moths are Indianmeal moths. But finding the source of the infestation isn’t always so easy.

Adult Indianmeal moths are nearly 1/2 inch long and have distinctive wing markings (top of each wing has a characteristic ‘V’ above; actual size at right). They are good fliers and can fly in a straight line for 6 miles. Indianmeal moths can fly indoors from the kitchen (or utility room or base- ment) during the winter months. In the summer months, we call them “Kichen moths.”

Fleas are common in homes in Lincoln and, in some parts of the state, can be a major pest for people and pets. Much easier for pet owners after veterinarian-prescribed animal flea treatments became available in the late 1990s. Most of these were topical applications that killed adult fleas within 24 hours. In fact, these treatments were so effective, when used correctly, environmental sprays for flea larvae were not even needed.

But, last summer the extension office had more calls from people with flea infestations. This is not just a local phenomenon. University entomologists across the U.S. have noticed the same thing. Why more fleas? Some experts believe fleas have developed resistance to products used on animals for flea control. When one chemical treatment is used exclusively, a tiny fraction of fleas are able to survive the treatment. Fleas that survive because they are resistant to a chemical are noted thereafter as being resistant to that chemical only. A new chemical is then used to control the resistant population. However, fleas that are resistant to the new chemical are noted. This process continues and the chemical resistance is increasing.

Other factors could be at play for the increased number of flea infestations. Maybe pet owners didn’t apply the topical treatment correctly. It should be applied to the skin between the shoulders, after parting the fur. Maybe some pet owners stopped using flea treatments because of the expense. Other methods of treating pets for fleas, like shampoos and dips, are not as effective as topical and oral treatments. We have heard of pet owners who have shampooed treated animals, which may make the treatment less effective. Be sure to read and follow directions on the label to make sure you use the product safely and for maximum effectiveness.

The table below shows some of the most commonly used animal flea treatments. If you have been using a product for several years, it is a good idea to switch to a different product to prevent resistance from developing.

<table>
<thead>
<tr>
<th>PRODUCT (ACTIVE INGREDIENT)</th>
<th>METHOD</th>
<th>RESEARCH RESULTS/COMMENTS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Frontline™ (fipronil)</td>
<td>topical</td>
<td>Death of fleas and ticks usually within 24 hours. Monthly application killed 97% of fleas on pet and 98% reduction of off-host life stages. May be obtained at pet supply stores.</td>
</tr>
<tr>
<td>Advantage™ (imidacloprid)</td>
<td>topical</td>
<td>Single topical application provided 95% control of fleas on cats and dogs. There was also a 98% reduction of off-host life cycle stages. May be obtained at pet supply stores.</td>
</tr>
<tr>
<td>Revolution™ (selamectin)</td>
<td>topical</td>
<td>Synthetic ivermectin. Selamectin killed 98% of fleas on dogs (36-hr) and cats (24-hr). Protection of pets for 21 days and bathing animals did not reduce flea infestation. It is effective in locations where the insecticide in the treatment is the only one of these medications that also prevents dog heartworms, ticks, ear mites and sarcoptic mange. It is more expensive than some treats.</td>
</tr>
<tr>
<td>Capstar™ (nitenpyram)</td>
<td>oral</td>
<td>Same chemical class as imidacloprid (Advantage). Nitrospyrin starts working within 15 minutes. Within 30 minutes, adult fleas are disabled. All the fleas were killed within eight hours.</td>
</tr>
<tr>
<td>Program™ (lufenuron)</td>
<td>oral</td>
<td>Female fleas treated with lufenuron produce non-viable eggs. But, lufenuron does not kill adult fleas or prevent adult fleas from jumping on or biting a treated pet.</td>
</tr>
</tbody>
</table>

Heartworms Spread by Mosquitoes

Pets spending any time outdoors need heartworm preven- tive treatments. Transmission of heartworms requires the bite of an infected mosquito, which transmits microscopic heartworms, called microfilariae to the bitten animal. Within 70 to 90 days, the microfilariae have made it through the tissues to the animal’s heart, where they reproduce and live for several years. Six to seven months after the mosquito bite, they will be producing their own little microfilariae, which will get picked up by a biting mosquito.

The best defense against both fleas and heartworms is prevention. Work closely with your veterinarian which medications are best for your pet.

What Are Zoonoses and Why Are They Important?

Zoonoses are diseases that are naturally transmissible from vertebrate animals to humans. Many major human infectious diseases have their origins in domestic and wild animal populations which have come into contact with humans.

You have probably heard about the animal connection (transmission of the avian flu virus) to West Nile virus (birds) and raccoons, bats, raccoons, skunks). But, you may not know the most common zoonotic diseases also originated in animals, including influenza A (wild birds), heartworms, helminthes (worms), and hepatitis E (pigs and wild boars).

Infectious zoonotic diseases have changed human history. Some examples include the widespread devastation of Native Americans and Pacific islanders to measles introduced by Europeans, the difficulty of the French in constructing the Panama Canal (yellow fever) and the failure of Napoleon’s invasion of Russia (typhus).

People sometimes panic about zoonotic diseases reported frequently in the news. Much attention has focused on West Nile virus, Lyme disease and hantavirus, but fortunately, these diseases aren’t communicable from person to person.

Avian Influenza

A greater disease threat is avian influenza, which is transmitted from wild birds to domestic birds and potentially to humans. For several years now, infectious disease experts have been concerned about the spread of a highly patho- genic avian (H5N1) virus across eastern Asia. This virus has raised concerns about a potential human pandemic because:

• it is especially virulent—there is little immunity to this virus in the human population
• it can be transmitted from birds to mammals and, in some limited circumstances, to humans
• like other influenza viruses, it continues to evolve. Genetic changes in the virus makes vaccine development difficult, especially with a quickly-spreading disease.

It can be spread outside geographical bound- aries by migratory birds.

The concern is justified. The last avian flu pandemic occurred in 1918 when between 20 and 50 million people died worldwide.

So What Does All This Mean to You?

The largest risk of contracting a zoonotic disease is for people who have high levels of exposure to infected animals. Some zoonotic diseases can be transmitted with animal body fluids, consumption of infected meat or indirect contact with contaminated air, water or soil. Infectious organisms of other diseases are transmitted by bites of insects or ticks. Therefore, avoiding insect bites and insect-infested areas can reduce risk. People can also reduce their exposure to zoonoses by making sure pets are vaccinated, keeping pets away from wildlife and wearing plastic gloves when handling dead animals.

There are vaccines for many of the commu- nicable diseases which originated from animals, including rabies, hepatitis B, chicken pox (varicella), whooping cough and influenza. The Centers for Disease Control (CDC) recommends vacci- nations to prevent these diseases.

According to the CDC, the virulent avian influenza H5N1 virus is confined to certain areas of Asia, Europe, the Near-East, and Africa. Human infections resulting from direct contact with infected poultry and/or wild birds have occurred extremely rarely. It is now believed that a H1N1 virus from person-to-person has been very rare, which is a good thing. If avian flu becomes transmissible among humans, an influenza pandemic is likely. Fortunately, infectious disease experts will continue to monitor this potentially deadly disease.

Jammie Jamboree, March 28
Join us at the Jammie Jamboree and make jammie bottoms on Saturday, March 28, 9 a.m. at the Lancaster Extension Education Center, 444 Cherry Creek Road. Bring your own pull-on pajama bottom pattern, precut flannel or 100% cotton fabric (no one-way design fabrics or plaids) and matching thread. Also bring your sewing machine, basic sewing equipment such as scissors, pins, measuring tape, etc. and a sack lunch. Open to all youth (need not be in 4-H). Adults are welcome. Sign up by March 27 by calling 447-7180. Jammie bottoms may be entered at the county fair and styled in the 4-H Style Revue under Clothing Level 1.

4-H Clover Challenge, April 13
A fun Clover Challenge aimed at 4-H’ers ages 10–18 interested in family & consumer sciences will be held Monday, April 13, 1 p.m. at the Lancaster Extension Education Center. Similar to a quiz bowl, Clover Challenge consists of a series of multiple choice and true/false questions based on family finance, health, foods, clothing and home environment. Teams of two, three or four youth participate against each other in randomly chosen tournament-like brackets. This is a good opportunity to practice for Life Challenge contests!
Pre-register by April 9 by calling Tracy at 447-7180.

Quality Assurance Training, May 7
4-H/FFA members planning to exhibit market beef, swine or sheep at this year’s Lancaster County Fair or Nebraska State Fair are required to attend a Quality Assurance training. Market swine exhibitors are strongly encouraged to attend a training if they haven’t already done so. A Quality Assurance training will be held Thursday, May 7, 6:30 p.m. at the Lancaster Extension Education Center. For more information or to sign up, please call Deanna at 441-7180.

4-H/FFA Sheep Weigh-in, May 21
4-H/FFA members planning to exhibit market lambs at the Lancaster County Fair in the Sheep Performance contest will need to have their lambs officially tagged and weighed on Thursday, May 21, 6–8 p.m. at the Lancaster Event Center. Due to time constraints and budget, Deanna will no longer be able to come to each farm individually.

Lancaster County Horse VIPS to Host Pre-Districts Show, June 6
The Lancaster County Horse VIPS will host a pre-districts show/fundraiser on Saturday, June 6, 9 a.m. at the Lancaster Event Center - Pavilion 3. The show will follow the district format and all age groups—elementary, junior and senior—can participate. All counties are welcome. This will be an excellent opportunity for 4-H riders to practice for districts. It will also be a great opportunity for elementary age riders to experience the district format even if they aren’t yet old enough for state. Depending on size of the classes and show, if the judge has time he will do some teaching/comments at the end of the class.
We are also using this as a fundraiser, there will be a one time office charge of $5 and a $3 charge per class. Pre-registrataion is not required. Riders must be in 4-H attire. If you have any questions or would like a show flyer, call Marty at 441-7180 or e-mail mcruckshank2@unl.edu

Riding Skills Level Testings, April 21 and May 8
The first 2009 group level testing for 4-H Horse Advancement Levels will be held on Tuesday, April 21, 6:30 p.m. at the Lancaster Event Center - Pavilion 3. Anyone wishing to be tested must sign up by April 14 by calling Marty at 441-7180 or e-mailing mcruckshank2@unl.edu
A second testing will be Tuesday, May 5, 6:30 p.m. at the Lancaster Event Center - Pavilion 3. Deadline to sign up for this testing is April 28.

District and State Entries Due May 8
District and state horse show entries are due during the Lancaster County extension office by May 8. No late entries will be accepted! Anyone planning on going to state must also have their horse IDs and all parts of their horsemanship level requirements passed and SUBMITTED the extension office. Entry forms, entry guidelines, entry procedures and the 2 & 3 year old western pleasure affidavits can be picked up at the extension office or online at http://animalscience.unl.edu/horse/horse4h.htm

Attention 4-H’ers
The past few months, the Lancaster County Horse VIPS sponsored three free Goat Tying/Calf Roping clinics for 4-H’ers. Fundamental skills were stressed. Areas covered were goat tying on the ground, goat tying off the horse, dummy roping on the ground, dummy roping off the horse and break-away roping. More photos are online at http://lancaster.unl.edu/4h/4herslearntheropesropingclinics.html

Spring Rabbit Show
Lancaster Event Center, Exhibit Hall
84th & Havelock, Lincoln
Registrations 7:30–9:00 a.m.
Deadline to sign up for this testing is April 28.
Open to all youth 8–18
Awards will be given!
CLASS 1: Fancy Rabbits, Commercial Rabbits, Pet Class and Pee Wee Class. REGISTRATION FEES: $2.50 per rabbit or cavy, $3 for each class, $3 showmanship.
FREE CO. FIRST: Rabbit Out
RAFFLE FOR MANY PRIZES! TICKETS $3 FOR 1.
Please bring an item for raffle such as crafts, rabbit items, plants, Easter/Spring items, books, etc.
For more information, call Rodney at 792-3186 or Marty at 441-7180.
Sponsored by Lancaster County 4-H Rabbit VIPS Committee and UNL Extension in Lancaster County
Exhibit space courtesy of the Lancaster Event Center.

Carin Sandman
Lancaster County 4-H is proud to announce Carin Sandman as winner of April’s “Heart of 4-H Award” in recognition of outstanding volunteer service.
Carin has been a Lancaster County 4-H volunteer for five years and a Dodge County volunteer for 10 years. In Lancaster County, she is organizational leader of The Wild Green Clovers 4-H club and has volunteered at 4-H Clover College for three years. In Dodge County, she is project leader for the City Slickers 4-H club and attended 4-H camp with local youth. She has served on the state 4-H livestock Advisory Council as the southeast district volunteer and has volunteered at the statewide Unicameral Youth Conference.
“Like being a 4-H volunteer because you have the opportunity to see youth grow and succeed in each of their talents,” says Carin. “My favorite experience as a 4-H volunteer was attending Unicameral Youth Conference and staying in Burr Hall. The 2003 UYC was a great experience when we went to the basement for a long night of storm warnings and restless youth. We all had a great time getting to know each other and built friendships that are still present.”
Congratulations to Carin. Volunteers like her are indeed the heart of 4-H!
Nominate your favorite 4-H volunteer by submitting the form online available at http://lancaster.unl.edu or at the extension office. Nominations of co-volunteers welcome.

Horse Bits
4-H’ers Learn the Ropes at Roping Clinics
The past few months, the Lancaster County Horse VIPS sponsored three free Goat Tying/Calf Roping clinics for 4-H’ers. Fundamental skills were stressed. Areas covered were goat tying on the ground, goat tying off the horse, dummy roping on the ground, dummy roping off the horse and break-away roping. More photos are online at http://lancaster.unl.edu/4h/
Kiwanis Karnival, April 18

The annual Kiwanis Karnival, a FREE family event is sponsored by the Lincoln Center Kiwanis. This year, it will be held Saturday, April 18, 6–7:30 p.m. at Elliott Elementary School, 223 S. 26 Street, Lincoln (note: time has changed from what was previously published)

4-H members & their families and Elliott school students & their families are invited to share the fun!
The Karnival features carnival type games for the kids, bingo for adults, prizes, snacks, fun and fellowship. Lincoln Center Kiwanis has sponsored this event for over 50 years providing prizes and snacks.

4-H clubs are needed to provide carnival-type booths. For more information, call Lorene at 441-7180.

4-H Pillow Party Sewing Fun!

Nearly 20 4-H members participated in the recent 4-H Pillow Party, learning basic sewing skills, having fun and going home with a pillow they sewed! More photos are online at http://lancaster.unl.edu/4h

4-H Speech Contest

The 2009 4-H Speech Contest will be held Sunday, April 19 at 1:30 p.m. at the Lancaster Extension Education Center, 444 Cherry Creek Road, Lincoln. The Speech Contest provides 4-H’ers the opportunity to learn to express themselves clearly, organize their ideas and have confidence. Register by April 13 by calling 441-7180 or e-mailing disarm12@unl.edu with name, speech title and age division.

Contest divisions and requirements:

- Clover Kid: 5–7 years old, read or recite any short story, nursery rhyme, poem, pledge, etc.
- Novice: 8–9 years old, 2 minutes in length, any topic related to 4-H.
- Junior: 10–11 years old, 2–3 minutes in length, any topic about a 4-H experience.
- Intermediate: 12–13 years old, 3–5 minutes in length, encouraged to talk about a 4-H project you would like others to enroll in.
- Senior: 14–17 years old, 5 minutes in length, a topic related to 4-H.

For speech resources check out our Web site at http://lancaster.unl.edu/4h/Contest/speech.html

4-H PSA Contest Guidelines

Once again, the 4-H Public Service Announcement (PSA) Contest will be by audio only. Any 4-H member ages 8–18 can submit a prerecorded PSA via cassette tape or CD playable on any standard stereo equipment to Deanna by Monday, April 13. Awards and comment sheets will be announced and handed out at the Speech Contest on Sunday, April 19. As always, sound effects and background noises are encouraged. If you do not have the capabilities to record a PSA, contact Deanna to set up a recording time. Additional contest information; PSA guidelines and examples can be found online at http://lancaster.unl.edu/4h/Contest/speech.html

4-H Entomology should have been included in the Fair Book. Here is the information.

ENTOMOLOGY

Superintendents: Plat Wiseman & Kim Wiseman

Specimens to be mounted properly and labeled with the date and location of collection, name of collector and order name. Follow mounting and labeling instructions in the Nebraska 4-H Entomology Manual.

Purchased insects and other insects not collected by the participant can be included, but must have accurate labels and will not be counted in meeting minimum requirements for the exhibit.

Boxes to be not more than 12” high x 18” wide x 3” deep. The glass top should slide out the 12” side.

Lancaster County Fair

August 5–9

Fair Books Have Been Mailed, Available Online

The 2009 Lancaster County Fair will be Aug. 5–9 at the Lancaster Event Center. Fair Books have been mailed to all 4-H families. The 4-H portions of the Fair Book are online at http://lancaster.unl.edu/4h

New in 4-H at County Fair

• See the Fair Book for detailed information about each of the following:
  - Entrepreneurship has been replaced by ESI: Entrepreneurship Investigation classes (see p. 40) based on the new curriculums developed by Nebraska 4-H:
    - Unit 1—ESI: Discover the E-Scene
    - Unit 2—ESI: The Case of ME
    - Unit 3—ESI: Your Business Investigation
  - Style Revue has added a Clothing Level 2 class for robes, pajamas, etc. (see p. 36)
  - Clothing now has a class for aprons (see p. 45)
  - Llama/Alpaca Show after being on hold for two years, the llama show is back as a Llama/Alpaca show with separate classes for llamas and alpacas. Pack classes also have been added (see p. 61).
  - Swine Show now includes a Breeding gilt class and a Babe Contest.
  - Breeding gilt classes will be broken into divisions by size. Babe Contest is a fun class where exhibitor and hog may dress in costume or show off tricks or abilities, etc. (see p. 61)
  - There is now a Meat Goat Show in addition to the Dairy Goat Show (see p. 60)
  - Horse Hunter Show—Hunter is a term used for the controlled, balanced, rhythmic manner in which the horse completes the course of jumps. This new show has two divisions: Hunter and Equitation. Hunter divisions will have two over fence rounds and one flat class. Equitation divisions have one over fence course and a flat class (see p. 63).
  - The former Horse and Pony Halter Show in the Western Horse Show is now divided into two shows: Hunter/Saddleseat Horse Halter Show is the English Show for Hunter/Saddleseat horse type and Horse and Pony Halter Show in Western Horse Show for stock type horses and ponies. A horse may be entered in only one halter class.

Creating Posters on Computer

Do you love working (playing) on computers? 4-H’ers are encouraged to consider creating a 4-H poster on a computer. 4-H poster rules and class descriptions are on p. 38 of the Fair Book. Many students learn Microsoft Office PowerPoint in schools. PowerPoint can be used to create a poster. OpenOffice is similar to Microsoft Office and is available free online at www.openoffice.org. Some copier and sign businesses in Lincoln digitally print posters size 14” x 22” for approximately $16 (at least one store will also mount a poster for $25). Creating posters or flyers on a computer is fun and a useful career skill! If you have questions, contact Vicki at 441-7180.

## 4-H County Fair News

2009

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Lincoln Council on Alcoholism and Drugs, Inc. 

Promoting Healthy Lifestyle Free from the Abuse of Alcohol, Tobacco and Other Drugs

Maureen Burson
UNL Extension Educator

Lincoln Council on Alcoholism and Drugs, Inc. has been an excellent partner with the University of Nebraska-Lancaster County Extension for decades. Most recently, 34 participants from the UNL Extension sponsored Daughter/Mother Camp received prevention strategies from LCAD.

Most recently, 34 participants received prevention strategies from LCAD.

In recent years, as prevention has evolved, LCAD has provided leadership to the coalition and community groups working on prevention efforts in Lancaster County. LCAD’s 2006 parent survey revealed that 81.5% of Region V youth aged 8-12 and 57% of older youth had used alcohol. This highlights the need to mobilize adults to be accountable for what they believe. Also, more than 2/3 of people who are addicted to drugs are working full-time, and more than 1 million Americans are active alcoholics, so while substance abuse is a family matter, it touches workplaces, schools and communities as a whole, costing us billions of dollars each year.

In addition to community coalition work, LCAD provides training, facilitation and technical assistance for several programs, many of them nationally known science-based model programs. LCAD is a Region V Systems agency approved to provide adult substance abuse evaluations. They also provide the following educational programming:

- Community group initiative: developing a positive response to underage drinking and substance abuse issues in Lancaster County.
- Empower youth to build leadership skills, make a difference in our community and have fun being drug-free.
- Assist adults with alcohol or drug problems by providing evaluation services and identifying community resources.
- Resource library including educational print materials and videos available to the community.
- Host the Nebraska Department of Education curriculum library.

Community Groups

In January of 2006, the Lincoln Council on Alcoholism and Drugs began a series of community groups in Lancaster and Lincoln County with the specific purpose of addressing underage drinking and other substance abuse issues throughout the community. The goal was to establish groups based on each of the high school districts in Lancaster County. Although the focus was NOT necessarily to make it a school-based group, but to include neighborhood groups, faith partners, businesses, parents of incoming middle school students and parents of elementary students. There are currently five urban groups, four rural groups and one community-wide youth group. While the overall focus is to create a positive community response to underage drinking and other substance abuse issues, their mission and projects reflect the needs of their neighborhood giving each group their own distinct personality.

Participation continues to grow as the word spreads of our mission, but we still need to hear from you. Please bring your voice to the table, and network with other like-minded individuals who feel under age alcohol use and the use of illicit drugs is not a healthy choice.

Groups meet once a month for about an hour.

Source: Lincoln Council on Alcoholism & Drugs

Alice Henneman Named 2008 Communicator of the Year

Alice Henneman, University of Nebraska-Lincoln Extension educator in Lancaster County, has been named the 2008 Communicator of the Year by the Nebraska chapter of the Association of Communication Excellence in Agricultural, Natural Resources, and Life and Human Sciences.

The Nebraska ACE Communicator of the Year award recognizes Institute of Agriculture and Natural Resources faculty or staff who communicate clearly and display exceptional expertise and professionalism in promotion, publication, research, news and technology. The award is sponsored by the Nebraska chapter of ACE, an international association of communicators and information technologists.

Henneman, a registered dietician, is the quintessential UNL Extension educator, her nominator wrote.

She is committed to communicating with people of all ages to provide them information they can put to use in their lives. One needs only to look at her county’s Web site at Lancaster County to see how she communicates in a variety of ways. From tips and facts available on the Web to face-to-face workshops with participants, she is always trying to make people more informed about how they can eat healthier and stay healthier.

Henneman is known nationally for her work. Her articles are referred to and quoted frequently on the Internet. Her blog also works well with the media — both broadcast and print — and is known to reporters as someone who can be relied on to return calls and provide helpful, relevant information.

She also is committed to building partnerships and has worked with commodity groups and such institutions as BryanLGH to provide programing for various workshops.

Congratulations to Alice for the award!
March
23 Family & Community Education (FCE) Council Meeting, Valentina’s, 70th & Van Dorn Streets .......................... 1 p.m.
24 FCE & Community Leader Training “Make Sure It’s Done the Way You Want” .................................................. 1 p.m.
26 Estate Planning Workshop ........................................... 9 a.m.–March 26
27 Southeast District Family & Community Education (FCE) Meeting ................................................................. 10:30 a.m.
27–29 National Youth Horse Leaders Symposium, UNL .......................................................... 9 a.m.
28 4-H Rabbit Spring Show, Lancaster Event Center, Exhibit Hall .......................................................... 9 a.m.

April
1 All 4-H/FFA Market Beef ID’s Due to Extension
1 4-H Teen Council Meeting ............................................ 3 p.m.
3 4-H Council Meeting .................................................. 7 p.m.
5 Extension Board Meeting .......................................... 8 a.m.
11 Beginning Beekeeping Workshop, Agricultural Research and Development Center (ARDC), near Mead ....... 10 a.m.–2 p.m.
13 4-H Clover Challenge ................................................. 1 p.m.
13–14 PSA Tapes Due for 4-H Public Service Announcement (PSA) Contest
14 Composting Workshop ............................................. 6:30 p.m.
15 Composting Workshop, Eiseley Library, 1530 Superior St ............ 6:30 p.m.
16 Parents Forever/Kids Talk About Divorce ............................................. 5:30–9:30 p.m.
18 Kiwanis Karnival, Elliott Elementary School ......................... 6–7:30 p.m.
19 4-H Speech Contest .................................................. 1 p.m.
21 4-H Horse Level Testing, Lancaster Event Center, Pavilion 3 .... 6:30 p.m.
21 Guardian/Conservator Training .................................... 5:30–8:30 p.m.
25 Composting Demonstration, Pioneers Park Nature Center’s backyard composting demonstration area .................. 10 a.m.

National Youth Horse Symposium in Lincoln, March 27–29
The University of Nebraska–Lincoln Extension will host the American Youth Horse Council’s 2009 National Horse Leaders Symposium in Lincoln on March 27–29.

The event will boast more than two-dozen international and nationally respected teachers assembled to share their keys to successful youth horse programming. Presentations will be aimed at Adult Leaders of Youth Horse Programs, Industry Professionals and Teen Leaders.

Applications and additional brochures can be found at http://www.animalscience.unl.edu/extension/equine.

4-H Fast Foods Manual Now Has Supplemental CD
The popular 4-H Fast Foods manual, which helps youth ages 11–14 develop basic cooking skills, now has a supplemental CD-ROM with additional hands-on activities. Whether you are trying to make substitutions, want to learn what cooking terms mean, or are seeking additional educator resources to use in conjunction with Fast Foods, then the CD-ROM is for you. This affordably priced CD-Rom complments the Fast Foods manual. For more information about the curriculum or CD, go to www.4-h.unl.edu/fastfoods. The manual and the CD are available for purchase at the extension office.

4-H Camp Scholarships
The following scholarships go towards attending Nebraska 4-H summer camp(s). Application deadline is May 1. Applications are available at the extension office and at http://lancaster.unl.edu/4h/Programs/award.html

Windstream 4-H Camp Scholarship—Thanks to the generosity of Windstream Communications, two Lancaster County 4-H members will receive full scholarships to attend a 4-H summer camp at the Eastern Nebraska 4-H Camp near Gering! Applicants must be 9 or older and currently enrolled in 4-H. Scholarship is based on need.

Joyce Vahle Memorial Scholarship—This scholarship is awarded to a 4-Her between the ages of 8–14 to be used towards attending 4-H camp. Applicants should be currently, or have had at some point been, enrolled in at least one sewing project.

The Nebline
The Nebline is published monthly (except December) and mailed to more than 11,000 households in Lancaster County.

To: Nebline articles may be reprinted without special permission if the source is acknowledged as “University of Nebraska–Lincoln Extension in Lancaster County.” If the article contains a byline, please include the author’s name and title. Use of commercial and trade names does not imply approval or constitute endorsement by UNL Extension.

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Subscriptions to The Nebline are free to Lancaster County residents.

There is an annual $5 mailing and handling fee to addresses in zip codes other than 684, 685, 68003, 68017 and 68065.

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The University of Nebraska–Lincoln is an equal opportunity educator and employer with a comprehensive plan for diversity.
Teen Council 4-H’ers Learn Leadership While Having Fun

The Lancaster County 4-H Teen Council is a leadership organization for youth in grades 7–12. Members are involved in several leadership activities such as organizing the annual 4th & 5th Grade Lock-In and the Ice Cream Social at the Lancaster County Fair. Teens also participate in community service projects. Thirty-four Lancaster County 4-H youth are part of 4-H Teen Council this year.

Officers are:
- President — Grace Farley
- Vice President — Christina Mayer
- Secretary — Rachel Pickrel
- Treasurer — Terra Garay
- Historians — Sadie Hammond and Carson McNeil
- Adult Advisor — Marilyn Schepers

Meetings are held the second Sunday of each month at 3 p.m. at the Lancaster Extension Education Center. New members are always welcome! For more information or to join, contact Tracy Kulm at tkulm1@unl.edu or 441-7180.

In January, nearly 30 4-H Teen Council members organized and led the 4-H Overnight Lock-In for 85 fourth & fifth graders. The teens prepared snacks, led games, presented craft activities and more. The theme they chose this year was "Candy Land."

In March, 4-H Teen Council members packaged over 2,300 meals for Kids Against Hunger. Kids Against Hunger is a nonprofit organization with the mission to significantly reduce the number of hungry children in the U.S.A. and to feed starving children throughout the world.

Watch Chicks Hatch Online with EGG Cam!
http://lancaster.unl.edu/4h/Embryology

Egg Cam will feature chickens and guinea fowl hatching through June!

Became a Facebook Fan!
Join the 4-H EGG Cam Facebook Fan page to get regular updates on events like live candlings and egg hatching, view the newest photos and video clips, participate in discussions, ask questions, and add posts! Facebook is free—join at http://facebook.com, then search for 4-H EGG Cam.

Baby Chicks Model for School Yearbook
Kathy Kottich’s classroom at St. John the Apostle Grade School is one of 165 classrooms in 52 Lancaster County schools participating in the 4-H Embryology project. This spring, Kathy’s students posed their newly hatched chicks in scenes around the school and took photos for their yearbook. Here are some of the pictures!

One chick got a leg up on its math homework.

This chick stumbled into the music room.

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